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Asdzáán Be'eena': Female Pathways

 **JOHNS HOPKINS**
BLOOMBERG SCHOOL
of PUBLIC HEALTH

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CENTER FOR AMERICAN
INDIAN HEALTH

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Asdzáán Be'eena' Team

				
Rachel Chambers Program Manager	Jamie Begay Research Coordinator	Barbara Harvey Health Coach	Kristin Mitchell Independent Evaluator	Brittany Begay Independent Evaluator
				
Alicia Tsosie Site Manager	Tanisha Bennett Health Coach	Janelle Nez Independent Evaluator		

 **ASDZÁÁN BE'EENA'**
Female Pathways

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Overview of Asdzáán Be'eena' (Female Pathways) Program

- 2018-2020 Pilot study in Chinle and Tuba City
- AB improved parent-child relationship quality and communication
- Girls: increased cultural knowledge and connection, self-efficacy, support, and sexual health knowledge. Also, decreased depression, anxiety, and attention problems
- Caregivers: improved social support and parenting self-efficacy
- Randomized Control Trial (RCT)

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- Randomized Control Trial to assess impact of AB compared to control on parent-youth communication, girls' intention to abstain from sex, and girls' behaviors (internalizing and externalizing).
- Girls and their mothers/female caregivers will participate in 1 of 2 groups to determine if the AB intervention program improves health.

11 weekly sessions in 3 months. Games, activities, and lessons one-on-one with caregivers & group.

OR

You will not receive lessons, instead four small incentives will be mailed to your house over 3 months.



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Asdzáán Be'eena' Curriculum Topics

Black World

- Lesson 1 (Dyad): The Clan System and Family
- Lesson 2 (Dyad): Role Models, Respect and Boundaries

Blue World

- Lesson 3 (Group): Mother Daughter Communication
- Lesson 4 (Dyad): Support Networks and Family

Yellow World

- Lesson 5 (Group): Navajo Women's Strength Through History
- Lesson 6 (Dyad): Positive Thinking and Problem Solving
- Lesson 7 (Group): Communication and Dealing with Bullying

White World

- Lesson 8 (Dyad): Community, Family and Cultural Values
- Lesson 9 (Group): Reproductive Health

- Lesson 10 (Dyad): Self-Esteem and Goal Setting

Glittering World

- Lesson 11 (Group): Holistic Living



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Who is eligible?

Child

- Female
- 10-14 years old

Mother or Female Caregiver

- 18 years or older

Both

- Live within 50 miles of Tuba City or Chinle, AZ
- Ability to read and complete study questionnaires
- Be willing to be randomized

Assessments/Incentives

- All participants will complete 4 assessments. (Time commitment 90-100 minutes)
 - Baseline Assessment
 - Post Assessment (within 2 weeks after Session 11)
 - 6 Month Assessment (6 months after Session 11)
 - 12 Month Assessment (12 months after Session 11)
- Participants may receive up to \$80 each in gift cards for participating in the study.



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Recruitment Numbers:

Timeline: Present to September 2023

- ❖ 410 to be enrolled (31 current enrolled)
 - ❖ **259 to enroll**
- ❖ ~10 months left to recruit
 - ❖ 10-12 per month to reach our goal by September 2023



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