

PRE-POST MIXED METHODS STUDY OF A PARENT AND TEEN SUPPORT INTERVENTION TO PREVENT VIOLENCE AGAINST ADOLESCENTS IN THE PHILIPPINES



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BACKGROUND

Globally, almost one billion children and adolescents experience physical and psychological violence in the home each year. In the Philippines, a national study on violence against children found that 66% of the respondents aged 13 to 24 reported experiencing physical violence prior to age 18, with 60% of the violent incidents occurring in the home and most commonly perpetrated by mothers, fathers, and siblings.

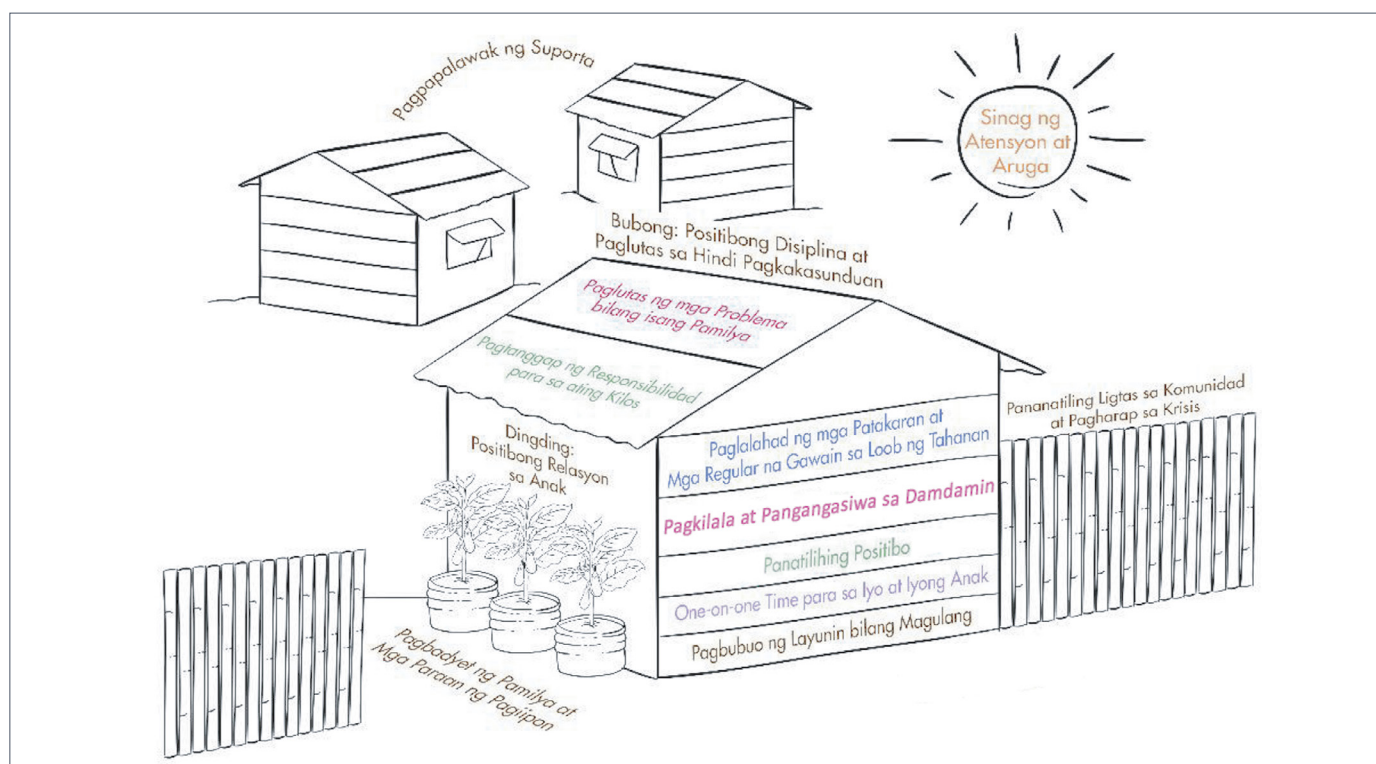
Parenting for Lifelong Health (PLH) - Philippines responds to the need to prevent child maltreatment and other forms of violence in Filipino families. PLH aims to develop and test a suite of low-cost parenting interventions across the different stages of development in low and middle-income countries, based on evidence of the effectiveness of such interventions in reducing violence against children.

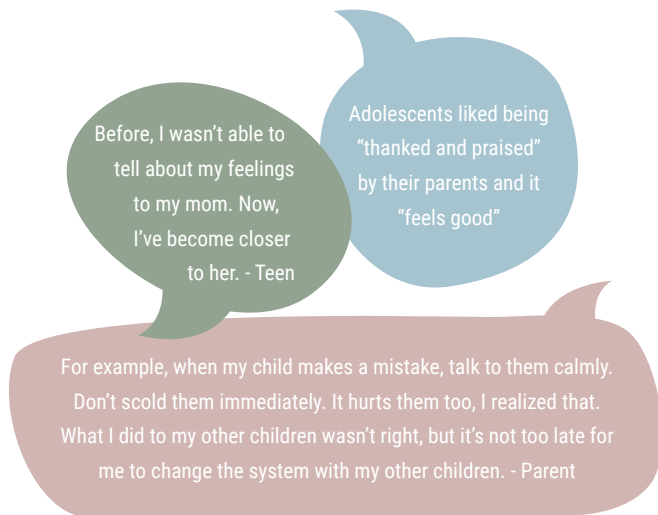
Since 2016, PLH-Philippines has been developing and testing locally adapted parent support interventions, called Masayang Pamilya (Happy Family) or MaPa, for families with children

ages two to nine years (MaPa Kids). Given the needs of families with adolescents, PLH-Philippines developed the MaPa Teens program in collaboration with government and community officials and stakeholders, to expand the suite of violence prevention parenting programs to families with adolescents ages 10 to 17.

MaPa Teens has additional elements that recognize the growing independence and responsibility of the teenage child in the family. Content focuses on developing skills in engaging in positive interactions, forming guidelines and consequences for behaviors, family budgeting, problem-solving, and keeping safe in the community.

Research Design: Thirty pairs of primary caregivers and adolescents (aged 10 to 17) who were beneficiaries of the government conditional cash transfer program, Pantawid Pamilyang Pilipino (4Ps), participated in a pre-post mixed methods study of a locally adapted version of the PLH for Parents and Teens program (MaPa Teens) in an urban community in Metro Manila.





RESEARCH QUESTIONS

1. How effective is the MaPa Teens program in reducing adolescent maltreatment, improving positive parenting, and reducing other risk factors for child maltreatment?
2. How relevant, acceptable, and feasible is the program in an urban Filipino context?

RESEARCH FINDINGS

Overall child maltreatment and physical abuse significantly decreased at post-test for caregivers and adolescents. There was also a decrease in emotional abuse.

There was decrease in:

- ✓ Reports of neglect
- ✓ Parenting stress
- ✓ Parental depressive symptoms
- ✓ Attitudes supporting punishment
- ✓ Parent-adolescent relationship problems

There was also significant improvement in parental efficacy in managing child misbehavior.

PROGRAM DELIVERY

The community-based program was delivered by trained professional and graduate student facilitators over nine weekly group sessions with caregivers and a target adolescent. Training was provided over five days (30 hours) by PLH trainers from Clowns Without Borders South Africa, an NGO that has supported the dissemination of PLH programs in 29 countries. 4Ps staff and community coordinators assisted with the implementation of the weekly sessions.

LESSONS LEARNED

Impact: A community-based program rolled out with components that emphasize processes of change that involve the strengthening of the caregiver-child relationship, such as decreasing parent-adolescent relationship problems, may remain crucial in preventing violence during adolescence. This is particularly relevant in the Philippines, where the family serves as an important source of instrumental and emotional support for adolescents despite their increasing needs for autonomy.

Scalability: A program that is integrated into existing service delivery systems such as the 4Ps has potential for scale up to other different urban contexts in the Philippines. One of the strengths of MaPa Teens program was its compatibility with the 4P program that requires family development as one of the conditions of the cash transfer.

Contextual relevance: The findings suggest the relevance, acceptability, and feasibility of the program in an urban poor context in the Philippines. Working collaboratively with the families and community, including the 4Ps staff, improved engagement and helped overcome barriers to participation. Parents' input on local culture will be vital in revising some aspects of the content, such as sexual health, to make it more acceptable.

RECOMMENDATIONS

- A locally adapted evidence-based parenting program embedded within the social welfare program may be effective at reducing violence against adolescents in the Philippines. Engaging different stakeholders, such as 4Ps staff and community leaders, as facilitators would be helpful in future programs as they already have a relationship with potential participants.
- This study provides evidence for the feasibility and potential effectiveness of a parenting program to reduce violence against adolescents in an urban poor context. These findings can be used to inform further adaptation of the program at a large scale to determine the sustainability of program effects.

Researcher partners:



Implementing partner:



Donor: unicef
for every child