



Contribution ID: 48

Type: **Keynote**

## **Family-Focused Intervention Approaches for Global Mental Health and Violence Prevention**

*Thursday, 12 September 2024 09:00 (50 minutes)*

Child and adolescents in low and middle income countries are overrepresented in the prevalence of mental health disorders and often do not receive the care they need to reduce risk and prevent lifelong negative health effects. Effective interventions are available that target risk factors, but major gaps in implementation and effectiveness in context remain. Parenting programs represent one evidence-based approach for prevention that may be cost-effective and reach families and children at the population level. In this presentation, I will present a series of studies to systematically adapt, optimize and evaluate parenting interventions in low resource settings by applying implementation science frameworks and the Multiphase Optimization Strategy. I will discuss challenges in adapting interventions across settings to target families of both young children and adolescents. Results will be discussed in relation to embedding of parenting programs within the existing service organizations to increase reach and sustainability.

### **Are you currently an Early Career Researcher?**

No

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**Session Classification:** Keynote

**Track Classification:** Health Psychology