

# An integrated Early Childhood Development intervention targeted at young children attending FAMI Centres in Colombia

<b>Submission date</b> 13/10/2014	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 28/10/2014	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 09/10/2018	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The first 5 years of a child's life are very important. It is a time of dramatic brain growth and development. However, this vital time of development can be badly affected by malnutrition, illness and living in an unstimulating home environment. There is evidence to suggest that interventions in early childhood can have a significant effect on children's development. Our focus is rural and semi-urban Colombia where the development of children lags behind their urban counterparts, and where the quality of early childhood services is poor and inadequate. In 2011, the government launched a national early childhood strategy From Birth to 5/Forever with the aim to improve childcare services provided to about 1.2 million children. However, the strategy has a lower capacity in rural and semi-rural areas than in urban areas. This project will design, implement and evaluate improvements to the curriculum used in the existing early childhood services in rural and semi-urban areas, the Hogares Fami (FAMI). FAMI are family-based parenting services for pregnant women and children below 24-30 months. The aim is to improve child development by improving parenting practices.

### Who can participate?

Children aged between 0-12 months of age and their mothers, and also pregnant women who are attending FAMIs in towns in rural and semi-urban Colombia. FAMI is a programme working with women and children offering support on, for example, self-care during pregnancy and parental skills.

### What does the study involve?

Each town is randomly allocated to either the treatment or the control group. FAMIs in control towns operate as usual. Treatment towns operate new enhanced FAMIs where all the participants in that town follow a structured psychosocial stimulation curriculum for 18 months, promoting child development through play, language activities, and improved parenting. The intervention also includes a food basket, which is delivered monthly through the FAMI mothers. Data is collected before the study begins and when it ends.

What are the possible benefits and risks of participating?

No risks are foreseen for study participants.

Where is the study run from?

The study is run from Bogota and Medellin (Colombia), and from London (UK).

When is the study starting and how long is it expected to run for?

September 2014 to April 2016

Who is funding the study?

1. Grand Challenges (Canada)
2. Success Foundation (Fundación Éxito) (Colombia)

Who is the main contact?

Prof. Raquel Bernal Salazar

## Contact information

### Type(s)

Scientific

### Contact name

Prof Raquel Bernal Salazar

### ORCID ID

<http://orcid.org/0000-0001-9980-7303>

### Contact details

Universidad de los Andes

Calle 1 # 18A - 12

Bogota

Colombia

-

### Type(s)

Scientific

### Contact name

Dr Marta Rubio-Codina

### Contact details

3rd Floor

7 Ridgmount Street

London

United Kingdom

WC1E 7AE

## Additional identifiers

EudraCT/CTIS number

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

N/A

## **Study information**

### **Scientific Title**

An integrated Early Childhood Development intervention targeted at deprived young children in Colombia: a randomised controlled trial evaluation

### **Study objectives**

Promote child development through improved parenting practices for children 0-30 months of age attending family-based parenting services, FAMI, in rural and semi-urban areas of Colombia.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

1. Committee on Research Ethics, University of Los Andes, 08/05/2014, ref: 287 de 2014
2. UCL Research Ethics Committee, 16/07/2014, ref: 2168/011

### **Study design**

Two-arm cluster randomised controlled trial

### **Primary study design**

Interventional

### **Secondary study design**

Cluster randomised trial

### **Study setting(s)**

Other

### **Study type(s)**

Quality of life

### **Participant information sheet**

Not available in web format, please use the contact details to request a patient information sheet

### **Health condition(s) or problem(s) studied**

Early childhood development (ECD); psychosocial stimulation

### **Interventions**

Community-based intervention to promote early childhood development in family-based parenting services. 96 clusters in total.

1. Treatment group: enhanced FAMI through psychosocial stimulation and nutrition curriculum.

FAMIs in 49 clusters will receive an enhanced FAMI intervention where all children (0-24 months) attending FAMI, their mothers, and pregnant women in the FAMI will follow a structured psychosocial stimulation curriculum, focused on the promotion of child development through play, language activities, and messages on child stimulation and parenting. The curriculum will also include best nutritional practices. This curriculum will be delivered by (current/existing) FAMI mothers in weekly group sessions and monthly home visits following the standard modus operandi at regular FAMIs for 18 months. Since February 2015, the intervention will also include a food basket (delivered monthly through the FAMI mothers) (added 01/12/2015). Note that we will only evaluate children 0-12 months old in the FAMI, and their mothers, and pregnant women.

2. (Active) Control group: regular FAMI

Pregnant women, and children and their mothers in 47 clusters will receive the standard FAMI program, as is currently operating in these areas.

Total duration of intervention: 18 months (2 periods of 3 months of data collection will precede and follow the intervention)

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome measure**

Current primary outcome measures as of 18/04/2017:

1. Children's cognitive, receptive and expressive language and motor development, measured using the Bayley-III at follow-up (April-July 2016)
2. Children's socio emotional development, measured by ASQ test at follow-up (April-July 2016)
3. Children's height and weight, measured by assistant nurses in local community centers at baseline (August-November 2014) and follow-up (April-July 2016)
4. WHO motor milestones (the latter for children 6-12 months only), measured at baseline (August-November 2014)

Previous primary outcome measures:

1. Children's cognitive, language, motor and socio-emotional development (possibly using the ASQ test, the MacArthur-Bates Child Development Inventories, and/or the Bayley-III), measured at follow up
2. Height and weight, measured at baseline and follow up (added 24/11/2015)
3. WHO motor milestones (the latter for children 6-12 months only), measured at baseline

### **Secondary outcome measures**

Current secondary outcome measures as of 18/04/2017:

Measured at baseline (August-November 2014) and follow-up (April-July 2016):

1. Parenting practices and the level of stimulation in the home, measured using UNICEF's Family Care Indicators (FCI)
  - 1.1. No. of toy sources
  - 1.2. No. of varieties of play materials
  - 1.3. No. of varieties of play activities over past 3 days
  - 1.4. No. of parental care activities over past 3 days
2. Use of verbal or physical abuse in the household, measured using UNICEF's FCI
3. Parent knowledge about early childhood development, measured using a 10-item scale based on KIDI

4. Maternal self-efficacy, measured using the Caregiver Role Test – Modified
5. Mothers with depression symptoms, measured using Center for Epidemiologic Studies Depression Scale (CESD-10)
6. Maternal social support, measured using the DUKE UNC-11 scale
7. Variables of FAMI providers: activities developed in group sessions, collected through videos that are coded

Previous secondary outcome measures:

1. Parenting practices and the level of stimulation in the home, possibly using the Family Care Indicators (FCI)
2. Activities developed by FAMI providers and knowledge of FAMI mothers on child rearing and development

**Overall study start date**

01/02/2014

**Completion date**

01/07/2016

## **Eligibility**

**Key inclusion criteria**

1. Children aged 0-12 months of age at baseline, attending FAMIs in 96 towns in rural and semi urban Colombia, by random assignment within the FAMI (preference will be given to children 0-6 months so that they can benefit from the intervention longer)
2. Pregnant women at baseline in the same FAMIs, by random assignment within the FAMI
3. Informed consent

**Participant type(s)**

Patient

**Age group**

Mixed

**Sex**

Both

**Target number of participants**

2,000 children in 96 clusters, 1,200 pregnant women in 96 clusters

**Key exclusion criteria**

1. Children outside the 0-12 months of age range at baseline attending selected FAMIs (these children will be excluded from the study but will receive the intervention)
2. Children and pregnant women not attending selected FAMIs

**Date of first enrolment**

01/09/2014

**Date of final enrolment**

31/03/2016

# Locations

## Countries of recruitment

Colombia

England

United Kingdom

## Study participating centre

### Universidad de los Andes

Bogota

Colombia

N/A

## Study participating centre

### Institute for Fiscal Studies

7 Ridgemount Street

Bloomsbury

London

United Kingdom

WC1E 7AE

# Sponsor information

## Organisation

Grand Challenges Canada (Canada)

## Sponsor details

MaRS Centre, South Tower

101 College Street

Suite 406

Toronto

Canada

M5G 1L7

## Sponsor type

Government

## ROR

<https://ror.org/02snbhr24>

# Funder(s)

## Funder type

Other

## Funder Name

Grand Challenges Canada-- 0642-03-10

## Alternative Name(s)

Grands Défis Canada, GCC

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

Canada

## Funder Name

Success Foundation (Fundación Éxito) (Colombia)

# Results and Publications

## Publication and dissemination plan

Planned publication in a high-impact peer reviewed journal in first quarter 2018.

## Intention to publish date

31/03/2018

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Raquel Bernal.

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Basic results</a>		07/04/2017	28/04/2017	No	No
<a href="#">Basic results</a>		09/10/2018	09/10/2018	No	No