

# Supporting adolescent mothers in El Salvador

<b>Submission date</b> 08/02/2016	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 22/02/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 18/02/2016	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Becoming a new mother is a very challenging time, particularly when the mother is an adolescent herself. For these girls, bonding and interacting with their babies can be difficult and so steps must be taken to help them form a healthy and nurturing relationship with their children. A possible reason for this is that many young mothers do not have a strong support network, and so can feel alone and unhappy while caring for an infant. This study is looking at an early parenting project which is designed to help new parents to bond with their babies. Trained community workers will visit first-time adolescent mothers (aged 10-19) in their homes during late pregnancy and the post-partum (after the child is born) period, demonstrating sensitive interactive behavior and providing constructive feedback to help parents understand and respond to the developmental needs of their infants. The aim of this study is to look at the effects of this project on new mothers in the Sonsonate province (El Salvador) in order to find out whether it is an effective way of helping new mothers to build nurturing, non-violent relationships from the moment their babies are born.

### Who can participate?

Girls aged between 10 and 19 who are in their last 11 weeks of pregnancy with their first child, who live in Sonsonate province, El Salvador.

### What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group receive 16 visits from by community workers (CW), which take place twice in late pregnancy, weekly for the first eight weeks after they have given birth, every two weeks for a further two months and then monthly visits for two additional months up to six months. During the visits, the CW's provide support to the new mothers, in order to help mothers to better understand their child and their development. The sessions cover a range of topics, such as the mother's immediate support network, the birth process, infant care and early child development. The mothers are also given taught how to sympathetically manage infant behavioral problems (sleeping, feeding and crying) and encouraged to talk to their babies and to engage in play. Participants in the second group receive standard post-partum care only which consists of regular doctors' appointments for both mother and baby. At the start of the study and then again after six months, participants in both groups are observed interacting with their babies in order to judge parenting skills and how well the mother is able to interact with her baby.

What are the possible benefits and risks of participating?

Participants who take part in the parenting project may benefit from improvements to their parenting skills which could improve the relationship with their child. Participants also benefit from receiving help at no cost if postpartum depression or violence in their relationship is found. There is a risk that some participants may find talking about their problems to be distressing, however they can be referred to counseling or specialized services if this is the case.

Where is the study run from?

Clinics in the municipalities of Nahuizalco, Acajutla, Izalco and Juayúa, in Sosome province (El Salvador)

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

January 2016 to June 2017

Who is funding the study?

International Planned Parenthood Federation, Western Hemisphere Region (USA)

Who is the main contact?

1. Dr Jose Angel Portillo Henriquez (public)
2. Professor Peter J Cooper (scientific)

## Contact information

### Type(s)

Public

### Contact name

Dr Jose Angel Portillo Henriquez

### Contact details

Edificio Pro-Familia  
25 Avenida Norte # 583  
San Salvador  
El Salvador  
1338

### Type(s)

Scientific

### Contact name

Prof Peter J Cooper

### ORCID ID

<https://orcid.org/0000-0002-8978-3448>

### Contact details

School of psychology and clinical language sciences  
University of Reading  
Whiteknights

## Additional identifiers

## Study information

### Scientific Title

An early parenting intervention for adolescent mothers in El Salvador: A pilot randomized control trial

### Study objectives

1. Participation in an early parenting intervention increases maternal sensitivity for first-time mothers aged 10-19 in El Salvador
2. Participation in the intervention decreases maternal intrusiveness for first-time mothers aged 10-19 in El Salvador
3. Participation in the intervention results in better emotional regulation for infants aged 6 months in El Salvador

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Comité Nacional de Ética de la Investigación en Salud, del Consejo Superior de Salud Publica (CSSP), del Ministerio de Salud de la República de El Salvador, 16/12/2015, ref: CNEIS/2015/035

### Study design

Pilot randomized controlled trial

### Primary study design

Interventional

### Study type(s)

Prevention

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

1. Early childhood care and development
2. Gender based violence

### Interventions

The intervention is a home visiting program developed and evaluated by Peter Cooper and Lynne Murray in Khayelitsha, South Africa (Cooper et al, 2009), targeted at first-time mothers aged 10-19 in the last stage of pregnancy and up to 6 months post-partum. A total of 64 first-time adolescent mothers will be recruited to participate in the study, during their last trimester, and will be randomly assigned to either control (32) or intervention groups (32) at the time of recruitment using a random number generator. All participants will be screened for maternal depression and gender-based violence.

Control group: Participants will receive standard postpartum care consisting of regular checkups with obstetricians and pediatrician.

Intervention group: In addition to standard care, participants will receive a home visiting program provided by community workers (CW). Each mother will be visited by the CW 16 times, two visits in the late antenatal period, weekly visits in the first eight postnatal weeks, followed by a visit every two weeks for a further two months and then monthly visits for two additional months up to six months postpartum. The visits will follow a fully specified manual that covers topics related to mother's support structure, the birth process, infant care and early child development. In the context of a supportive counseling framework, CW will provide will provide support to the first time mothers, seeking to enhance maternal sensitivity to infant communication and development. In addition, mothers will be given support in sympathetically managing infant behavioral problems (sleeping, feeding and crying) and encouraged to talk to their babies and to engage in play. Other caregivers, particularly fathers, will be strongly encouraged to participate in the intervention sessions. The total duration of the intervention could range between 8-6 months depending on the delivery date of each participant.

All participants (control and intervention groups) will receive a follow-up assessment at six months post-partum.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

1. Maternal style (sensitivity and intrusiveness) is rated from the mother-infant face-to-face interaction task using the Global Rating Scale at 6 months
2. Infant emotion regulation is rated from the mother-infant face-to-face still-face (FFSF) task using the Regulatory Scoring System at 6 months

### **Key secondary outcome(s)**

1. Maternal Depression is measured using the Edinburgh Postnatal Depression Scale at baseline, 3 and 6 months
2. Gender Based Violence is measured using the GBV screening protocol (IPPF/WHR, 2004) at baseline and 6 months

### **Completion date**

30/06/2017

## **Eligibility**

### **Key inclusion criteria**

1. Adolescents between 10 and 19 years of age.
2. Primiparous women in their third trimester of pregnancy
3. Lack of medical complications during pregnancy
4. Delivery not before 36 weeks gestation
5. Women who have a permanent residency so that they are available for the duration of the project (up to 6 months of age of the infant)
6. Resident in urban and rural communities of the municipalities of Nahuizalco, Acajutla, Izalco and Juayúa, Sosonate province
7. Willing and capable to give their written consent (informed consent for minors will be obtained according to the specific age limits of the country)

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Sex**

All

**Key exclusion criteria**

1. Maternal physical or mental disability
2. Significant infant congenital abnormality

**Date of first enrolment**

14/03/2016

**Date of final enrolment**

30/06/2016

**Locations****Countries of recruitment**

El Salvador

**Study participating centre****Nahuizalco Clinic**

1ª. Calle Poniente  
Barrio La Trinidad  
Frente a Casa Comunal  
Nahuizalco  
Sonsonate  
El Salvador

-

**Study participating centre****Los Arenales Clinic**

Carretera a los Naranjos  
Hacienda El Águila  
Cantón Los Arenales  
Nahuizalco  
Sonsonate  
El Salvador

-

**Study participating centre**

**Acajutla Clinic**

Av. Pedro de Alvarado  
Blvd. 25 de Febrero  
Frente Alcaldía Municipal de Acajutla  
Acajutla  
Sonsonate  
El Salvador  
-

**Study participating centre**

**Metalio Clinic**

Colonia San José  
Calle Principal  
Cantón Metalío  
Acajutla  
Sonsonate  
-

**Study participating centre**

**Izalco Clinic**

9ª Calle Oriente  
Barrio La Otra Banda  
Izalco  
Sonsonate  
El Salvador  
-

**Study participating centre**

**Dr. Francisco Magaña Herrera (Juayúa) Clinic**

Calle Monseñor Romero Poniente y 5ª. Av. Sur  
Barrio San José  
Juayúa  
Sonsonate  
El Salvador  
-

**Study participating centre**

**San Jose La Majada**

Carretera a los Naranjos

Cantón San José de la Majada  
Juayúa  
Sonsonate  
El Salvador  
-

**Study participating centre**

**Pro-Familia Clinic**  
5ta. Calle Poniente #1-3  
Barrio El Calvario  
Sonsonate  
El Salvador  
-

## Sponsor information

**Organisation**

International Planned Parenthood Federation, Western Hemisphere Region

**ROR**

<https://ror.org/03rhhf773>

## Funder(s)

**Funder type**

Charity

**Funder Name**

International Planned Parenthood Federation, Western Hemisphere Region

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Not expected to be made available