

Change Starts at Home — Couples' Curriculum and Community Diffusion Against Intimate Partner Violence, Nepal

Gender Equality · Good practice · Nepal

Quality score: 85/100

Evidence strength: Strong

Summary

A cluster-randomised trial in Nepal's Terai region combined a 9-month couples' curriculum with an 8-month community diffusion campaign, finding sustained reductions in intimate-partner violence and gender-inequitable norms among direct beneficiaries at 18-month follow-up.

Key dimensions

Dimension	Score
Transferability / replicability	2/3
Impact on gender equality	1/1
Effectiveness	1/1
Efficiency	0/1
Evaluated outcomes	1/1
Sustainability	1/1
Achievement / evidence	1/1
Gender-mainstreaming embedding	1/1
Curator validation	1/1

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-09-26

[Equal Access International \(with Interdisciplinary Analysts; evaluation by Emory University\)](#) — accessed 2026-09-26

[Impact of the Change Starts at Home Trial on Women's Experience of IPV in Nepal \(PMC\)](#) — accessed 2026-09-26

[Study protocol: cluster-randomised trial in Nepal \(BMC Public Health, PMC\)](#) — accessed 2026-09-26

[Change Starts at Home evidence brief](#) — Prevention Collaborative — accessed 2026-09-26

[Equal Access International — Change Starts at Home](#) — accessed 2026-09-26

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