

THE 8TH AFRICAN REGIONAL WORKSHOP OF THE
INTERNATIONAL SOCIETY FOR THE STUDY OF
BEHAVIORAL DEVELOPMENT (ISSBD) REPORT

**THEME: BUILDING AFRICAN GRADUATE STUDENTS'
CAPACITY IN HUMAN DEVELOPMENT RESEARCH**

A REPORT SUBMITTED TO THE CHAIRPERSON OF THE NOLLE NAUTA
FOUNDATION- THE NETHERLANDS

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Introduction

The workshop was held on the 30th November, 2009 to 2nd December, 2009 at Maseno University, Kisumu, Kenya. The main objectives of 8th African ISSBD regional workshop included the following:

- Providing a forum for presentation of research findings
- Training novice researchers on a wide range of research designs and methods.
- Fostering networking and increased research methodological and publication knowledge amongst junior scholars.
- To equip novice researchers with skills that they might need to complete their already identified topics. The novice researchers will be expected to arrive with fairly developed and/or specific research topics but with open minds about methods.
- Initiate the development of an international mentoring program that will link early and senior career African and international scholars. Early career scholars are expected to be African graduates either based in an African university or has established links with African research institution. A senior African scholar will be suitably qualified scholars in the service of academic faculties of an African University or research institute. International scholars will be those based outside the continent willing to guide and mentor the early career researchers.

Workshop sub-themes

The following were the sub-themes for the workshop:

- Methodological approaches and advances in Human Development Research
- Planning and Managing Qualitative and Quantitative Research designs
- Scientific writing skills, publication and dissemination procedures
- Mentoring, Networking and Opportunities for enhancing research capacity development in Africa
- Relevance of research to social policy issues in Africa

Workshop grant

My participation at this workshop was made possible by the support and funding from the Nolle Nauta Foundation of the Netherlands. Special thanks also to Prof Marinus Van IJzendoorn for encouraging me to apply for the grant. The grant amounted to \$1075.00 for a period of 4 days from November, 30, 2009 to December 2, 2009. Expenditure break-down see appendix 2.

Grant Receipts' participation at the workshop

I attended all training workshops and keynote discussion forums and addresses. These were very informative and enriching. They also helped me to see the direction for my next step in my career development.

In also participated in Poster presentations for the Masters Student category where I presented a poster entitled **“Maternal depression and drug adherence among HIV positive children: The effect of emotional behavioral proclivities on adherence”**. I also prepared my career and research goals statement, a summary of a research proposal and an abstract of my completed MA research work. These can be found in the appendix section. The purpose of these was for senior scholars to help me improve my methodology and help in making my career path attainable.

Achieved Workshop objectives

1. This workshop provided a forum for novice researchers to present their research findings. I was able to present some of my MA research secondary research variables notably, maternal depression and caregiver education as predictors or correlates of adherence to treatment. The presentation helped me to refine my work and consider some point for manuscript preparation through critiques and feedback from senior scholars.
2. I was able to build collaborations and networks with other scholars. Significant of all was Amina Abubaka who together with another colleague of hers we have agreed to work on a 6 country study. The study will look at contextual predictors

of adolescent's well-being, some distal and proximal influences. These will include parenting styles, schooling and peer attachment, identity status, among others. Wellbeing will look at aspects like depressions, social function, and life satisfaction. The significance of this collaboration will create an opportunity to learn from each other, to be a co-author on all paper reporting data we have collected and opportunity to collaborate further in the future.

3. I have also started searching for prospective supervisors and distributing my summary proposal to different scholars.
4. Signed in for the mentorship programme and renewed my ISSBD membership.

Appendix 1: Photo Focus



Given at the Great Rift Valley perfect view point



*From left to right: Prof Serpell, Bestain, Tamara, Haat, Beatrice and Given. **Picture by Prof IJzendoorn***



Given, Beatrice and Tamara during a break



Given during a workshop at Maseno hotel

Appendix 2: Grant Expenditure

Item and Service description	Amount per unity	total
1. return air ticket	\$685.00	\$685.00
2. accommodation	\$30.00 x 5	\$150.00
3. food	\$70.00	\$70.00
4. inland transport	\$6.00 x 5 days	\$30
5. workshop registration fee	\$15	\$15
6. poster printing	\$ 42	\$42
7. ISSBD membership	\$5 x 2 years	\$10
Grand total		\$ 1002.00

Appendix 3: Career statement

Career statement and educational goals

A few years from now, I want to attain a Doctor of Philosophy Degree (PhD) and be a licensed practitioner in development psychology or pediatric health psychology. I am interested in any of these fields of psychology and or practice because I love working with children and because I have detected professional gaps in child development and health.

My career development interest lies in assessing the home environment of the children such as the attachment system and existing parenting styles and how these affect and predict child development in different domain. My interest is to examining how these (attachment system and parenting styles) may predict the health development of the child, that is, in terms of treatment response, adherence and care, social, emotional and physical development out comes. Achieving a PhD in child development (with a bias to pediatrics) or pediatric health psychology would meet my career goal, as these would foster my desire to work with children with diverse needs especially those that explain health problem from a psychological perspective.

My Career goals are to become an expert in child assessment and intervention to the aforementioned problem. Currently, I am developing my PhD research proposal,

communicating with local and international leaders and scholars in my field of interest. In addition, I am learning how to assess and intervene to children's problems especially in health and educational settings.

Appendix 4: PhD Summary proposal

Title: Parenting styles, life adjustments and adherence to type I diabetes treatment among children and adolescents: A case of Zambia

Introduction: Type 1 diabetes is considered a rare disease in Africa and since survival in many is short, this underestimates the true prevalence and the potential care needed. There is lack of good data on the disease prevalence in developing countries and in particular in sub-Sahara Africa and Zambia is not an exception. Adherence to treatment among patients with type I diabetes patients is a challenge and type I diabetes is an expensive disease not only for patients but for the health care systems (Beran et al, 2005). Many factors contribute to the problem of adherence among patients. Butler et al, (2007) stated that maternal parenting style is associated with well-being in adolescent with diabetes.

The purpose of the present study is to examine whether (a) parenting styles can affect adherence to treatment, (b) patient's self efficacy contribute to adherence (c) diabetes children and adolescents will have negative perceived body image compared with their health counterparts.

This study will contribute to the existing knowledge on factors affecting adherence on patients of type I diabetes. It will also facilitate for the development of interventions that will include the home environment and help in the development of policies for diabetes patients and its treatment and care.

Research Hypothesis: authoritative parenting style will be associated with high treatment outcome; there will be different gender responses to parenting styles between boys and girls; diabetic children/adolescents will have negative body images compared to their counterparts, there will be a relationship between perceived body image and parental nurturance.

Methodology:

Phase 1

1. Research design- the study will employ a quasi –experimental design by examining the effect of parenting style on adherence among type I patients.
2. Population and sampling- the sample will include 160 participants aged between 10-18years of age. 60 participants will comprise of those who are diabetic with mellitus type I and 60 those will comprise of health children
3. Instruments – Diabetes Regimes Adherence Questionnaire(DRAQ), Parent/child report of parent behavior, perceived body image questionnaire and children's depression inventory (CDI)

4. Procedure and - all prospective participants will be explained to the purpose of the study and those who will consent to participate will respond to questionnaires in intervals
5. Data analysis- data will be analyzed using Analysis of Variance (ANOVA) to access how much parenting styles contribute to the general variance of adherence. T-test will also be used to compare mean differences between the patients and health children in perceived body image. Correlation analysis will also be performed to examine the relationship between perceived body image and parental nurturance.

Phase 2: Phase 1 findings will lead to an intervention programme based on the parenting and behavioural management skills training. A baseline will be conducted before the intervention is implemented. The intervention will be implemented in for stages namely; baseline measure stage, the level effect stage, and assessment one stage and assessment two stage. The intervention sample will include 20 dyads aged 6 to 12 years old.

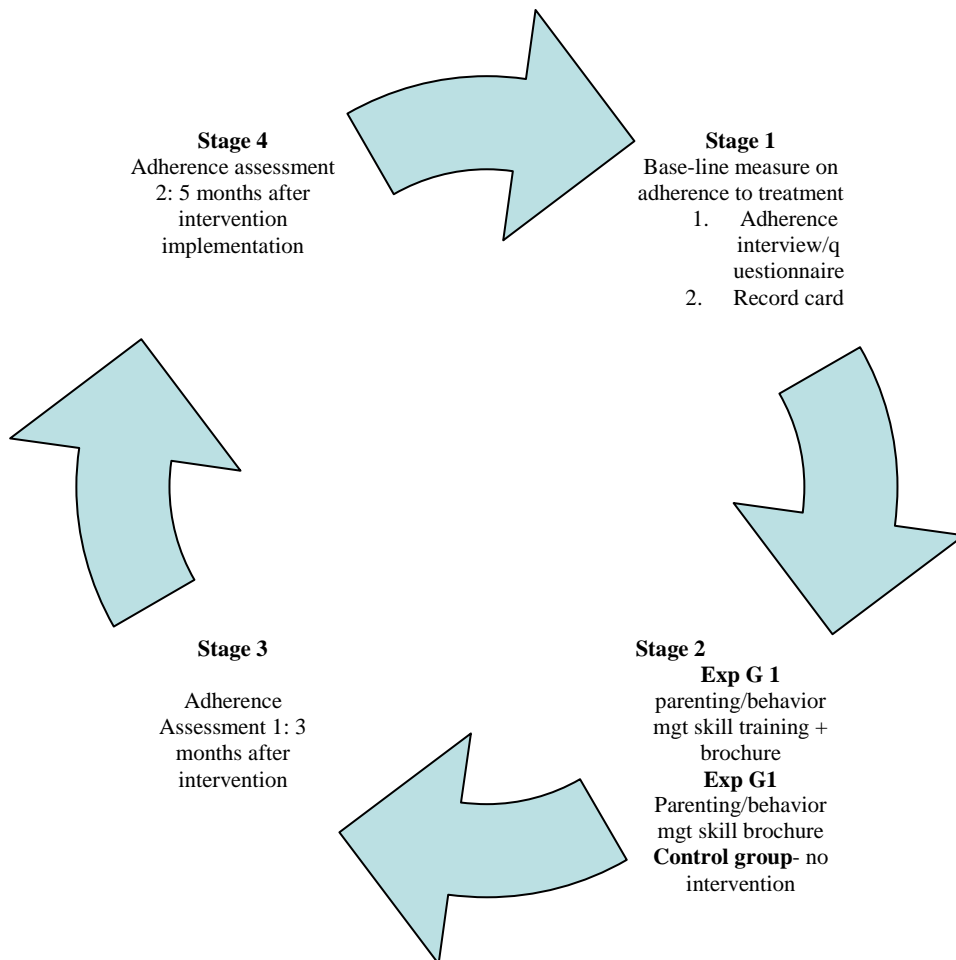


Figure 1: The parenting/behavioral management skill training intervention model for adherence to treatment

Ethical consideration: all participants will consent and their parents to participate in the study. All participant identification will be anonymous and will be protected from all forms of harm and any factors likely to affect their treatment and care.

Reference

Berab, D., Yudkin, J. S., & Courten, M (20025). Access to care for patients with Insulin- Requiring Diabetes in developing counties: A case of Mozambique and Zambia. *Diabetes care*, Vol 28, 9, 2136-2140

Butler, J. M., Skinner, M., Gelfand, D., Berg, A, C, & Wiebe, D (2007). Maternal parenting styles and adjustment in Adolescents with type I Diabetes. *Journal of Pediatric Psychology* 32(10), 1227-1237