



## Osra Research Grant Award

<b>Project Title</b>	<b>Developing Culturally Sensitive Parenting Material &amp; Education Programs in Qatar: Focus Group Study</b>	
<b>Duration</b>	One Year	
<b>Research Area</b>	Social Sciences	
<b>Speciality:</b>	Sociology	
<b>Sub Speciality:</b>	Special Topics (Gender studies; Social issues; Family studies, Social work)	
<b>Project Description:</b>	<p>A growing body of literature recognizes the pivotal role family relationships, particularly parent and child, have on growth, development, socialization, and health outcomes of individuals. Research shows maternal education and knowledge about child development not only influence infant health outcomes, but also strongly influence the learning environment parents create for their children. Cultural norms about parenting practices strongly dictate how parents raise their children and can influence the acceptance, delivery, and effectiveness of parenting programs interventions. This makes it imperative to understand the cultural practices of the population when developing parenting programs. Limited empirical data exists on parental knowledge regarding child development and parenting practices within Arab countries such as Qatar. To date, only one study exists that has explored the level of maternal knowledge about child development among mothers living in Qatar. To help bridge this gap, our study aims to investigate parental knowledge, attitudes and practices among Qatari and non- Qatari Arab parents in Qatar. We further aim to identify knowledge practice gaps in order to develop a culturally sensitive parenting program within Qatar and to determine the best delivery modality and design for parenting program(s) in Qatar. Lastly, we aim to further expand research surrounding parenting within Arab communities and specifically in Qatar. Focus groups have gained increasing popularity as a means to gather information in the social sciences, including in the UAE. These researches felt that because of the strong oral history and practices of the gathering, such as the majlis, that focus groups are an effective way to gather information in the Arab culture. For the purposes of this study, eight total focus groups will be conducted with populations of Qatari and non-Qatari Arab families, both first time parents and those who have children. Anticipated results include a greater understanding of parental education offerings throughout the country, the interest in attending such classes, and the types of learning/teaching styles that best fit the culture of Qatar, for both Qatari nationals and Arab family expats. Long term goals include utilizing the information gained through the study to create an effective parenting education program. The program will utilize teaching methods in line with the needs of the Arab families within this community to strengthen the family unit through social support, practical parenting skills, and greater understanding of child development.</p>	
<b>Key Investigator(s)</b>	<b>Institution</b>	<b>Role</b>
Dr. Deborah Norton-Westwood	Sidra Medical Research Center	Lead PI