Testing the Effectiveness of Internet/Smartphone Based Interventions on Survivor Safety and Health

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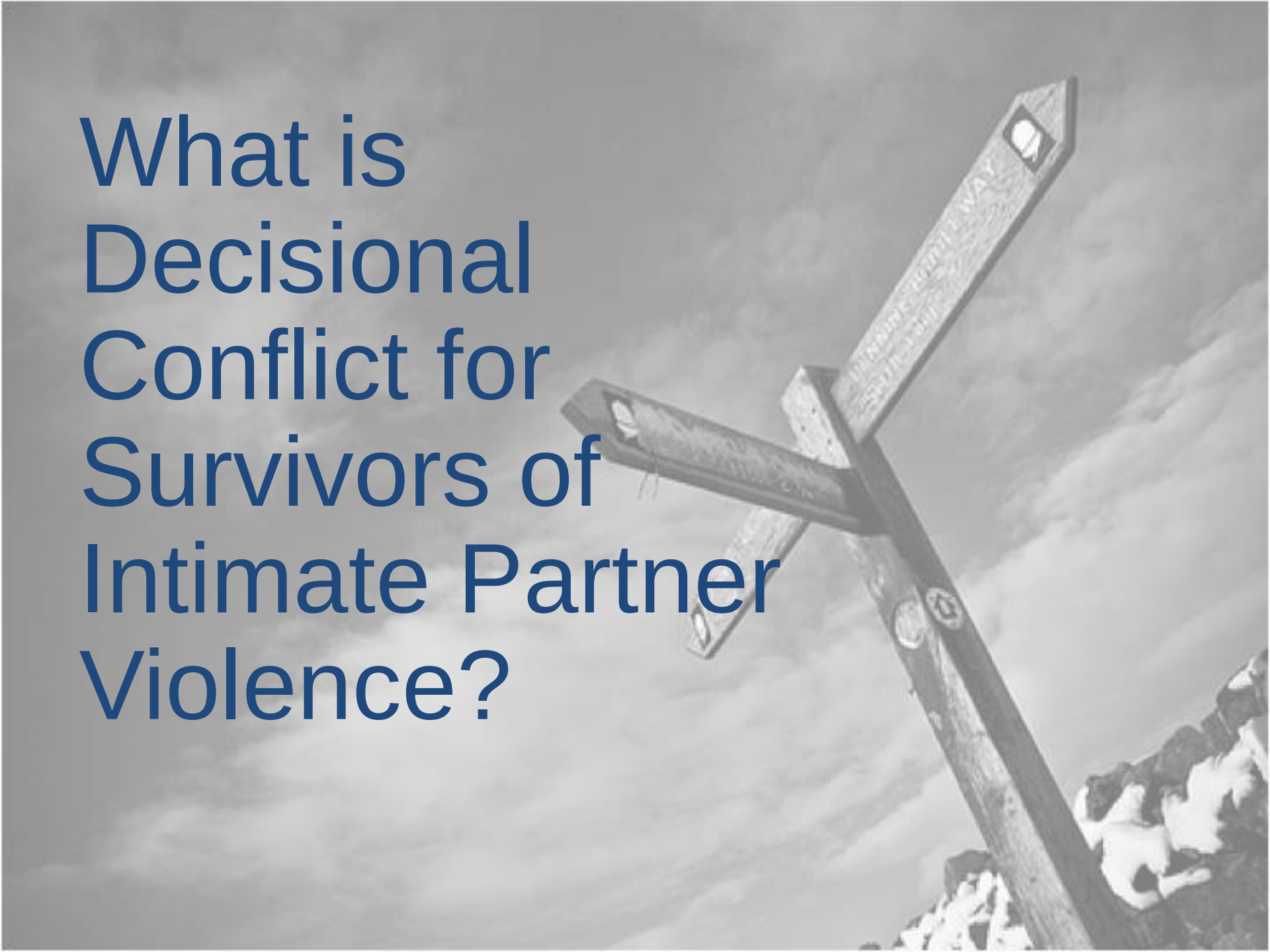
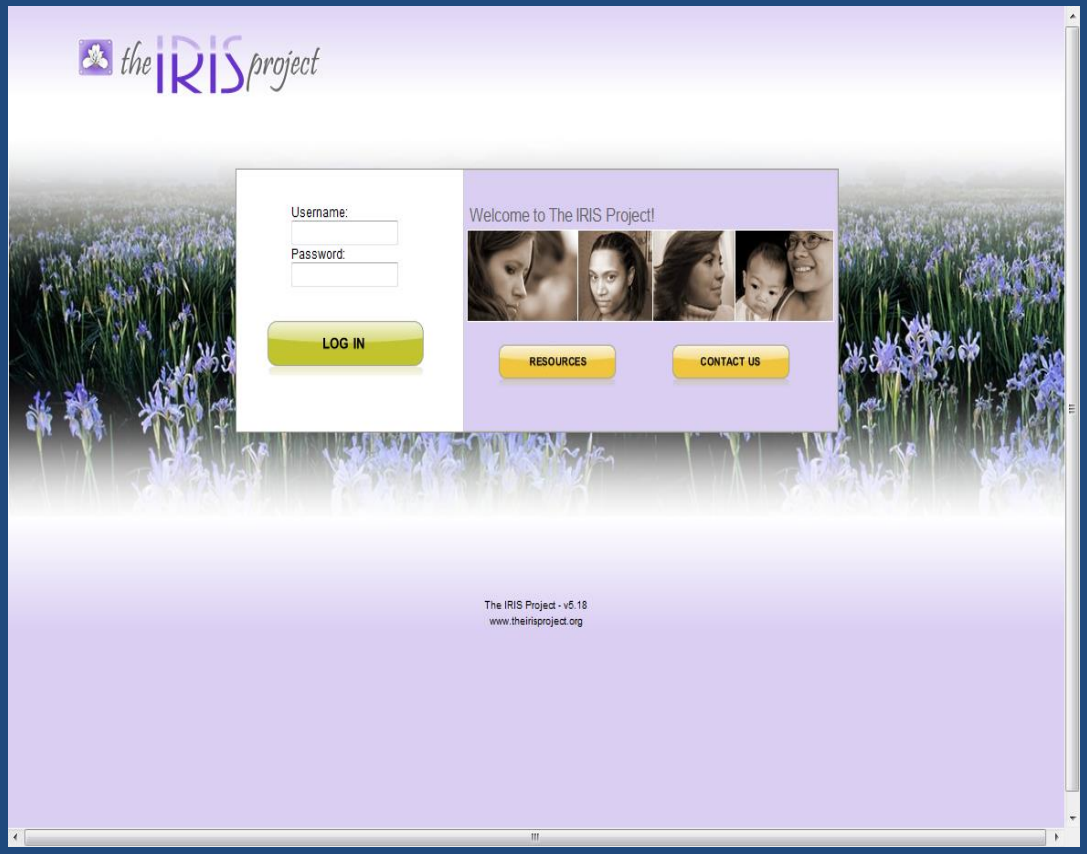
What is Decisional Conflict for Survivors of Intimate Partner Violence?

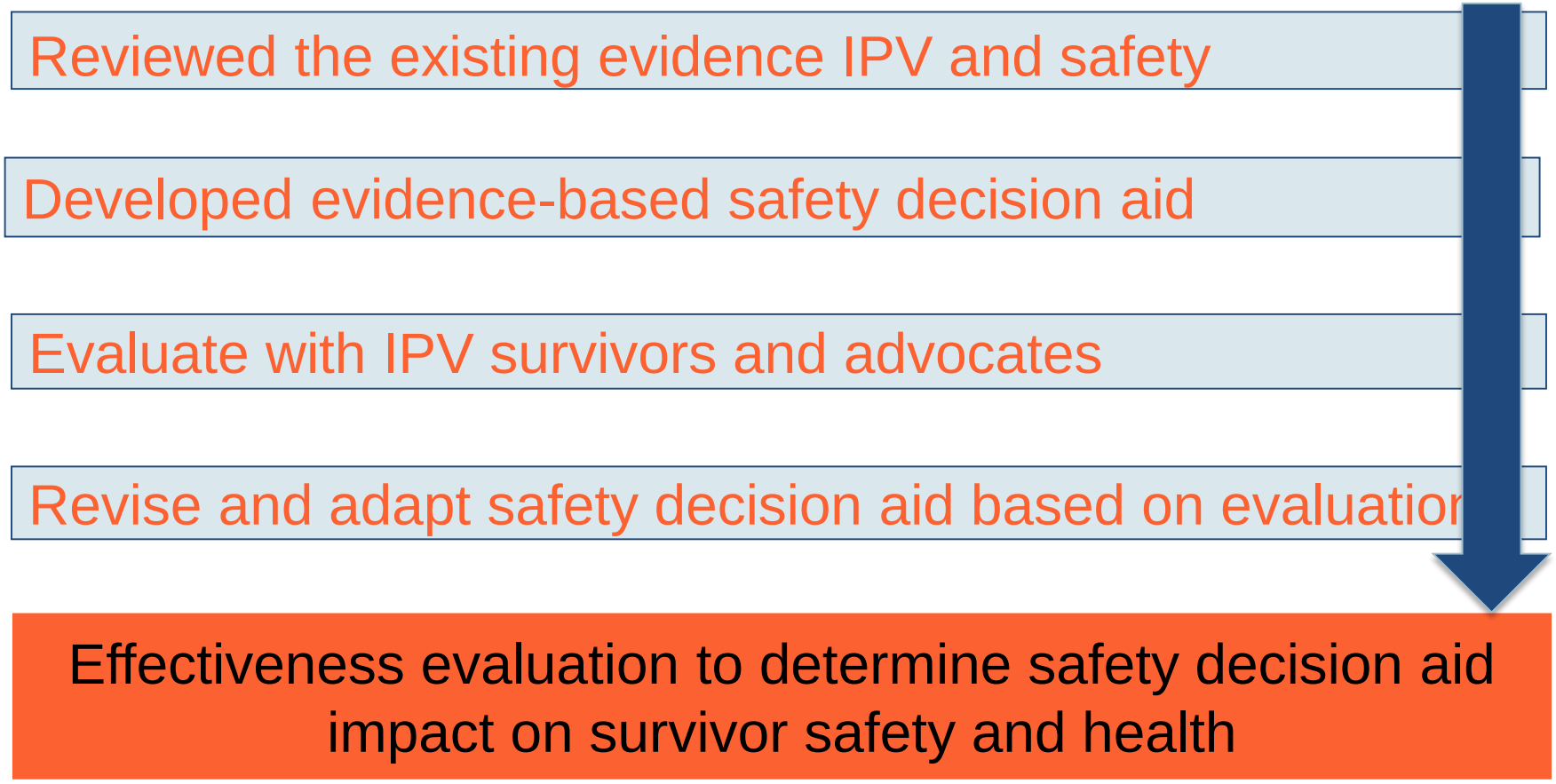


What is a Safety Decision Aid?

Safety Decision Aids: Internet (IRIS) and Smartphone (MyPlan) platforms

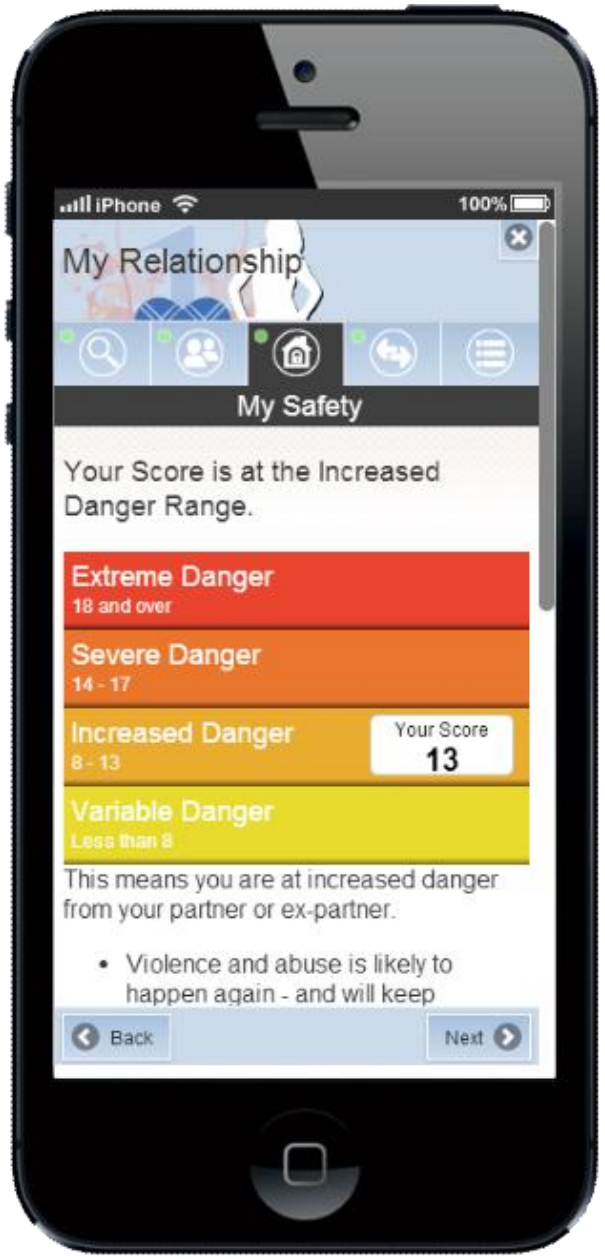


Systematic Approach to Development and Evaluation of Safety Decision Aids



A safety decision aid can help a survivor….

Learn about her risk for severe/lethal violence in an abusive relationship



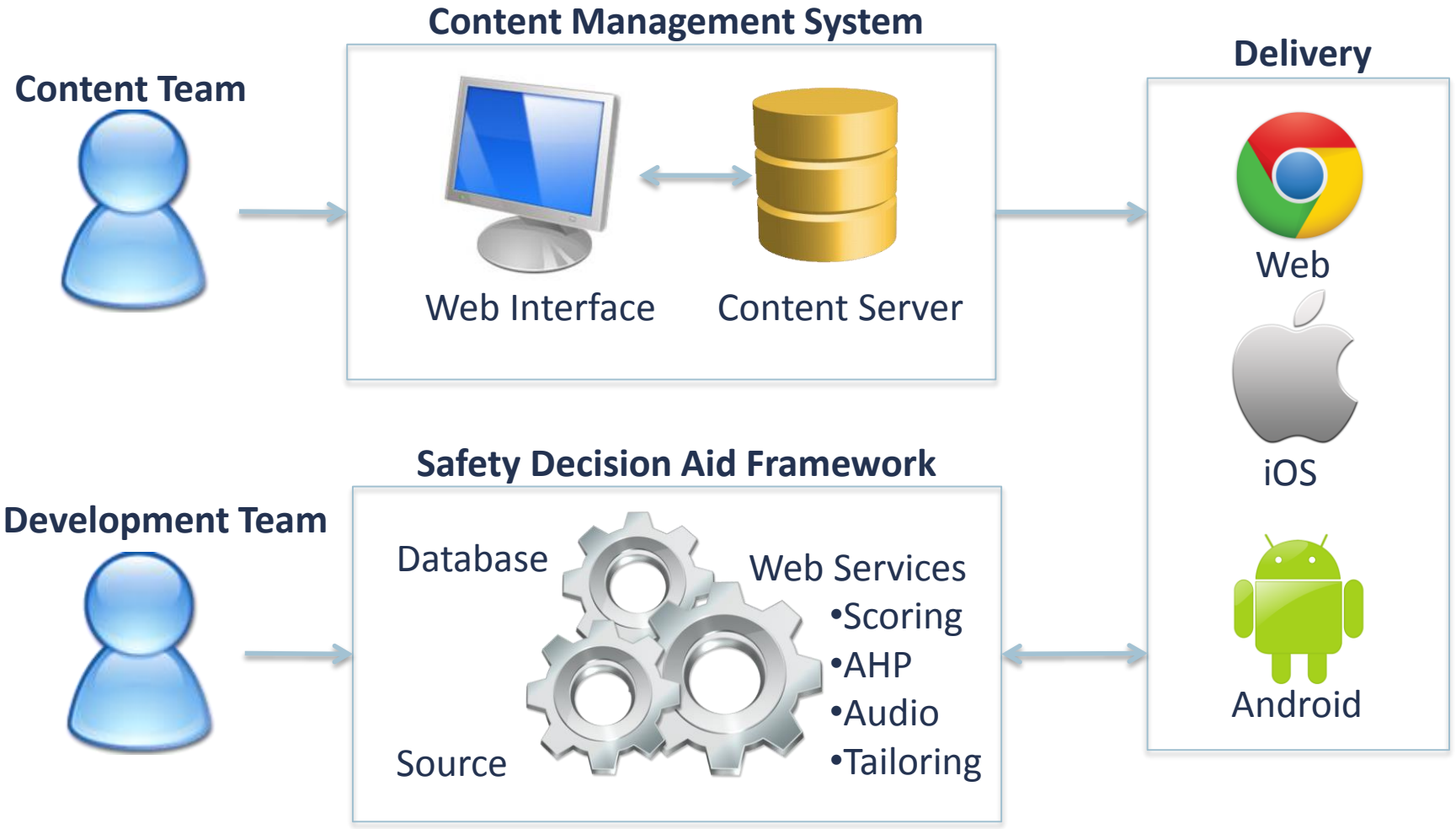
Consider her priorities for safety

Personalize an action plan for safety and connect to local/national advocacy resources

MyPlan App is a safety decision aid for both survivors and their friends to assess danger in relationship, consider priorities for safety and personalize an action plan for safety

www.joinonelove.org

The Technology



Impact Evaluation: IRIS Project

A 5-year randomized trial to evaluate effectiveness of the internet based safety decision aid on the following outcomes:

- *Reducing survivor decisional conflict about safety*
- *Increasing survivor safety seeking behaviors*
- *Reducing survivor IPV exposure*
- *Improving survivor mental health*

- Funding provided by NIH/NIMH (R01 MH08564, 05/2010-02/2015)

The IRIS Project

720 women in Arizona, Maryland, Missouri, Oregon

- Currently in an abusive relationship
- Comfortable using a computer/internet
- Access to safe computer/email

Randomized to Intervention (safety decision aid) or control (usual safety planning) website

Outcomes measured in both groups at baseline, 3, 6, and 12 months post-baseline

IRIS Recruitment Strategies

- Majority of IPV studies recruit abused women from formal violence resources (e.g. shelters, courts, DV advocacy programs)
- Globally, the majority of abused women never access formal resources (Goodman et al, 2003; Ansara & Hindin, 2010)
- Our strategy is to reach beyond these formal services to engage women currently in an abusive relationship in action plans for safety

IRIS Recruitment Strategies

Online

Craigslist

Facebook pages

Listservs

University websites

Clinicaltrials.gov

Low cost classifieds

Flyers

Welfare offices
Health dept/WIC
Clinics
Daycares
Housing programs
Colleges
Support groups
Culturally specific services
Coffee shops

THE IRIS PROJECT

ARE YOU CURRENTLY IN AN UNSAFE INTIMATE RELATIONSHIP?

DO YOU HAVE ACCESS TO A SAFE COMPUTER WITH INTERNET?

BE A PART OF A VOLUNTARY, CONFIDENTIAL STUDY ON AN INTERNET-BASED SAFETY PLANNING TOOL FOR WOMEN!

- *You will be reimbursed for your time (up to $180 in gift cards)*
- *The study involves four different internet-based survey sessions (no in-person meetings required), over a period of one year*

FOR MORE INFORMATION, PLEASE CALL OUR CONFIDENTIAL RECRUITMENT LINE AT

1-888-822-5799

OR EMAIL MARYLAND@WOMENSINTERNETSTUDY.ORG

IRIS Project Enrollment

- Interested woman call toll-free project # or email
- Research assistant (RA) screens for eligibility by phone; obtains informed consent; collects randomization data (language, children) and safe contact info (email, phone)
- RA enters participant information into secure project database
- Eligible woman is auto-emailed information re: website login, RA contact, and computer safety
- RA sent auto-email when woman completes
- RA sends incentive to safe email address/mail as requested

How did survivors learn about the IRIS project (n=720)?

- 77% of woman identified project from craigslist ads in participating states
- 11% from flyers in the community
- 6% from other internet advertising
- 4% from other sources (newspaper, radio, etc.)
- 2% referred by friend/family/other participants

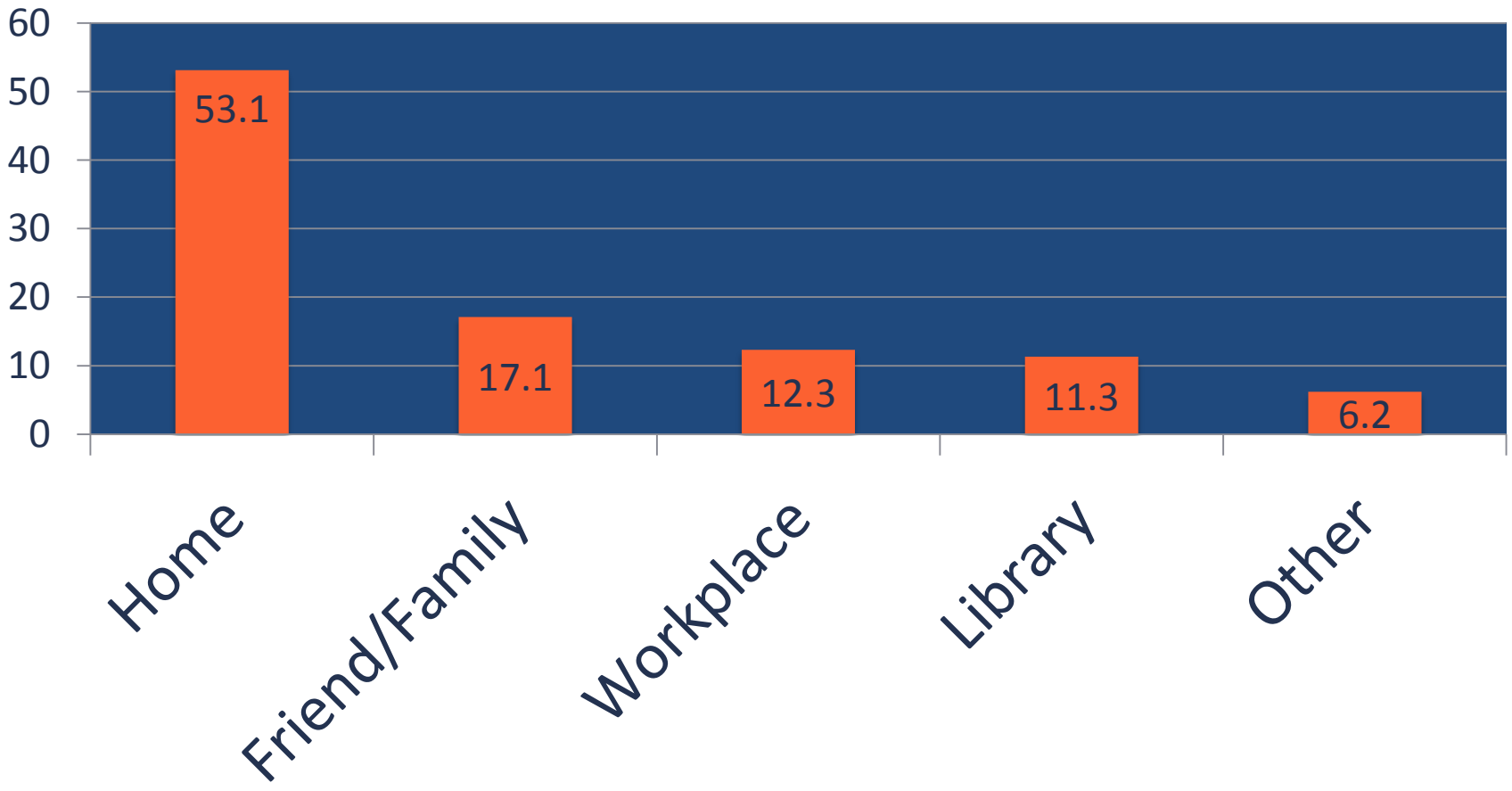
The IRIS Project

720 women in Arizona, Maryland, Missouri, Oregon

- 40% of survivors self-identified as racial/ethnic minorities
- 11% of survivors identified abusive partner as a woman
- 94% retention at all time-points

Replica trials of safety decision aid currently being conducted in New Zealand, Canada and Australia – planned for Hong Kong

Where Do Survivors Access Internet-based Safety Decision Aid?



Accessibility Challenges

- Keeping up with changing technology
- Troubleshooting with survivors remotely
- Management of resource links in the safety decision aid
- Difficulty reaching rural, Spanish speaking survivors by internet

Safety Consideration

- Well-developed and tested safety protocols implement with skilled research assistants
- Assessing access to/use of safe computers/smartphones
- Reducing possibility of abusers finding out purpose of IRIS project website
- How to handle survivor disclosure of safety issues: suicidality

Survivor feedback enhances safety for internet and smartphone use: Suicide Protocol

Original Suicide Protocol

If survivor reported suicidality during use of safety decision aid, trained staff immediately contacted survivor to assess for suicidality, provided local/national Suicide Hotline resources

Enhanced Suicide Protocol

- If survivor report suicidality during use of safety decision aid a pop-up window with additional questions appears
- Asks how she would like to seek help, giving choice to be contacted by staff
- All provided with Local/National Suicide Hotline resources

Promising Findings

- After only one use of the internet-based safety decision aid (average 45-50 minutes), survivors reported less decisional conflict about safety, specifically less uncertainty, more clarity and more support about safety decisions in an abusive intimate relationship

Table: Regressions examining the effect of the intervention (safety decision aid) on baseline change in decisional conflict controlling for pre-test score and length of intimate relationship

	Decisional conflict: total		Decisional conflict: informed		Decisional conflict: uncertainty		Decisional conflict: values clarity		Decisional conflict: support	
	B	p	β	p	β	p	β	p	β	p
Length of relationship	.02	.494	.03	.363	.04	.209	-.01	.653	.01	.543
Pre-test score	-.54	<.001	-.56	<.001	-.67	<.001	-.65	<.001	-.96	<.001
Intervention	-.10	.002	-.03	.292	-.08	.005	-.07	.011	-.03	.007

Interpretations for Table

- *Total Score: Survivors in the intervention group (safety decision aid) had a greater reduction in total decisional conflict controlling for their pre-test score compared to survivors in control group.*
- *Informed: Difference in change was not statistically significant.*
- *Uncertainty: Survivor in the intervention group had a greater reduction in uncertainty decisional conflict controlling for their pre-test score compared to survivors in control group.*
- *Values Clarity: Survivors in the intervention group had a greater reduction in values clarity decisional conflict controlling for their pre-test score compared to survivors in the control group.*
- *Support: Survivors in the intervention group had a greater reduction in support decisional conflict controlling for their pre-test score compared to survivors in control group.*

“The info from the survey has giving the courage, will, and resources I needed to get out of that abusive relationship with my husband.”

“Very empowering questions that raise awareness - did for me”

“The website may have saved my life, I never thought of putting together a safety plan before”

“I used a lot of the resources from the site”

“Once I finally understood exactly how deadly the situation actually was; I left. Had I not gotten the info from your study we would likely still be living in fear at the house”