

Zindagii Shoista (Living with Dignity) — Family-Level Violence Prevention in Rural Tajikistan

Gender Equality · Good practice · Tajikistan

Quality score: 74/100

Evidence strength: Observational / pre–post

Summary

A 30-month, UK Aid-funded programme paired gender-dialogue sessions with livelihoods training for 80 families in four Tajik villages. Women reporting any past-year intimate-partner violence fell from 66.4% to 37.2%, with parallel drops in depression and food insecurity.

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	0/1
Achievement / evidence	1/1
Gender-mainstreaming embedding	1/1
Curator validation	1/1

Evaluated by C-NAPSE

Data sources

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

[International Alert, CESVI and local partners ATO, Farodis and Zaroni Sharq](#) — accessed 2026-09-09

[Quantitative evaluation, Global Health Action \(Taylor & Francis\)](#) — accessed 2026-09-09

[International Alert evaluation report](#) — accessed 2026-09-09

[Open-access article \(PMC\)](#) — accessed 2026-09-09

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