Timeline
2021

Study Type
Randomized Evaluation

Research Implemented by IPA
No

Helping Families Help Themselves? Heterogeneous Effects of a Digital Parenting Program

Researchers

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Abstract

Using an individual-level experiment with male and female caregivers of young children in El Salvador, we evaluate the impact of a free digital stress management and positive parenting intervention. We find that, for males, the intervention increased stress and anxiety and lowered caregiver-child interactions. The effect on males is concentrated among the poorer and those residing with a partner. In contrast, women's mental health was not impacted. Yet, their use of physical violence toward children decreased by 18 percent. Our results align with theories linking economic deprivation and family structure to caregivers' cognitive overload and mental health.

Project Outcomes of Interest

Caregiver mental health, behavior, and quality of interactions with children

Partners

Glasswing International

Key Findings

For males, the intervention increased stress and anxiety and lowered caregiver-child interactions. The effect on males is concentrated among the poorer and those residing with a partner. In contrast, women's mental health was not impacted. Yet, their use of physical

violence toward children decreased by 18 percent. Our results align with theories linking economic deprivation and family structure to caregivers' cognitive overload and mental health.

Impact Goals

- Improve social-safety net responses
- Improve women's health, safety, and economic empowerment
- Keep children safe, healthy, and learning
- Promote peace and safety, and improve humanitarian response

Project Data Collection Mode

- CAPI (Computer-assisted personal interviewing)
- CATI (Computer-assisted telephone interviewing)

Link to Pre-Registration

https://www.socialscienceregistry.org/trials/7096

Results Status

Results