

A Systematic Review

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Background

Positive family functioning is a key protective factor for child mental health, and Family Focused Mental Health and Psychosocial Support (MHPSS) has growing evidence. Gaps remain in understanding how to deliver these programs

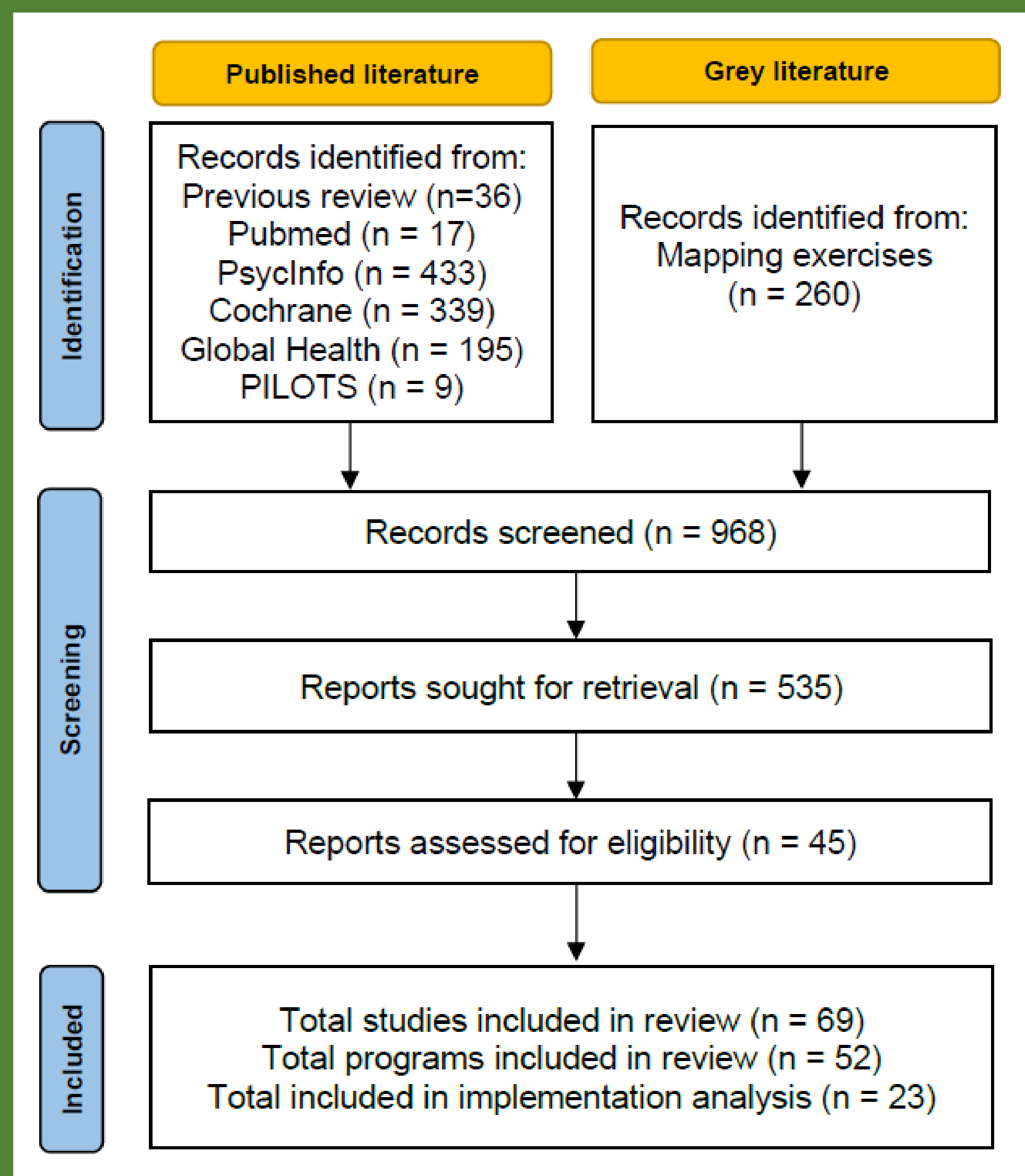
Methods

A systematic review of studies on the implementation components of effective *parent and family* focused MHPSS programs for child mental health in low- and middle-income countries

Results

Out of 52 programs identified, 23 *family* programs with evidence of effectiveness for a *child mental health* outcome were analysed using Implementation Component Analysis

PRISMA flowchart



IMPLEMENTATION COMPONENTS

57%

of programs reported high attendance, 40% covered the costs of attending /refreshments, and 61% reported high acceptability

44%

were delivered by non-specialist community members, the remaining by specialist providers, and 30% used structured program manuals

78%

trained providers with in-class training, 30% also provided live observation/feedback, and 61% included specialist supervision

35%

monitored fidelity through direct observation, and another 44% through self-report

REPORTED CHALLENGES

- Cultural & language differences affecting acceptability
- Low literacy
- Lack of trained providers/additional costs of training lay providers
- Security, political, & natural threats
- Working with conflictual family dynamics
- Low attendance of fathers/both parents together

REPORTED SOLUTIONS

- Community participation to inform development of program
- Use of cartoons for low literacy
- Invest in training and supervising community facilitators
- Add more live training & supervision
- Longer program duration to manage security threats
- Offer food, compensation for travel/time

Conclusions

Findings suggest that community participation, covering costs of access, supporting both parents to attend, and community facilitators trained and supervised with live observation, are important implementation factors that contribute to the effective implementation family focused MHPSS

SCAN ME

