

Rise & Thrive - Empowering Underprivileged Women's Mental Health and Wellbeing through Pilot Workshop using the ELEVATE Module

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INTRODUCTION:

- Underprivileged women often face significant barriers to mental and physical healthcare, leading to high rates of anxiety and depression due to socioeconomic, marital status, and education level. Despite an active actions taken by government and non-governmental organisations (NGOs) in providing community mental and physical health services, we are still lacking in community empowerment program. In response, the ELEVATE module was developed using the ADDIE model (Analysis, Design, Development, Implementation, and Evaluation). This module is unique as it is not isolated to one component only but it combines both psychological and physical well being.

PROBLEM STATEMENT:

- Currently, there is lack of existing module covering both psychological & physical woman health focusing for the underprivileged women in the local setting.

Target group

Underprivileged women (e.g. urban poor or homeless women) residing around the Chow Kit area, Kuala Lumpur

Scopes

- Empowerment**
- Mental health awareness
 - Basic health education
 - Psychological skill enhancement
 - Health resources awareness

Approach

- A half-day workshop**
- Using a holistic health module: ELEVATE module
 - Small group activities to enhance experiential learning
 - 3 unique stations - each focusing on specific goals and set of tasks
 - Using positive reinforcement: Upon completion of each stations, participants will be rewarded with gifts e.g. hygiene kit

Learning Outcomes

- For participants to be able to**
- recognize common symptoms of mental or physical issues
 - practice the self-help techniques to mitigate their problems
 - apply their knowledge on available health resources to get appropriate treatment when needed

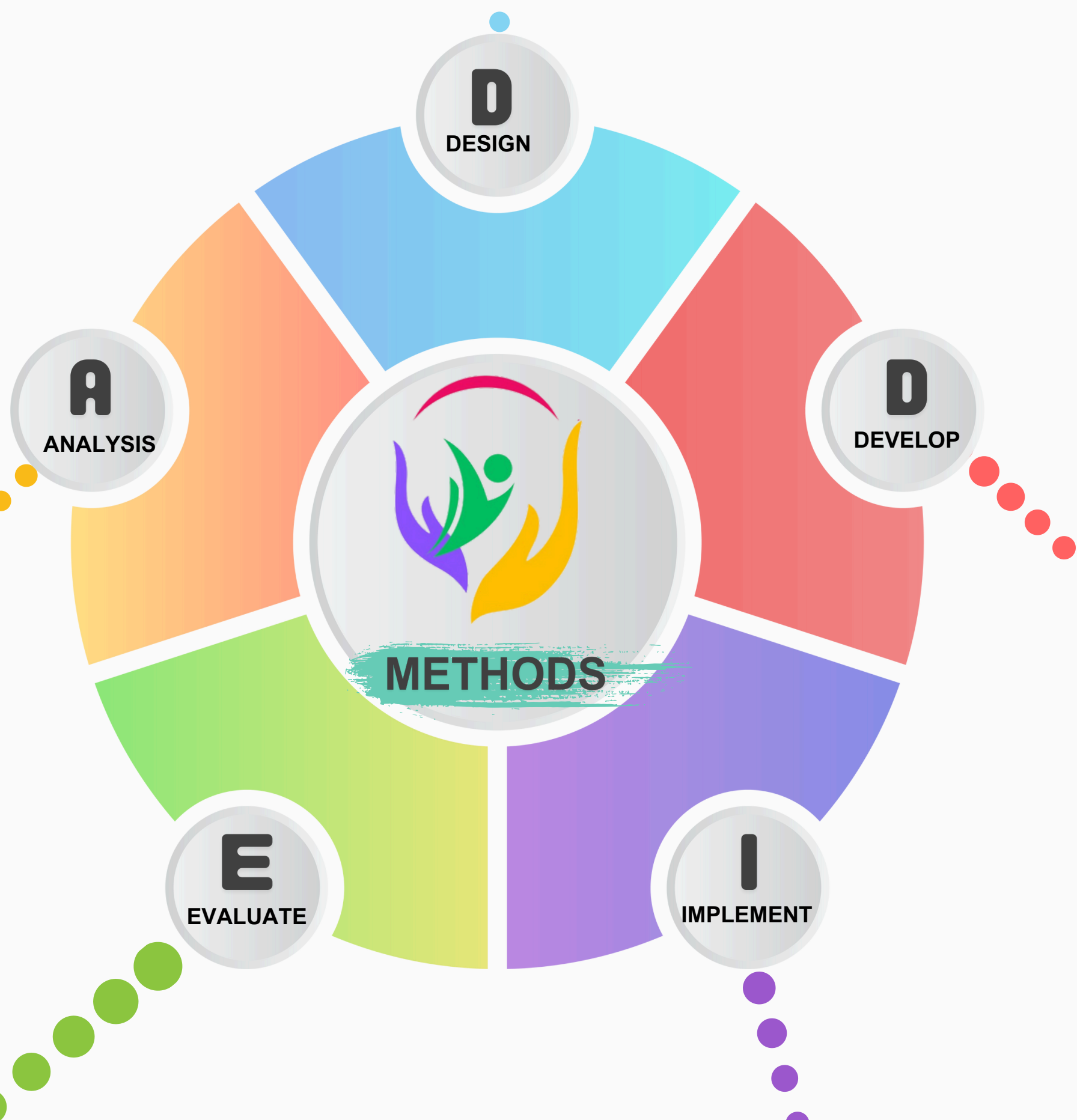
Preliminary Survey

- Analysis of needs** was conducted through interviews on focus groups which are:
- local underprivileged community
 - NGOs representatives e.g. Khadijah International Waqf Foundation & QASEH
 - key community members

- Aims of this survey are to:**
- Build trust and rapport within the community
 - Identify challenges within their environment
 - Gain diverse perspective on the local issues

Objectives

- To **empower** and **educate** underprivileged women on mental and basic women health.
- To **provide training** on practical tools for managing their psychological and women well-being.
- To **cultivate** resilience by creating awareness on available resources for both mental and women healthcare.



Module Contents

- Psychological**
- Common symptoms of depression, anxiety and psychosis
 - Relaxation techniques
 - Health resources directory
- Physical wellbeing**
- Basic self care
 - Menstrual health

Material & tools

- Enhancing learning experience with:
- Visual aids**
- Brochures, infographic, videos, diagrams, and slideshows
- Interactive & Practical Sessions**
- Recognizing psychological and health symptoms through games and quizzes
 - Instructor-guided deep breathing exercise, grounding technique, art therapy & hygiene care practices

Contents Evaluation

All contents, materials and interactive components were reviewed and vetted by the content experts e.g. psychiatrists and physicians

RESULTS

Module evaluation is performed using a 5-point Likert scale for participants focusing on **achievement of the objectives, perceived effectiveness** as well as **acquiring knowledge**.

In addition, we conducted a post-mortem meeting with collaborators to identify obstacles and improve future iterations.

Strength

- Holistic approach:** It includes both mental and physical well-being, promoting a comprehensive understanding of health.
- Interactive activities:** It incorporates interactive activities that enhance participant involvement.
- Practical tools:** it provides practical tools that empower women to manage their overall well being.

Challenges

- Time constraint:** The need to increase in duration of the program to include other basic health screening, education on self breast examination and vision test.
- Follow-up barriers:** Difficulty in following up due to lack of contact information of the participants

Category	Mean Score
Overall Satisfaction	4.97
Learning new information	4.83
Need similar program	4.83
Feels positive empowerment	4.83
Perceived effectiveness	4.58
Objective achieved	4.41

Training

- 2-tier training sessions**
- facilitators were trained by the content experts to deliver the module
 - to ensure standardized module delivery

Module Dry Run

- to ensure the feasibility of the module prior to the pilot workshop

Pilot Workshop

- conducted at Pusat Pembelajaran Komuniti Chow Kit, Kuala Lumpur
- Involving 7 medical specialists, 14 facilitators (UPNM medical students) and 43 participants
- 2 NGOs as the stakeholders

Highlights

- A practical, holistic, and easily applicable health module**
- Focusing for underprivileged women**
- Well received by target participants**
- Potential to adapt to other community group**



Video of activities

CONCLUSION:

ELEVATE is a practical women's health module. Future directions include expanding the program to a larger population, conducting randomized controlled trials to assess long-term health outcomes, and identifying barriers to a broader implementation.

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