

# Contextualizing the Intervention: "Parenting for Lifelong Health for Adolescents and Their Families"

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## **Abstract**

A study by UNICEF North Macedonia revealed alarming rates of depression symptoms among adolescents, emphasizing the need for effective interventions to support their mental health.

**Objectives:** This study aims to analyze and discuss the contextualization process of the "Parenting for Lifelong Health" (PLH) intervention for adolescents and their families in North Macedonia.

**Methodology:** The PLH intervention is a group-based socio-behavioral program developed in collaboration between researchers, the World Health Organization, and UNICEF. It focuses on enhancing positive parenting practices and adolescent-caregiver communication, aiming to promote child and adolescent health and prevent violence against children in low- and middle-income countries (LMICs). This study employs a qualitative approach, examining the process of adapting the PLH intervention to the Macedonian context, considering cultural, social, and structural factors. Methods of qualitative research used: observation of video taped sessions, focus groups with parents and adolescents separately, content and thematic analysis of taped sessions were used.

**Results:** Preliminary findings indicate the significance of warmth and autonomy in parenting approaches associated with positive adolescent behaviors and mental health outcomes. The contextualization process highlighted the importance of aligning the PLH intervention with local values, beliefs, and practices to ensure relevance and effectiveness.

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