Sanitation-Related Psychosocial Stress: Women’s Sanitation Vulnerabilities in Southern Tanzania
Understanding the gendered impacts of inadequate water and sanitation services on women and girls

1. The situation
Constrained or insecure access to sanitation and water infrastructure can compromise women’s safety, privacy and dignity, resulting in acute and chronic stress and reduce mental and physical well-being.

2. The context
Urban and rural settlements in Iringa, Tanzania.

3. What we want to know
What is the impact of inadequate and/or constrained access to water and sanitation on psychosocial stress, and well-being?

4. Conceptual Phase
Qualitative data will be gathered on household stress, sanitation practices and challenges and water security through 60 in-depth interviews, to understand context-specific determinants for sanitation-related psychosocial stress (SRPS).

5. Testing and Ranking Phase
The emerging conceptual model will be tested among the research population through a survey of 500 women and girls aged 14-65.

6. What we’ll measure
Through the integration of in-depth qualitative research & survey methods, we propose to adapt standard measures of sanitation-related psychosocial stress and water insecurity and assess relationships with international standard measures of psychosocial stress and quality of life.

7. Relevance
This research will shed light on how sanitation and water vulnerabilities experienced by women and girls in southern Tanzania and will be published in a peer-reviewed journal and in accessible policy briefs.

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