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Effects of nutrition counselling and unconditional cash transfer on child growth and family food security in internally displaced person camps in Somalia

Submission date
09/02/2022

Recruitment status
No longer recruiting

Registration date
25/03/2022

Overall study status
Completed

Last Edited
25/03/2022

Condition category
Other

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
In Somalia child malnutrition is common. Malnutrition is a lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat.
Caregivers have little knowledge and practices on infant and child nutrition. Humanitarian and government institutions are trying interventions to reduce child malnutrition. This study aims to improve child malnutrition through providing nutrition counselling and cash to caregivers of young children.

Who can participate?
Caregivers with children aged six months up to five years who had mild or moderate malnutrition.

What does the study involve?
Participants were randomly allocated to receive nutrition counselling (NC) alone or in combination with unconditional cash transfer UCT (NC+UCT). These were compared with a control group that have not received neither of the interventions.
Participants received NC during one-to-two hour weekly NC sessions for 12 weeks. Each counselling session was attended by 20-22 caregivers. Eight trained community nutrition volunteers (CNVs) provided all of the sessions.

What are the possible benefits and risks of participating?
The benefits including improvement of child malnutrition and families food security. There are no known risks.

Where is the study run from?
Save the Children International, Somalia Country Office

When is the study starting and how long is it expected to run for?
November 2016 to February 2019

Who is funding the study?
Global Affairs Canada
Federal Foreign Office (FFO) – Berlin (Germany)

Who is the main contact?
Mohamed Khalid Ali, mki@du.se

Contact information

Type(s)
Principal investigator

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Study information

Scientific Title
Effects of nutrition counselling and unconditional cash transfer on child growth and family food security in internally displaced person camps in Somalia – A quasi-experimental study

Acronym
Nil known

Study objectives
Unconditional cash transfer coupled with nutrition counselling improves nutrition in children under-five

Ethics approval required
Old ethics approval format

Ethics approval(s)

Approved 27/01/2018, Research and Ethics Review Committee of the Federal Ministry of Health (Ministry of Health, Somalia; +252 612375800; hashi4@hotmail.com), ref: MoH & HS/DGO/0129

Primary study design
Interventional

Study design
Interventional randomized controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Child malnutrition

Interventions
The intervention consisted of nutrition counselling (NC) alone or in combination with unconditional cash transfer UCT (NC+UCT) on caregivers with under-five children. These were compared with a control group that have not received neither of the interventions. The NC sessions were based on the UNICEF/WHO IYCF guidelines. Participants received NC during one-to-two hour weekly NC sessions for 12 weeks. Each counselling session was attended by 20-22 caregivers. Eight trained community nutrition volunteers (CNVs) provided all of the sessions. The CNVs had undergone training provided by Save the Children and had previously conducted counselling sessions and nutrition assessments.

Intervention Type
Behavioural

Primary outcome(s)
Wasting measured using WHZ at baseline and follow up (19 months)

Key secondary outcome(s)
1. WAZ (underweight) measured at baseline and follow up (19 months)
2. HAZ (stunting) measured at baseline and follow up (19 months)
3. Household food security indicators such as the household and child dietary diversity scores, household food consumption score, household hunger scale, minimum child dietary diversity score and household expenses measured at baseline and follow up (19 months)

Completion date
28/02/2019

Eligibility

Key inclusion criteria
Caregivers with children aged six months to five years who had mild or moderate malnutrition.

Healthy volunteers allowed
No

Age group
Mixed

Sex
All

Total final enrolment
255

Key exclusion criteria
Caregivers having children with severe acute malnutrition (WHZ < -3) and apparent health problems were excluded and referred to the nearest health facility for further screening and treatment.

Date of first enrolment
01/07/2017

Date of final enrolment
30/07/2017

Locations

Countries of recruitment
Somalia

Study participating centre
Save the Children International, Somalia Country Office
Airport Road
Mogadishu
Somalia
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Sponsor information

Organisation
Save the Children International

Funder(s)

Funder type
Government

Funder Name
Global Affairs Canada

Alternative Name(s)
Affaires mondiales Canada, Global.Affairs.Canada, GAC, AMC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Canada

Funder Name
Federal Foreign Office (FFO) – Berlin

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are/will be available upon request from the corresponding author Mr. Mohamed Kalid, mki@du.se. Consent was obtained from the patient, data will be anonymized

IPD sharing plan summary
Available on request