

## Self-Efficacy and Knowledge (SEEK) Trial

### Improving family planning, sexual reproductive health, and wellbeing among Syrian refugee women and girls in Lebanon.

This community-based randomized controlled trial (RCT) aims to evaluate a low-resource/low-intensity integrated sexual reproductive health (SRH) and wellbeing intervention package. It will be delivered in Primary Healthcare Centres (PHCs) in a rural area in Lebanon to Syrian refugee women and girls aged 15-24.

## Background

Recent evidence shows that refugee women and girls have limited knowledge, access to, and use of SRH, and psychosocial support services in Lebanon and other humanitarian settings. It is crucial to explore feasible, acceptable, and effective approaches for improving their knowledge and skills to support them in better managing their own SRH and specifically family planning decisions, outcomes, and wellbeing. The present study will be the first to evaluate the effectiveness, acceptability, and feasibility of an integrated SRH and wellbeing intervention in the Middle East region on Syrian refugee women and girls.

## About the intervention

The intervention will be delivered once a week over a period of 8 weeks by trained paraprofessionals who are Syrian refugee women from the targeted communities.

Topics include emotional regulation, coping skills and self-care, communication and assertiveness, family planning and contraception, health and problem management skills, gender norms, action planning, and skills practice.

## Expected Outcomes

As part of this trial, an outcome and a process evaluation will be conducted. While the process evaluation will examine feasibility, acceptability, satisfaction, and lessons learned from implementation, the outcome evaluation will assess impact and effectiveness through:

- Increased use of family planning as the primary outcome
- Improved well-being as the secondary outcome
- Improvement in mediating variables including emotional regulation, coping strategies, and communication skills.

## About the research

All outcomes will be determined quantitatively by comparing data from experimental and control groups before and after the intervention, and 3 months post intervention.

Outcome level data will be collected through surveys from both groups at 3 time points: At baseline, endline, and 3 months post intervention.

Data for the process evaluation will be collected through a mixed-methods approach during the delivery of the intervention at each session through checklists and surveys, and by the end of the intervention through semi-structured interviews with key stakeholders.

## Contact / find out more

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