



Use of **Theory of Change** to guide the design and monitoring of an intervention intended to reduce partner violence and increase protected sex among sex workers

Karnataka Health Promotion Trust
STRIVE Annual Meeting 2013

Theory of Change

- ⊗ Causal approach (cause- effect relationship) like LFA or RBM
- ⊗ The Theory of Change approach highlights pathways to change by mapping the underlying assumptions and the implementation steps required to reach desired outcomes
- ⊗ The Theory of Change framework has been adapted for the development sector, but the notion stems largely from decades of evaluation work by Dr. Carol Weiss

Theory of Change

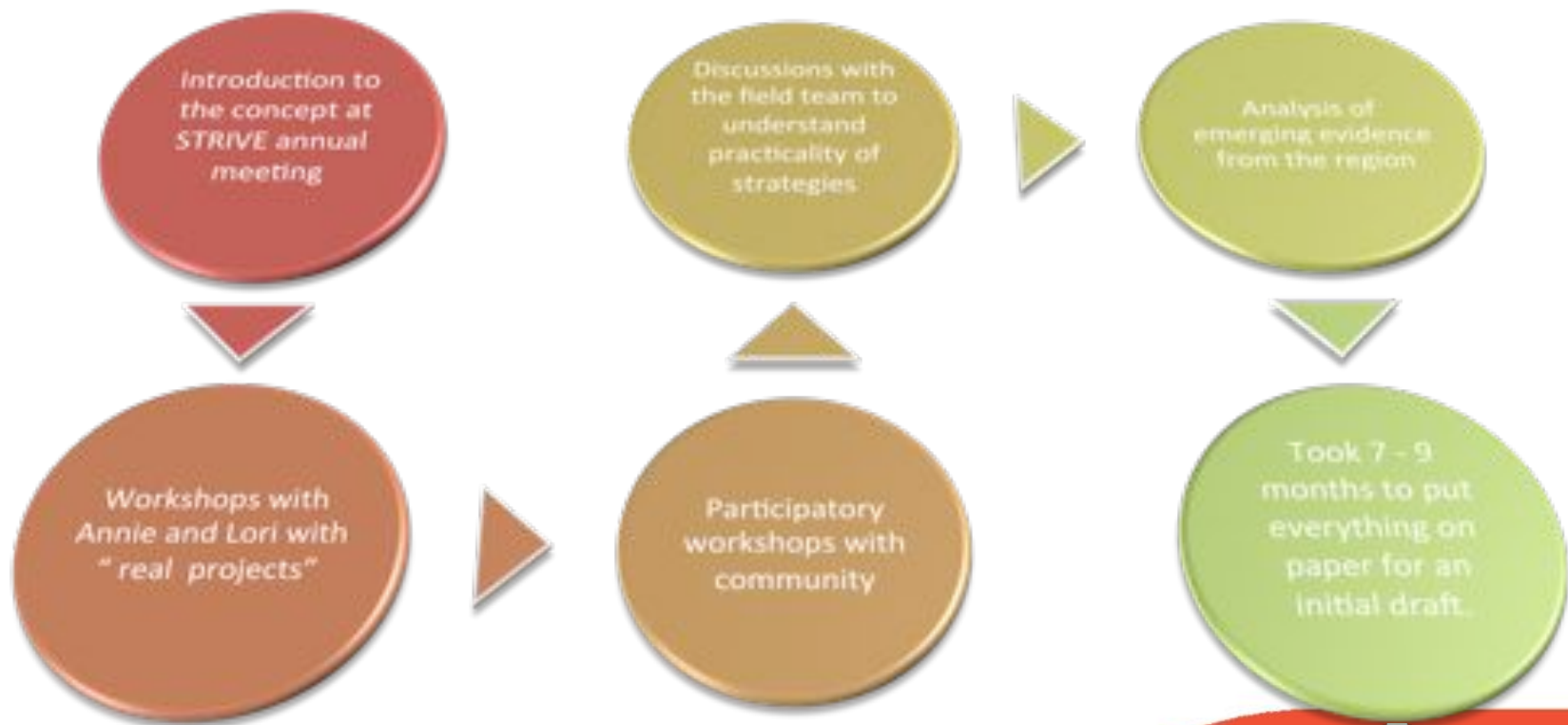
-  First emerged in the mid-1990s in response to the challenge of assessing the impact of complex social development programmes
-  Carol Weiss popularised the term as a way to describe the set of assumptions that explain both the steps that lead to the long-term goal and the connections between programme activities and outcomes that occur at each step of the way

Why did KHPT adopt TOC?

- ⊗ LHSTM was using it and we were curious!
- ⊗ Opportunity to learn a new tool
- ⊗ Our funders were referring to it
- ⊗ Looking for an alternative to RBM and LFA

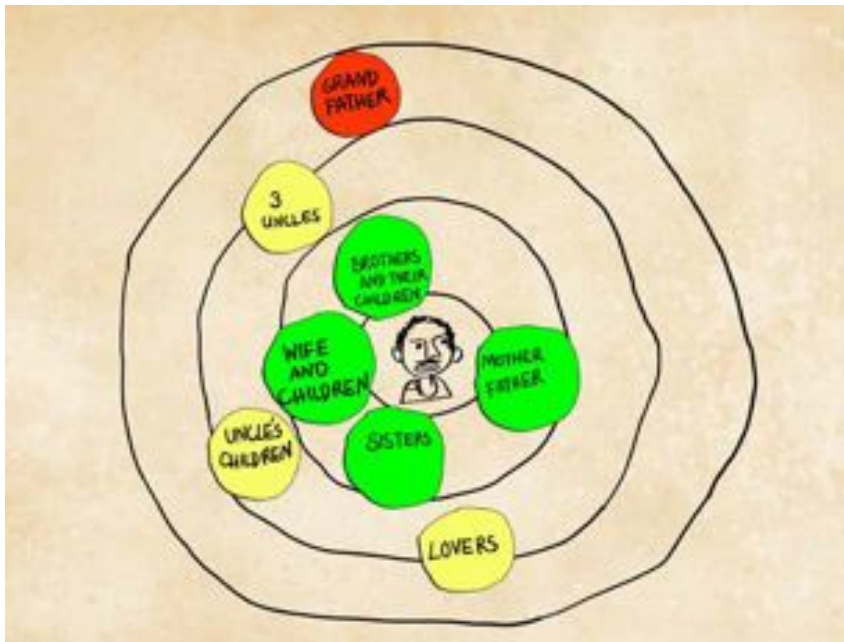


Developing our Theory of Change was a process involving various stakeholders. It is an evolving process



Understanding the problem and the context with the community, project team and the CBOs

Understanding relationships



Understanding condom non use



This analysis helped us define our problem statement and desired change



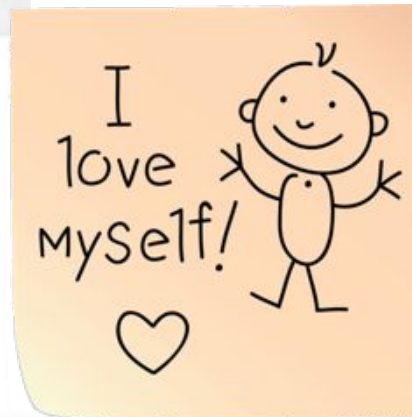
Despite success in reducing HIV transmission by increasing condom use with clients and decreasing violence perpetrated by clients and police, condom use between sex workers and their intimate partners remains low, and violence in these intimate relationships remains high, leaving these women vulnerable to STI and HIV.

We defined what **success** looks like in our project

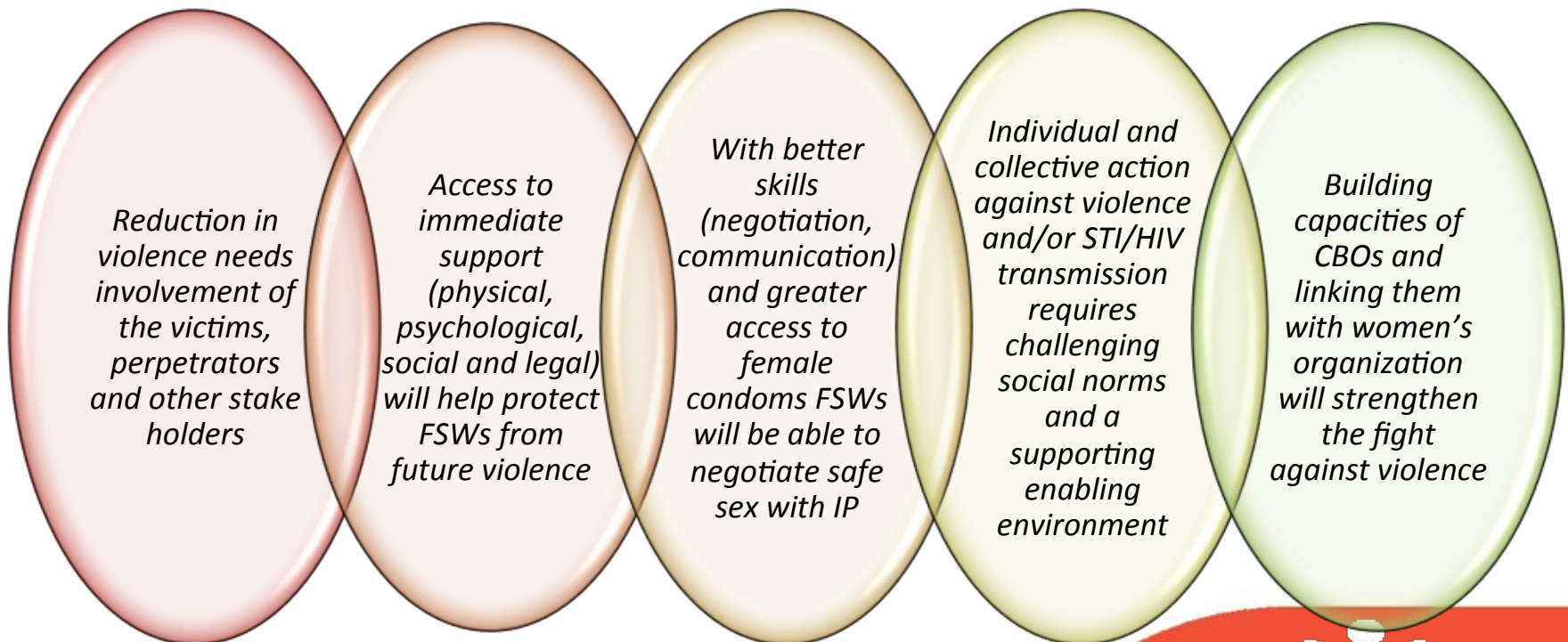
Reducing risk and vulnerability of sex workers to partner violence and STI/HIV transmission in intimate partnerships



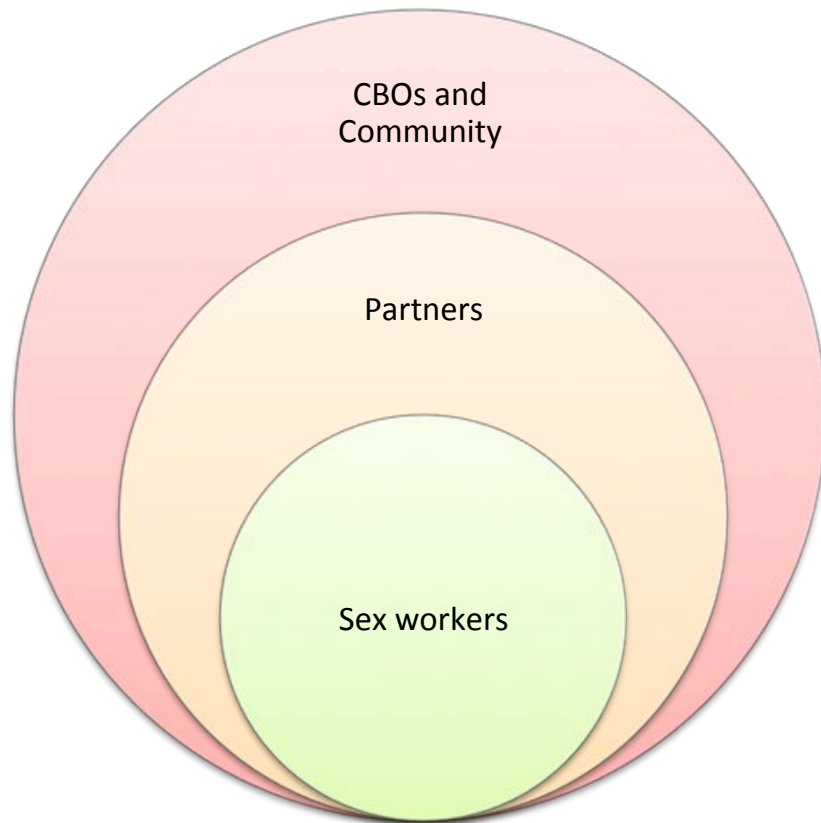
What social changes we desire as the long term and medium term outcomes?






Based on evidence and experience, we made the assumptions – or theories – about these changes that may happen in the project

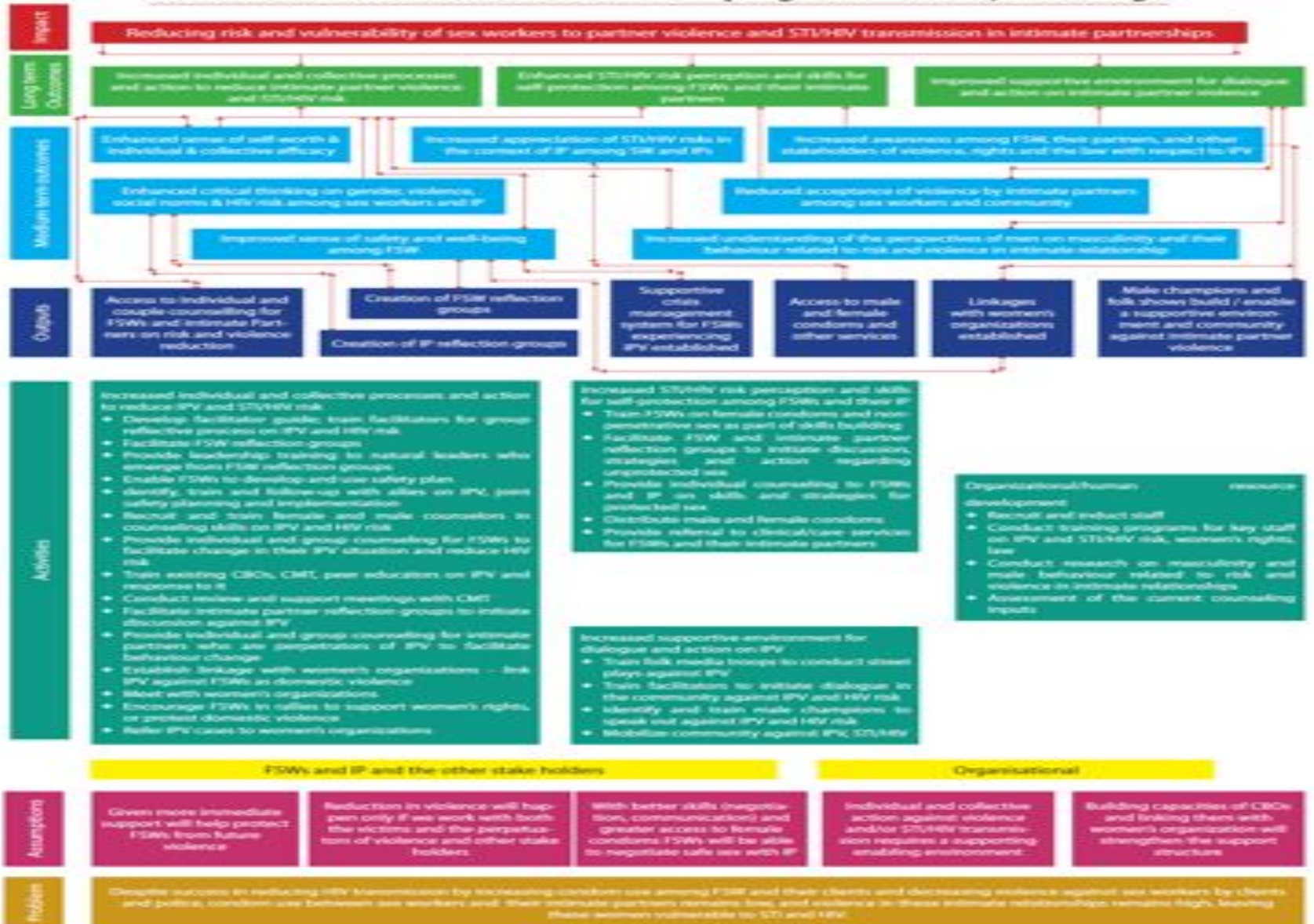


Stating how we aim to achieve our vision, identifying who will help us achieve specific outcomes as well as outlining what is needed in order to maintain desired changes



-  **Sex workers and their Intimate Partners**
 - Reflection groups to raise critical awareness
 - Development of safety plans and violence management system
 - Counselling – individual and couple
 - Participation in collective action
-  **Larger community**
 - Awareness creation
 - Development of male champions
-  **Institutions**
 - Linkages with organisations working on IPV
 - Strengthening CBOs to take leadership

Intervention with FSWs with NPIPs - program – Theory of change



TOC used for visioning, planning, monitoring and evaluation of the change process

- ❁ Disseminated to the project staff. Common understanding of what change is desired and how it will be achieved. Used as a project vision and planning tool
- ❁ Brought greater clarity and robustness to the concepts of outputs to track change and analyse linkages
- ❁ Evaluation design developed to assess what change has happened and how changes happened (focus on process) and test the assumptions
- ❁ Annual reflection process will be a time to revisit the TOC and make changes

Strengths

- ⊗ The fundamental assumptions underlying why a program should work are made explicit.
- ⊗ Provides a framework to check progress towards change (to complement project logic) and to stay on course
- ⊗ Test the weak links in the change pathway (right people? right strategies? right outcomes?)
- ⊗ Document lessons learnt about what really changes in relation to our efforts
- ⊗ Keep the process of implementation, and impact assessment transparent, so everyone knows what changing and how
- ⊗ Includes mapping of logical sequence and contextual critical reflection
- ⊗ Provides opportunities for wider engagement

Challenges

- Some NGOs and activists believe that even with attention to context and stakeholders' input, the Theory of Change is still overly focused on **causal and logical testing** of program assumptions and paths to outcomes. As such, the approach is not always able to adequately account for the complexity and unexpected nature of social change
- Some suggest the need to complement this tool with **contribution focused** frameworks like **outcome mapping** and **other participatory approaches which** attempt to track the multiple and variable forces involved in producing change and highlight the contribution of change agents to the social change process and intended outcomes

*Ref: Srilatha Batliwala and Alexandra Pittman, **Capturing Change in Women's Realities**- A Critical Overview of Current Monitoring & Evaluation Frameworks and Approaches, December 2010*

Summary

- ☘ ToC showed us a causal pathway by specifying what is needed for goals and outcomes to be achieved
- ☘ Helped us articulate underlying assumptions which can be tested and measured
- ☘ Encouraged us to focus not so much on what is being done, but on what needs to be changed
- ☘ Facilitated engagement of different partners in the process



