Assessing Supervisors’ Fidelity Ratings of a Preventive Intervention for Perinatal Depression in Kenya

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Introduction

• **Intervention Fidelity (IF)** is the extent to which an intervention is delivered in the way it was intended to be, allowing researchers to assess the effectiveness of treatment outcomes1.
• Currently, there is a lack of universal standards to help researchers define and measure IF systematically².
• IF is not frequently reported in intervention trials³.

Objective

• The goal of this study was to define and report IF within a preventive intervention for perinatal depression in Kenya.
• We examined whether IF differed between two types of supervisors, who provided supervision for the Community Health Workers, who delivered the intervention.

Intervention

• The Integrated Mothers Babies Course (I-MBC) is a group-based intervention designed to help prevent perinatal depression in low-income women living in rural villages in Kenya. This intervention is based on Cognitive Behavioral Therapy (CBT) and attachment theory¹.
• The I-MBC includes 13 bi-weekly sessions that are delivered by Community Health Workers (CHWs), who have a limited mental health background.
• Each session of the I-MBC is observed by a supervisor, who completed a Supervision Rating Form to measure how well the CHW adhered to the intervention session.
• Supervisors were either Case Managers (CMs), who have a counseling background, or Sisters from a Catholic organization who had either a psychology or teaching background.
• The CMs were involved in a previous intervention study using a similar MBC intervention. The CMs then trained the Sisters to become Master Trainers with the goal of achieving long-term sustainability.

Methods

Participants:

CHWs: 7 females living in or near the villages that they are working in.

Supervisors:

CM – 1 male 1 female with previous training in the MBC intervention

Sisters – Both female from The Association of Sisterhood in Kenya (AOSK)

Measures:

Demographics questionnaire

• Supervisors’ demographics and 21 questions regarding prior training and feedback in intervention delivery and qualitative feedback.
• CHW’s demographics, and 15 questions regarding prior training and feedback in intervention delivery

Supervision Rating Form (Figure 1)

• Measures fidelity of each of the 13 sessions across 6 dimensions.
• Includes information on the various sections of each session that are evaluated on 6 different dimensions.
• In this study, data from practice sessions were used to evaluate 3 dimensions:
  - Scale from 1-10 - higher ratings indicating more adherence to the topic:
    - Content: extent to which the CHW covered all topics in the session.
    - Comprehension: how well the participants understood content.
    - Participation: group engagement level.
• Total ratings for each of the 3 dimensions from each supervisor was calculated by adding their ratings across each session’s content areas.

Figure 1.

![Image](image1.png)

Results

### Top I-MBC Challenges Reported by Supervisors

**Time Management**, **Low attendance**, **Weather Barriers**, **CHW comprehension**

<table>
<thead>
<tr>
<th>Facilitator</th>
<th>Age</th>
<th># of Years working as a CHW</th>
<th>Received training to implement I-MBC?</th>
<th>Received other related training?</th>
<th>Mental Health Experience</th>
<th>Total Sessions Facilitated by CHW</th>
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<tbody>
<tr>
<td>CHW 1</td>
<td>50</td>
<td>10.5</td>
<td>No</td>
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<td>Yes</td>
<td>No</td>
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<td>13</td>
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<td>No</td>
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<td>11</td>
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<td>Yes</td>
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### References


