University of Pittsburgh

University of Pittsburgh School of Nursing

Department of Health and Community Systems

From Face-to-Face to HELPP to TMI to LEAF: A Journey toward Preventing Intimate Partner Violence

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Linden Wu, BSN

Patricia R. Messmer, PhD, RN-BC, FAAN

Rose E. Constantino, PhD, JD, RN, FAAN, FACFE

Disclosures

The speakers have no conflicts of interest to disclose

Contributors

University of Pittsburgh Students and Faculty

- Dominique Dela Cruz, BSN, Research Assistant
- Juhae Grace Hwang, BSN, Research Assistant
- Joseph Burroughs, BSN, Research Assistant
- Amirreza Masoumzadeh, Graduate Student, SIS
- James Joshi, Associate Professor, SIS
- Lei Jen, Graduate Student, SIS
- Balaji Palanisamy, Assistant Professor, SIS

Objectives

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

- Trace own steps in personal, research or scholarship journey
- Explore on their own time and place the best intervention in health promotion and prevention
- Compare intervention delivery systems: F2F, online, or mobile
- Transform intervention delivery systems into best practices

Face-to-Face

1997-2013-Used Face-to-Face (F2F)

- 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
- Constantino, Sekula, Rabin & Stone (2000). Negative life experiences, depression and immune function in abused women. Biological Research for Nursing, 1(3), 190-198
- Constantino, Sekula, Lebish & Buehner (2002). Depression and manifestations of depression in female survivors of suicide and survivors of abuse. JAPNA, 8(1), 27-32
- 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 AM, Constantino RE, Farrell M, Doswell W, Gallagher ME, Safadi R, Shishani KR, Banimustafa R. Evaluating the mental health of Jordanian women in intimate partner abuse. IMHN, 2011; 32 (10):614-23
- Safadi R, Swigart V, Hamdan-Mansour AM, Banimustafa R, Constantino RE (2012). An Ethnographic-Feminist Study of Jordanian Women's Experiences of Domestic Violence and Process of Resolution. Health care for women international. PMID: 23394301

Lessons Learned from F2F

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

From F2F to TMI to HELPP to LEAF

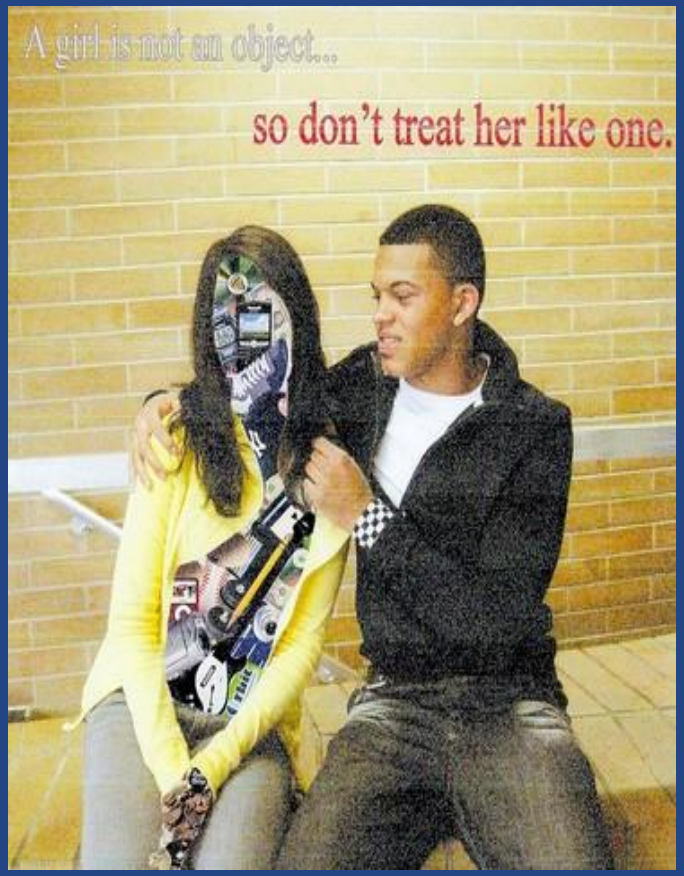
Email

2003-Present-explored and used email delivery of nursing care in IPV

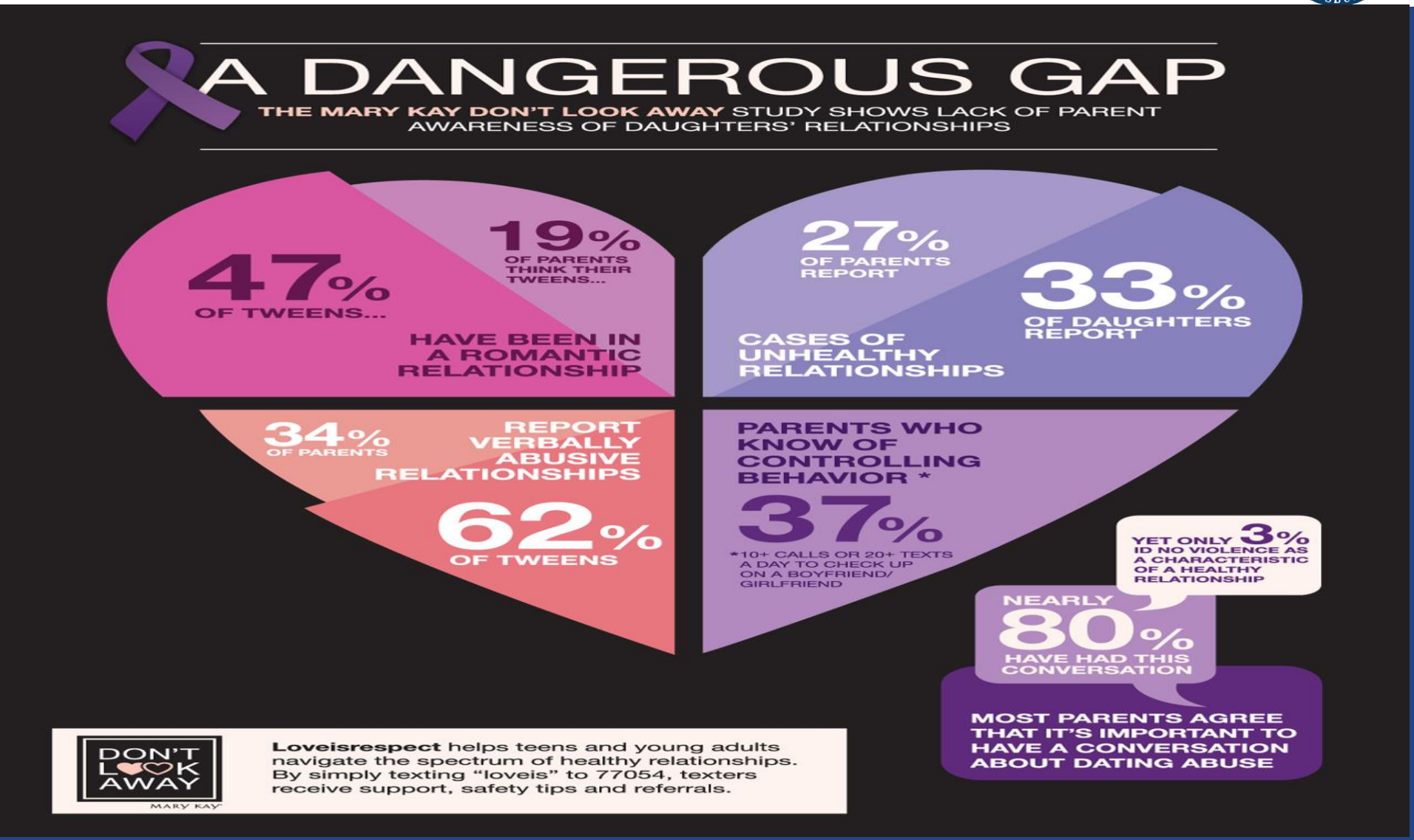
- Crane & Constantino (2003). Is Email interaction feasible for intervention with women and children exposed to violence? *MedScape in WebMD eNursing Journal*
- Constantino, Crane, Noll, Doswell & Braxter (2007). Exploring the feasibility of Email-mediated intervention in survivors of domestic violence. JPMHN
- Constantino, Braxter, Ren, Burroughs, Doswell, Wu, Hwang, Klem, Joshi & Green (Sumitted). Comparing Online with Face-to-Face HELPP Intervention in Women Experiencing Intimate Partner Violence
- Lessons Learned: Feasible and effective, captured interactions, open disclosure, transportation and absences are minimized, assignments are completed, remained for Consent, Orientation, and Follow-up via F2F

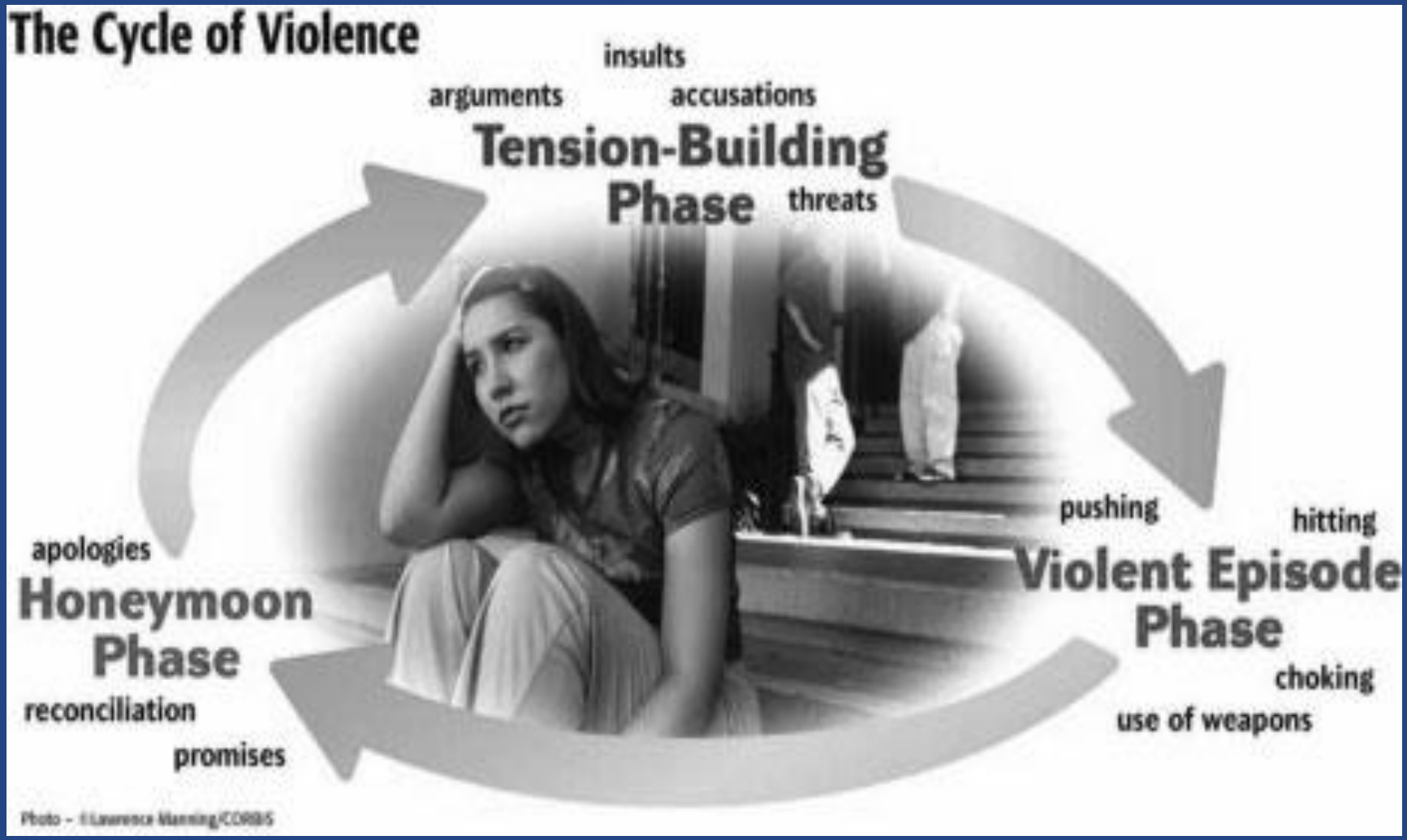
Intimate Partner Violence Definition

Intimate Partner Violence (IPV) is defined as physical, emotional, sexual, or psychological abuse

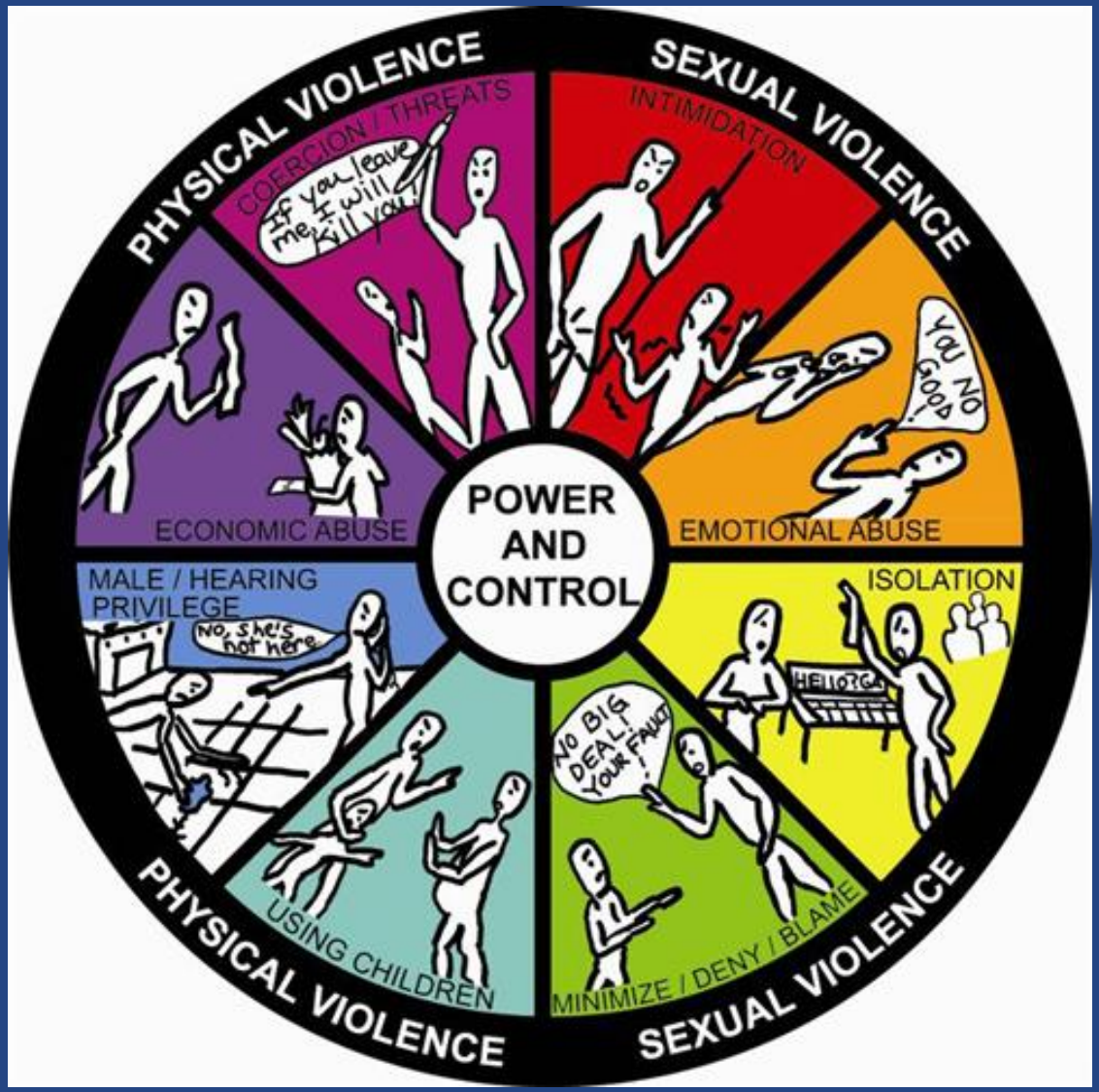


Intimate Partner Violence


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

Power and Control Wheel



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:***
- Lessons Learned: Feasible and effective, captured interactions, open disclosure, transportation and absences are minimized, assignments are completed, Consent, Orientation, and Follow-up are F2F

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

- 20 researcher-developed TMI: Roses are red violets are blue, dating is sweet but should not leave marks on you
- Data Collection:
  - Collected twice: baseline and week 6
  - One TMI once every day, 5 days/week for 6 weeks
  - Sent by a student nurse facilitator to each participant

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

II. HELPP Zone App

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

Strategy:

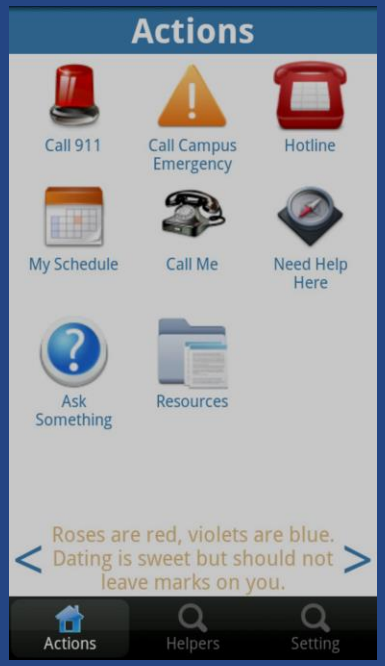
Use mobile tech as a disruptive innovation communication tool in building healthy relationships and in preventing IPV

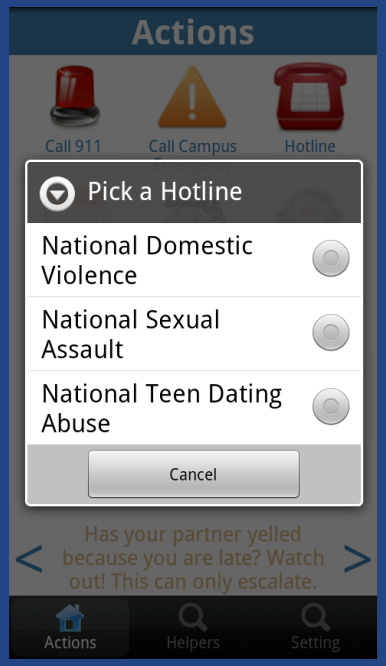
Rationale:

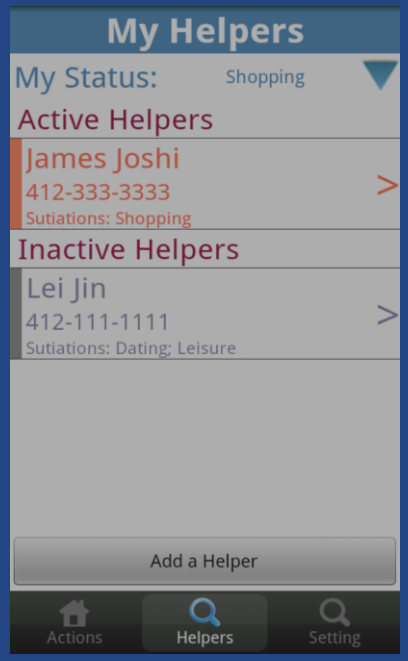
- The most common and low cost mode of communication for intervention and prevention
- By 2025, five billion people will be texting

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

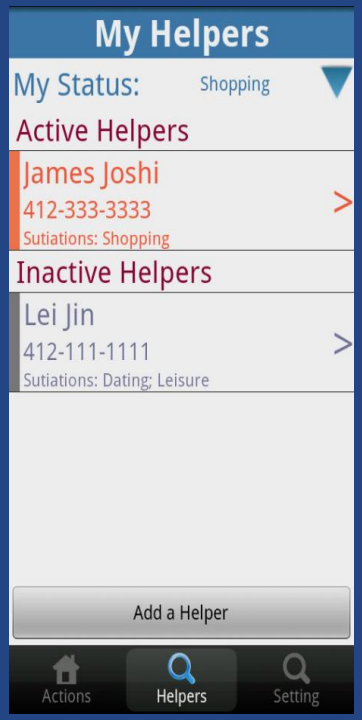


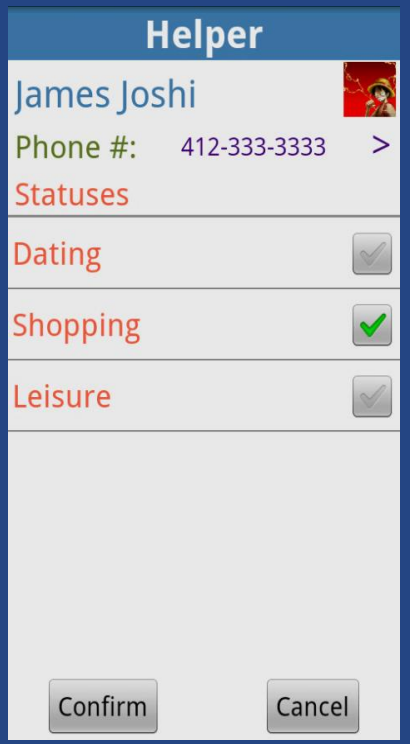




Designating Helpers

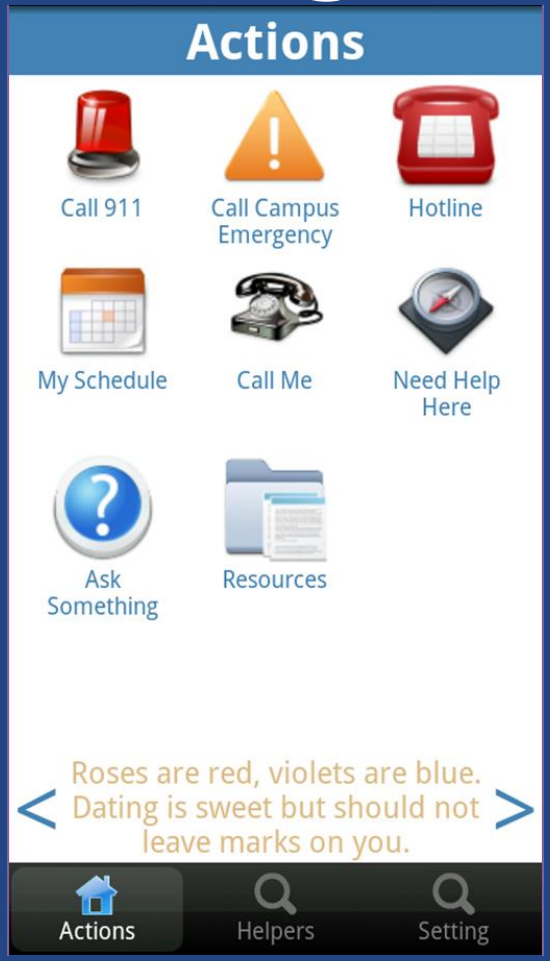
- Can choose contacts stored as helpers
- User-trusted contacts who are sure to come and assist unconditionally and confidentially w/out hesitation or being judgmental
- Helpers are either active or inactive based on the user's current status





Quick Safety 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



LEAF: Lending Encouragement Affirming Futures

Purpose of LEAF

- 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

Three Components of LEAF:

- Web portal
- Social network
- Phone app

LEAF System Administration

- Is an individual responsible for upkeep of the system, including web pages and social network
- Have the ability to configure content and allocate resources
- Maintenance and troubleshooting
- Policy enforcement

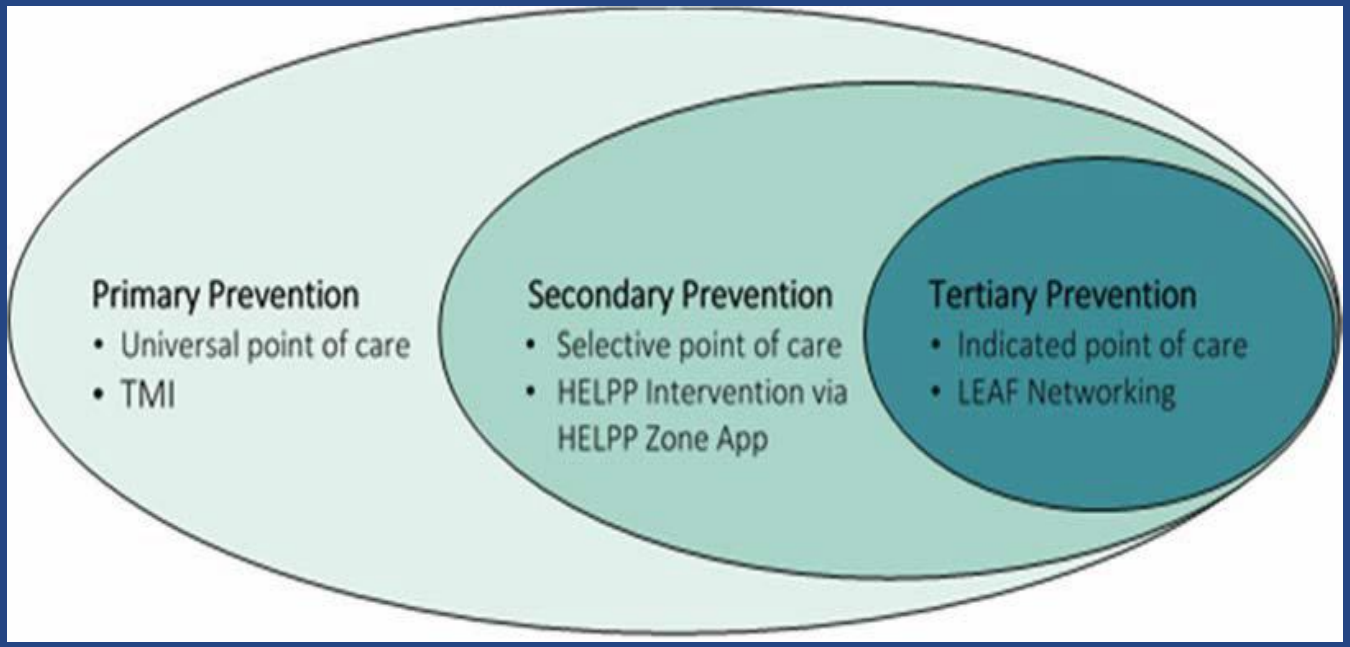
Social Network

- Limited to professionals and abuse victims
- Key distinguishing features = Ability to communicate in a trusted as well as anonymous manner

Trusted Anonymous Communication Support

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

Theoretical Framework



Conclusions

- Scientific and technological advances (TMI and HELPP intervention via the HELPP Zone app, and LEAF Networking)
- 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 through A-B-C-D
- Understand the power of global networks
- 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