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

Presented to the STTI 25th International Nursing Research Congress in Hong Kong

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 & Bricker (1997). Social support, stress and depression among battered women in a judicial setting. JAPNA, 3(3), 1-8
- Constantino, Sekula, Lebish & Buehner (2002). Depression and manifestations of depression in female survivors of suicide and survivors of abuse. JAPNA, 8(1), 27-32
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 HELPPP to LEAF
Email

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

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

1 in 3 women will be abused by partners in their lifetimes.
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...
REPORT VERBALLY ABUSIVE RELATIONSHIPS

27% OF PARENTS REPORT CASES OF UNHEALTHY RELATIONSHIPS

33% OF DAUGHTERS REPORT PARENTS WHO KNOW OF CONTROLLING BEHAVIOR *

34% OF PARENTS

62% OF TWEENS

*10+ CALLS OR 20+ TEXTS A DAY TO CHECK UP ON A BOYFRIEND/GIRLFRIEND

YET ONLY 3% IDENTIFY 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

**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

Honeymoon Phase
- apologies
- reconciliation
- promises

Tension-Building Phase
- arguments
- accusations
- threats
- pushing
- hitting
- choking
- use of weapons

Violent Episode Phase
- apologies
- reconciliation
- promises
Power and Control Wheel

- Physical Violence
  - Coercion/Threats
  - Sexual Violence
    - Intimidation
  - Economic Abuse
- Emotional Abuse
  - You No Good
- Male/Hearing Privilege
  - No, She's Not His
- Physical Violence
  - Using Children
- Sexual Violence
  - Minimize/Deny/Blame
  - Isolation

University of Pittsburgh
Text Messaging Intervention and HELPP Zone App


- 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
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.
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
HELPPP 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

- Primary Prevention
  - Universal point of care
  - TMI

- Secondary Prevention
  - Selective point of care
  - HELPP Intervention via HELPP Zone App

- Tertiary Prevention
  - Indicated point of care
  - LEAF Networking
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