



Overview of the Project – NIHR GHRG on Promoting Children’s and Adolescent’s Mental Wellbeing in sub- Saharan Africa

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Our Aim

Our overall aim is to develop, implement, and evaluate an affordable, effective, and trusted whole school mindfulness intervention to improve the mental well-being of children and adolescents in Rwanda and Ethiopia.

Main Elements of the Project



1. Research



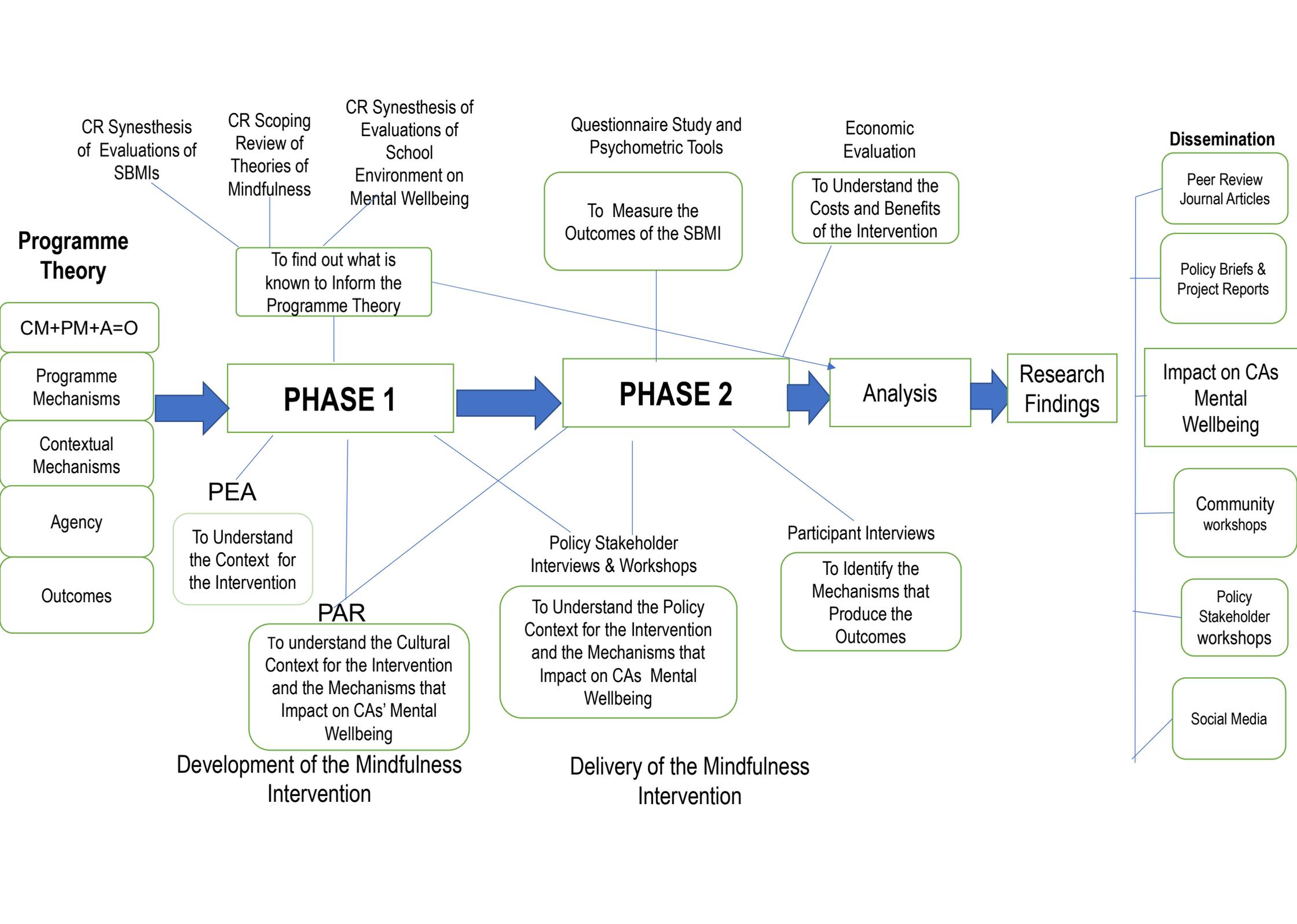
2. Development and delivery of a school-based mindfulness intervention



3. Training and capacity building in interdisciplinary health research

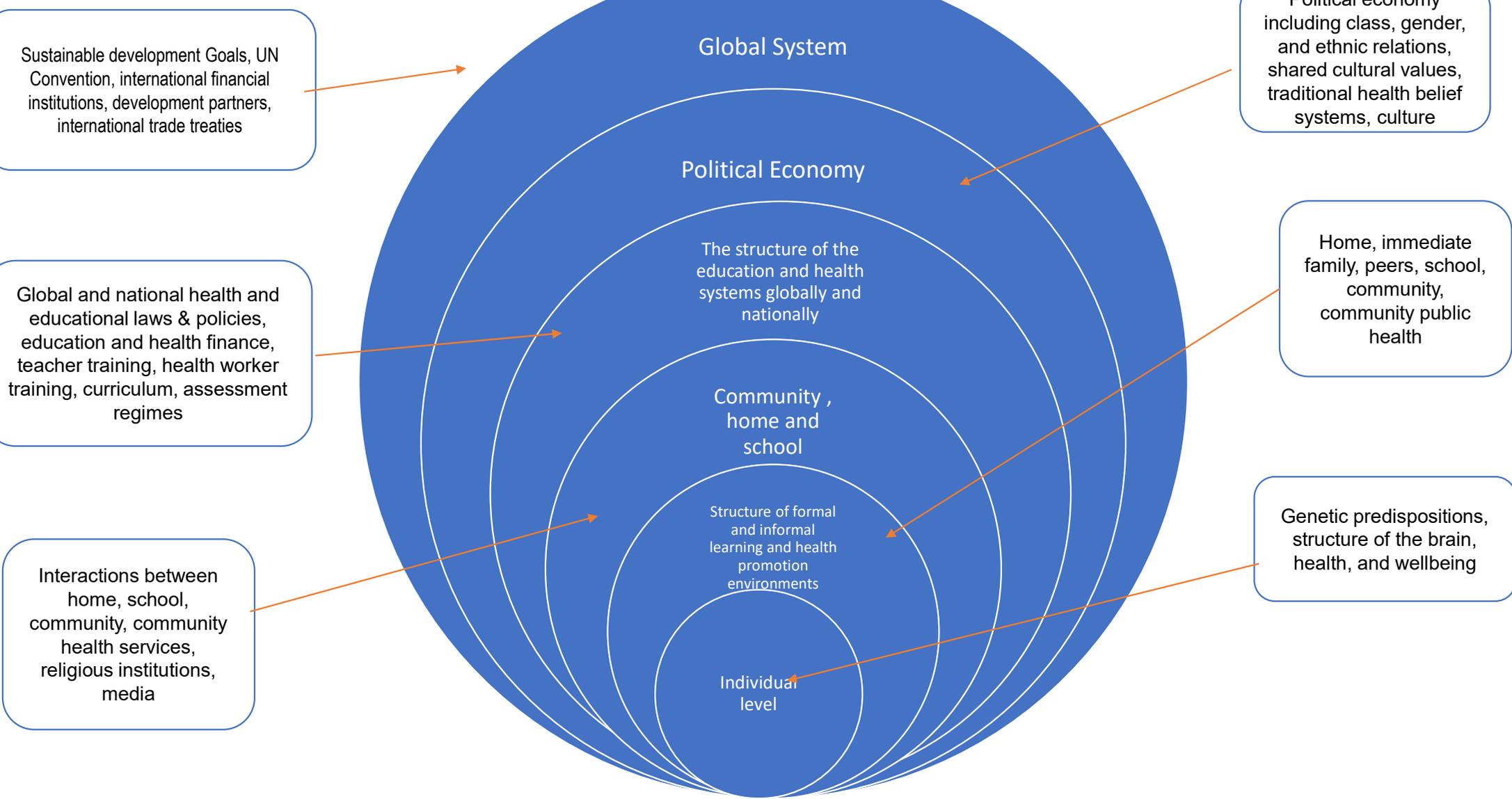


Dissemination



Steps	Question	Methods	Outputs
Identification of the potential contextual factors	What are the conditions in Rwanda and Ethiopia that impact CA mental wellbeing?	Political economy analysis. Interviews/workshops/ PR with policy actors, parents, CAs and teacher educators. Baseline questionnaires – main carers & teachers.	Potential contextual factors (mechanisms) identified.
CR synthesis	What is the evidence on the effectiveness of mindfulness interventions in promoting CAs' mental wellbeing in LMICs? What are the mechanisms that are triggered? What programme theories have been tested with what outcomes?	CR review of mindfulness interventions for promoting CAs' mental wellbeing in LMICs, school climate interventions in LMICs with mental wellbeing as a primary or secondary outcome Theories of how mindfulness works to promote mental wellbeing.	Identifying the mechanisms through which the outcomes were brought about as well as the required contextual conditions.
Eliciting the programme theory of the developers	How is the mindfulness intervention supposed to work? What are the assumptions of the developers?	Interviews with the teacher educators and a review of the mindfulness training programme.	The assumptions of the actors on the mechanisms through which they believe the mindfulness intervention will promote CAs' mental wellbeing.
Refining the mechanisms	Revising the initial theories explaining how the mindfulness intervention is expected to work to promote CAs' mental wellbeing.	Review of concepts and theories	Refine mechanisms and potential middle-range theories.

A Laminated CA Learning and Wellbeing System





Internal Factors

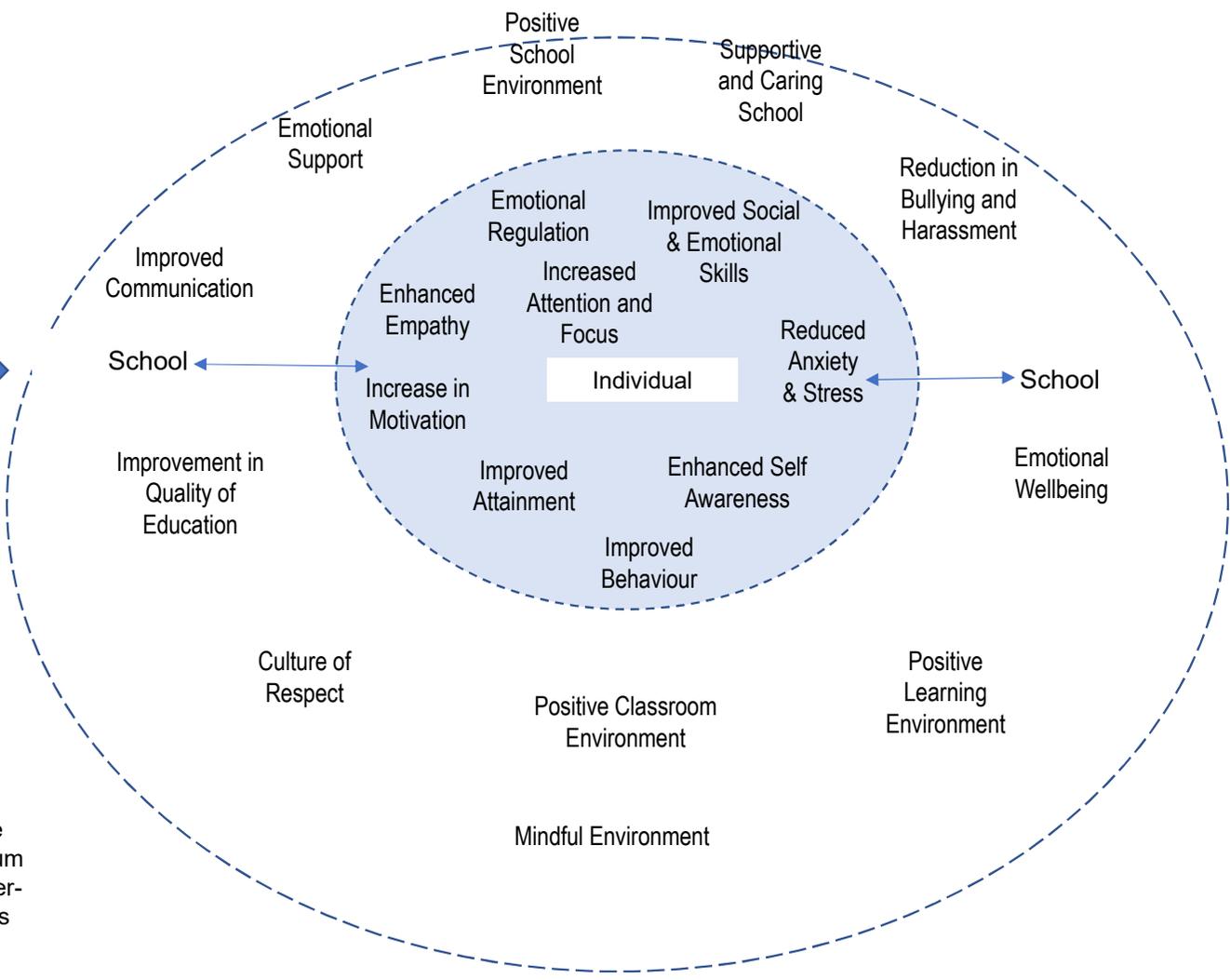
- School Size
- Teacher/Pupil Ratio
- Funding
- Leadership
- Rules and Regulations
- School Environment
- Teaching Practices
- Teacher/pupil Relations
- Peer/Peer Relations

External Factors

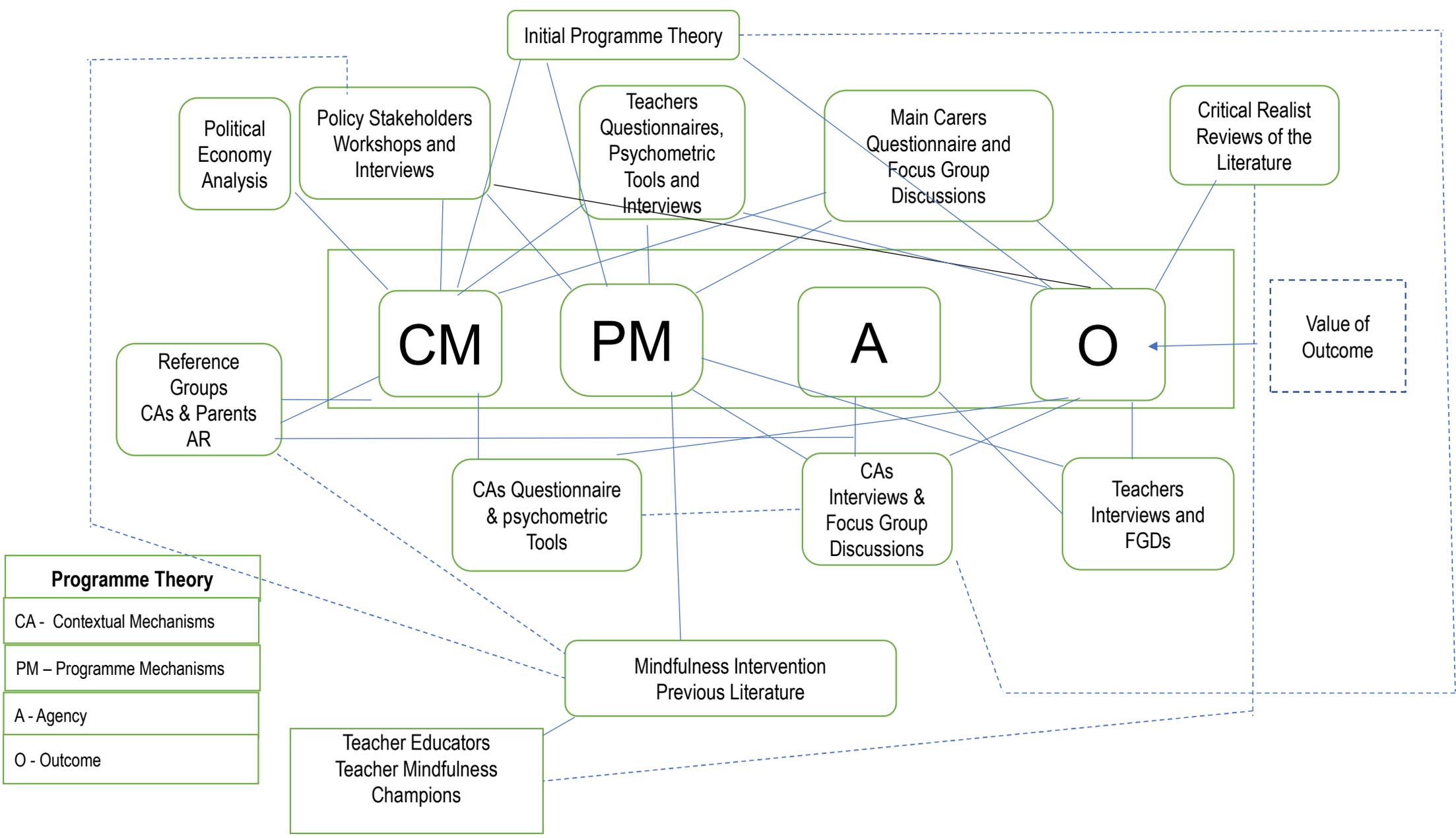
- Family Relations
- Local Community Relations
- Peer/Peer Relations
- Cultural Values
- Education Policy
- Education Funding
- Health Funding
- Health Service
- Development Assistance

Mindfulness Curriculum

Inputs
 Trained Teachers
 Culturally Appropriate Mindfulness Curriculum Developed by Teacher-Educators & Teachers
 CBPR with Parents, Teachers, Policy Stakeholders & CAs



Improved Mental Wellbeing of Pupils



Applied Health Research

Objectives:

1. To evaluate the intervention using critical realism - controlled trial and participatory, qualitative, and quantitative research
2. To carry out a cost-effectiveness analysis of the intervention

Deliverables:

1. A cost-benefit analysis
2. Design, testing and implementation of the research, including the identification, translation and validation (if applicable) of psychometric and self-completion tools, design of questionnaires, FGD and KII agendas
3. Qualitative and quantitative data sets from baseline, mid-line and end-of-line data
4. Report setting out the main findings from the trial

Work Package 1 Situational Analysis and Stakeholder Engagement	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24
Activity 1.1: Meetings of WP Team (as necessary)													
Activity 1.2: Stakeholder mapping, context, and situational analysis completed, and report written for consultation with stakeholders (KEY MILESTONE)				*									
Activity 1.2.1: PEA Desk Review													
Activity 1.2.2: Policy actor interviews													
Activity 1.2.3: Quality assurance of policy actor interviews by co-leads													
Activity 1.2.4: Analysis and reporting of policy actor interviews													
Activity 1.3: Stakeholder engagement (CBPR), including draft report written reporting findings from the consultations to inform design of the intervention (KEY MILESTONE)				*									
Activity 1.3.1: Development of guides for consultation and engagement on promoting the mental wellbeing of children and adolescents with stakeholders and community members including children													
1.3.2: PAR training (Co-Is)													
1.3.3: Tool development (country specific)													
1.3.4: PAR training (with research teams, country specific)													
Activity 1.3.5: 4x workshops parents' reference groups (weekly)													
Activity 1.4: Qualitative data set of notes from meetings with stakeholders & advisory groups for analysis and depositing in an open access repository & link to IATI.													
Activity 1.5: Article written and submitted to peer review journal													
Activity 1.6: Meetings of reference groups - proposed Sep/Oct 24, Apr/May 25, Nov/Dec not including separate activities in WPs 1, 2 & 5 (participatory research).	Recruit	WP1	WP1		WP2	WP2	WP2	Pilot testing	Pilot testing	Pilot testing		Baseline	Baseline

Work Package 3 Applied Health Research	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24
Sub-heading: Baseline													
Activity 3.13: Design of baseline research, questionnaires, FGD agendas and KII agendas.													
Activity 3.14: Preparing of training materials for fieldwork teams for baseline research.													
Activity 3.15: Recruitment of data collectors, note takers and translators/transcribers for the base line research - Rwanda													
Activity 3.16: Recruitment of data collectors, note takers and translators/transcribers for the base line research - Ethiopia													
Activity 3.17: Preparation of training materials for fieldwork team for baseline research													
Activity 3.18: Training of fieldwork team in Ethiopia and Rwanda for baseline research.													
Activity 3.19: Baseline research in Ethiopia													
Activity 3.20: Baseline research in Rwanda													
Activity 3.21: Qualitative and quantitative data sets (baseline data) prepared for analysis and available on reasonable request & link to IATI.													

Acknowledgments

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This research was funded by the NIHR (NIHR133712) using UK aid from the UK Government to support global health research. The views expressed in this publication are those of the author(s) and not necessarily those of the NIHR or the UK government, the Court of the University of Aberdeen, the Board of Directors of the University of Rwanda, the Board of Directors of Addis Ababa University, the Board of Directors of The Sanctuary, or our International Advisory Board.