



Norwegian Institute of Public Health

# Research on ICDP: Learnings from the past and future opportunities

ICDP regional conference, Kathmandu, 11.11.2022

Ph.d., MA Ane-Marthe Solheim Skar

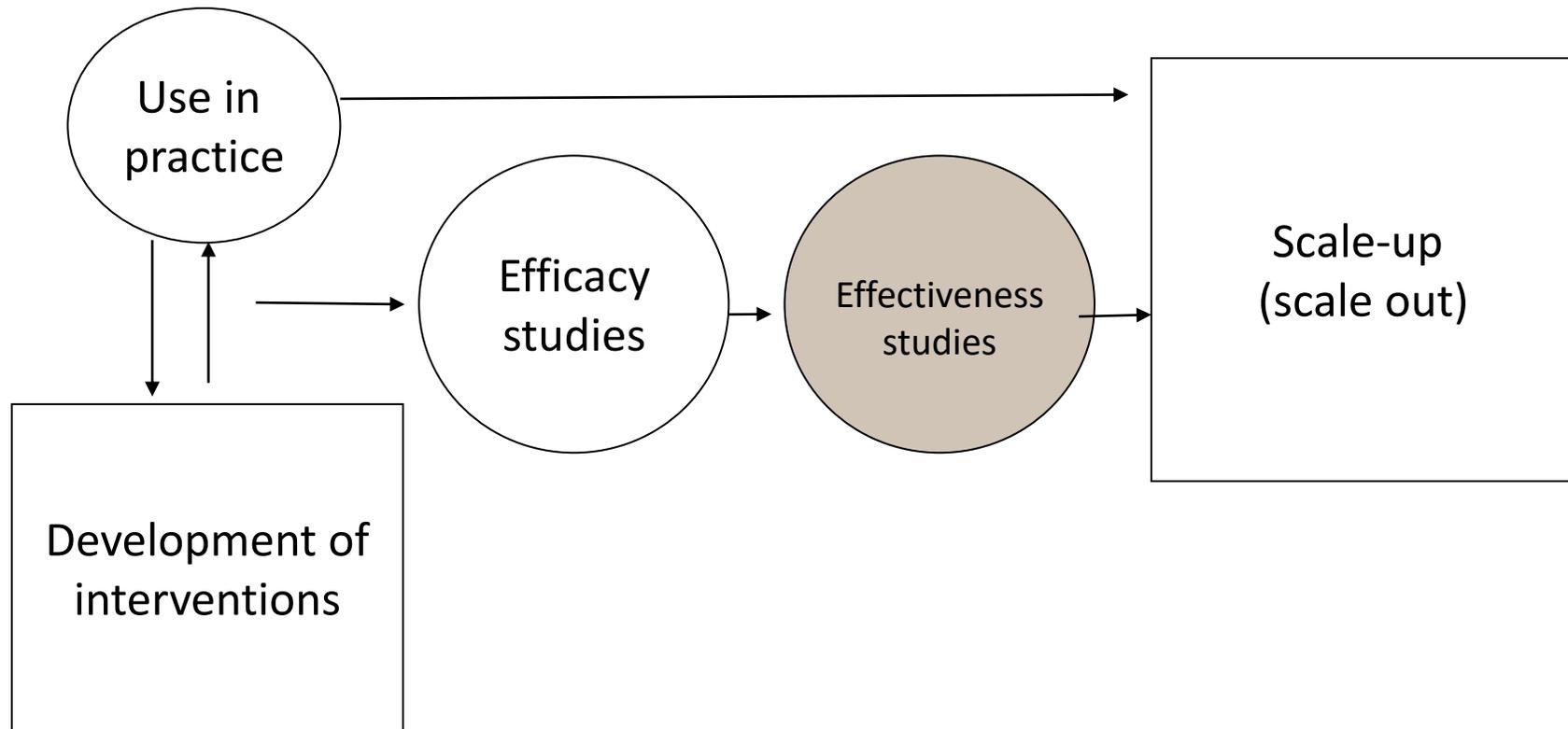
# Acknowledgements

- Karsten, Nicoletta, Henning +
- Co-authors
- ICDP collaborators around the world
- Caregivers and children

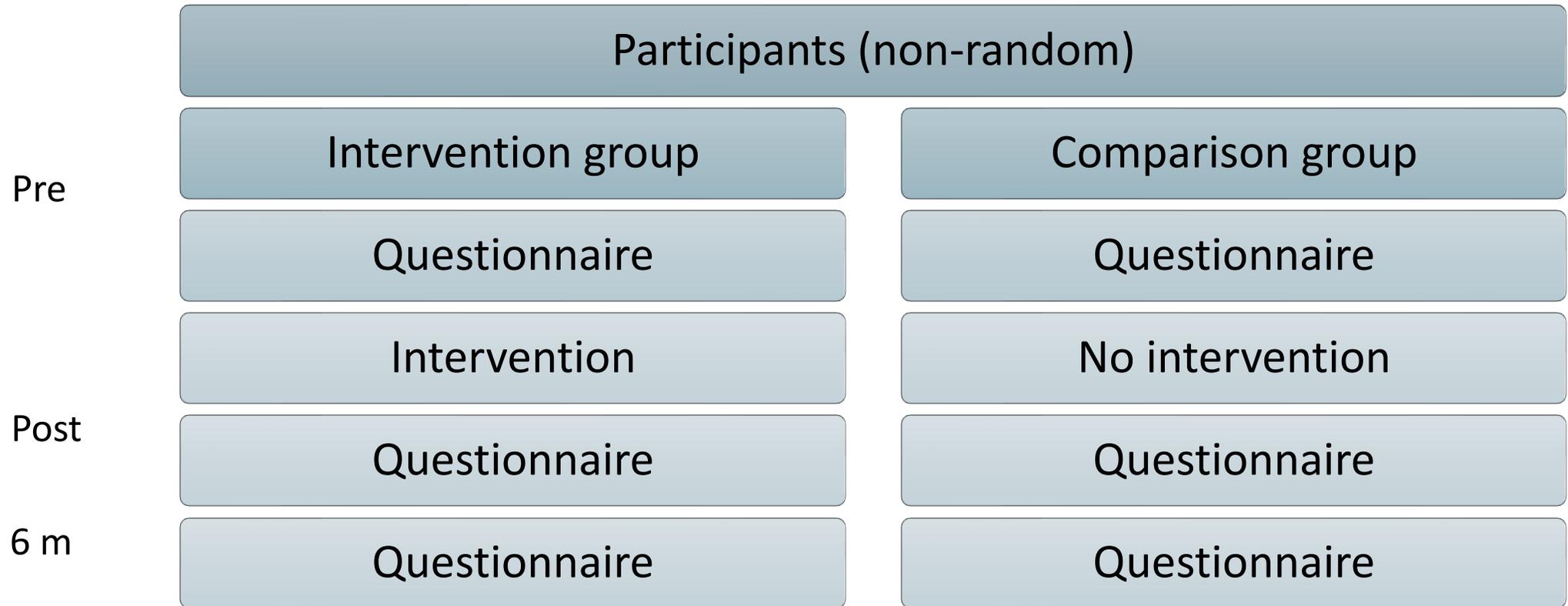
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# Testing (controlled and natural setting) before scale-up



# Pre-post-follow-up design with comparison group



# Evaluation of ICDP in Norway

- General increase in parenting and health scores (Sherr et al., 2014)
- Most effect on parenting for those with high depression scores, less social support, and more household chaos (Sherr et al., 2014)
- Positive scores maintained, but at lower level, after 6 months (Skar et al., 2014a)
- Same effect on parenting and stress for mothers and fathers, but fathers reported a higher decrease in anxiety and higher self-efficacy and increased understanding of the child's needs (Clucas et al., 2014)
- Positive self-reported effects for immigrant mothers (Skar et al., 2014b) and fathers in prison (Skar et al., 2014c), yet more difficult to measure/interpret quantitative results

# Evaluation of Follow-Up Effects of the International Child Development Programme on Caregivers in Mozambique

Skar, Ane-Marthe Solheim MSc; Sherr, Lorraine PhD; Clucas, Claudine PhD; von Tetzchner, Stephen PhD

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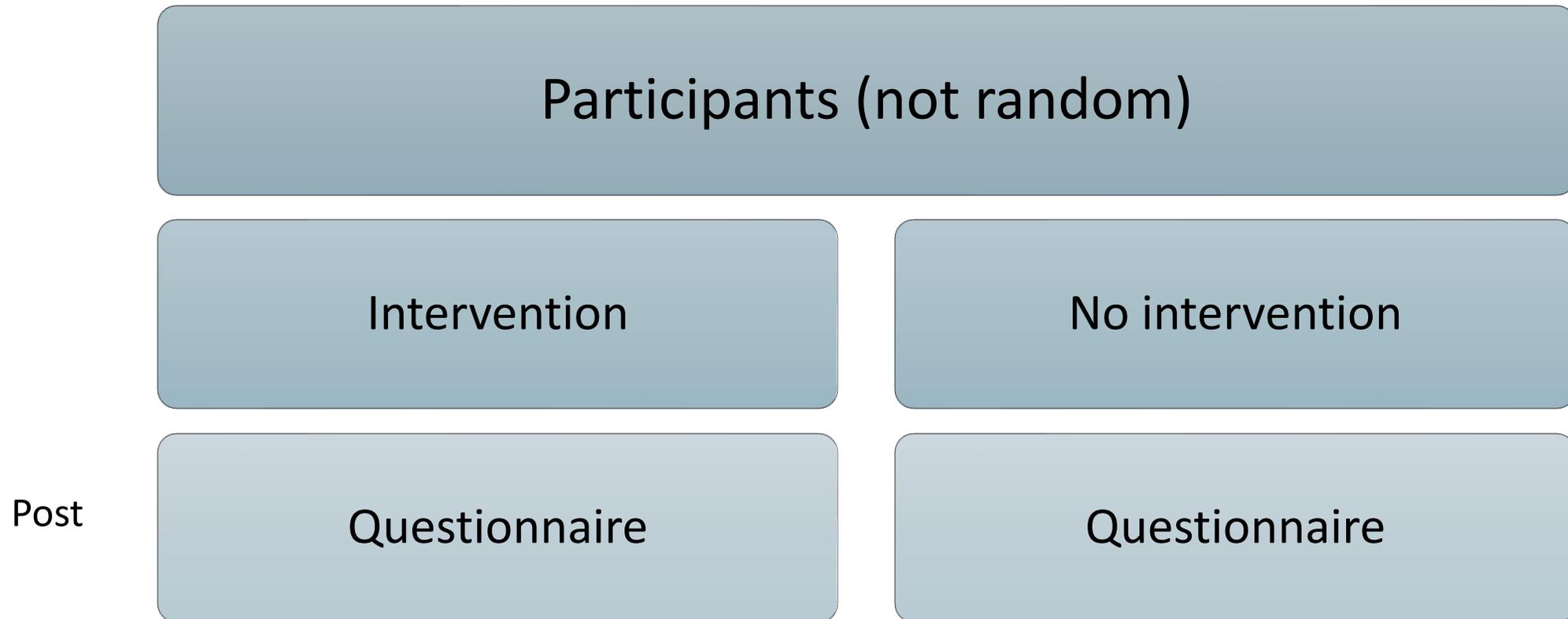
BUY

 Metrics

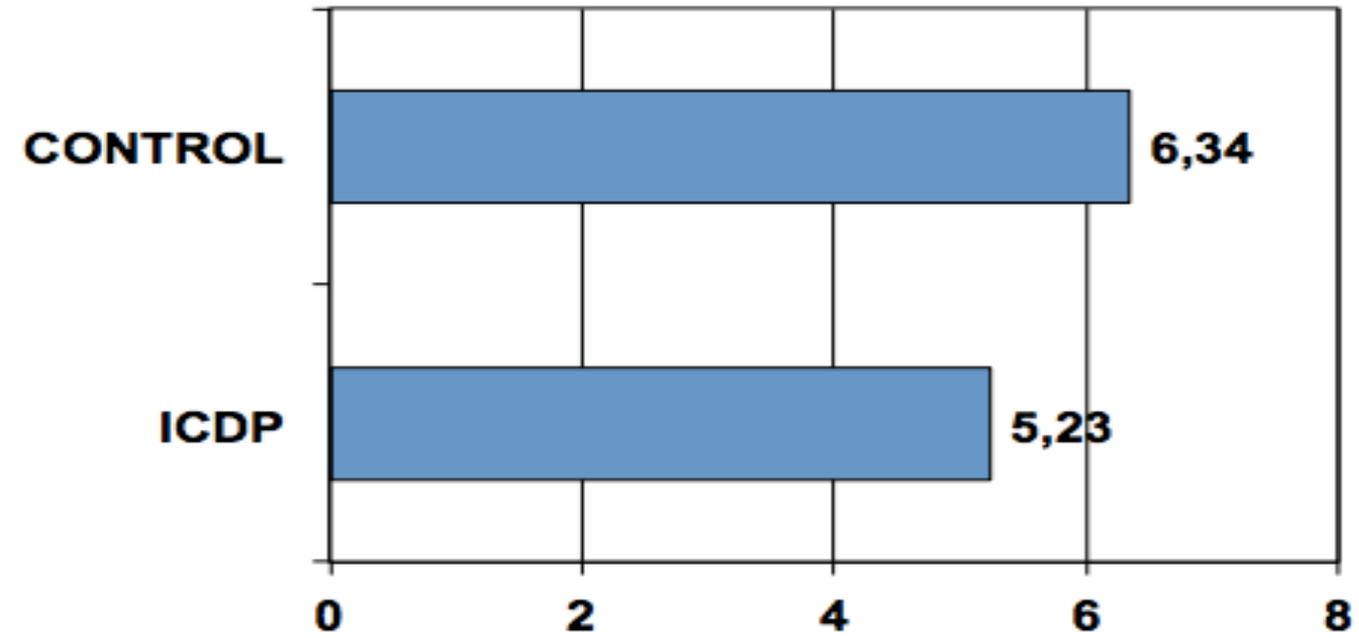
## Abstract

Parenting programs have been used to good effect in many settings, yet few are systematically introduced and evaluated in developing countries. This study explores the relative long-term effect of participation in the International Child Development Programme (ICDP) in a group of caregivers in Mozambique. A quasi-experimental design was used to compare caregivers who had completed an ICDP course ( $n = 75$ ) with a sociogeographically matched comparison group ( $n = 62$ ) who had not followed any parenting program. Both groups completed a questionnaire about parenting, attitudes toward the child and the child's behavior, self-efficacy, life quality, and mental health. The ICDP group reported better parenting skills, fewer conduct problems in their children, and better child adjustment than the comparison group, as well as a shift in physical punishment away from hitting. The ICDP group had higher self-efficacy scores, better health and life quality, and lower scores on mental health difficulties. The follow-up differences between caregivers who had and had not attended the ICDP course indicate that course attendance may result in observable benefits in parenting and mental health scores. The data are cross-sectional and the caregivers were interviewed postintervention only, and more research is therefore needed.

# Post intervention only design



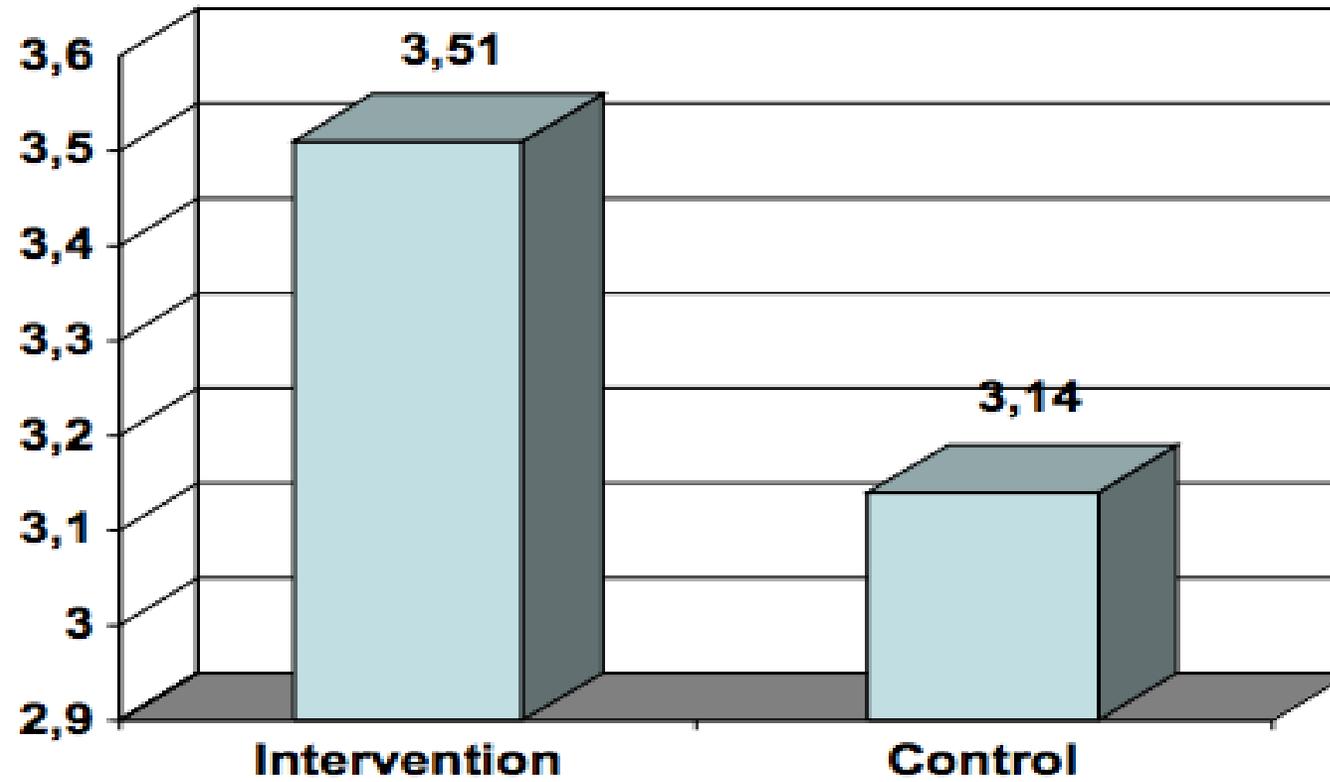
## Depression



## SDQ, health, and life quality

<b>Outcome</b>	<i>N</i>	<b>ICDP</b>		<i>N</i>	<b>Control</b>		<i>Mann-Whitney U</i>	<i>p</i>
		<i>Mean</i>	<i>SD</i>		<i>Mean</i>	<i>SD</i>		
Psychological aggression	61	2.97	5.41	46	2.49	4.61	1996	.593
SDQ conduct	69	1.49	1.44	62	2.42	2.21	1659	<b>.023</b>
SDQ prosocial	68	8.06	1.99	62	7.98	2.46	1323	.598
My health	71	65.53	30.29	61	60.38	20.62	1780.5	.076
My life quality	70	75.07	116.09	62	55.05	21.99	1710.5	<b>.035</b>

## Self-efficacy



## Domestic violence

<b>Outcome</b>	<b>N</b>	<b>ICDP</b> (N = 34), %	<b>Comparison</b> (N = 44), %	<i>Chi-square</i>	<i>p</i>
Pinch/shake	9	<b>88.9</b>	11.1	9.12	<b>.011</b>
Hit with hand/ stick	17	29.4	<b>70.6</b>		
None	52	40.4	59.6		

## Attitudes

<b>Outcome</b>	<i>N</i>	<b>ICDP</b>		<i>N</i>	<b>Control</b>		<i>Mann-Whitney U</i>	<i>p</i>
		<b>Mean</b>	<b>SD</b>		<b>Mean</b>	<b>SD</b>		
Expand child's experiences	<b>71</b>	<b>2.68</b>	<b>.53</b>	<b>62</b>	<b>2.43</b>	<b>.53</b>	<b>1668.5</b>	<b>.005</b>
Help child focus his/her attention	<b>71</b>	<b>2.82</b>	<b>.42</b>	<b>62</b>	<b>2.55</b>	<b>.62</b>	<b>1709</b>	<b>.004</b>
Set limits without explaining why	<b>71</b>	<b>1.97</b>	<b>.83</b>	<b>62</b>	<b>2.03</b>	<b>.83</b>	<b>2113</b>	.674
Adjust myself to child's interests	<b>70</b>	<b>2.84</b>	<b>.40</b>	<b>62</b>	<b>2.64</b>	<b>.60</b>	<b>1839</b>	<b>.034</b>
Show feelings and enthusiasm	<b>71</b>	<b>2.87</b>	<b>.41</b>	<b>62</b>	<b>2.48</b>	<b>.72</b>	<b>1562</b>	<b>&lt;.001</b>

## Evaluation of Parenting Interventions to Prevent Violence Against Children in Colombia: A Randomized Controlled Trial

Ane-Marthe Solheim Skar <sup>1</sup>, Lorraine Sherr <sup>2</sup>, Ana Macedo <sup>2</sup>, Stephen von Tetzchner <sup>1</sup>, Knut Inge Fostervold <sup>1</sup>

Affiliations + expand

PMID: 29294970 DOI: 10.1177/0886260517736881

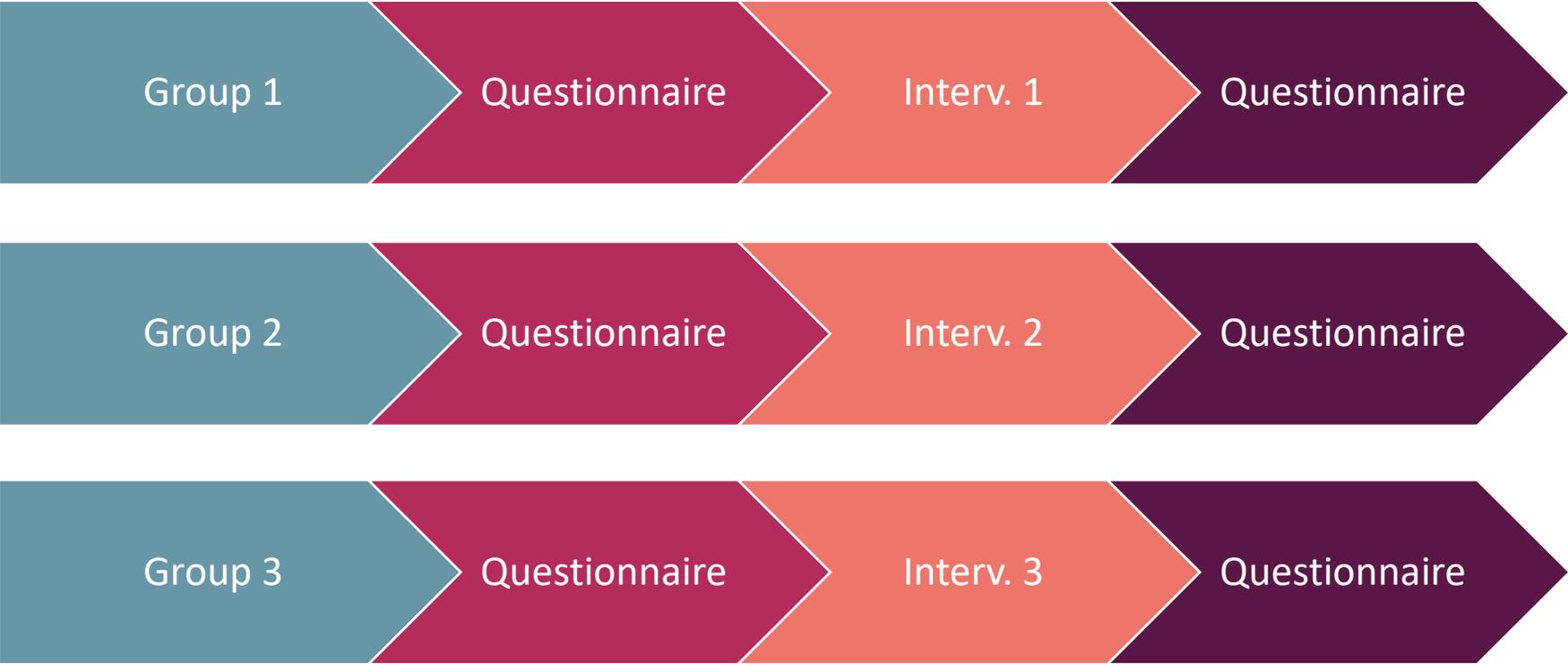
### Abstract

The effects of the International Child Development Programme (ICDP) and the specific addition of a violence prevention module were observed in a preidentified population in Colombia where children are experiencing high levels of violence. Participants were 176 parents of 3- to 4-year-olds attending child centers who were randomly allocated to one of three conditions: organized Community Activities at child centers and ICDP (CA + ICDP), CA, ICDP, and a preventive Violence Curriculum (CA + ICDP + VC), or a comparison group with only CA. The parents completed questionnaires about corporal punishment, intimate partner violence, community violence, and mental health at baseline and at 6 months follow-up. Univariate logistic regressions were used to examine uses of child violence, predictors of intimate partner violence, and prevalence of mental health problems. McNemar tests were used to assess differences between intervention groups and comparison group at two different time points. Participants were mostly female (78.5%) and had an average age of 32 years. Among these, 58.5% had been exposed to community violence and 98.3% reported using physical assault to discipline their children. Reported prevalence of child violence decreased in all groups whereas the reduction of severe forms of violence was larger for the intervention groups, and especially for the CA + ICDP + VC group. There was a significant reduction of victimization of intimate partner violence in both intervention groups as well as a decrease in mental health problems, especially for the CA + ICDP group (from 22.4% to 5.1%). The general ICDP seems effective in reducing violence. The addition of a specific violence intervention component seemed to reduce intimate partner violence, but not violence related to children. The comparison group attending the child center and other social activities also reported reduced violence but to a lesser extent than the groups who attended specific interventions.

**Keywords:** child abuse; children exposed to domestic violence; domestic violence; intervention/treatment; prevention of child abuse.

- Children and Violence Evaluation Challenge Fund
- Collaboration with UiO, UCL, UNICEF, ICDP, Unicef, the Institute for Children's Rights and Development og the International Centre for Human Development
- Research questions:
  - Is ICDP effective in reducing corporal punishment?
  - Will a violence module have more effect?

# Randomized controlled trial (RCT)



## Results

- Reduction in partner violence (exposure): 12-6% (CA), 12-3 (ICDP), 11-1.5% (ICDP+VC)
- Reduction in physical violence towards children
  - Reduction mild violence: **41**, 38 og 33% (**CA+ICDP**, CA+ICDP+VC og CA\*)
  - Reduction moderate violence: **83**, 78 og 51% (**CA+ICDP**, CA+ICDP+VC og CA)
  - Reduction severe violence: 96, **98**, and 89% (CA+ICDP, **CA+ICDP+VC** og CA)
- 25% above clinical level for depression – significant decrease, mostly for the ICDP group

Child Care in Practice >  
Volume 25, 2019 - Issue 3

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Articles

## Strengthening a Whole Child Approach within Residential Care Settings Through Psychosocial Support and Nutritional Guidance

Ane-Marthe Solheim Skar ✉, Rodrigo Marrecas De Abreu & Marsha J. Vaughn  
Pages 230-247 | Published online: 12 Oct 2017

Download citation | <https://doi.org/10.1080/13575279.2017.1371670> | Check for updates

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### ABSTRACT

Malnutrition and a lack of sufficient psychosocial support from caregivers both have a tremendous effect on children's development. Initiatives to support healthy child development in a context of poverty include caregiver interventions. There is growing evidence to support interventions that integrate psychosocial and nutritional support. The current study explores a psychosocial support intervention based on the International Child Development Programme integrated with a health and nutritional supplement to child center staff in the Maputo area in Mozambique. A wait list comparison group of staff from other child centers received the same training after the current study. The study draws on both quantitative and qualitative approaches in order to investigate children's physical health measured through weight and height scores, children's self-report to the Strengths and Difficulties Questionnaire before and after the intervention, and caregivers' perceived changes following the intervention provided through open-ended questions. Measures

### Related

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- Low-budget study
- Mixed method wait list study
- ICDP + health and nutrition component
- 6 child centers for vulnerable children
- Youth (N=40) and employees (N=40) pre and post
- Nutritional data from 95% of the children (N=334)
  - Age, gender, height, weight (W/(HxH) (WHO)

# Results

## Employees report's

“We used to have huge relational problems here, but things have improved”

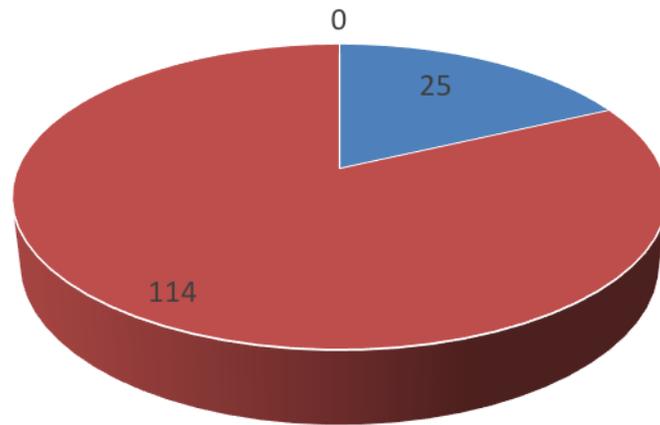
"Everything is calmer now and we have come closer to each other”

“I no longer beat my children at home”

“I'm not nervous anymore and I'm more patient”

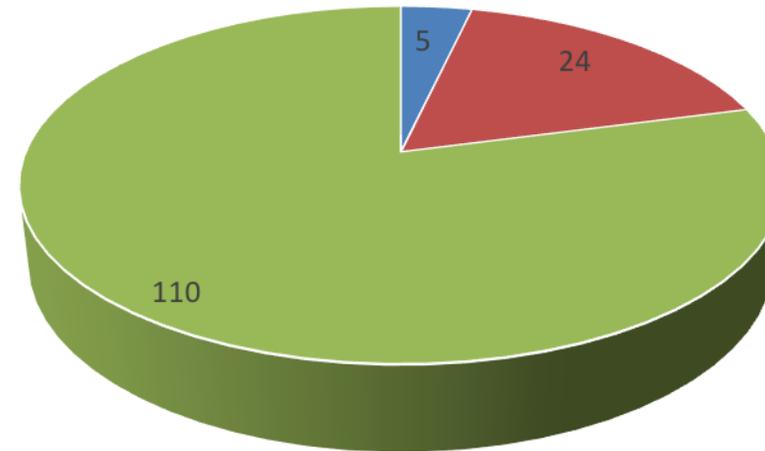
# Malnutrition (n=139)

Before intervention



■ At high risk ■ At risk ■ Out of risk

After intervention



■ At high risk ■ At risk ■ Out of risk

# A Multi-Sectoral Approach Improves Early Child Development in a Disadvantaged Community in Peru

González-Fernández et al., 2020

- Focus on community/home gardens, workshops on conscious nutrition and promotion of parenting skills
- At baseline, 16.4% of children had not achieved one or more of the age-specific developmental milestones. Declined after ICDP.
- ICDP reduces the risk of language delay in children under five (the two belonging to the regulative dialogue (8a, 8b) emerged as determinants in reducing the risk of language delay)
- Significant association of the combined intervention including gardens, on food security
- “Without local policies that improve essential community services, no intervention would be sufficiently effective for children to achieve their full potential”
- “Participatory research were critical to the implementation of this multi-sectorial study”

The screenshot shows the article page on the Frontiers website. At the top, there is a navigation bar with the Frontiers logo, 'About us', 'All journals', 'All articles', and a 'Submit your research' button. Below this is a secondary navigation bar for 'Frontiers in Public Health' with options for 'Sections', 'Articles', 'Research Topics', 'Editorial Board', and 'About journal'. The main content area features the article title, authors, and publication details. The article is categorized as 'ORIGINAL RESEARCH article' and is part of a research topic on 'Effective Delivery of Integrated Interventions in Early Childhood: Innovations in Evidence Use, Monitoring, Evaluation and Learning'. The authors listed are Doris González-Fernández, Ana Sofia Mazzini Salom, Fermina Herrera Bendezu, Sonia Huamán, Bertha Rojas Hernández, Illéne Pevec, Eliana Mariana Galarza Izquierdo, Nicoletta Armstrong, Virginia Thomas, Sonia Vela Gonzáles, Carlos Gonzáles Saravia, Marilyn E. Scott, and Kristine G. Koski. A list of footnotes at the bottom provides affiliations for each author, ranging from McGill University in Canada to the National Institute for Children's Health in Peru.

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ORIGINAL RESEARCH article

Front. Public Health, 06 November 2020  
Sec. Children and Health  
<https://doi.org/10.3389/fpubh.2020.567900>

This article is part of the Research Topic  
Effective Delivery of Integrated Interventions in Early Childhood: Innovations in Evidence Use,  
Monitoring, Evaluation and Learning  
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## A Multi-Sectoral Approach Improves Early Child Development in a Disadvantaged Community in Peru: Role of Community Gardens, Nutrition Workshops and Enhanced Caregiver-Child Interaction: Project “Wawa Illari”

Doris González-Fernández<sup>1</sup>, Ana Sofia Mazzini Salom<sup>2</sup>, Fermina Herrera Bendezu<sup>2</sup>, Sonia Huamán<sup>3</sup>, Bertha Rojas Hernández<sup>4</sup>, Illéne Pevec<sup>5</sup>, Eliana Mariana Galarza Izquierdo<sup>6</sup>, Nicoletta Armstrong<sup>7</sup>, Virginia Thomas<sup>8</sup>, Sonia Vela Gonzáles<sup>9</sup>, Carlos Gonzáles Saravia<sup>10</sup>, Marilyn E. Scott<sup>11</sup> and Kristine G. Koski<sup>1\*</sup>

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# ICDP evaluated in the Philippines

## Background

- Low to moderate correspondence between parent and child reports child physical abuse (Kobulsky et al., 2017)
- In Norwegian CMH services: Children (n=6653) report more traumas (Skar et al., 2021)
- Children's vs. caregiver's perspectives can give valuable insight into the prevalence and perceptions of maltreatment
- Children's report of violence associated with mental health outcomes



## Child and Caregiver Reporting on Child Maltreatment and Mental Health in the Philippines Before and After an International Child Development Program (ICDP) Parenting Intervention

Emil Graff Ramsli<sup>1</sup>  · Ane-Marthe Solheim Skar<sup>1,2</sup> · Vilde Skylstad<sup>1</sup> · Disa Sjöblom<sup>3</sup> · Zenona Gread<sup>4</sup> · Wayomi Chiong<sup>4</sup> · Ingunn Marie S. Engebretsen<sup>1</sup>

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### Abstract

Child maltreatment is a serious problem affecting millions of children. Research on self-reporting of child maltreatment has shown a difference in reporting between caregivers and children. Increased understanding of this has implications for further evaluations of parenting programmes and assessment of violence and maltreatment. The purpose of this study was to explore caregiver-child reporting discrepancies on child maltreatment and emotional health before and after piloting of the International Child Development Program (ICDP) in the Philippines. Data was collected from caregivers and their children before and after caregiver participation in ICDP. Participants were selected from the Pantawid Pamilyang Pilipino Program in Leyte by Save the Children. Caregivers and children completed a questionnaire with some adapted items from the Conflict Tactics Scale Parent-Child version (CTSPC), some relevant complementary items on psychological aggression and items from the emotional problems subscale from the Strength and Difficulties Questionnaire (SDQ). Matching items, subscales and total count scores were compared using paired t-tests in STATA 14. Forty-six caregivers and 43 children aged from 5–13 years participated at baseline, and 44 caregivers and 42 children at endline. At baseline, children reported significantly more maltreatment than their caregivers. The groups reported similarly at baseline and endline on the items from the subscale on emotional problems. Both children and caregivers had lower scores on our harsh discipline scale at endline, indicating improved parenting strategies after the intervention. These results indicate a difference in reporting of child maltreatment between caregivers and children, with higher rates reported by the children before the intervention, but not after. This is important because it illustrates child and caregiver perspectives on maltreatment, and how they can differ. As such, our findings point towards a positive effect of ICDP on parenting.

**Keywords** Parent-child agreement · Child maltreatment · International child development program

# Philippines

## Results

- At baseline, children reported significantly more maltreatment than their caregivers.
- The groups reported similarly at both baseline and endline on emotional problems.
- Both children and caregivers had lower scores on harsh discipline scale at endline

# RCT Norway

Brekke et al., 2022

- RCT study, universal prevention
- 590 caregivers
- Positive effect after intervention and at follow-up on parental self-efficacy and emotion sensitivity
- Increased closeness to the child, reduced child internalizing difficulties and increased prosocial behaviour following the intervention
- Reduction in child-rearing conflict at the 4-month follow-up
- limited effects on parent-reported changes in children

## Effectiveness of the International Child Development Programme: Results from a randomized controlled trial

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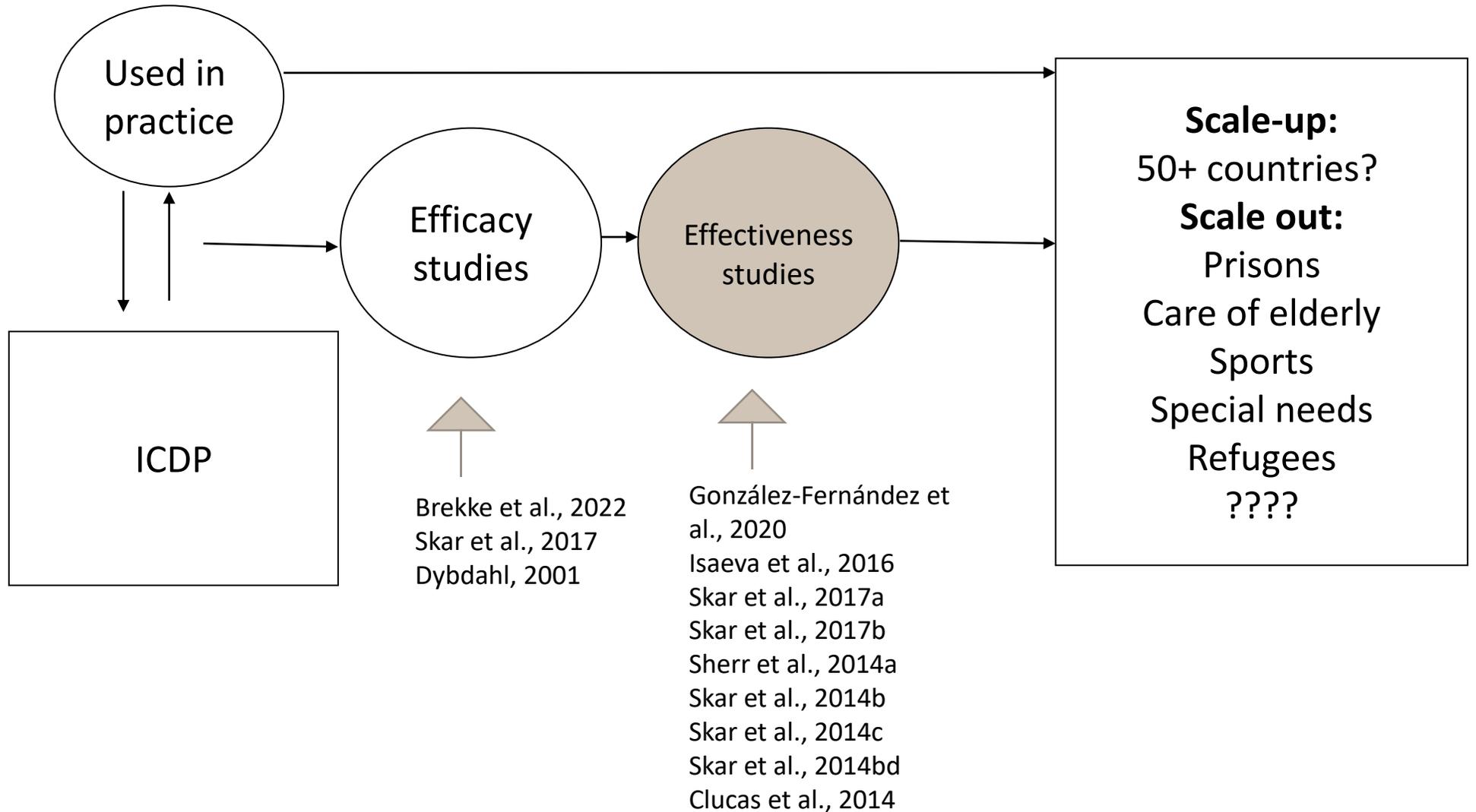
Norwegian Directorate for Children, Youth and Family Affairs (Bufdir)

### Abstract

This study aimed to evaluate the effectiveness of the International Child Development Programme (ICDP), a group-based parenting programme used internationally and implemented nationally in Norway. We used a cluster randomized controlled trial in which 81 groups were randomly assigned to either the intervention or waitlist control condition after the baseline data collection. A total of 590 parents completed at least one of three questionnaires (administered before and after ICDP and 4 months after completing the intervention). Primary outcomes included parental self-efficacy, parental emotion sensitivity and positive involvement with their child. Secondary outcomes included parents' perceptions of their relationship with the child, child-rearing conflicts and the child's psychosocial health. We found significant effects favouring the intervention arm following the intervention and at follow-up on two primary outcomes (parental self-efficacy and emotion sensitivity). For the secondary outcomes, we found a significant reduction in child-rearing conflict at the 4-month follow-up, increased closeness to the child, reduced child internalizing difficulties and increased prosocial behaviour immediately following the intervention. However, ICDP seems to have limited effects on parent-reported changes in children. We conclude that ICDP as a universal preventive programme offered to parents in groups can be effective in strengthening parental self-efficacy and improving parental emotion sensitivity.

### KEYWORDS

child development, community intervention, group intervention, parent-child relationship, parenting programme, RCT



What do we know from systematic reviews and meta analysis?



# Universal and selective interventions to promote good mental health in young people: Systematic review and meta-analysis

de Pablo et al., 2020

- 276 studies included, samples with a mean age <35 years
- Significant overall **improvement in 10/13 good mental health outcome categories** that could be meta-analysed: mental health, emotions self-perceptions and values, quality of life cognitive skills social skills, physical health, sexual health academic/occupational performance and attitude to mental disorders.
- **Psychoeducation** most effective intervention for promoting **mental health literacy**
- **Physical therapy, exercise and relaxation** were more effective than psychoeducation and psychotherapy for promoting **physical health**

# Parents' Perceptions and Experiences of Parenting Programmes: A Systematic Review and Metasynthesis of the Qualitative Literature

Butler, Gregg, Calam, & Wittkowski, 2019

- Twenty-six studies included, spanning 17 years of parenting research and involving 822 parents.
- Reported outcomes of parenting programmes included changes in the parent alongside changes in the child and family more widely.
- Key recommendations to improve provision of accessible, clinically and cost-effective interventions for parents include ensuring **high-quality training and supervision of facilitators, balancing flexibility and fidelity** to ensure tailored content to meet individual needs, a **sensitivity to parental adversity**, the **need for wider familial support** and the availability of **ongoing support** following the end of a parenting programme.

How far do parenting programmes help change norms underpinning violence against adolescents? Evidence from LMICs

Marcus, Rivett, & Kruja, 2019

- “To fulfil their potential to change norms underpinning violence against adolescents, programmes should **expand their reach**, with a particular focus on **embedding initiatives within institutions** that can take them to scale, promoting **male engagement**, and support participants to maintain changes over the **long-term.**”

# Parenting interventions to prevent violence against children in LMIC in East and Southeast Asia: A systematic review and multi-level meta-analysis

McCoy, Melendez-Torres, & Gardner, 2020

- 11 studies
- Parenting interventions succeed in reducing rates of particular forms of violence against children and promote positive parent-child interaction

# Short-term, medium-term and long-term effects of early\* parenting interventions in LMICs: a systematic review

\*during first 3 years of life

Jeong, Pitchik, & Fink, 2020

- The majority of follow-up studies were in the short-term.
- Wide-ranging benefits on early child development outcomes immediately after programme completion, yet a general fading of effects on children's outcomes over time.
- The reviews confirmed that parenting support programmes improved infants' sleep, increased mothers' self-esteem and reduced mothers' anger, anxiety and stress levels.
- "Greater investments in **longitudinal intervention** cohorts are needed in order to gain a more comprehensive understanding of the effectiveness of parenting interventions over the life course and to improve the design of future interventions so they can have greater potential for achieving and sustaining programme benefits over time."

# Parenting Styles and Internalizing Symptoms in Adolescence: A Systematic Literature Review

Gorostiaga, Aliri, Balluerka, Balluerka, & Lameirinhas, 2019

- 59 studies published in English and Spanish, 2010 to 2019.
- **Parental warmth, behavioural control, and autonomy granting** related to **lower internalizing symptoms in adolescents.**
- **Psychological control and harsh control** by parents are positively associated with **adolescent anxiety, depression, and suicidal ideation.**
- “These variables should be taken into account when designing programmes aimed at promoting parenting styles conducive to the wellbeing of adolescent.”

# Are parenting practices associated with the same child outcomes in sub-Saharan African countries as in HIC? A review and synthesis

Devlin, Wight, & Fenton, 2018

- 44 studies met our inclusion criteria (13 SSA countries).
- Impacts of parenting practices on child outcomes are **similar** across contrasting global regions.
- Parenting interventions from HICs might be **successfully** transferred to SSA, subject to appropriate adaptation.
- However, **paucity of evidence** and urgent need for higher quality studies to confirm these findings.

# A systematic review of parenting programmes for young children in LMICs

[https://www.unicef.org/sites/default/files/press-releases/media-P\\_Shanker\\_final\\_\\_Systematic\\_Review\\_of\\_Parenting\\_ECD\\_Dec\\_15\\_copy.pdf](https://www.unicef.org/sites/default/files/press-releases/media-P_Shanker_final__Systematic_Review_of_Parenting_ECD_Dec_15_copy.pdf)

- Child physical wellbeing. Child nutrition and growth were improved through several types of parenting programmes: micronutrient supplementation programmes, nutrition education, and other comprehensive health and nutrition programmes.
- **Psychosocial stimulation** programmes, which entail active engagement between the caregiver and the child, are effective in improving a child's **cognitive development**.
- Child socioemotional outcomes. The frequency (only 2 programmes) of evaluations for this developmental domain was relatively low. Participation in both programmes resulted in greater interpersonal skills and self-esteem and lesser anxiety and depression. No impacts were found for externalizing behaviors.

## Cont.

- Parenting Outcomes: Physical health-related caregiving. A total of 20 studies addressed four overarching strategies to promote physical wellbeing by targeting parental outcomes in relation to (1) healthcare seeking behaviors and hygiene practices, (2) oral health practices, (3) nutrition education (alone or integrated with other health-related dimensions), and (4) care practices.
- Parenting Outcomes: Caregiving beyond physical care. A total of 13 studies demonstrated impacts on caregiving beyond physical care and are categorized as follows: (1) child protection in terms of physical safety and injury prevention, (2) child protection in terms of abuse and neglect, (3) psychosocial stimulation and support, (4) responsive feeding and (5) integrated approaches.

## Cont.

- Child and Parent Outcomes: Child Developmental Outcomes (Health) and Associated Parenting Practices. Nineteen studies found significant impacts on **child physical health and health-related caregiving practices**.
- Child and Parent Outcomes: Child Developmental Outcomes (Non-Health) and Associated Parenting Practices. 13 programme evaluations. Intensive (at least weekly for a period of one year) **psychosocial stimulation** programmes are effective in changing **parental practices and the child's mental, social and emotional developmental outcomes**.
- Not effective in altering psychomotor developmental outcomes and anthropometric measures even when these programmes are integrated into existing nutrition programmes.

## Cont.

- Holistic child outcomes: “Studies implemented in five countries demonstrated significant outcomes in more than one child developmental domain. Intervention approaches reviewed involved psychosocial stimulation, integrated health, nutrition, and development interventions, and social protection programmes.”
- “**Malnourished children and younger age groups** benefited the most from these programmes”
- “Programmes including **fathers**, in the training, is a promising and underutilized strategy.”
- The intensive psychosocial stimulation programme entails frequent interactions with caregivers and their children, **lasting 1-2 years**

# What now?

Based on the studies on ICDP so far, future studies could...

- Include larger samples
- Use a randomized design
- Longitudinal designs
- Investigate mediators
- Investigate implementation factors
- Collaborate to get collected data published
- Qualitative papers
- Parenting strategies
- Include males
- Participatory approach
- Holistic approach – involve the care system around the child, including teachers

“ICDP is not only about parental guidance, it is just as much a programme of human care in general.”





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**PLEASE REACH OUT IF YOU HAVE RESEARCH IDEAS, WANT TO COLLABORATE ON A PROJECT, TO SHARE IDEAS ETC.!**