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# Comparative Review Insights:

## **Adaptation of Indashyikirwa in Rwanda to Prevent Intimate Partner Violence**

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# Indashyikirwa Overview

- A **collaboration** from 2014-2018 between CARE Rwanda, Rwanda Men's Resource Centre (RWAMREC) and the Rwanda Women's Network (RWN), funded by FCDO (formerly DFID).
- Implemented in seven districts of Rwanda among **predominantly rural, widely-dispersed communities**.
- **REDUCED IPV BY 55%**
- Evaluated through a community-level randomized controlled trial by LSHTM and the South African Medical Research Council under What Works to Prevent VAWG, and further research by the Prevention Collaborative.
- Adaptations in **Rwanda, Syria, Iraq, Lebanon, DRC and Kenya**.



# Indashyikirwa's Four Components



# Impact of Indashyikirwa

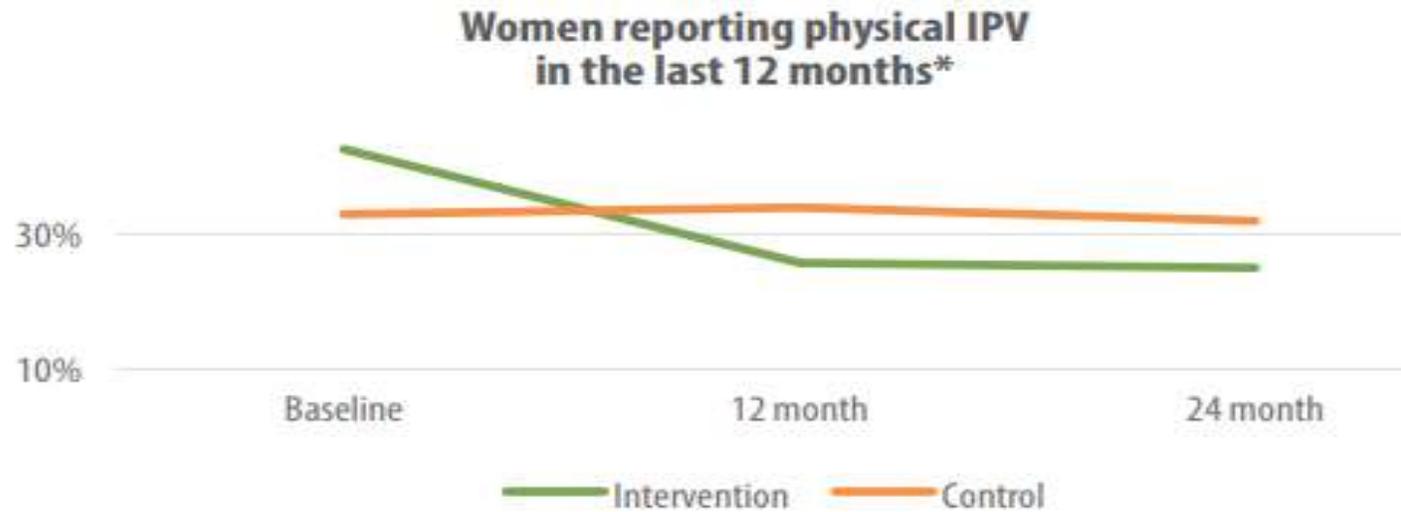
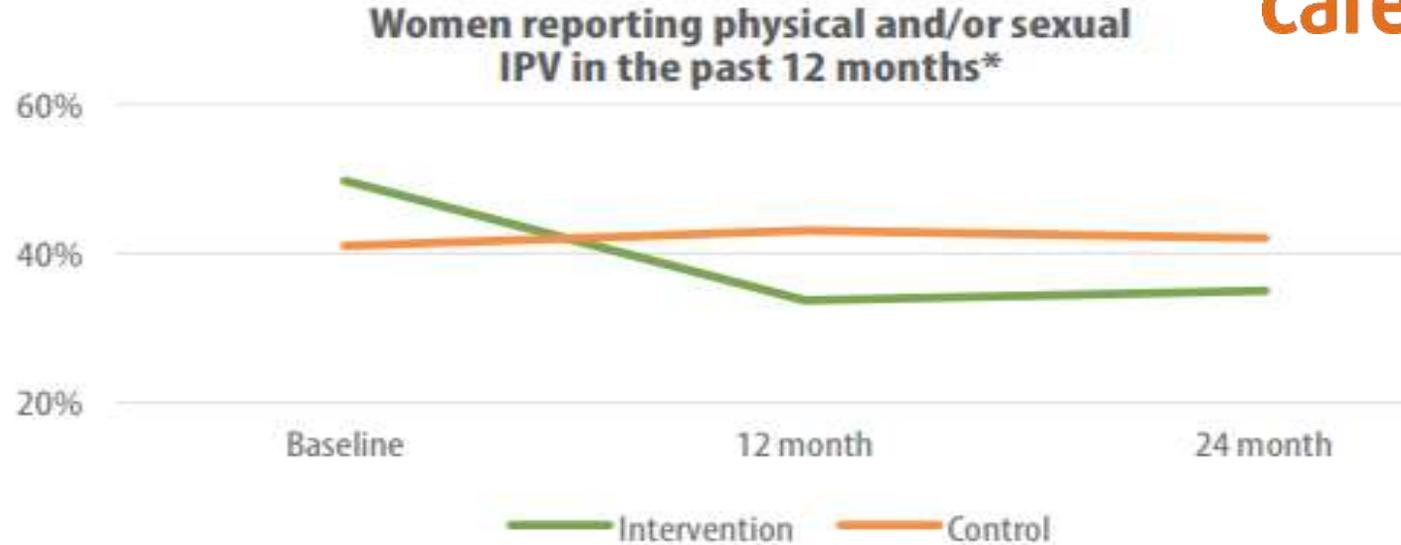


**Women who participated in the Couple's Curriculum reported a 55% reduction in the odds of experiencing physical and/or sexual IPV compared to VSLA alone.**

\* Estimate derived from a multilevel logistic regression

**Women who participated in the Couple's Curriculum reported a 61% reduction in the odds of experiencing physical IPV compared to VSLA alone.**

\* Estimate derived from a multilevel logistic regression



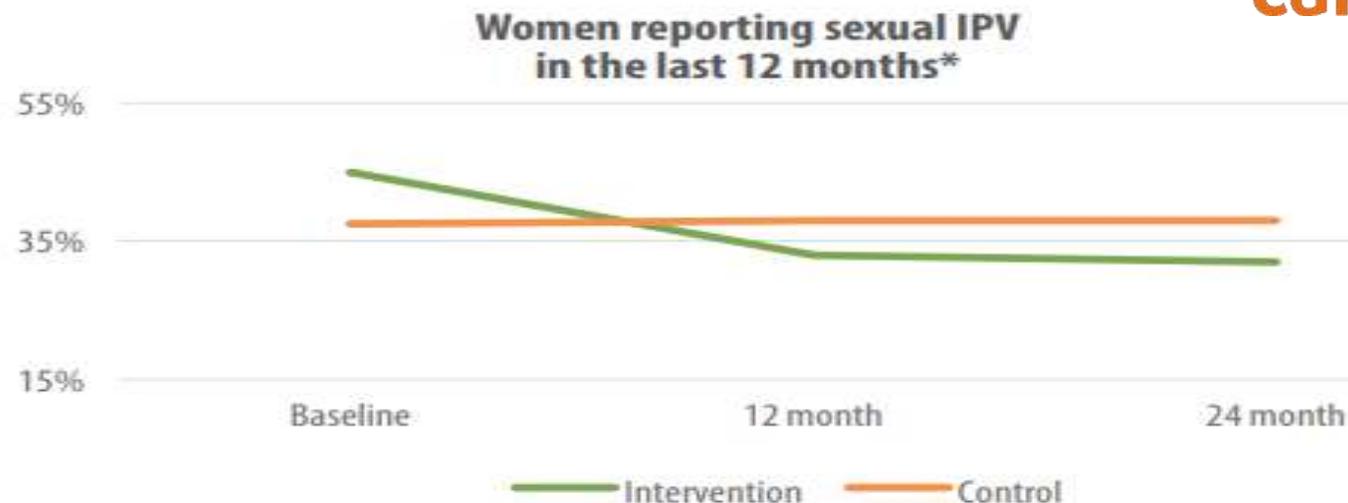
\*Graphs present descriptive data (unadjusted absolute percentages)

# Impact of Indashyikirwa



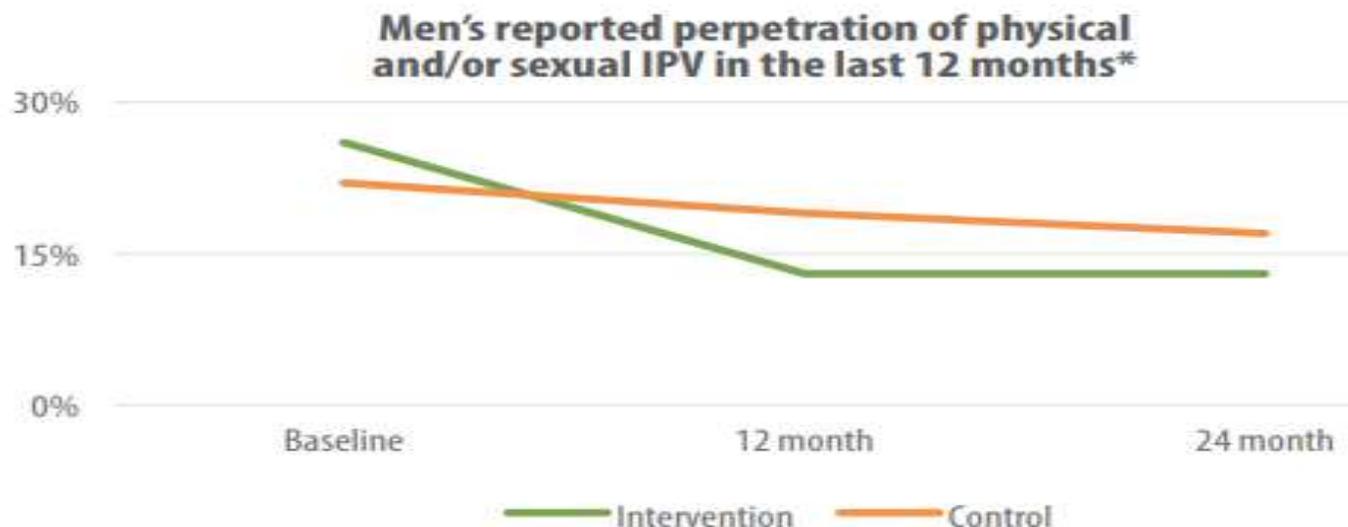
**Women who participated in the Couple's Curriculum reported a 50% reduction in the odds of experiencing sexual IPV compared to VSLA alone.**

\* Estimate derived from a multilevel logistic regression



**Men who participated in the Couple's Curriculum reported a 47% reduction in the odds of having perpetrated physical and/or sexual IPV compared to VSLA alone.**

\* Estimate derived from a multilevel logistic regression



# MIGEPROF/WB Adaptation: 2017 - 2018

- Significant **leadership** shown by the Government of Rwanda (GoR), supported by the World Bank (WB), to fund and implement the Indashyikirwa adaptation
- Adaptation built on experience, skills, materials and relationships of Indashyikirwa's implementing partners
- Adaptation reflects a shared **commitment by GoR**, World Bank and implementing partners to learn how best to **scale IPV interventions**
- Differed from Indashyikirwa in project **design, management, implementation** approaches, geographical **scope**, project **duration, pre-testing** of materials, **group size**, competencies and training of **staff**, etc.
- Implemented only **3 out of 4 core components** of Indashyikirwa – couple's curriculum, training and engagement of opinion leaders and women's safe spaces.
- Evaluated through a **randomized controlled trial** by the Gender Innovation Lab of the World Bank.

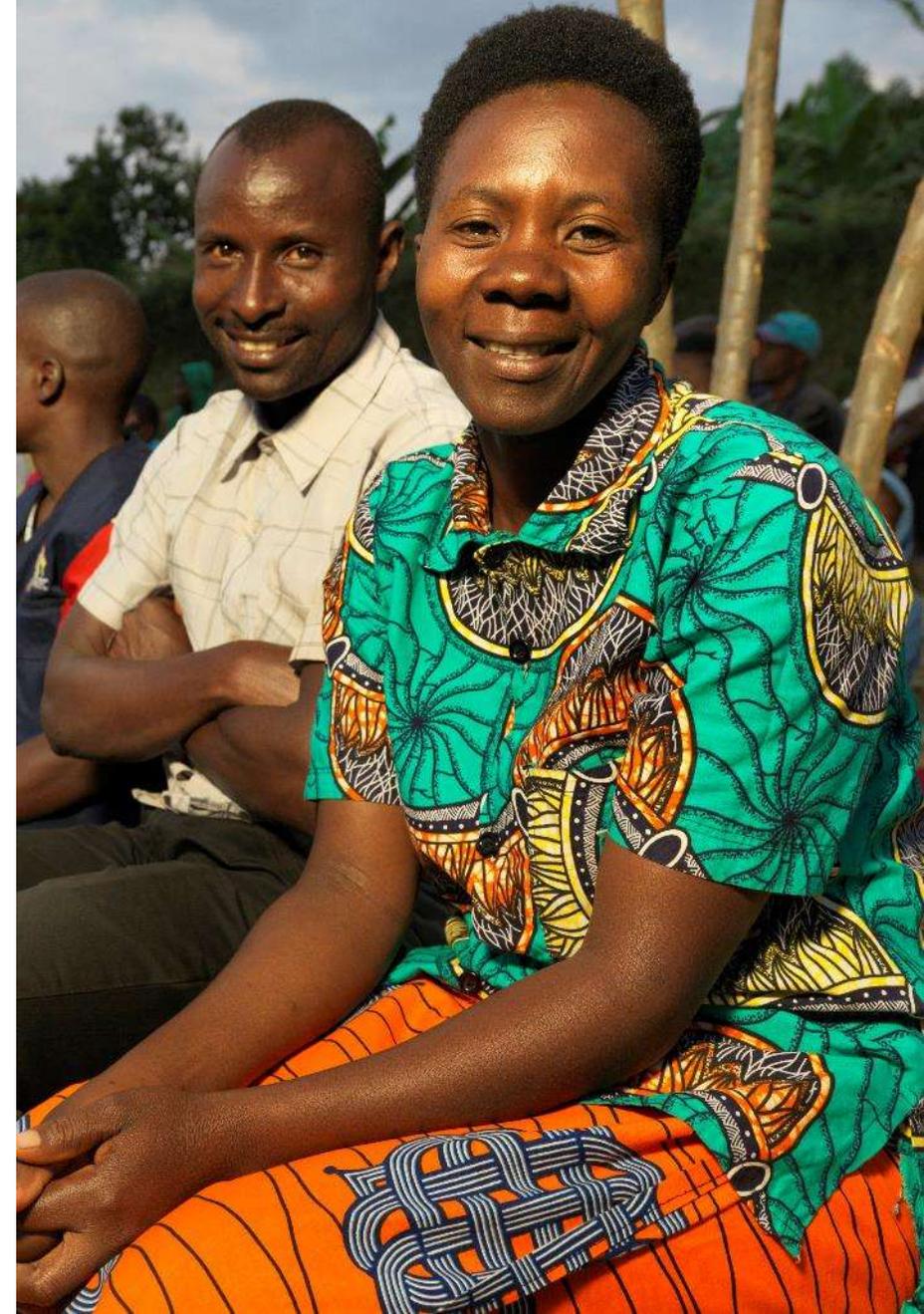
# Adaptation's Impact

- Impact evaluation - very different findings from the **original** Indashyikirwa program.
- The adaptation resulted in *increased women's self-reported experience of IPV* – even greater increase for ‘spillover’ couples.
- The program also worsened the wellbeing of couples.
- Differences in project design, duration, management and implementation largely accounted for differential outcomes.

# Comparative Review: Purpose & Methods

- Goal: contribute to **a shared understanding of differential outcomes** between Indashyikirwa and MIGEPROF/WB project.
- **Methodology:**
  - **Authored by two external consultants**
  - **Key informant interviews** with 37 project staff and participants
  - **A review of key documents** of both projects including CVs of staff, project activities and materials, etc.
  - A review of the **impact evaluation reports** by two separate research team – What Works and WB's GIL.
- **Limitations & constraints** - Delay between project and review, time constraints and COVID-19 restrictions limited the scope of the review.

Photo: Denise and Emmanuelle, Indashyikirwa participants  
Peter Caton/CARE



# Overall comparison: Indashyikirwa & MIGEPROF/WB Project

COMPONENT	INDASHYIKIRWA	MIGEPROF/WB
<b>Group size</b>	15 couples (30 individuals)	20-25 couples (50 individuals)
<b>Facilitators' experience and recruitment</b>	90% had prior experience and training on gender transformative work	33% had no prior experience/training on gender transformative work
<b>Facilitator's training</b>	10 days training by an external, experienced facilitator	10 days training by staff implementing Indashyikirwa project
<b>Facilitators' practice</b>	1 month of practice sessions during the pre-test phase	No practice sessions
<b>Facilitators' mentorship and support</b>	<u>1:7</u> ratio of supervisors to facilitators with monthly debriefs	<u>1:16</u> ratio of supervisors to facilitators without monthly debriefs
<b>Management Oversight</b>	CARE had a lead coordination role	No central coordinator- 3 organizations contracted independently by MIGEPROF
<b>Psychosocial training</b>	Training on psychosocial support, and handling disclosures and backlash	No training on psychosocial support, disclosures or backlash

# Comparison: Couples' curriculum

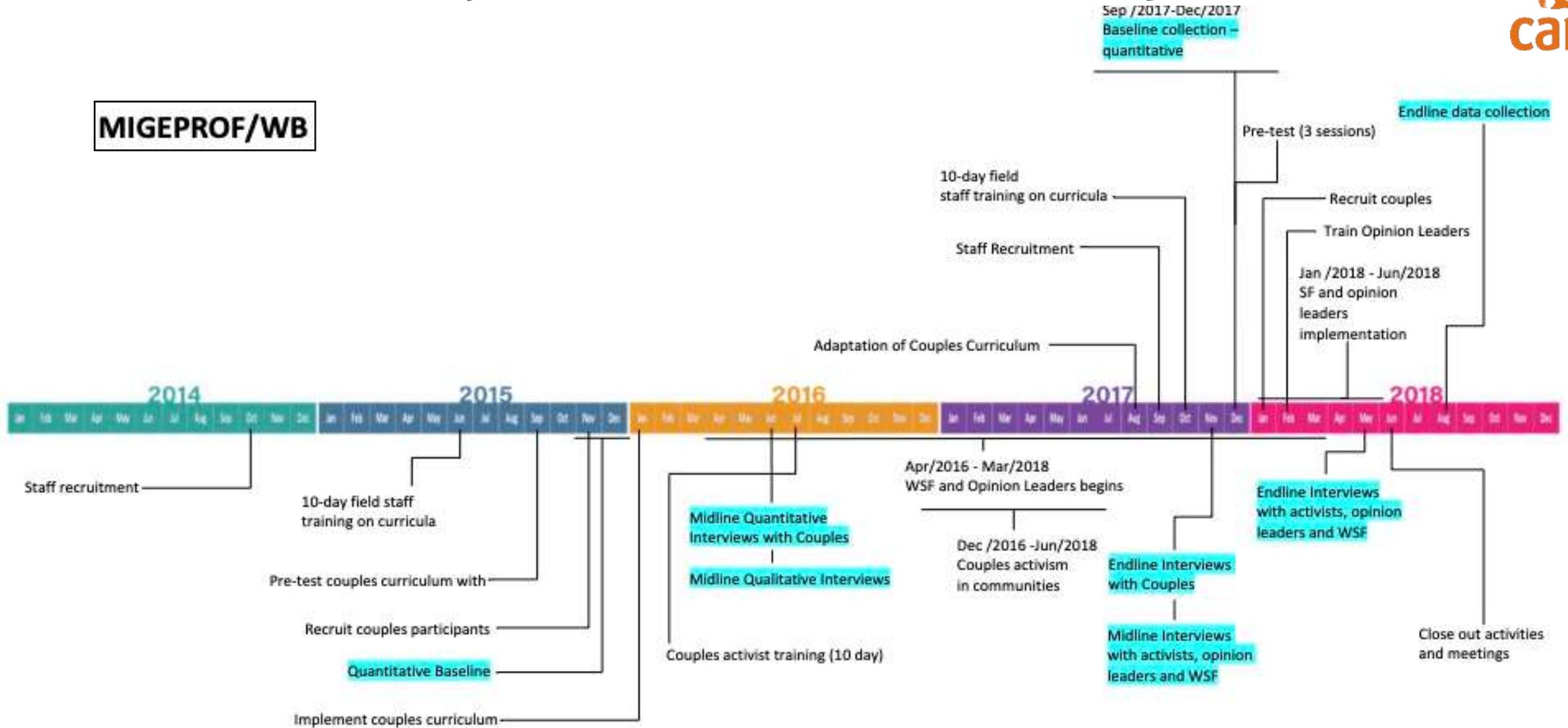


	<b>INDASHYIKIRWA</b>	<b>MIGEPROF/WB</b>
<b>Duration</b>	November 2015 – May 2016	March to August 2018
<b>Content</b>	21 sessions including 2 sessions on managing triggers of IPV	22 sessions: 2 sessions on triggers replaced with 2 new sessions on parenting and activism
<b>Participants</b>	840 couples	640 couples
<b>Group Size</b>	15 couples per class (max 30 people) with 2 facilitators	20-25 couples (max 50 people) with 2 facilitators
<b>Stipend</b>	Each participant received 2000 RWF – approx. \$2.50 USD	Each participant received 2500 RWF – approx. \$3.00 USD
<b>Retention</b>	99% retention of the couples	95% retention of the couples

# Duration of Indashyikirwa vs MIGEPROF/WB Adaptation



**MIGEPROF/WB**



**INDASHYIKIRWA**

# Key Informants' Feedback

- *“At the Ministry, we had challenges with the timeline. [...] For me the scale-up was implemented in a kind of rush, it has taken so long, at the time it looked like we wanted to conclude this and get done.”* - MIGEPROF key informant
- *“One of the reasons was it was implemented in such a short time. They rushed through the entire thing. [...] They didn't get deeper in these issues.”* -CARE key informant
- *“The women's spaces started in January and only ran for 6 months. It was way too short.”* - RWN key informant
- *“In some of the Districts as I told you, after my colleague's resignation [one out of the two field supervisors], that field was left alone. This could be a bit dangerous if they needed support.”* - RWAMREC key informant
- *“If you remove two sessions on triggers you are diluting the curriculum. There is something missing.”* - RWAMREC key informant

# Comparison: Women's Safe Spaces



	<b>INDASHYIKIRWA</b>	<b>MIGEPROF/WB</b>
<b>Number</b>	14 safe spaces (1 per sector)	8 safe spaces (1 per sector)
<b>Training</b>	10 days training for the facilitators	10 days training for the facilitators
<b>Activities</b>	Open 3 times a week  Activities included – handling disclosures, referrals and group reflection sessions	Open less frequently than 3 times a week  <i>*same activities as Indashyikirwa</i>
<b>Sustainability</b>	12 of the 14 active safe spaces <i>*at the time of the review</i>	1 of the 8 active safe spaces

# Comparison: Opinion leaders' training and engagement



	<b>INDASHYIKIRWA</b>	<b>MIGEPROF/WB</b>
<b>Number</b>	40 opinion leaders per sector (560 in total)	60 opinion leaders per sector (480 in total)
<b>Training</b>	<ul style="list-style-type: none"> <li>- 10 half-day sessions in 2015</li> <li>- Additional 3 days training for 589 facilitators in 2016</li> <li>- A refresher training for all the leaders in 2016</li> </ul>	<ul style="list-style-type: none"> <li>- 10 half-day sessions</li> <li>- Disorganized with no preparation time for some facilitators</li> <li>- No follow-up/refresher training</li> </ul>
<b>Support</b>	Quarterly reflection meetings with trained leaders throughout project implementation	1 quarterly meeting with the leaders during project implementation

# Summary of key findings

- MIGEPROF/WB project **staff** had **less prior experience** and received **inadequate training** and **supervision**.
- **Backlash** by men to **gender equality messaging** were not as well managed compared to Indashyikirwa
- The adaptation **dropped community activism** and lacked a post-curriculum phase to support diffusion and reinforcement of messages.
- Other **Indashyikirwa components** were **not well integrated** by the MIGEPROF/WB project.
- Overall a lack of program **fidelity**, specifically **differences in design and implementation**, largely accounts for the differential outcomes.

Photo: Donatilla and Jean, Indashyikirwa participants. Peter Caton/CARE



# Insights for adapting & implementing Indashyikirwa

## Design Phase

- Maintain the Power Framework.
- Conduct intensive work with couples.
- Maintain entire curriculum, particularly content on sexuality, consent and managing backlash
- Prioritize learning, practice and application of Skills.
- Have an explicit next step for couples after completing the curriculum.
- Build in rigorous M&E methods from the start.

## Implementation Phase

- Ensure adequate duration to allow for the journey of change.
- Recruit experienced facilitators, provide a high-quality training of trainers, and build in mechanisms for on-going support.
- Support and monitor the safety of couples.
- Pre-test/pilot any adaptations
- Build in strategies to minimize backlash, resistance to messages or actual violence

# Recommendations for adapting & implementing Indashyikirwa

## DESIGN



- Maintain **fidelity to key principles** of the model throughout adaptation and implementation.
- Develop additional project **strategies to mitigate backlash** during implementation.

## STAFF



- Recruit **experienced and skilled staff** as gender transformative group education requires skilled facilitation.
- Provide **intensive training to staff**, with sufficient time for practice.
- Provide **regular supervision, mentorship and support** to staff and community-based structures.

## IMPLEMENTATION



- Develop a **post-curriculum phase** for message diffusion and reinforcement through community activism and engagement of opinion leaders (also important for sustainability).
- Build in processes of providing **regular feedback** and **iterative learning** throughout project cycle.
- Ensure **strong implementation quality**

## Want to learn more?

- **Session 4.3 Wednesday 11:30-13:00**  
"Unintended impacts of an IPV prevention program: evidence from Rwanda" - [Julia Vaillant, World Bank](#)
- **Session 7.1 Thursday 11:30-13:00**  
"The prevention triad model for understanding what works to prevent violence against women and girls"- [Lori Heise, Prevention Collaborative](#)



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