RISE: Prevention of Child Mental Health Problems in Southeastern Europe

Adapt, Optimise, Test, and Extend Parenting for Lifelong Health for Young Children

GACD Meeting 2019, Bangkok
Growing Demand for Parenting Programs in Romania and on a Global Level

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.
Objectives of RISE

1. Adapt, optimize, and test the Parenting for Lifelong Health (PLH) for Young Children parenting program in Romania, North Macedonia & Republic of Moldova

2. Determine the economic impacts of the PLH Children program and the costs of future dissemination and scale up

3. Evaluate key barriers and facilitators that impact prevention of child behavioral disorders

4. Identify and address socioeconomic and contextual factors of relevance

5. Develop strategies with local stakeholders to embed PLH Children into practice and policy and to sustain the intervention

Parenting for Lifelong Health for Young Children

Roof: Nonviolent Discipline
- Resolving Conflicts
- Consequences and Cool Down
- Redirecting and Ignoring Behaviours
- Giving Instructions and Household Rules
- Using Praise and Rewards
- Naming Actions and Feelings
- Quality Time with Your Child

Walls: Positive Parenting
- Foundation: Establishing Goals for You and Your Child

Sunshine of Positive Attention

22 countries and over 400,000 families by 2021

unicef
for every child

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.
RISE PHASES: Multiphase Optimization Strategy framework

Phase 1
- **Preparation**: test feasibility of the intervention, evaluation & implementation methods (2018)
  - Interviews with officials, experts, and practitioners
  - Focus group discussions and interviews with parents
  - N = 140 families per country, pre and post assessment

Phase 2
- **Optimization**: Cluster factorial experiment to identify the most efficient & cost-effective intervention components (2019-2020)
  - N = 864 or 288 families per country
  - Assessments: pre, post, follow-up 6 months after pre-assessment

Phase 3
- **Evaluation**: Multisite randomised controlled trial of the optimized intervention (2020-2021)
  - N = 720 families (n= 240 per country)
  - Control condition: Lectures on health, nutrition, etc.
  - Assessments: pre, post, follow-up 12 months after pre-assessment

---

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.

Phase 1: Feasibility Pilot Results - Child behavioral problems (CBCL, parent-report)

- Externalizing symptoms young (d = 1.26)
- Externalizing symptoms older (d = 1.15)

Mean Pre  Mean Post

Symptom severity CBCL

Jansen et al., in preparation
Phase 1: Feasibility Pilot Results - Child Maltreatment

Child maltreatment (d = 0.82)

Mean Pre: 13.30
Mean Post: 6.20

Frequency of abuse

ISPCAN total

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.

Jansen et al., in preparation
RISE Phase 1: Lessons learned

- PLH Children feasible and acceptable across 3 countries with many high-risk families reached

- Attendance and engagement vulnerable to external factors (poverty, illiteracy, part-time work, summer holidays)

- Supportive supervision using video feedback needed to strengthen quality of delivery by program facilitators

- Sustainment requires engagement and commitment from implementing agencies
RISE Phase 2: Optimization Study (ongoing)

Phase 1
- **3 components (conditions):** Engagement, Length, and Fidelity
  - 8 experimental conditions, 48 clusters
- **Preparation:** test feasibility of the intervention, evaluation & implementation methods (2018)
  - Interviews with officials, experts, and practitioners
  - Focus group discussions and interviews with parents
  - \( N = 140 \) families per country, pre and post assessment

Phase 2
- **Optimization:** Cluster factorial experiment to identify the most efficient & cost-effective intervention components (2019-2020)
  - \( N = 864 \) or \( 288 \) families per country
  - Assessments: pre, post, follow-up 6 months after pre-assessment

Phase 3
- **Evaluation:** Multisite randomized controlled trial of the optimized intervention (2020-2021)
  - \( N = 720 \) families (\( n = 240 \) per country)
  - Control condition: Lectures on health, nutrition, etc.
  - Assessments: pre, post, follow-up 12 months after pre-assessment

---

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.

RISE Phase 2: Conceptual Model for PLH Children

COMPONENT LEVELS

Component 1: Engagement (Basic/Enhanced)
Component 2: Length (5/10 Sessions)
Component 3: Fidelity (On-Demand/Structured)

IMPLEMENTATION OUTCOMES
- Participation Rate
- Program Fidelity

PROXIMAL OUTCOMES
- Dysfunctional Parenting
- Positive Parenting

PRIMARY OUTCOME
- Child Behaviour Problems

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.

RISE Phase 3: Evaluation (2020-2021)

Design: Randomized controlled trial

Goal: Test effectiveness and cost-effectiveness of the **optimized intervention package** in comparison to a lecture on parenting.

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.
RISE: Engagement with policymakers

Phase 1 Stakeholder meetings: 112 stakeholders from 51 organizations and government agencies

Ongoing dissemination meetings in each country coordinated with local UNICEF country offices

PLH Children linked to Global Partnership to End Violence Against Children
This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.
This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 779318. This presentation represents the author’s views only and the Commission is not responsible for any use that may be made of the information it contains.