7th global conference on violence against women and children
19-23 September 2022, Paradisus Cancún, Mexico

Parallel session III
3.3. Women’s economic empowerment, microfinance and CASH+
Promoting Women’s Empowerment & Maternal Mental Health through Men’s Engagement: Testing of life-skills building

Men Engagement in Women Empowerment (MEWE)

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Professors
School of Nursing and Midwifery,
Aga Khan University
Pakistan
MEWE Team

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• Technical Advisor: Dr. Judith McFarlane
• Co-Investigators: Dr. Nargis Asad, Dr. Saima Hirani, Ms. Shireen Shehzad, Mr. Hussain Maqbool
• Research Specialists: Dr. Nasim Zahid Shah, Ms. Samral Idrees
• Research Coordinator: Mr. Shiraz Lalani
Introduction

Primary Objectives
To measure the impact of men engagement in Life Skill Building (LSB) and Cash Transfer (CT) on maternal depression, domestic violence, self-efficacy and women empowerment.

Primary Outcomes
Reduced maternal depression, reduced domestic violence, improved self-efficacy and women empowerment.

Secondary Objectives
To measure the impact of men engagement in LSB and CT on household food security, gender attitude, economic solvency and resilience.

Secondary Outcome
Improved household food security, gender attitude, economic solvency and resilience.
Methodology

Phase I: Formative Phase

Key Informant Interviews (KII)
Focus Group Discussions (FGDs)

1. Thatta
2. Sakro
3. Ghorabari
4. Bela
5. Uthal
6. Lakhra
7. Rahim Yar Khan
8. Khanpur
9. Peshawar
10. Mardan

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### Methodology

**Phase II**
Cluster randomized controlled trial

<table>
<thead>
<tr>
<th>Arm 1: BISP’CT+LSB to couples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm 2: BISP’CT+LSB to Women only</td>
</tr>
<tr>
<td>Arm 3: BISP’CT to women only</td>
</tr>
</tbody>
</table>

Separate sessions for husband and wife

**Study Setting:** Tehsil Mirpur Sakro, District Thatta, Sindh
Methodology

**Phase II: Cluster randomized controlled trial**

**Total sample size:**
- 675 couples
- 9 clusters in each arm
- 25 couples per cluster
- (25% attrition = 848 couples (Aprox. 282 per arm)

**Eligibility Criteria**
Adult married women who:
- Receive BISP-CT
- Have one child of at least 18 months
- Have no family migration plan for the next 2 years
Participants Enrolled in Baseline = 1696 (848 Couples)

- Intervention Couple = 588 participants
  - Lost to follow-up = 32
- Intervention Female = 560 participants
  - Lost to follow-up = 56
- Control = 548 participants
  - Lost to follow-up = 72

Total lost to follow-up = 160 participants (9.44%)
  - Shifted = 140
  - Death = 16
  - Other = 4

Participants Completed End line = 1536 (768 couples)
Instruments Booklet

Consent Form

Tools:
1. Demography (18 items)
2. Economic Solvency (6 items)
3. Patient Health Questionnaire (PHQ-9)
4. Conflict Tactics Scale (CTS2S-20)
5. General self-efficacy scale (GSE-10)
6. Household Food Security (HFS-6)
7. Gender Equitable Attitude Scale (GEAS-21)
8. Resilience Scale (RS-14)

8 tools

104 items
Development of the Life Skills Building curriculum

- Literature Review and Analysis of Successful curriculums
- Formative Phase
The Life Skills Building (LSB) Intervention

<table>
<thead>
<tr>
<th>Modules of the LSB Curriculum</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Effective Communication Skills</td>
</tr>
<tr>
<td>2</td>
<td>Understanding Gender Roles</td>
</tr>
<tr>
<td>3</td>
<td>Understanding the Power Dynamics</td>
</tr>
<tr>
<td>4</td>
<td>Work Life Balance and Time Management</td>
</tr>
<tr>
<td>5</td>
<td>Conflict Management</td>
</tr>
<tr>
<td>6</td>
<td>Decision Making</td>
</tr>
<tr>
<td>7</td>
<td>Building self-confidence</td>
</tr>
<tr>
<td>8</td>
<td>Dealing with Abuse and Harassment</td>
</tr>
<tr>
<td>9</td>
<td>Money Management Skills</td>
</tr>
<tr>
<td>10</td>
<td>Income Generation Skills</td>
</tr>
</tbody>
</table>

CVI reported 0.96 for relevance and 0.72 for clarity of men’s curriculum and whereas all experts agreed for women’s curriculum.
Training and operational feasibility of LSB curriculum

Training of LSB curriculum
- Three weeks training to 12 LSB trainers (8 women, 4 men)
- Operational feasibility of curriculum on 10% of actual sample (85 couples)

Delivery of LSB Intervention
- Separate sessions for BISP beneficiaries and their spouses over 6 months:
  - Female sessions: morning; male sessions: evening.
  - First session was conducted as an awareness session for COVID-19
  - Incentive was provided during pandemic as compensation for food and time
- Frequent fidelity monitoring
Data collection and LSB intervention
COVID-19: Community engagement ensuring safety measures
## Demographic Characteristics & Economic Solvency

<table>
<thead>
<tr>
<th></th>
<th>Arm-1 (Control)</th>
<th>Arm-2 (Female)</th>
<th>Arm-3 (Couple)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N=476</td>
<td>N=504</td>
<td>N=556</td>
</tr>
<tr>
<td><strong>Age Group</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;40 years</td>
<td>165 (34.7%)</td>
<td>186 (36.9%)</td>
<td>239 (43.0%)</td>
</tr>
<tr>
<td>40-49 years</td>
<td>223 (46.8%)</td>
<td>252 (50.0%)</td>
<td>276 (49.6%)</td>
</tr>
<tr>
<td>&gt;=50 Years</td>
<td>88 (18.5%)</td>
<td>66 (13.1%)</td>
<td>41 (7.4%)</td>
</tr>
<tr>
<td><strong>Schooling</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>129 (27.1%)</td>
<td>93 (18.5%)</td>
<td>154 (27.7%)</td>
</tr>
<tr>
<td>No</td>
<td>347 (72.9%)</td>
<td>411 (81.5%)</td>
<td>402 (72.3%)</td>
</tr>
<tr>
<td><strong>Employment</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>348 (73.1%)</td>
<td>344 (68.5%)</td>
<td>366 (65.8%)</td>
</tr>
<tr>
<td>No</td>
<td>128 (26.9%)</td>
<td>158 (31.5%)</td>
<td>190 (34.2%)</td>
</tr>
<tr>
<td><strong>HH Income quartiles</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;=12k</td>
<td>120 (25.3%)</td>
<td>130 (25.8%)</td>
<td>176 (31.7%)</td>
</tr>
<tr>
<td>13k-15k</td>
<td>114 (24.1%)</td>
<td>144 (28.6%)</td>
<td>146 (26.3%)</td>
</tr>
<tr>
<td>16k-20k</td>
<td>134 (28.3%)</td>
<td>146 (29.0%)</td>
<td>140 (25.2%)</td>
</tr>
<tr>
<td>&gt;20k</td>
<td>106 (22.4%)</td>
<td>84 (16.7%)</td>
<td>94 (16.9%)</td>
</tr>
<tr>
<td><strong>Own this house and Cultivated land</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>134 (28.2%)</td>
<td>48 (9.5%)</td>
<td>116 (20.9%)</td>
</tr>
<tr>
<td>No</td>
<td>342 (71.8%)</td>
<td>456 (90.5%)</td>
<td>440 (79.1%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Arm-1 (Control)</th>
<th>Arm-2 (Female)</th>
<th>Arm-3 (Couple)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N=476</td>
<td>N=504</td>
<td>N=556</td>
</tr>
<tr>
<td>Do you receive financial assistance from government other than BISP?</td>
<td>No</td>
<td>476 (100.0%)</td>
<td>504 (100.0%)</td>
</tr>
<tr>
<td>Do you receive financial child support?</td>
<td>No</td>
<td>476 (100.0%)</td>
<td>504 (100.0%)</td>
</tr>
<tr>
<td>Cash assistance from other people (family/friends/others)</td>
<td>Loan</td>
<td>80 (16.8%)</td>
<td>60 (11.9%)</td>
</tr>
<tr>
<td></td>
<td>Help</td>
<td>4 (0.8%)</td>
<td>5 (1.0%)</td>
</tr>
<tr>
<td>How much cash did you receive last month?</td>
<td>6279</td>
<td>5459</td>
<td>4170</td>
</tr>
</tbody>
</table>
Overall Primary Outcomes [Mean]

### Depression (PHQ-9)

<table>
<thead>
<tr>
<th>Arm</th>
<th>Baseline</th>
<th>Endline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm 1 (Control)</td>
<td>24</td>
<td>24.5</td>
</tr>
<tr>
<td>Arm 2 (Female)</td>
<td>25</td>
<td>25.5</td>
</tr>
<tr>
<td>Arm 3 (Couple)</td>
<td>26</td>
<td>26.5</td>
</tr>
</tbody>
</table>

### General Self Efficacy (GSE)

<table>
<thead>
<tr>
<th>Arm</th>
<th>Baseline</th>
<th>Endline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm 1 (Control)</td>
<td>28</td>
<td>28.5</td>
</tr>
<tr>
<td>Arm 2 (Female)</td>
<td>27</td>
<td>27.5</td>
</tr>
<tr>
<td>Arm 3 (Couple)</td>
<td>26</td>
<td>26.5</td>
</tr>
</tbody>
</table>
Overall Conflict Tactic Scale (CTS)

Overall Domestic Violence

Arm 1 (Control)  Arm 2 (Female)  Arm 3 (Couple)

Baseline  Endline
Overall Secondary Outcomes [Mean]

**Household Food Security (HFS-6)**

- **Baseline**
  - Arm 1 (Control): 2.4
  - Arm 2 (Female): 2.5
  - Arm 3 (Couple): 2.6
- **Endline**
  - Arm 1 (Control): 64.5
  - Arm 2 (Female): 65
  - Arm 3 (Couple): 65.5

**Resilience (RS-14)**

- **Baseline**
  - Arm 1 (Control): 2.7
  - Arm 2 (Female): 2.8
  - Arm 3 (Couple): 2.9
- **Endline**
  - Arm 1 (Control): 67
  - Arm 2 (Female): 66.5
  - Arm 3 (Couple): 68
Overall Secondary Outcomes [Mean]

Gender Equitable Attitude (GEAS-21)

- Arm 1 (Control) Baseline: 60, Endline: 61
- Arm 2 (Female) Baseline: 61, Endline: 62
- Arm 3 (Couple) Baseline: 57, Endline: 64
Revalidation

The data collection was done during an unprecedented time i.e., COVID-19.

Therefore, revalidation of data on a random sample of 10% at the study sites was conducted “as best practice”

No significant differences were found between the endline and revalidated data.
Challenges

Frequent changes in leadership positions of BISP

COVID-19 pandemic

Seasonal rains and flooding at study sites
Recommendations for Future Research

• Effectiveness of LSB curriculum at other urban/peri-urban settings
• Low Dose (10 weeks) and High Frequency Intervention
• Further statistical analysis (Actor-partner interdependence modelling to see dyadic affect)
• Combination of psychological intervention with LSB
• Scale up/ mainstreaming at national level
Manuscripts

Published


Submitted & Under Review

In the name of riwaj (custom): Caste system as a halt to women empowerment in rural Thatta. *(Submitted to journal of Anthropological Research)*

In Process
1. Engaging Men for Women Empowerment: Methodology of a randomized controlled trial in Pakistan.

2. Overall findings of the MEWE RCT

3. Protocol of Economic Evaluation of MEWE intervention

4. Economic Evaluation of MEWE intervention - Overall findings
Thank you!

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