



Elman Peace 5 Pillar Intervention Mid-Point Summary 2023

The Elman Peace 5 Pillar Intervention is the product of a collaboration between Elman Peace, Waves for Change, and Unicef aimed at developing, optimising, and evidencing activity based mental health programming for young people in Somalia, especially children associated with armed forces and groups (CAAFAG). The intervention is based on Waves for Change's own project in South Africa, and over the past 5 years has been contextually adjusted, piloted and scaled in Somalia alongside Elman Peace.

Participants and Measures

Matched data for baseline and midpoint was collected from 299 youth participants in Mogadishu and 200 youth participants in Dusmareb. This represents a robust sample size with adequate statistical power for analysis.

For measures the WHO-5 Well-Being Index (WHO-5) was utilised to explore impact of the programme on broad mental health. The WHO-5 has been found to have adequate validity in screening for depression and in measuring outcomes in clinical trials. Item response theory analyses in studies of younger persons indicate that the measure has good construct validity as a unidimensional scale measuring well-being for this population. It is a 5 item scale and outputs scores as a percentage with 100% being best possible well-being.

The Brief Resilient Coping Scale (BRCS) was utilised to explore how participants ability to cope with stress adaptively, a key learning within the programme, developed over time. The scale focuses on the tendency to effectively use coping strategies in flexible, committed ways to actively solve problems despite stressful circumstances. The scale has been robustly interrogated for both reliability and validity across multiple studies. It is a 4 item scale that outputs scores as a range from 4 to 20. Scores of 4-13 indicate low resilient coping, 14-16 indicate medium resilient coping and 17-20 indicate high resilient coping.

Three items from the Gun Belief and Behaviour Scale (GBBS) were also utilised, specifically those that explored participants attitudes towards firearms. Changing attitudes around firearms is an important element of the intervention, especially for the children associated with armed forces and groups (CAAFAG) population. The three items utilise a 7 point Likert scale and as such outputs scores as a range from 3 to 21 with 21 being highest possible agreement with the GBBS statements. It is worth noting at this stage that the items chosen are negative statements and as such a drop in scores is desirable in terms of project outcomes.

The validated Inclusion of Other in the Self (IOS) scale measures how close the respondent feels with another person or group and was utilised to explore perceived changes in social support for intervention participants. The groups explored within the IOS measures were other people in general, friends, family, community, coaches (from the intervention). This measure is scored on a scale of 1 to 7 with 7 representing highest level of perceived closeness to the group in question.

A range of qualitative measures were also utilised to triangulate with the above quantitative measures, to explore participant satisfaction with intervention delivery, and to offer further nuance and depth around associated impact.

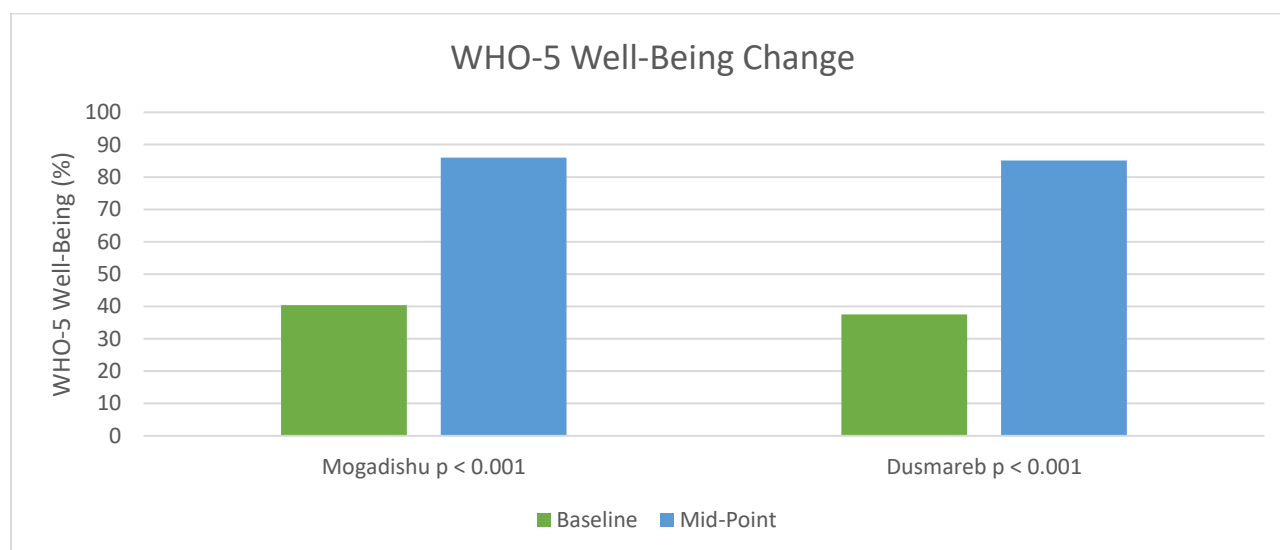
Mid-Point Results

Before reporting the validated measures exploring specific programme impacts it is worth highlighting that participant satisfaction with the project was very high as reported below:

DURING THE ACTIVITIES...	MOGADISHU	DUSMAREB
I HAD FUN.	98%	100%
I forget my worries.	93%	100%
I learnt new things.	93%	100%
I made new friends.	93%	94%
I want to continue with to participate in the activities	93%	100%

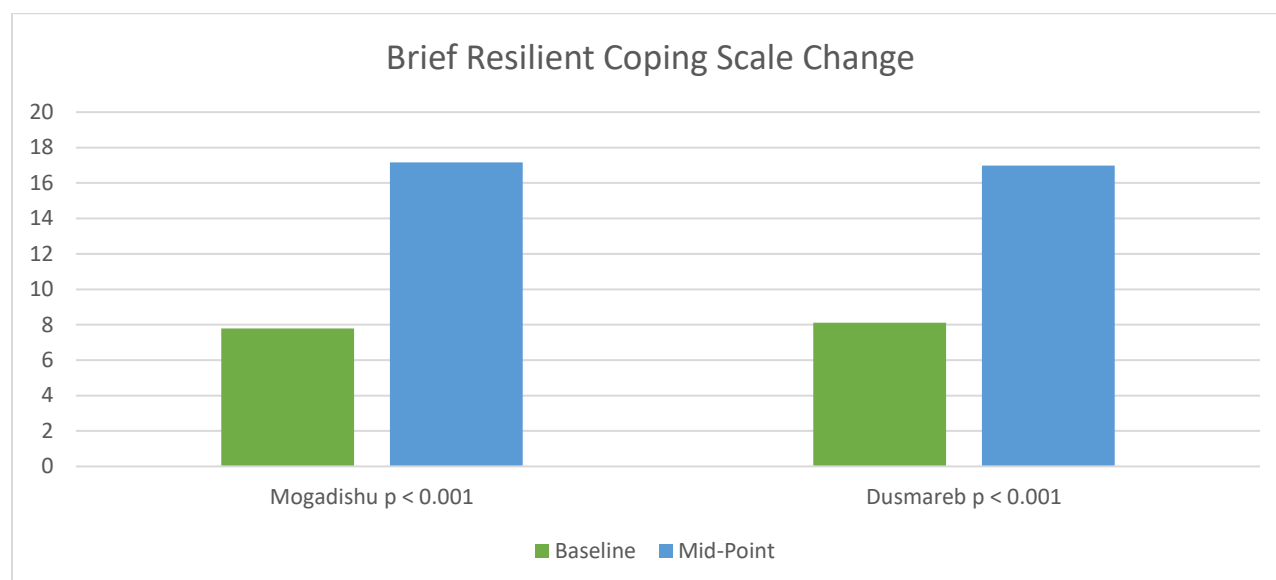
As can be seen participants enjoyed and valued the intervention with the vast majority wishing to continue the programme. It is also encouraging to see most participants felt they learnt something new through attending, and felt they gained valuable respite within activities. These high levels of satisfaction speak to the acceptability of the programming for participants and are testament to the hard work of the coaches delivering 5 Pillar activities.

Alongside participant satisfaction it is important utilise validated measures to gain a more robust overview of the interventions impact. The first measure utilised was the WHO-5 exploring changes to participant well-being.



As can be seen in this data there has already been a large improvement in participant well-being from baseline to the current midpoint with well-being at both sites over doubling. These changes are both statistically and clinically significant with a very large positive effect size reported. It is worth noting that the baselines at both sites were quite low which aligns with other literature around mental health challenges faced by this population. While the data must always be viewed with the lack of a control in mind, the associated impact represented within a very large sample is very encouraging for 5 Pillar implementation alongside Elman Peace, especially given it is only at mid-point. This improvement in Well-Being can be further broken down by within some of the other quantitative data captured.

A key element of the 5 Pillar method is the development of adaptable coping skills for participants to utilise within their day to day lives. The BCRS was utilised to explore the success of this element of the intervention with the results presented below.



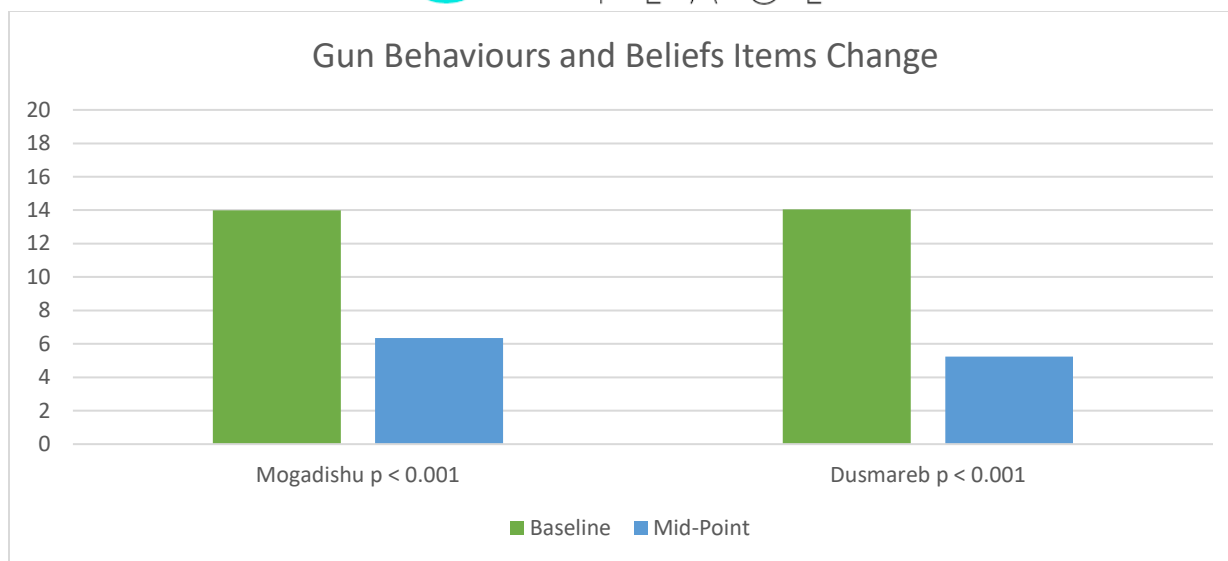
Once again, a clear positive change, both statistically and clinically significant, can be seen within participants' perceptions of their ability to cope to stressors resiliently and adaptively. Developing such coping knowledge and skills may well contribute to improvements in well-being already reported and have direct impact on wider life out with the programme. This data triangulates with qualitative data shared by participants who described specific coping skills they have learnt and alongside longer term behaviour changes through the 5 Pillar methodology.

"I learnt how to use my breath (to control my emotions), like when I do Take 5, I felt calm."
Elman Participant 2023

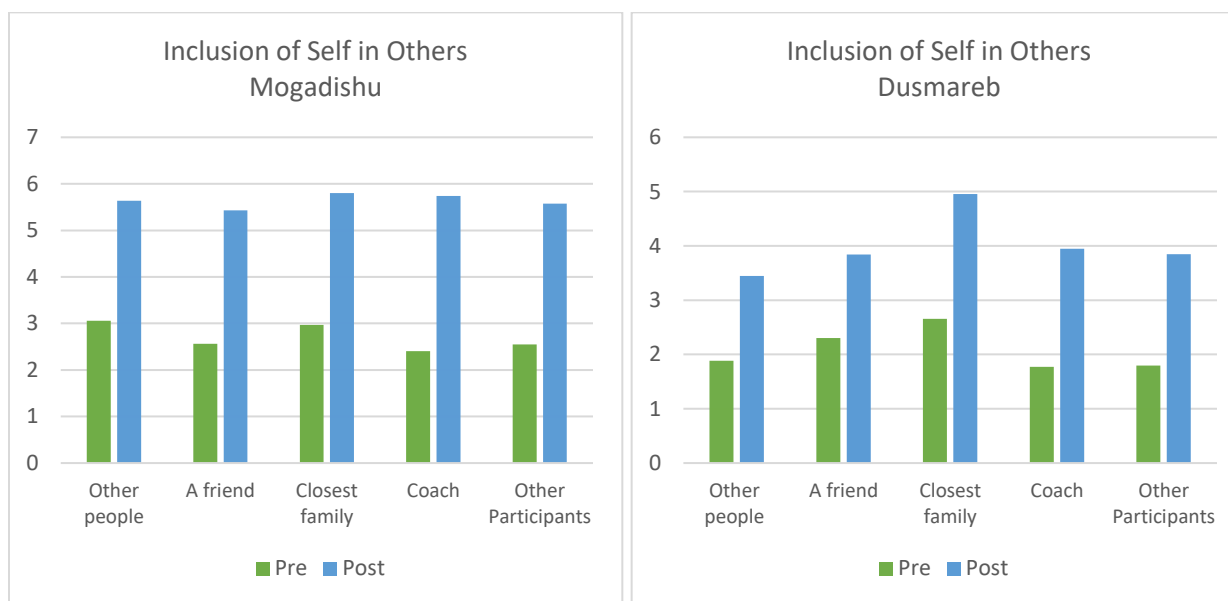
"I have learned skill to cope with challenge in everyday life." Elman Participant 2023

"When I know what my strengths are, I feel strong and confident and capable, it help me to healthy choices and feel well, my coach taught me to name my strength." Elman Participant 2023

These examples highlight individual participant experiences not only around coping skills and resiliency, but healthy and positive choices in the future. Related to such choices are elements of the 5 Pillar programming that develops empathy amongst participants and challenges negative stereotypes, especially around topics related to violence and firearms. Items from the GBBS were utilised to track possible changes within participants attitudes to firearms and results can be seen below.



The data shows a clear statistically significant reduction in potentially harmful attitudes towards firearms amongst participants. The items chosen from the GBBS relate to senses of power and likeability that are contingent on firearm ownership and to see such a clear reduction in these attitudes, even at mid-point, is encouraging. This aligns with Elman targets around specifically working with the CAAFAG populations, but also speaks to developing positive social constructs and connections within the programme. This element of the programme was explored through the validated IOS scale with results included below.



The mid-point results for the IOS demonstrate statistically significant increases in perceived inclusion across all measures suggesting the 5 Pillar approach has a positive impact on socialisation and social support. It is interesting to note that the increases were not limited to within programme connections (coaches and other participants), but also include improvements to perceived social support in wider life (other people generally, friends, and family). Given the importance of functioning social support in improving mental health, these improvements are very encouraging.

