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University of Pittsburgh School of Nursing

Department of Health and Community Systems

From Face-to-Face to Email to TMI: Preventing Intimate Partner Violence

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Disclosures

The speakers have no conflicts of interest to disclose

Contributors

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Objectives

At the end of this symposium we will be able to:

- Trace own clinical, research or scholarship journey needing paradigm shifts
- Explore best strategies and delivery methods for health promotion and prevention
- Compare intervention delivery systems: F2F, online or mobile
- Transform prevention and intervention delivery systems into evidence-based practice

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Face-to-Face

1997-2013-Selected Face-to-Face (F2F) Studies

- Constantino, Sutton & Rohay (1997). Assessing abuse in suicide survivors. *Holistic Nursing Practice,* 11(2), 60-68
- Constantino & Bricker (1997). Social support, stress and depression among battered women in a judicial setting. *JAPNA,* 3(3), 1-8
- Crane & Constantino (2003). ISEL to guide intervention in women experiencing abuse. *IMHN,* 24(5), 523-541
- Constantino, Kim & Crane (2005). Effects of social support in female residents of domestic violence shelter. *IMHN,* 26:575-590
- Hamdan-Mansour, Constantino, Farrell, Doswell, Gallagher, Safadi, Shishani, Banimustafa. Evaluating the mental health of Jordanian women in intimate partner abuse. *IMHN*, 2011; 32 (10):614-23
- Safadi, Swigart, Hamdan-Mansour, Banimustafa, Constantino (2012). An Ethnographic-Feminist Study of Jordanian Women's Experiences of Domestic Violence and Process of Resolution. *Health Care for Women International*

Lessons Learned from F2F

- Feasible and effective if appointments met
- Burdensome to participants
- Issues of transportation, child and elderly caregiving responsibilities
- Issues of privacy and confidentiality
- Issues of recording and note taking
- Issues on follow-up and return visits

Disruptive Innovations-From F2F to Email to TMI



Email

2003-Present-Selected studies on Email delivery of nursing care in IPV

- Crane & Constantino (2003). Is Email interaction feasible for intervention with women and children exposed to violence? *MedScape in WebMD eNursing Journal*
- Constantino, Crane, Noll, Doswell & Braxter (2007). Exploring the feasibility of Email-mediated intervention in survivors of domestic violence. *JPMHN, 14:3, 291-301*
- Constantino, Braxter, Ren, Burroughs, Doswell, Wu, Hwang, Klem, Joshi & Green (2015). Comparing Email with Face-to-Face HELPP Intervention in Women Experiencing Intimate Partner Violence, *IMHN*, 36:6,430-438
- Lessons Learned: Feasible and effective; open disclosure; absences minimized; assignments completed; reduced anxiety, anger, depression outcomes; Consent, Orientation, and Follow-up via F2F

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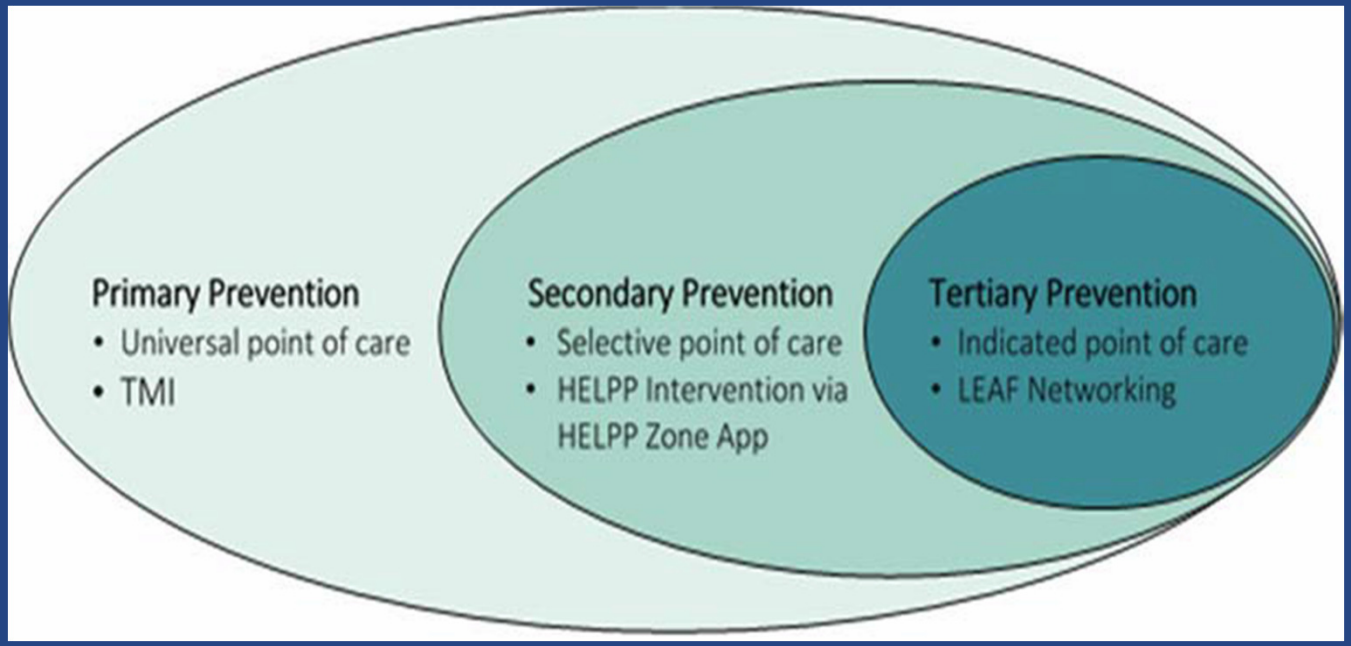
Exploring the Feasibility of Text Messaging Intervention in IPV

- Initiated by students and other faculty
- Women ages 16 and 24 highest IPV rates
- Purpose: Explore feasibility of TMI in IPV
- Research Questions: Will TMI:

➢ improve knowledge of IPV warning signs?

➢ improve confidence to intervene?

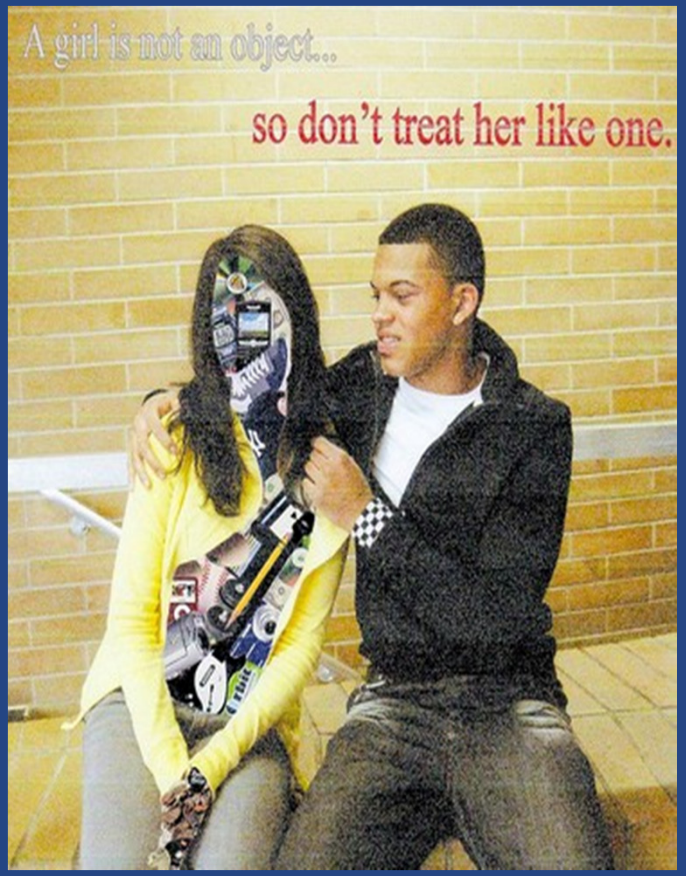
Theoretical Framework: Ecological Model (WHO 2002)



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Intimate Partner Violence Definition

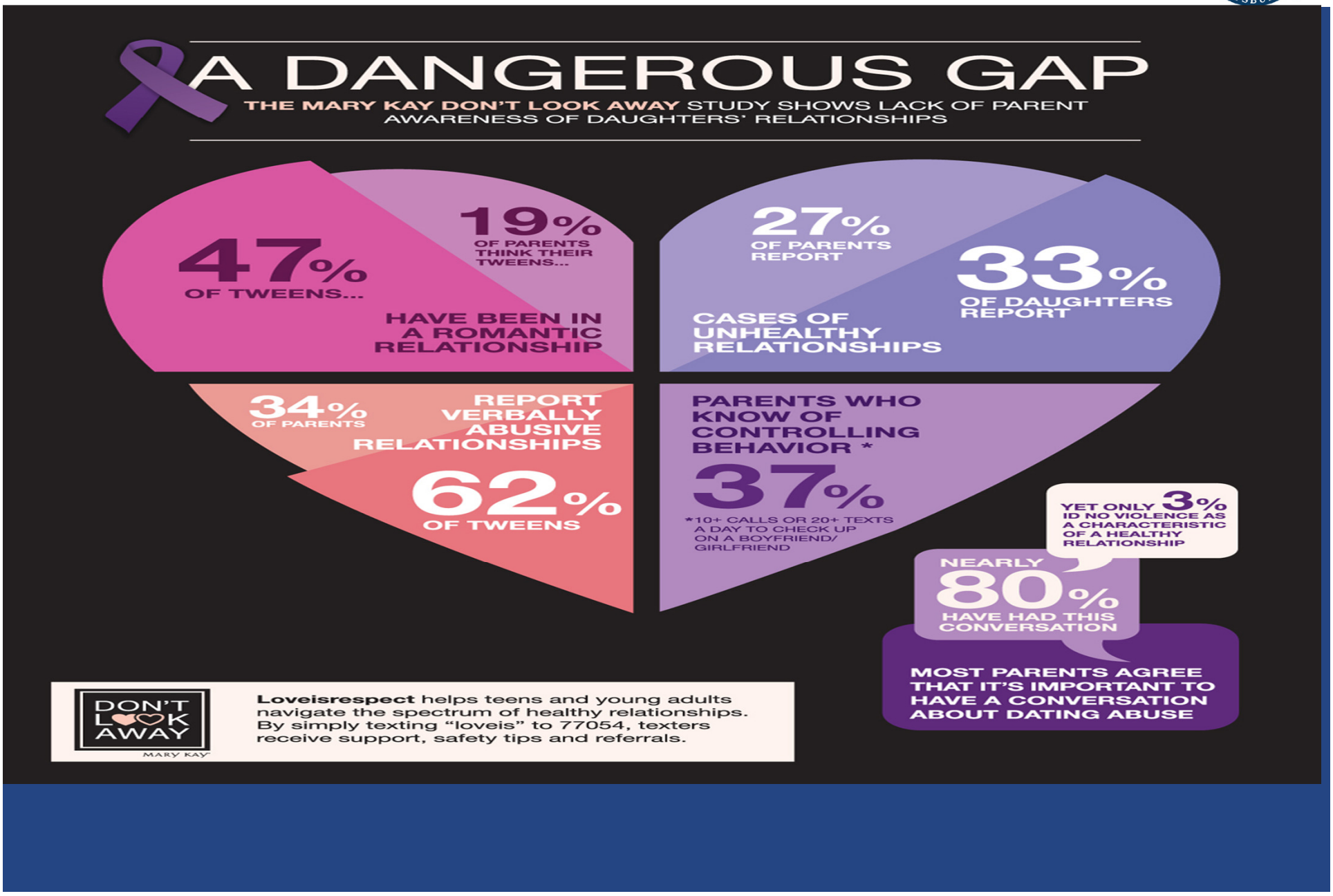
Intimate Partner Violence (IPV) is physical, emotional, sexual, economic or psychological abuse including stalking (CDC 2010)



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Intimate Partner Violence

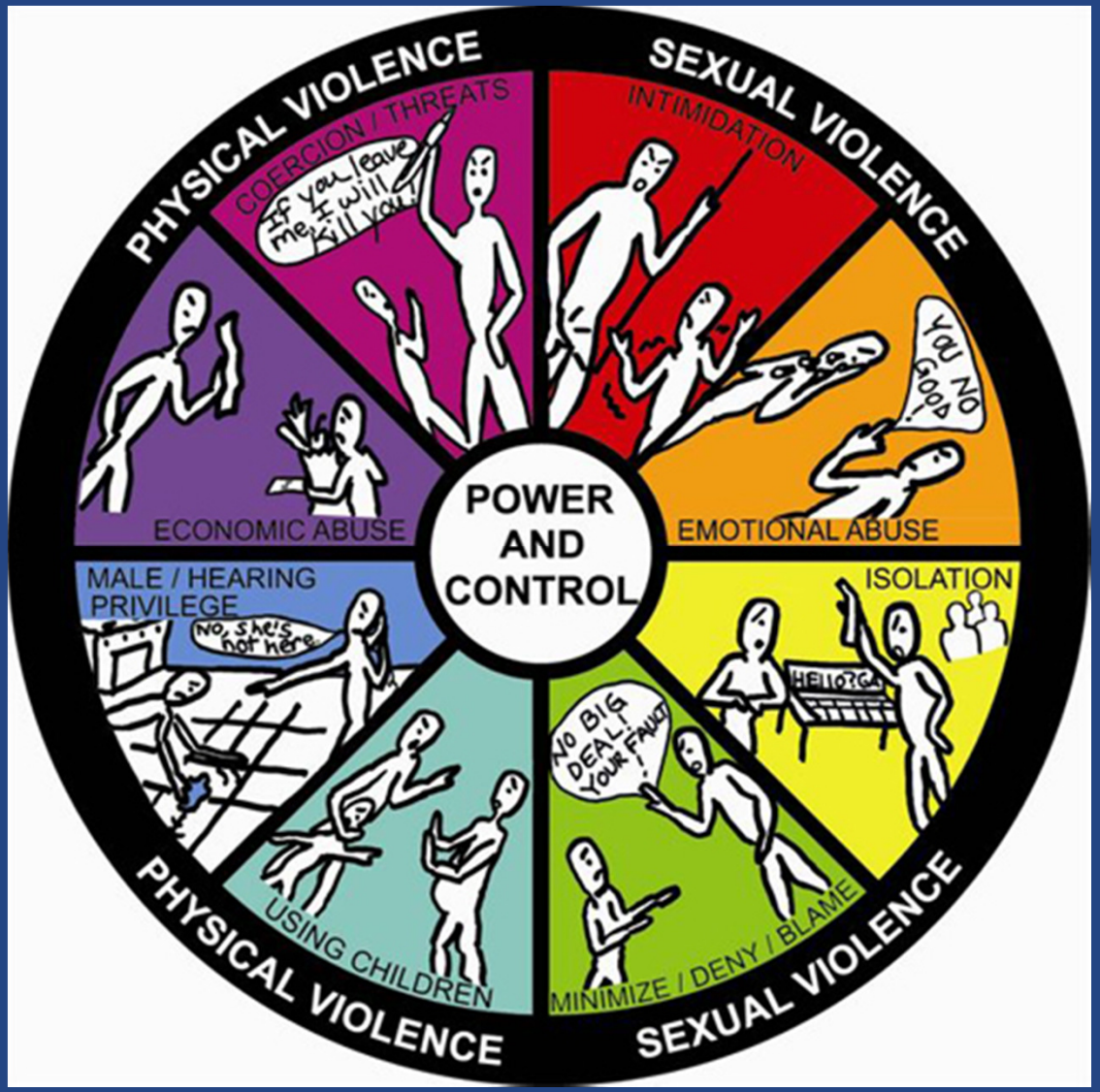



A DANGEROUS GAP
THE MARY KAY DON'T LOOK AWAY STUDY SHOWS LACK OF PARENT AWARENESS OF DAUGHTERS' RELATIONSHIPS
47% OF TWEENS... HAVE BEEN IN A ROMANTIC RELATIONSHIP
19% OF PARENTS THINK THEIR TWEENS...
27% OF PARENTS REPORT
33% OF DAUGHTERS REPORT
CASES OF UNHEALTHY RELATIONSHIPS
34% OF PARENTS REPORT VERBALLY ABUSIVE RELATIONSHIPS
62% OF TWEENS
PARENTS WHO KNOW OF CONTROLLING BEHAVIOR *
37%
*10+ CALLS OR 20+ TEXTS A DAY TO CHECK UP ON A BOYFRIEND/ GIRLFRIEND
YET ONLY 3% ID NO VIOLENCE AS A CHARACTERISTIC OF A HEALTHY RELATIONSHIP
NEARLY 80% HAVE HAD THIS CONVERSATION
MOST PARENTS AGREE THAT IT'S IMPORTANT TO HAVE A CONVERSATION ABOUT DATING ABUSE
DON'T LOOK AWAY
MARY KAY
Loveisrespect helps teens and young adults navigate the spectrum of healthy relationships. By simply texting "loveis" to 77054, texters receive support, safety tips and referrals.


The Cycle of Violence
insults
arguments
accusations
Tension-Building Phase
threats
pushing
hitting
Violent Episode Phase
choking
use of weapons
apologies
Honeymoon Phase
reconciliation
promises
Photo – ©Lawrence Manning/CORBIS

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Power and Control Wheel



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H-E-L-P-P Delivered via TMI



Recruitment/Screening

Participants were screened for having a device with text messaging and meet with investigators, sign IRB-approved informed consent and complete a pre-and post-TMI survey



TMI

METHODS:

- Design: Mixed methods-- qualitative and quantitative data
- Creswell's 5 attributes in mixed methods:

  Rationale; Paradigm; Prioritize; Sequential or Concurrent; Phase mixing methods
- Data collected twice: baseline and week 6
- One TMI once every day, 5 days/week/6 weeks

Examples of Text Messages

- 20 researcher-developed TMI (Gold 2010):
  - Roses are red violets are blue, dating is sweet but should not leave marks on you
  - Dating is like a plane ride, know the nearest exit and slide
  - If your partner hurts you don't allow it to continue
  - If your partner is always in your face, calmly say you need more space

Results of TMI

- Participants competed surveys on strategies to develop healthy dating relationships and identifying signs of RV-90% texted once/hour
- Used mixed methods data collection and analysis: quantitative and qualitative
- Knowledge pre (2.00) post (2.70) $p < 0.001$
- Confidence pre (2.89) post (3.30) $p < 0.001$
- Participants' comments: obligated to read TMI since it was sent to my phone personally

Text Messaging Intervention and HELPP Zone App

- Masoumzadeh A, Jin L, Joshi JJ, Constantino RE (2013). HELPP Zone: Towards protecting college students from dating violence. *iConference 2013 Proceedings*, 925-928. PMID: doi:10.9776/13481
- Constantino, Hamdan-Mansour, Henderson, Noll-Nelson, Doswell & Braxter (2014). Assessing the readability and usability of online HELP intervention for IPV survivors. *OJN* 4:150-157
- Constantino, Wu, de la Cruz, Burroughs, Hwang, Henderson & Braxter (2014). Exploring the feasibility of TMI in IPV. *OJN*, 4:528-537
- Lessons Learned: Feasible and effective, captured interactions, open disclosure, knowledge and confidence levels were improved, assignments completed, Consent, Orientation, and Follow-up are F2F

II. HELPP Zone App



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HELPP Zone App

- Health, Education on safety, and Legal Participant Preferred
- For college students to protect themselves against potential dating violence
- Set trusted contacts and schedule, and reach them for help based on the context of potential violence occurs

- **Main App Features:**
  - Calling Emergency Numbers
  - Situation-Aware Helpers
  - Asking for Help
  - Educational Resources

Purpose of HELPP Zone App

- Address the issues that arise from limits of physical, social, community support
- Embody the vision of an intervention delivery system that provides 1:1 support during difficult situations



Strategy:

Use mobile tech as a disruptive innovation communication tool in building healthy relationships and in preventing IPV



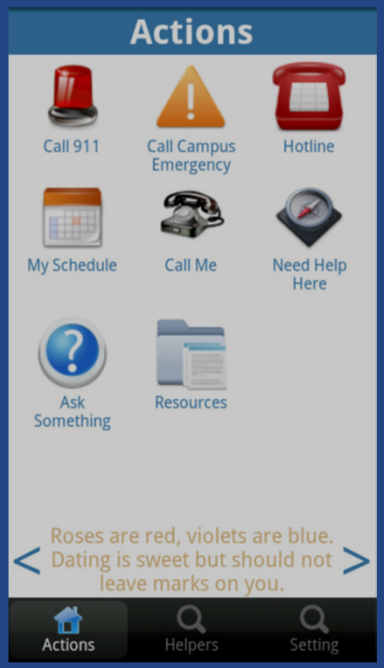
Rationale:

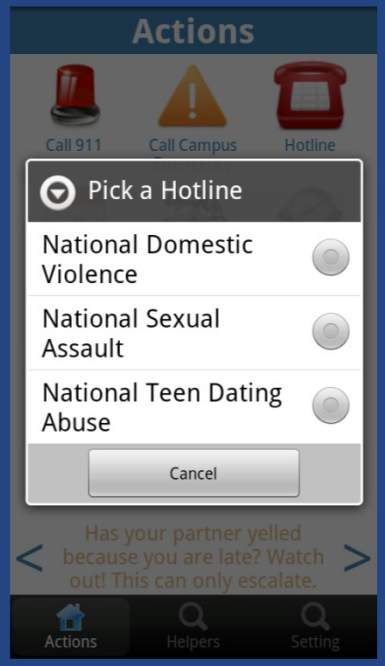
- The most common and low cost mode of communication for intervention and prevention
- By 2025, five billion people will be texting

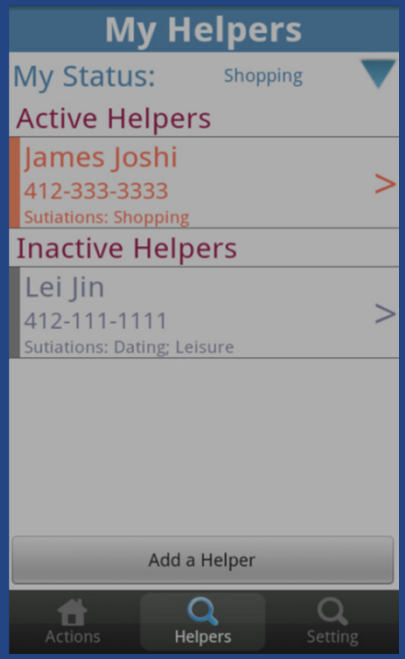
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HELPP Zone App

- List of trusted contacts
- Emergency contacts Situation, time, location awareness
- Immediate emergency call numbers
- Educational information and ticker tape tips
- SMS text messaging tools
- Use the Android platform

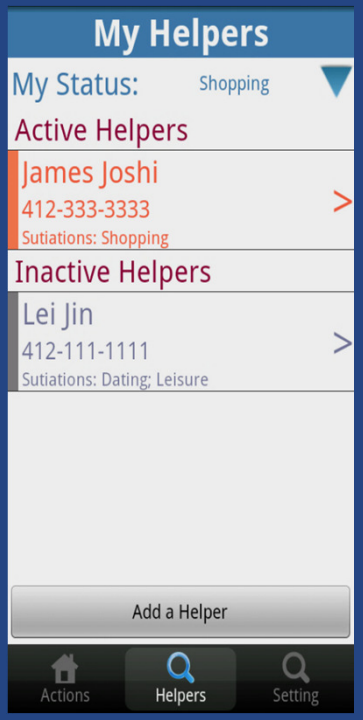


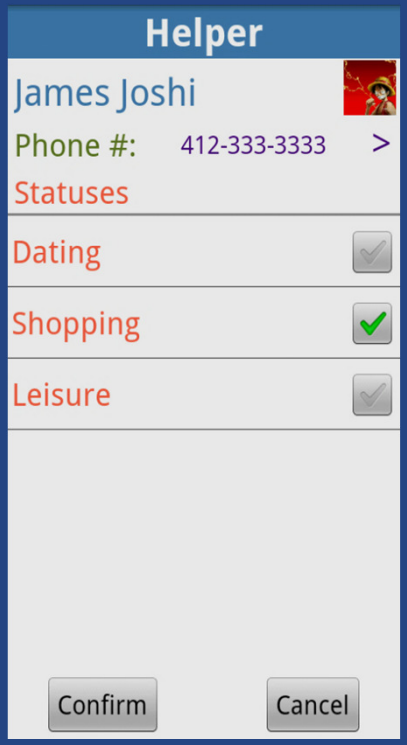




Designating Helpers

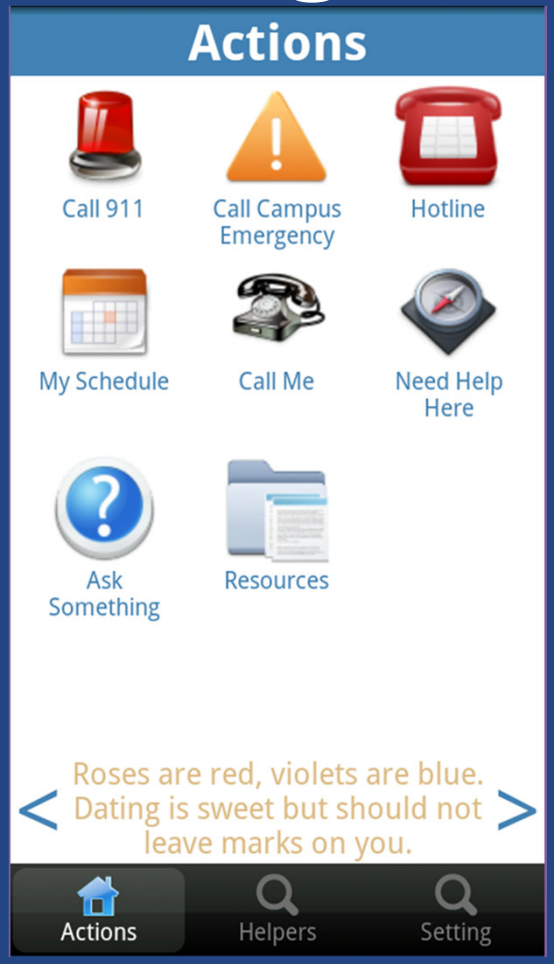
- Can choose contacts stored as helpers
- User-trusted contacts who are sure to come and assist unconditionally and confidentially w/out hesitation or being judgmental
- Helpers are either active or inactive based on the user's current status





Quick Short Messages

- 1-Tap feature that shows quick safety messages on a message bar at the bottom of the "Action" screen
- Educational and informational but short and non-intrusive
- Different message (ticker-tape) is displayed each time the user opens the application or goes to the home tab
- Option of circling through the messages by tapping on the message bar



Trusted Anonymous Communication Support

- Protecting source
  Protecting sender and participant location
  Protecting participant privacy
- Protecting recipient privacy
- User Control
- Interaction Functionality
- Content Controls
- Security



Conclusions

- Scientific and technological advances (TMI and HELPP intervention via the HELPP Zone app)
- Acquire as suggested by the IOM sharing of data, use mixed methods data collection and data analysis
- Develop a collaborative platform to surmount barriers of inefficiencies and ineffectiveness and lay the groundwork for others
- Develop the competency of visual culture including visual data mapping and infographics to reframe healthcare and legal advocacy
- Develop the ability to examine data, data sources, question assumptions, embrace diversity and paradigm shifts
- Understand the power of global networks
- Be bold and innovative in enhancing paradigm shifts
- Develop the competency of dealing with “white space” where the most innovative ideas emerge (IOM 2012)

QUESTIONS

- Publications
- Research proposals
- Global participation
- Interprofessional collaboration
- Other theoretical frameworks
- Resources, measures, instrumentation

THANK YOU