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Response and Acceptability of Mothers to a Health Promotion Intervention Targeting to Reduce Risks of Unintentional Home Injuries by Improving Home Environment

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Background: Unintentional home injury is one of the most preventable and critical public health issue among children around the world, and the situation in Sri Lankan villages has no exemption. While many interventions focus on knowledge improvement, this intervention utilizes a collective, participatory, community-based health promotion approach, which has been shown to be effective.

Objective: To explore the response and acceptability of mothers to a health promotion intervention targeting to reduce risks of unintentional home injuries by improving the home environment.

Methods: A qualitative study was conducted following the health promotion intervention. Focus group discussions (FGDs) were used as the main data collection method. Mothers were purposively selected for FGDs. FGDs were conducted with mothers to explore their responses and acceptability of the intervention. Seven groups, with 4-8 mothers, participated in FGDs, and topic guides were used to collect data. Data were recorded, transcribed, and then subjected to thematic analysis.

Results: Three main themes emerged from the data analysis. The first theme was “change of knowledge.” Mothers reported that participating in the intervention empowered them to gain knowledge, and provided additional opportunities for peer learning through small group work. The second theme, “need to take action,” highlighted that mothers felt sufficiently empowered to think about and plan actions to improve the home environment. The final theme, “stepping to healthy practices,” reflected mothers’ reports of shifts in their practices as a result of the intervention, which contributed to improving the home environment and reducing injury rates.

Conclusion: This study concludes that mothers accepted health promotion intervention, and they were empowered during the intervention to reflect on their knowledge and practices. This led them to take corrective actions to improve the injury-free home environment.

Keywords: Health promotion intervention, qualitative study, unintentional home injuries