

Can culturally contextual psychodramatic interventions change the perceptions of traditional masculine norms and risky sexual behaviours of urban young men in Bangladesh?

Submission date 25/07/2018	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 02/08/2018	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 31/07/2018	Condition category Musculoskeletal Diseases	☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Background and study aims

Engaging young male slum dwellers in Bangladesh in SRHR (sexual and reproductive health and rights) education is a considerable challenge. Slum-dwellers tend to suffer from a poorer mental and physical health status than the rest of the population, and their knowledge of SRHR issues is typically low. They can be more prone to risky behavior, early marriage, drugs, and violence. Interventions so far mostly targeted women, with men receiving less attention.

We propose a set of interventions to engage young men to explore existing and alternative attitudes towards their own and their peers' sexual health and relationships. We will engage the study participants in guided dramatic acting to investigate individual problems and clarify issues, facilitate insights, personal growth, and integration on cognitive, affective and behavioural levels. This study will also be used to develop counselling modules and formulate innovative strategies for education on sexuality, gender and SRHR.

Who can participate?

Young men from the Vashantek Slum in Mirpur, Dhaka North City Corporation

What does the study involve?

Participants will be randomised into either the intervention or active control group.

Participants in the intervention group will be asked to take part in 4 6-hour weekly sessions of psychodrama over 5 weeks (there is a 1 week gap between the second and third sessions) in groups of 10. These sessions will involve discussions about gender role norms, masculinity, risky sexual behaviour, mental health and wellbeing, along with domestic violence, gender-based domestic chores and issues around daily life and sexual relationships. They will also be asked to participate in role presentation, role interviews, role reversal and mirroring.

Participants in the control group will be asked to attend a weekly 1 hour session for 4 weeks, involving theatrical games and discussions on stress and coping strategies in their day-to-day

lives.

Participants in both groups will be asked to complete questionnaires about gender non-conformity, gender roles, sexual behaviour and general health.

What are the possible benefits and risks of participating?

The possible benefit to participants of taking part are that it will identify the underlying reasons for their risky sexual behaviour, providing knowledge on how to change this behaviour. The risk of participating is that they may have to reveal personal experiences during the sessions and it may require a significant time commitment.

If any participant shows any need for special psychiatric care, we will have a referral protocol to link them up with local mental health care facilities for professional attention.

Where is the study run from?

BRAC James P Grant School of Public Health, BRAC University, Bangladesh

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

March 2016 to September 2018

Who is funding the study?

Netherlands Organisation for Scientific Research (NWO) (The Netherlands)

Who is the main contact?

Prof. Malabika Sarker

malabika@bracu.ac.bd

Contact information

Type(s)

Scientific

Contact name

Prof Malabika Sarker

ORCID ID

<https://orcid.org/0000-0001-7293-8805>

Contact details

BRAC James P Grant School of Public Health, BRAC University

5th Floor, (Level-6), icddr,b Building,

68 Shahid Tajuddin Ahmed Sharani, Mohakhali

Dhaka

Bangladesh

1212

Additional identifiers

Protocol serial number

88

Study information

Scientific Title

Culturally contextualized psychodrama to change the perception of young men in the slums of Dhaka city regarding gender equitable norms: An experimental approach

Study objectives

Psychodramatic interventions can have a positive change in perception of traditional masculine norms associated with risky sexual behaviors among urban young men aged 18 to 29 years.

Ethics approval required

Old ethics approval format

Ethics approval(s)

BRAC James P Grant School of Public Health, BRAC University Ethical Review Committee, 06/10/2016, reference/protocol no: 88

Primary study design

Interventional

Study design

Interventional randomised controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Mental health, masculine non-conformity, sexual health and behaviour

Interventions

80 young men aged 18-29 from the Vashantek slum in Dhaka were randomised into a 1:1 ratio into intervention and active control groups.

Participants in the intervention group participated in 4 weekly 6 hour offsite psychodrama sessions, with a 1 week gap between the second and third sessions. The participants in psychodrama are expected to examine their thoughts, attitude, and experiences with gender role norms, masculinity, risky sexual behavior, mental health, and psychological well-being. Gender-based role norms will also include discussion on domestic and intimate partner violence, gender-based domestic chores as well as issues around daily life and sexual relationship. In addition, role presentation, role interview, role reversal, mirroring, doubling techniques of psychodrama will be part of the sessions.

Participants in the active control group attended a weekly 1 hour session in the community for 4 weeks, where they took part in different theatrical games, sociometric activities and discussions on stress and coping strategies in their day-to-day lives.

The overall trial period was 4 months.

Intervention Type

Behavioural

Primary outcome(s)

The following were assessed at the baseline and at the end of the intervention (4 months):

1. Attitude towards gender norms assessed using Gender Equitable Men (GEM) scale.
2. Men's personal gender-role attitudes, behaviors, and conflicts assessed using Gender Role Conflict/Stress (GRC/S) scale.

Key secondary outcome(s)

The following were assessed at the end of the intervention (4 months):

1. Self-reported risky sexual behavior.
2. Psychological wellbeing assessed using the General Health Questionnaire (GHQ) scale.

Completion date

30/09/2018

Eligibility

Key inclusion criteria

1. Current resident of Vashantek slum in Mirpur North City Corporation, Dhaka, Bangladesh
2. Male
3. Aged 19-29
4. Above median GRC/S and GEM scores
5. Agree to take part in proposed intervention
6. Able to take part for entire 4 month trial period

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Sex

Male

Key exclusion criteria

1. Exhibit any symptoms of unspecified mental health issues. We maintain a referral protocol for such individuals.
2. Fail to provide an informed consent to the interventions and subsequent data collections.

Date of first enrolment

02/07/2017

Date of final enrolment

31/08/2017

Locations

Countries of recruitment

Bangladesh

Study participating centre

BRAC James P Grant School of Public Health, BRAC University

5th Floor, (Level-6), icddr,b Building,
68 Shahid Tajuddin Ahmed Sharani, Mohakhali
Dhaka
Bangladesh
1212

Sponsor information

Organisation

BRAC James P Grant School of Public Health, BRAC University

ROR

<https://ror.org/04hvavg21>

Funder(s)

Funder type

Not defined

Funder Name

Netherlands Organisation for Scientific Research (NWO)

Results and Publications

Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date

IPD sharing plan summary

Data sharing statement to be made available at a later date