

Progress Report:

GMH (#0090): An Integrated Approach to Addressing the Issue of Adolescent Depression in Malawi and Tanzania



August 5, 2014

Submitted To:
Grand Challenges Canada

Submitted By:
Farm Radio International



Progress against milestones for period ending July 15, 2014

- MoUs signed with Ministry Health and Education in Tanzania

To date, we have held two stakeholder meetings and one mental health training to secure buy-in from relevant government ministries. Representatives from the regional and district level MoE and MoH were invited to attend the meetings. We have also had one face-to-face meeting with the Director of Mental Health Services in the Ministry of Health in Dar es Salam. Representatives from the ministries have indicated their enthusiasm and support for the project, and their willingness to form a technical advisory group and to sign Memoranda of Understanding for the project. MoUs have been sent to the national MoE and MoH, and are awaiting a reply

- 35 schools selected for participation in target districts in Tanzania

35 secondary schools have been selected for participation in the program, and we have received clearance to conduct activities by the regional and district level representatives from the Ministry of Education. To date, we have completed a baseline survey of 350 youth from 10 schools, and will survey another 350 youth from an additional 10 schools by the end of August, 2014. Attached (annex 1) is a list of 35 schools selected for participation in the program

- 2 MOUs signed with radio stations

We have selected 2 radio stations in the Arusha region to participate in the communication component of the program in Tanzania. Data obtained by surveying 350 youth on their radio listening preferences and habits helped to identify stations based on what young people are listening to (annex 2). Sunrise Radio and Radio 5 were selected based on the survey, as well as the capacity and motivation of the stations to produce an exciting and entertaining program for young people. Sunrise Radio is a small FM station broadcasting in the Arusha region only, with coverage in Meru. Radio 5 is a larger commercial station that has nationwide coverage. While having nationwide coverage is difficult in terms of our controlled experiment design, we intend to link frequency of listening with changes in knowledge, attitudes and behaviours and compare in target and control districts. We will measure differences in KAP in “Active Listening Communities” (ALCs) which are in the impact district and incorporate interactive components, such as radio listener clubs and training sessions with peer groups, with ‘Passive Listening Communities”, which may have access the radio program, but do not have access to any other components of the program. MoUs will be signed with stations in coming weeks, with an aim to begin broadcasting on World Mental Health Day in October.

Annex 1: List of Target Schools

Arusha DC

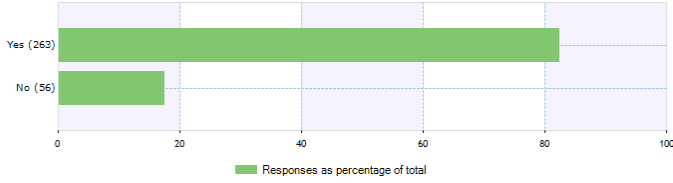
1. Winning Spirit
2. KAC
3. Lengijave
4. Enaboishu
5. Ekenywa
6. Osiligi
7. Enyoito
8. Kiranyi
9. Bishop Durning
10. Matevez
11. Kimnyaki
12. Mlangarini
13. St. Theresa
14. Musa
15. D'Alzon
16. St. Joseph Ngarenaro
17. Arusha SOS

Meru DC

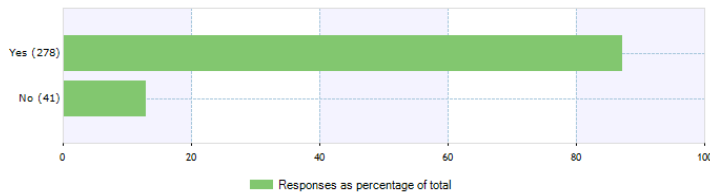
1. Kitefu
2. Akheri
3. Nkoaranga
4. Kikwe
5. Leki
6. Ailanga
7. Kikatiti
8. Makiba
9. Poli
10. Nasholi
11. Uraki
12. Sakila
13. Sing'isi
14. Star High School
15. TASS (Tanzania Adventist Secondary School)
16. Maji ya Chai
17. St. Jude
18. Nkoarua

Annex 2: Radio Listening Survey

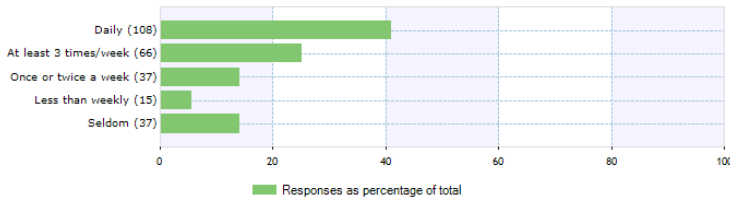
1. Do you listen to the radio?



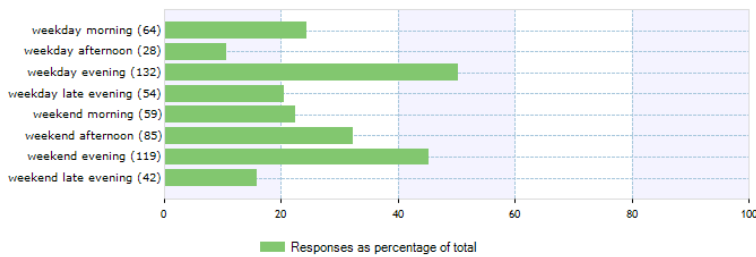
2. Do you have access to a radio at home?



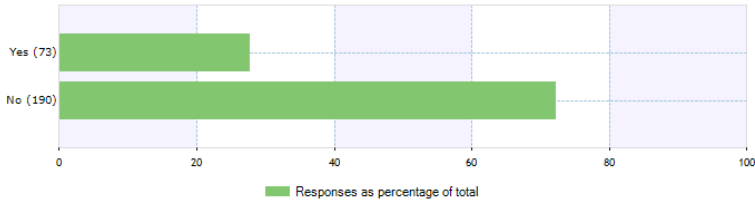
3. How often do you listen to the radio?



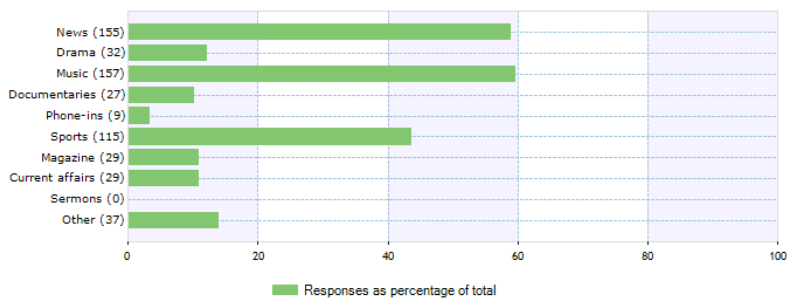
4. Please select the best times of day for you to listen to the radio.



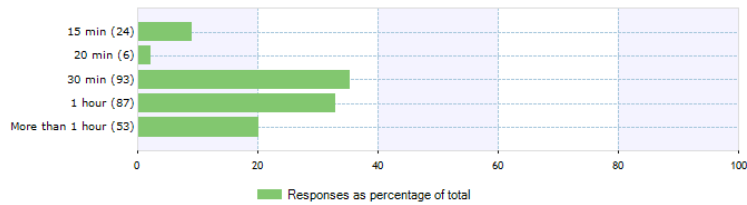
5. Do you belong to a group that listens to the radio together?



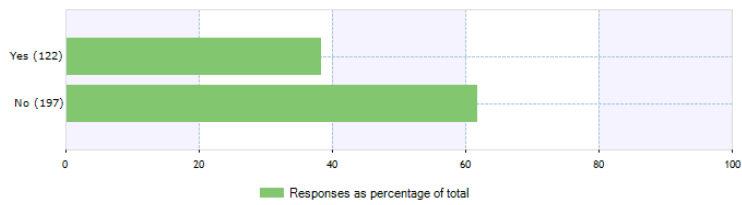
6. Please select your favourite type of radio program



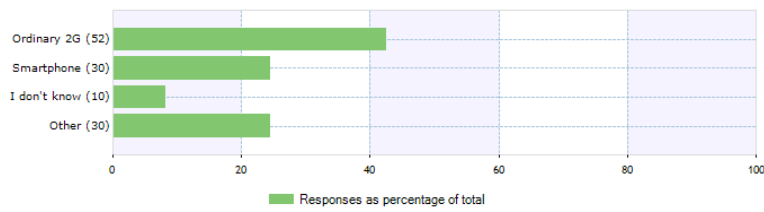
7. What is your preferred duration for a radio program?



8. Do you use a mobile phone?



9. What type of phone is it?



10. What do you use your phone for?

