

UPDATED STAFF WEBSITE PROFILE - 29TH MARCH 2021

Bio Data

Name: Dr. Phoebe Didi Ndayala

Designation: Lecturer

School: School of Business, Economics and Tourism

Department: Community Resource Management and Extension

Specialization: Community Resource Management; Community Development; Sexual and Reproductive Health and Rights (SRHR); Monitoring and Evaluation

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Academic and Professional Qualifications

Academic Qualifications

2014: Doctor of Philosophy (PhD), Community Resource Management, Kenyatta University.

Thesis: *Predictors of HIV Self-Disclosure to Sexual Partners by Seropositive Adults in Informal Settlements: A Case of Central Division, Nairobi County, Kenya.*

2007: Master of Science (Family and Consumer Sciences), Kenyatta University.

Thesis: *Factors Associated with Sexual Behaviour among High School Girls in Vihiga District, Kenya.*

1999: Bachelor of Education (Home Economics), First Class Honours, Kenyatta University.

Employment History



2014 – To Date: Lecturer, Department of Community Resource Management and Extension, Kenyatta University.

2010 – 2014: Tutorial Fellow, Department of Community Resource Management and Extension, Kenyatta University.

2008 – 2010: Part-time Lecturer, Department of Community Resource Management and Extension, Kenyatta University.

1.1.4 Achievements

- Over eighteen (18) years of university teaching experience at undergraduate and postgraduate levels.
- Published thirteen (13) refereed journal articles.
- Published two (2) book chapters.
- Published two (2) research monographs.
- Co-authored thirteen (13) refereed university modules.
- Successfully supervised one (1) PhD student and two (2) Master's students to completion.
- Currently supervising postgraduate students at Master's level.
- Served as Internal Examiner for postgraduate theses and dissertations.
- Developed digital learning modules for the Kenyatta University Digital School of Virtual and Open Learning.
- Conducted consultancy and collaborative research with national and international organizations, including the Centre for the Study of Adolescence (CSA), Innovations for Poverty Action (IPA), Kenya Legal and Ethical Issues Network (KELIN), Rutgers, Family Health International (FHI), AMREF Health Africa, Population Council and Globus Associates Questream.
- Contributed to the development of the Memorandum of Understanding between Kenyatta University and the Centre for the Study of Adolescence.
- Contributed to the collaboration between Kenyatta University, Innovations for Poverty Action and the Mombasa County Government that supported the development of the Mombasa County Gender Mainstreaming Policy.

PUBLICATIONS

The scholarly output comprises thirteen (13) refereed journal articles, two (2) book chapters, two (2) research monographs, thirteen (13) refereed university modules, and nine (9) consultancy, technical and policy reports, giving a total of thirty-nine (39) scholarly outputs.

Refereed Journal Articles

1. Otwani, E., Ngige, L., & **Ndayala, P.** (2025). Influence of demographic characteristics on adaptation status among teenage mothers in Nairobi, Kenya. *East African Journal of Arts and Social Sciences*, 8(4), 744–760. <https://doi.org/10.37284/eajass.8.4.4269>.
2. **Didi, N. P.**, Muia, E. N., & Evelia, H. (2025). Unpacking resistance: Contentions, criticisms, and consensus-building in Kenya's comprehensive sexuality education landscape. *East African Journal of Health and Science*, 8(3), 15–28. <https://doi.org/10.37284/eajhs.8.3.3809>.

3. Njuguna, C. W., **Didi, N. P.**, & Evelia, H. (2025). Sub-granting for localisation: Aligning donor priorities with local leadership in Kenya—Lessons from the Centre for the Study of Adolescence. *East African Journal of Health and Science*, 8(3), 29–47. <https://doi.org/10.37284/eajhs.8.3.3814>.
4. **Didi, N. P.**, Njuguna, C. W., & Evelia, H. (2025). The hills and the valleys: A synthesis of CSA's counter-opposition strategies to comprehensive sexuality education content and delivery in Kenya. *East African Journal of Health and Science*, 8(3), 1–14. <https://doi.org/10.37284/eajhs.8.3.3807>.
5. Ngige, L. W., & **Ndayala, P. D.** (2022). Determinants of human immunodeficiency virus seropositive status disclosure in Kenya. *East African Journal of Health and Science*, 5(1), 73–83. <https://doi.org/10.37284/eajhs.5.1.608>.
6. Njuguna, C. W., & **Didi, P. N.** (2021). Influence of enterprise strategy typologies on youth livelihood outcomes in Kenya. *East African Journal of Business and Economics*, 4(1), 106–116. <https://doi.org/10.37284/eajbe.4.1.513>.
7. Evelia, H., **Ndayala, P.**, Page, A., Wafula, C. O., Westeneng, J., Kuya, J., & Chesire, F. (2021). Aspirations versus reality: Exploring factors affecting meaningful youth participation in sexual and reproductive health and rights programmes in rural Kenya. *East African Journal of Health and Science*, 3(1), 31–44. <https://doi.org/10.37284/eajhs.3.1.297>.
8. **Ndayala, P. D.**, Ngige, L. W., Ondigi, A., & Evelia, H. (2021). Sexual practices and HIV seropositivity disclosure among adults in Nairobi, Kenya. *East African Journal of Health and Science*, 3(1), 1–11. <https://doi.org/10.37284/eajhs.3.1.265>.
9. **Ndayala, P. D.**, & Ngige, L. W. (2020). Influence of social cultural factors on HIV seropositivity disclosure to sexual partners in Kenya. *East African Journal of Health and Science*, 2(1), 62–74. <https://doi.org/10.37284/eajhs.2.1.224>.
10. Ngige, L. W., & **Ndayala, P. D.** (2020). Effects of anticipated stigma and discrimination on self-disclosure of HIV seropositive status among people living with HIV and AIDS in Kenya. *East African Journal of Health and Science*, 2(1), 51–61. <https://doi.org/10.37284/eajhs.2.1.211>.
11. Abdullahi, M. O. M., & **Ndayala, P.** (2018). Role of socio-demographic and livelihood strategy diversification on pastoralists' household stability in Mandera County, Kenya. *International Journal of Poverty, Investment and Development*, 3(1), 1–19. <https://doi.org/10.47672/ijpid.368>.
12. Ndayala, P., Ondigi, A. N., & Ngige, L. (2015). Nature and extent of HIV self-disclosure by seropositive adults in HIV support groups in Nairobi County, Kenya. *Research on Humanities and Social Sciences*, 5(16). <https://www.iiste.org/Journals/index.php/RHSS/article/viewFile/25169/25773>.
13. Kathuri-Ogola, L., VanLeeuwen, C. A., Kabaria-Muriithi, J., Weeks, L. E., Kieru, J., & Ndayala, P. (2015). **Supervision challenges encountered during Kenyan university students' practicum attachment.** *Journal of Education and Practice*, 6(17), 111–117. ISSN 2222-1735 (Print), ISSN 2222-288X (Online).

Book Chapters

1. Muhonja, F., Keraka, M., & Ndayala, P. (2020). **Community-based study on the influence of parent characteristics on risky sexual behaviour among adolescents (15–19 years) in Homa Bay County, Kenya.** In M. Amutabi & A. Mayaka (Eds.), *Dynamics of Sustainable Development in Africa* (pp. 31–42). Nairobi: CEDRED Publications.

2. Muhonja, F., Keraka, M., & Ndayala, P. (2020). **Health facility characteristics influencing the uptake of sexual and reproductive health services among adolescents (15–19 years): A case study of Homa Bay County, Kenya.** In M. Amutabi & A. Mayaka (Eds.), *Strategic Governance and Sustainable Development in Africa* (pp. 146–159). Nairobi: CEDRED Publications.

Research Monographs

1. Muhonja, F., & Ndayala, P. (2023). **Influence of mHealth SMS Utilization on Adolescents' Attitude Towards Risky Sexual Behaviour in Homa Bay County, Kenya.** Nairobi: CEDRED Publications.
2. Muhonja, F., & Ndayala, P. (2022). **Socio-Demographic Determinants of Risky Sexual Behaviour among Adolescents: A Case Study of Homa Bay County, Kenya.** Nairobi: CEDRED Publications.

Refereed University Modules

1. **Ndayala, P.,** & Mburunga, S. (2020). HCR 101: Human Development Across the Lifespan. Kenyatta University.
2. **Ndayala, P.** (2020). HCR 800: Development Policy Analysis. Kenyatta University.
3. **Ndayala, P.,** & Kathuri-Ogola, L. (2020). HCR 805: Community Extension Programme Development. Kenyatta University.
4. **Ndayala, P.,** & Njuguna, C. (2020). HCR 404: Participatory Approaches. Kenyatta University.
5. **Ndayala, P.** (2020). HCR 309: Community Housing and Development. Kenyatta University.
6. **Ndayala, P.,** & Jane, K. (2020). HCR 412: Urban Resource Management. Kenyatta University.
7. **Ndayala, P.,** & Kathuri-Ogola, L. (2020). HCR 407: Project in Community Resource Management. Kenyatta University.
8. **Ndayala, P.,** & Njuguna, C. (2020). HCR 201: Youth and Development. Kenyatta University.
9. **Ndayala, P.,** & Muriithi, K. J. (2020). HCR 406: Community Capacity Building. Kenyatta University.
10. **Ndayala, P.,** & Mburunga, S. (2020). HCR 402: Poverty, Wealth Creation and Development. Kenyatta University.
11. **Ndayala, P.,** & Owuor, I. (2020). HCR 413: Management of Community-Based Organisations. Kenyatta University.
12. **Ndayala, P.,** & Mugo, J. (2020). PPH 101: Foundations and Principles of Population Health. Kenyatta University.
13. **Ndayala, P.,** & Njuguna, C. (2020). PPH 316: Population Health Risk Assessment. Kenyatta University.

Consultancy, Technical and Policy Reports

RESEARCH PAPERS/REPORTS/CONTRIBUTION

- CSA, 2023. Right Here Right Now Project. Comprehensive Sexuality Education in Kenya WHAT WORKS AND WHAT DOES NOT WORK: A case study. <https://csakenya.org/wp-content/uploads/CSE-IMPLEMENTATION-IN-KENYA-FINAL.pdf>.

- Humphres Evelia, Phoebe Ndayala, Kevin Oyugi, Lucy Ogola, Edgar Makona, Nerima Were, Tabitha Saoyo & Allan Maleche. FACILITATING ACCESS TO SEXUAL AND REPRODUCTIVE JUSTICE FOR ORPHANED AND VULNERABLE ADOLESCENT GIRLS IN KISUMU AND HOMA BAY COUNTIES. Baseline Survey Results Report, 2017. KELIN www.kelinkenya.org.
- Evelia H., Ndayala P., Njue C., Kuya J., Wanjiru M., Baumgartner S. & Westeneng J., 2016 “Exploring the factors that influence access to SRH services for young people in Kenya: A study of three different health service models used by FHOK”, Rutgers & FHOK. www.rutgers.international
- Evelia H., Wanjiru M., Kuya, J., Ndayala P. & Westeneng J., 2016 “Understanding factors that influence use of E&M platforms for SRHR information and services among youths in Nairobi, Kenya”, Rutgers, Africa Alive! & Nairobis. www.rutgers.international
- **Evelia H.**, Kieru J., Ndayala P., Kuya, J., Wanjiru M. & Westeneng J. 2016 “Understanding the use of telemedicine for accessing SRHR and HIV information and services for 10–24-year-olds in Kisumu county of Western Kenya”, Rutgers, Simavi & KMET Utrecht, March 2016. www.rutgers.international
- Ndayala P., Wafula C.O., Chesire F., **Evelia H.**, Kuya J. & Westeneng J., 2016 “Exploring the factors that influence meaningful youth involvement in the health care system management in Western Kenya”, Rutgers & GLUK Utrecht, March 2016. www.rutgers.international
- Globus Associates Questream, & Sexual and Reproductive Health Alliance (March 2016); The Access Services and knowledge Outcome Measurement Report 2016. SRHR Alliance Nairobi March 2016. www.rutgers.international
- Globus Associates Questream, & Sexual and Reproductive Health Alliance (March 2016); The Unite for Body Rights Program Outcome Measurement Report 2016. SRHR Alliance Nairobi March 2016. www.rutgers.international
- KU.We Hub and IPAK, 2024/2025. Undertook the Mombasa Needs Assessment and generated the Mombasa Gender Mainstreaming Policy: Evidence Review- 2024.

1.3 QUALITY TEACHING, LEARNING AND MENTORSHIP

Dr. Ndayal has over eighteen (18) years of university teaching experience at Kenyatta University, having served as a Part-time Lecturer (2008–2010), Tutorial Fellow (2010–2014) and Lecturer (2014 to date). During this period, I have taught undergraduate and postgraduate courses in Community Resource Management and related disciplines, using learner-centred, experiential and community-based teaching approaches that integrate research findings into classroom instruction. My teaching has contributed to the training of graduates equipped with knowledge and practical skills to address community development challenges.

PARTICIPATION AND ATTENDANCE OF CONFERENCES AND WORKSHOPS

1.6 CONFERENCES, SEMINARS AND WORKSHOPS

1.6.1 Presentation of Papers at Academic and Professional Conferences

2023: Presented a paper entitled "Influence of mHealth SMS Utilisation on Adolescents' Attitude Towards Risky Sexual Behaviour in Homa Bay County, Kenya" during the Joint KESSA–AISA–Multimedia University of Kenya 13th Annual International Interdisciplinary Conference, held from 26th–30th June 2023.

2022: Presented a paper entitled "Socio-demographic Determinants of Risky Sexual Behaviour among Adolescents: A Case of Homa Bay County, Kenya" during the Joint

KESSA–AISA–Multimedia University of Kenya 13th Annual International Interdisciplinary Conference, held from 20th–25th June 2022.

2015: Presented a paper entitled "An Exploration of Meaningful Youth Participation in the Context of Health Care Management Systems in Western Kenya" during the GLUK Operational Research Symposium (ORS), held from 26th–29th May 2015 at Victoria Comfort Inn Hotel, Kisumu, Kenya.

2012: Presented a paper entitled "Impact of Self-disclosure of HIV Sero-positive Status on Gender-based Violence among People Living with HIV/AIDS in Nairobi, Kenya" at the First International Conference on Gender-based Violence, held at Kenyatta University, Nairobi, from 1st–3rd August 2012.

2010: Presented a paper entitled "Factors Associated with Sexual Behaviour of Adolescent School Girls in Western Kenya" at the First Pan-African Family Strengths International Conference, jointly organized by Kenyatta University and Northern Illinois University (USA), held at North Coast Beach Hotel, Mombasa, from 20th–24th July 2010.

1.6.2 Participation in Professional Conferences, Seminars and Workshops

2024–2026: Participated in the Mombasa County Gender Mainstreaming Policy Development, Validation and Policy Writing Workshops.

2024: Participated in the Community Resource Management Alumni Student and Alumni Networking Workshop (Alumni Series I) held on 27th March 2024.

2023: Participated in the CSA REVOC Training Workshop organized by the Centre for the Study of Adolescence.

2015: Participated in the Great Lakes University of Kisumu (GLUK) Operational Research Symposium (ORS) held in Kisumu, Kenya.

2012: Participated in the First International Conference on Gender-based Violence, Kenyatta University, Nairobi.

2010: Participated in the First Pan-African Family Strengths International Conference, jointly organized by Kenyatta University and Northern Illinois University (USA), held in Mombasa, Kenya.

Convening and Facilitating Conferences, Seminars and Workshops

Served as facilitator, trainer and resource person in conferences, seminars and workshops organized by Kenyatta University and collaborating institutions, including:

- Community dialogues on Comprehensive Sexuality Education (CSE).
- Stakeholder consultations on Sexual and Reproductive Health and Rights (SRHR).
- Capacity-building workshops for teachers, health care providers, peer educators, youth leaders and community leaders.
- Community Resource Management (CRM) Club mentorship and leadership development programmes.
- Research dissemination and stakeholder validation workshops.
- County policy consultation, validation and technical writing workshops, including the development of the Mombasa County Gender Mainstreaming Policy.