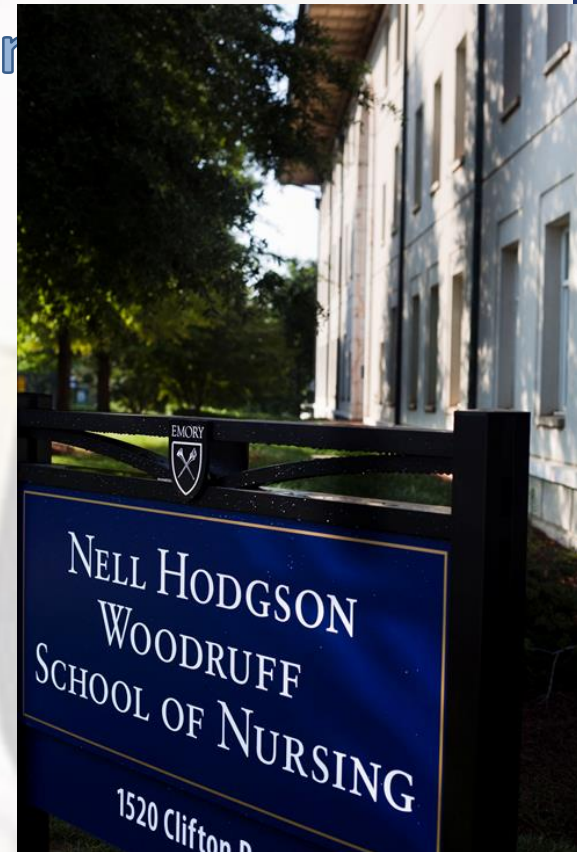


FRIENDS HELPING FRIENDS

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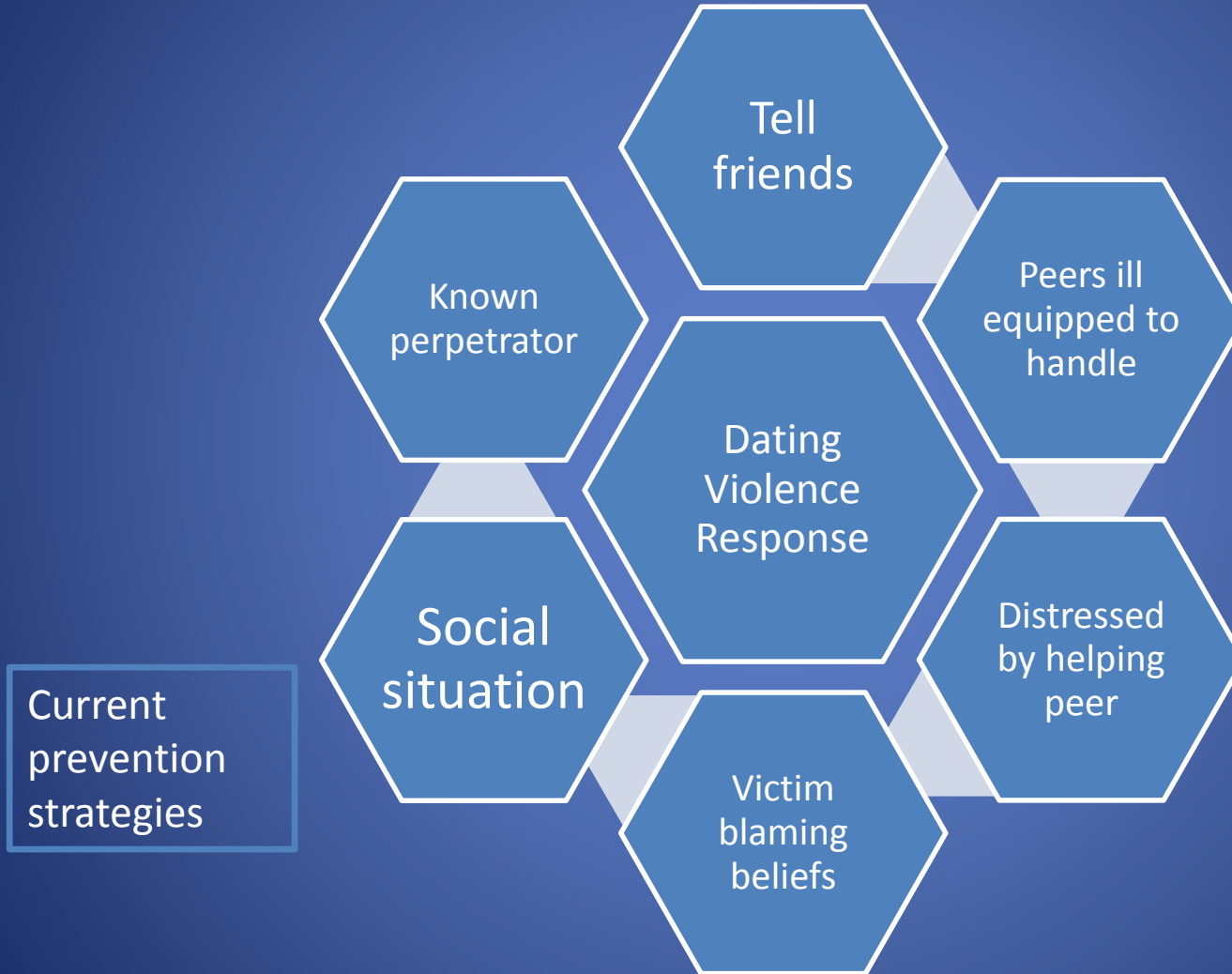
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Problem

- Dating violence affects as many as 30% of college women, ages 18-25.
- Dating violence – violence occurring in social interactions of older adolescents. Most commonly sexual assault and IPV
- Prevention programs limited
- Few programs to help peers to respond and help a friend

Complicating factors in response



Background

- Peer /Community response programs effective for sexual assault
 - Bringing in the Bystander
 - Green Dot
- Could hold promise for dating violence

Aims

1. Determine the efficacy of Friends Helping Friends, a bystander education based program, in improving peer response to dating violence
 - Program will: decrease rape myth acceptance;
 - Increase recognition of interpersonal violence as a situation of intervention, perceived responsibility to act as a bystander, skills, confidence, and intention to act as a bystander
2. Determine the feasibility of the program.

Methods

- Pilot study
- Pre- and post-test design with control group



Methods: Sample

- 101 college women, aged 18-25 years
- Treatment (n=37 & Control (n=64)
- Convenience sample
- Three sessions held with 10-18 participants in each.
- Received refreshments and movie tickets for participation in intervention

Methods: Data Collection

- IRB approval obtained
- Study measures completed electronically
- Code name provided on pre- and post-tests
- Program evaluation measures completed pen and paper

Bystander Framework

Notice the event

Recognize situation as one requiring assistance

Decide to take personal responsibility

Decide how to help

Act to intervene

Latane & Darley, 1970

Burns, 2010

Methods: Intervention

Concept- Bystander	Content	Learning Strategies	Measures
Notice the event	Recognizing IPV	Video clips Didactic Group discussion	Notice item (Burns)

Methods: Intervention

Concept- Bystander	Content	Learning Strategies	Measures
Recognize situation as one requiring assistance	Help to identify as high risk of danger	Video clips Group discussion Campus scenarios	College Date Rape Attitudes Scale (Lanier) High Risk Scale (Burns)

Methods: Intervention

Concept- Bystander	Content	Learning Strategies	Measures
Deciding to take personal responsibility	Assume responsibility	Video clips Perpetrator behavior Victim worthiness	Responsibility to Act Scale (Burns)

Methods: Intervention

Concept- Bystander	Content	Learning Strategies	Measures
Deciding how to help	Pros and cons of acting Skills to intervene	Scenarios Didactic techniques Group discussion of techniques Role playing	Bystander Efficacy (Banyard) Skills (Burns)

Methods: Intervention

Concept- Bystander	Content	Learning Strategies	Measures
Act to intervene (Latane & Darley, 1970)	Reinforcing behavior	Handouts with information on Dos and Don'ts of intervening	Intention to Help Scale (Banyard)

Methods: Feasibility

- Rate overall program
- Extent to which they learned valuable information
- Degree of relevance of the program
- Open ended questions what liked most and least

Methods: Data Management & Analysis

- Downloaded from Qualtrics into SPSS
- Secure transfer
- Correlations, repeated measures ANOVA, frequencies, content analysis

Results: Sample

Characteristics	Total Sample N (%)	Treatment N (%)	Control N (%)
Race/ethnicity			
White	86 (85)	32 (84%)	54 (86)
Asian/Pacific Islander	7 (7)	2 (5)	5 (8)
Hispanic	5 (5)	2 (5)	3 (5)
Mixed race/Other	3 (3)	2 (5)	1 (2)
Family Income			
\$0 - \$24,999	9 (9)	3 (8)	6 (10)
\$25,000 - \$49,999	3 (3)	1 (3)	2 (3)
\$50,000 - \$74,999	14 (14)	6 (16)	8 (13)
\$75,000 - \$99,999	18 (18)	6 (16)	12 (19)
\$100,000 - \$249,999	31 (31)	12 (32)	19 (30)
\$250,000 & over	25 (25)	10 (26)	15 (24)

Results: Hypotheses

Measures		Pre Test		Post Test		f	df
		Mean	(SD)	Mean	(SD)		
College Date Rape Attitudes Scale	Treatment	30.73	(4.97)	27.43	(6.21)	7.72*	1
	Control	34.20	(7.67)	31.82	(8.53)		
ID Risk	Treatment	7.92	(2.56)	10.56	(2.80)	2.52	1
	Control	8.65	(2.40)	11.36	(2.59)		
Responsibility	Treatment	33.11	(9.02)	34.35	(9.18)	4.86*	1
	Control	38.64	(9.51)	38.42	(7.43)		
Skills	Treatment	9.57	(4.17)	11.57	(4.19)	7.26*	1
	Control	13.00	(4.48)	12.45	(4.17)		
Intention to Help	Treatment	39.86	(9.21)	43.57	(10.74)	4.58*	
	Control	44.02	(7.79)	49.16	(7.79)		

Results: Feasibility

Overall program

- Excellent (61%, n = 22)
- Good (38%, n = 14)

Learned valuable information

- Very much agree (67%, n = 25)
- Agree (25%, n = 9)

Relevant for campus life

- Very much agree (70%, n = 26)
- Agree (25%, n = 9)

Discussion

- **Decreased rape myths acceptance**
- **Increased responsibility to act**
- **Increased bystander skills**
- **Increased intention to act as bystander**



Discussion: Limitations

- Convenience sample
- Lack of random assignment
- Measured intention
- No long term follow up

Discussion: Implications

- More research with larger sample, random assignment, & long term follow up
- Holds promise as dating violence program



THANK YOU



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