

Adaptation and randomized controlled trial evaluation: Community partnered technology for partner violence prevention and response

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Safety Planning & Support

- Many women never share experiences of abuse for shame and fear of consequences
- Those who do share often turn first to friends and informal networks
- Safety planning
 - personalized plans to identify, avoid, and minimize damage in dangerous situations
- Disclosing partner violence and obtaining safety planning can:
 - ↓ post-traumatic stress, self-blame, and revictimization

myPlan developed in the US as a safety decision aid

US-based App:

-Effectiveness with women in currently abusive relationships

- ↓ Decisional conflict
- ↑ Use of safety strategies
- ↑ Leaving relationship

Current Adaptations:



New Zealand



Canada



Australia

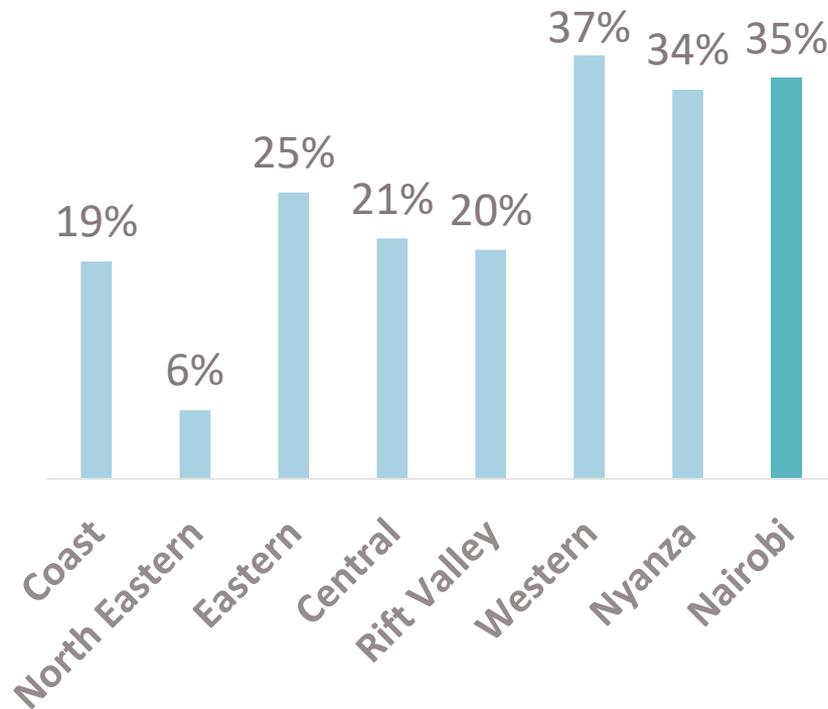
First Adaptation in LMIC:



myPlan Kenya

IPV in Kenya

- 35% of ever-married women in Nairobi have experienced IPV in the past year
 - 2nd highest in Kenya
- Limited access to violence support services
- Women most often disclose violence experiences to informal sources of support



Source: Kenya DHS 2014

Overview of myPlan Kenya



Ongoing input, tailoring, and results interpretation from local experts in IPV response

Formative Phase: Summary of Feedback

Feasibility

- Positive feedback on the usefulness of the tool
- Preference to use the app for the first time with a CHV or counselor

Content & Design

- Enhance visual appeal and simplicity
 - Reformat with more graphics, animations, and colors
 - Suggested re-ordering of the app components
- Changes to content, particularly around safety strategies
 - Language and phrasing

Pilot Phase

- December 2017
- Participants: 18 female survivors of IPV
- Feedback:
 - Content appropriately tailored
 - Safety strategies needed more graphics and reformatting
 - Wanted fewer options and a more individualized plan
 - Danger assessment results needed rewording





PIN Code

For your safety, please enter a 4 digit PIN code.
This will keep the app locked when not in use.

1	2	3
4	5	6
7	8	9
0		

English

Swahili

Log Out

Clear



Menu

Please go through each item in order listed below

1

- ▶ Healthy Relationships
- 🔒 My Relationship

2

- 🔒 Red Flags
- 🔒 My Safety
- 🔒 My Priorities

3

- 🔒 My Plan
- 🔒 About Violence
- 🔒 Harmful Beliefs About Abuse
- 🔒 Community Services

Support for Children

Support for Children

Children are affected by abuse in the home. Even if they don't see it. If possible, talk to your children and be intentional about talking to the children calmly and positively.

There are also support groups or counseling services for your children. Support groups can help you and your children.

Close

Plan to get children to a safe place

Plan to get children to a safe place

- If violence begins, children of all ages should IMMEDIATELY get out of the room. It is important that they know that they should not get in the way of the violence.
- Teach your children a secret word that you will use that will be a signal for them to leave the room.
- Pick a safe space such as a room or place in the house where your children can go. Tell your children it is very important to go to this safe room right away. Ask your children to help you put things in that safe room that they would like to have there, like a toy, book or blanket.
- If a safe room is not available in your house tell your children to go to a trusted, safe neighbor or friend's house where you can easily meet them. Talk to your trusted friend or neighbor ahead of time about this possibility.
- Tell your children it is very important to go to this safe room right away. Ask your children to help you put things in that safe room that they would like to have there, like a toy, book or blanket.
- Teach your children the safest route to the safe place and practice going there.
- Tell older children how to help younger children get to a safe room.



Children

Close

✓ Talking to Children About Safety

✓ Getting Older Children to a Safe Place

If violence begins, children of all ages should IMMEDIATELY get out of the room. It is important that they know that they should not get in the way of the violence.



Teach your children a secret word that you will use that will be a signal for them to leave the room.



Pick a safe space such as a room or place in the house where your children can go. Tell your children it is very important to go to this safe room right away. Ask your children to help you put things in that safe room that they would like to have there, like a toy, book or blanket.



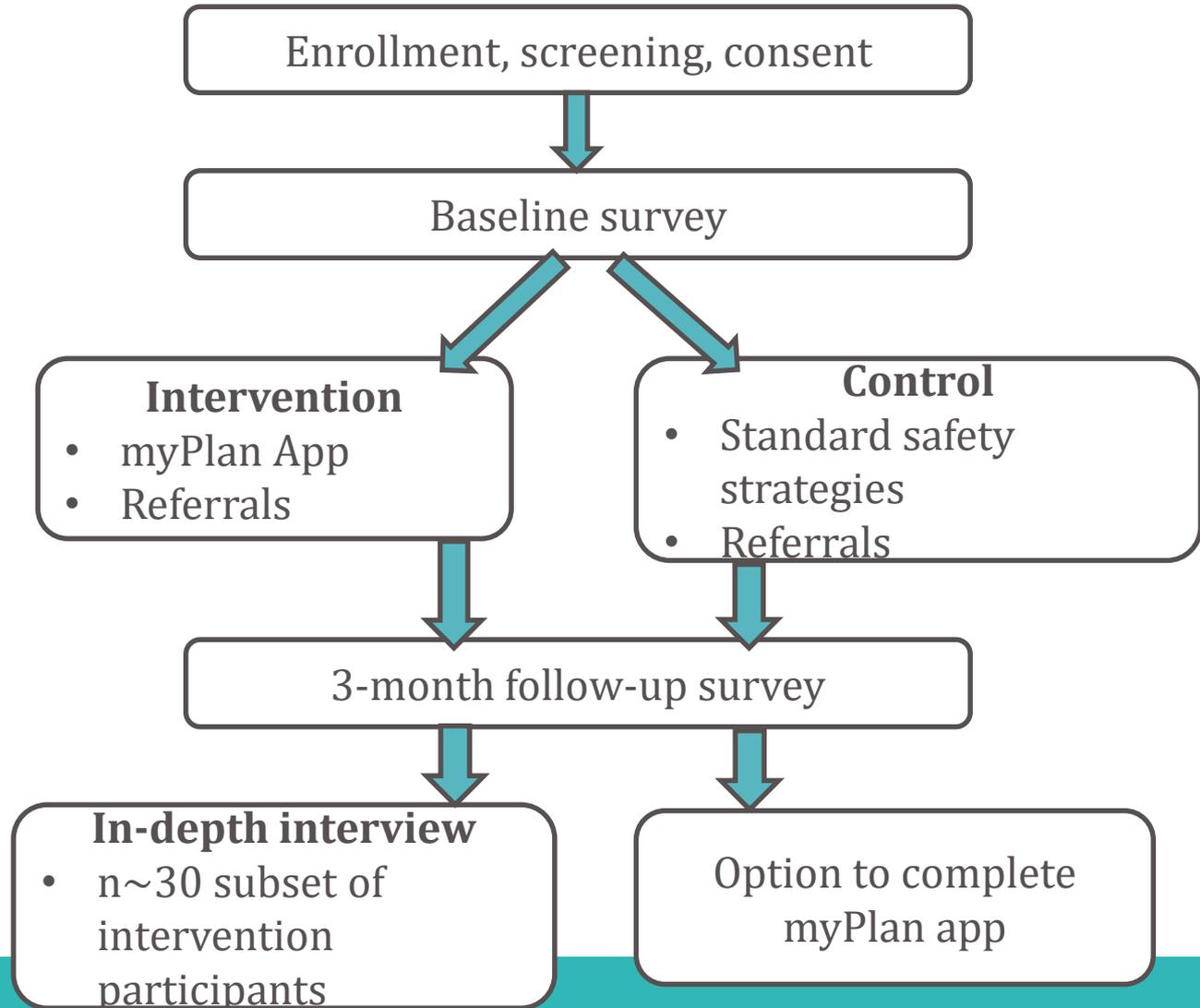
If a safe room is not available in your house tell your children to go to a trusted, safe neighbor or friend's house where you can easily meet them. Talk to your trusted friend or neighbor ahead of time about this possibility.



Teach your children the safest route to the safe place and practice going there.

Randomized controlled trial

- April-October 2018
- Community-based recruitment
- Eligibility criteria:
 - Age 18-35
 - Experienced IPV or partner related-fears in the past 12 months
 - Speaks English or Swahili
 - Plan to remain in Nairobi for 6 months
- 1:1 randomization by site
 - Intervention: myPlan app + referrals (completed on-site)
 - Control: standardized safety strategies + referrals
- Interviewer-assisted, tablet-based data collected at baseline and 3-month follow-up



Study retention

Overall

Screened n=407

- Ineligible (n=13)
- Declined participation (n=42)

Enrolled at baseline n=352

Lost to follow-up

- Relocated (n=11)
- Unable to be contacted (n=10)
- Unable to come for follow-up (n=16)
- Asked to discontinue study (n=3)

Completed follow-up n=312;
retention=88.64%

Korogocho

Screened n=154

- Ineligible (n=3)
- Declined participation (n=6)

Enrolled at baseline n=145

Lost to follow-up

- Relocated (n=2)
- Unable to be contacted (n=2)
- Unable to come for follow-up (n=9)
- Asks to discontinue study (n=1)

Completed follow-up n=131
retention=90.34%

Dandora

Screened n=132

- Ineligible (n=2)
- Declined participation (n=10)

Enrolled at baseline n=120

Lost to follow-up

- Relocated (n=6)
- Unable to be contacted (n=4)
- Unable to come for follow-up (n=3)
- Asked to discontinue study (n=2)

Completed follow-up n=105;
retention=87.50%

Huruma

Screened n=121

- Ineligible (n=8)
- Declined participation (n=26)

Enrolled at Baseline n=87

Lost to follow-up

- Relocated (n=3)
- Unable to be contacted (n=4)
- Unable to come for follow-up (n=4)

Completed follow-up n=76;
retention=87.36%

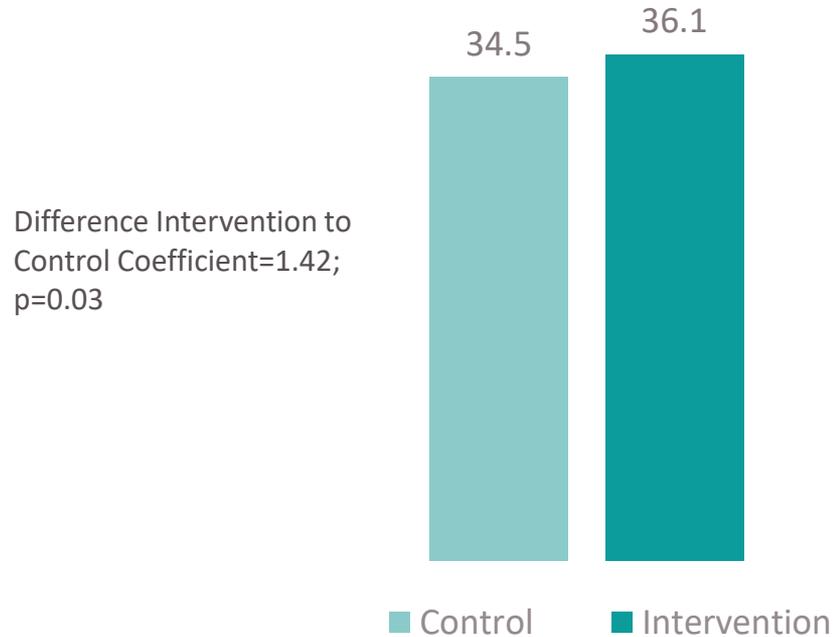
Included in analysis n=312

Key outcomes & hypothesized direction

	H ₀
Safety preparedness	
Helpfulness of safety strategies	
Resilience / coping	
Physical and sexual IPV	
Danger score	

Safety preparedness at exit survey

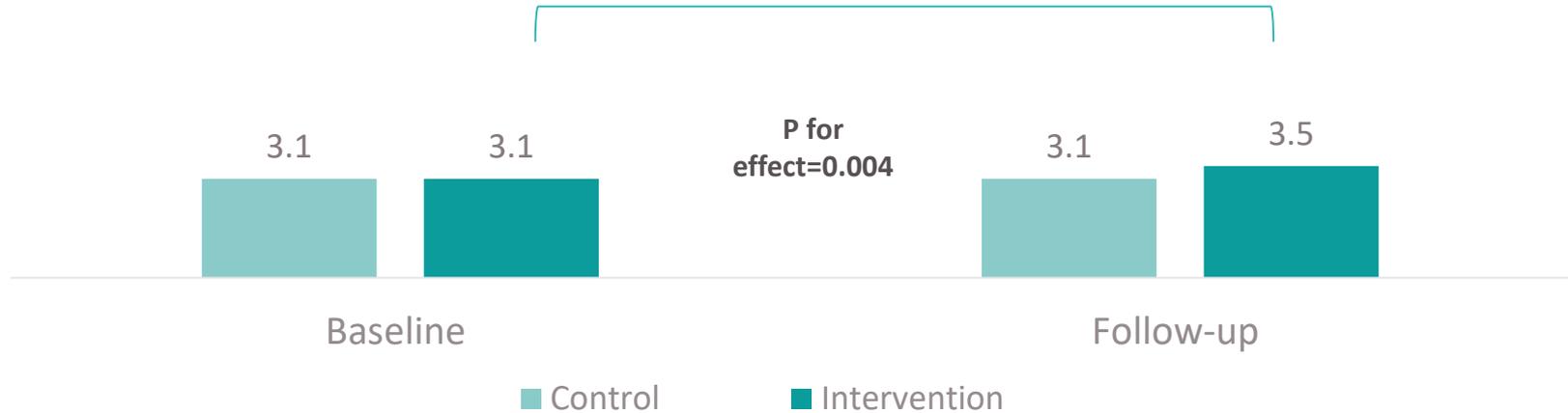
SIGNIFICANT INCREASE



Model adjusted for baseline decisional conflict

Helpfulness of safety strategies at 3-m follow-up

SIGNIFICANT INCREASE IN HELPFULNESS



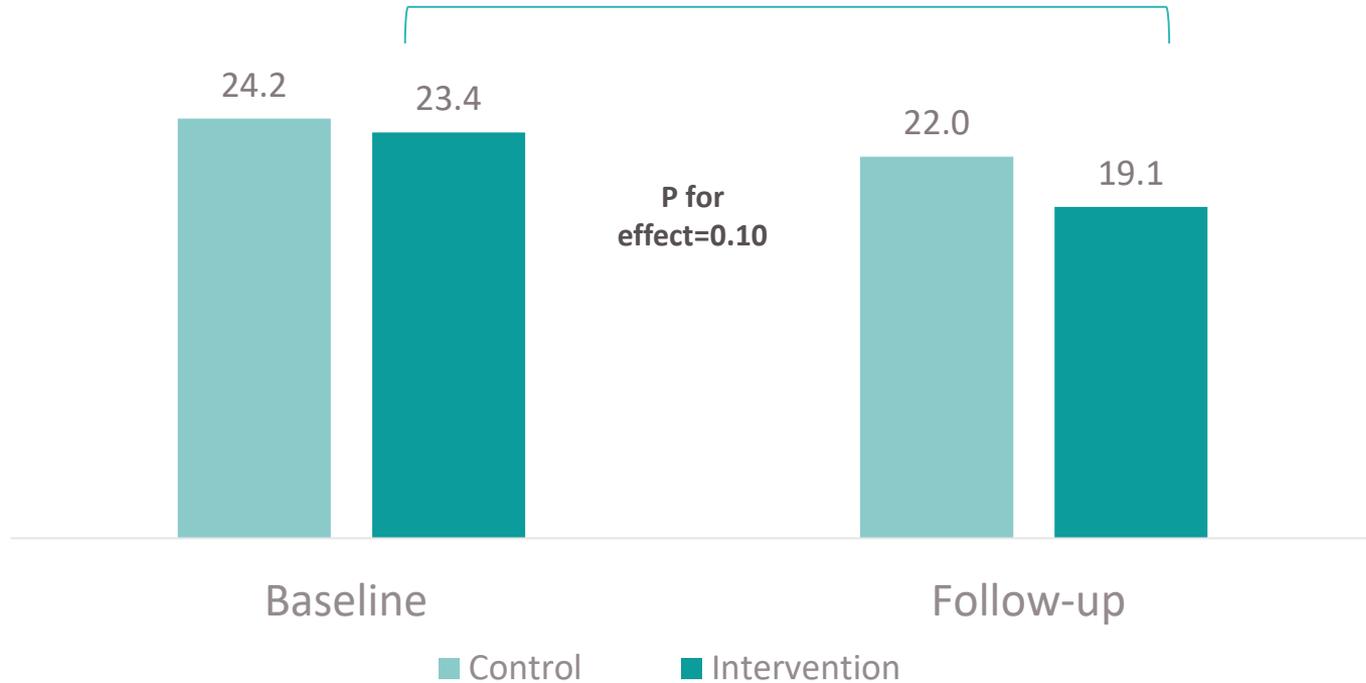
Items included:

1. Leaving the house temporarily to put space between you and your partner
2. Developing an emergency signal to use with others when you felt you were in danger
3. Putting a plan into place for how to keep your children safe?
4. Beginning to save money to build self-sufficiency
5. Being part of a loan savings group in order to improve your family's financial situation

Score Range: 0 (Never used any strategies)- 25 (Used all strategies and found all very helpful)

Decisional conflict

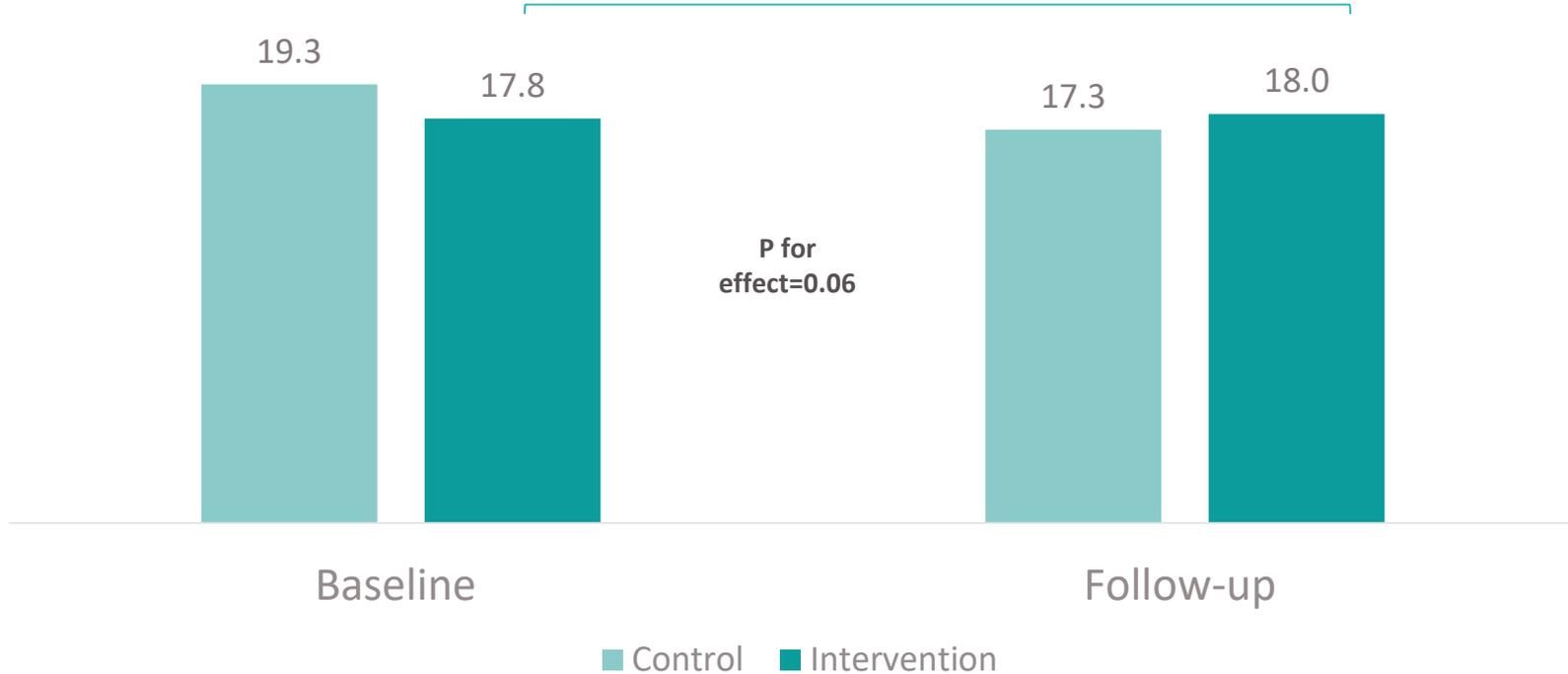
DECREASE IN BOTH ARMS



Measure: 12-item adapted Decisional Conflict Scale

Resilience/Coping

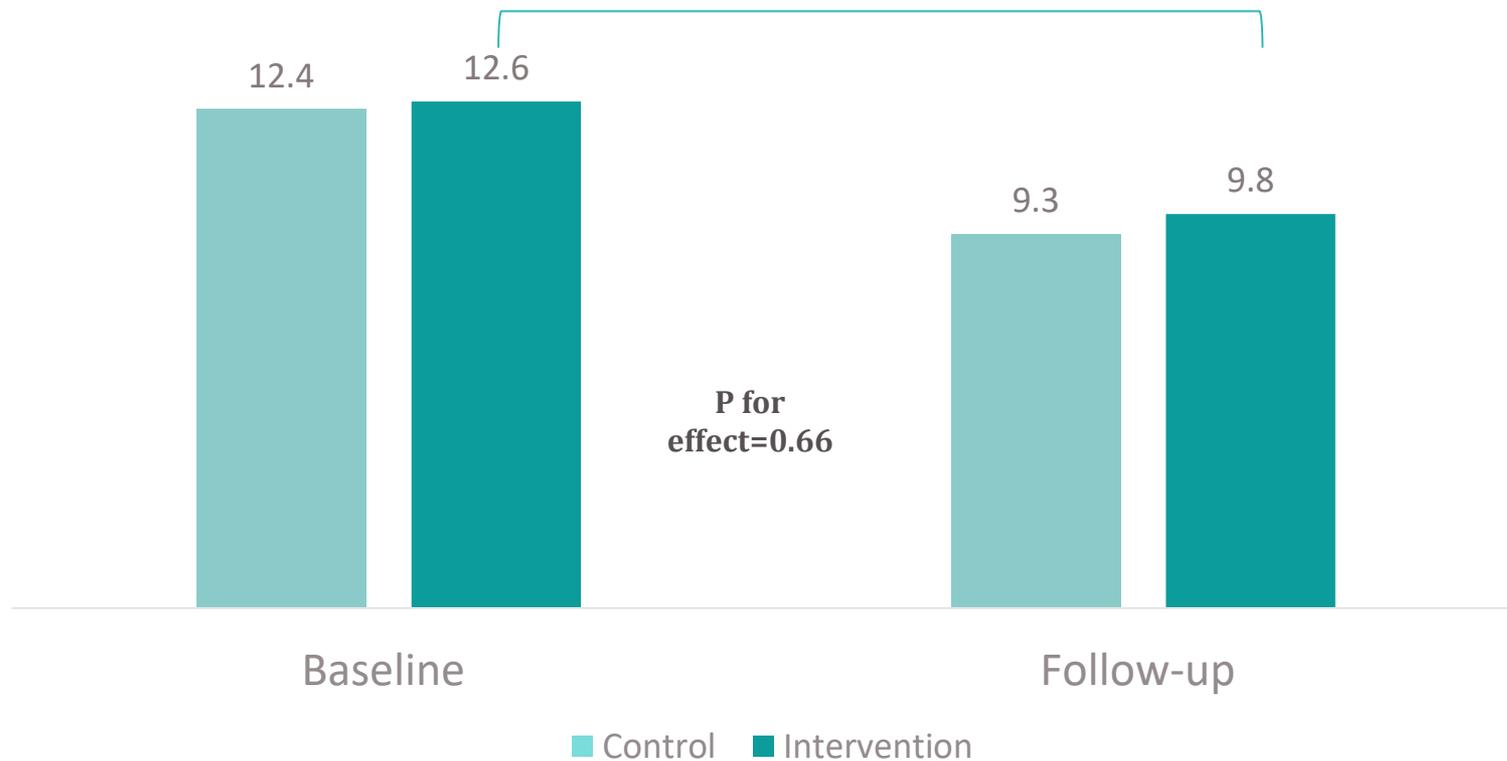
DECREASE IN CONTROL
SLIGHT INCREASE IN INTERVENTION



Measure: Mean Connor Davidson Resilience Score

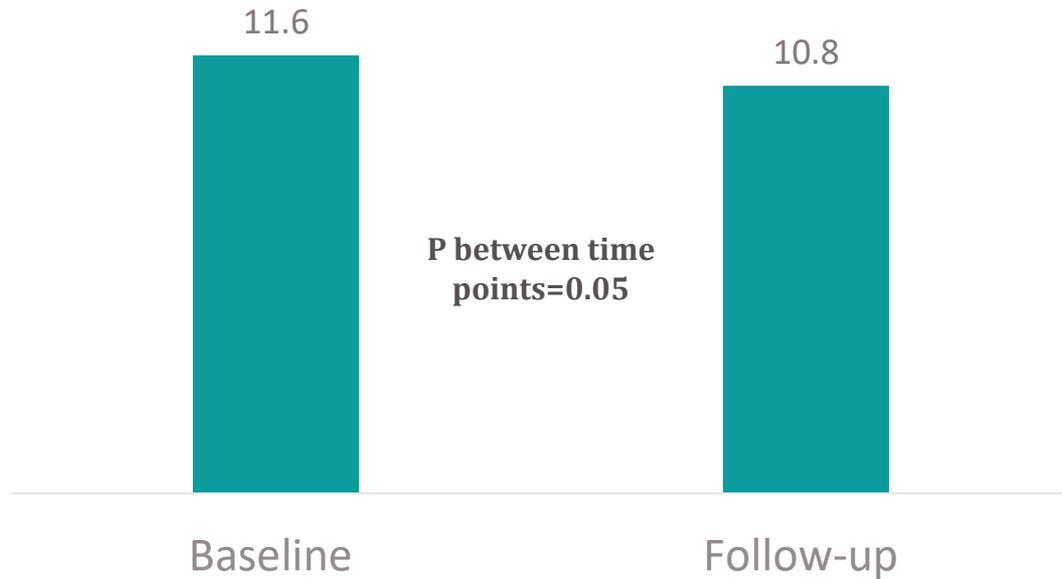
Physical and sexual violence

DECREASE IN BOTH ARMS



Measure: summary score of Conflict and Tactics Scale-2 Items

Danger score among intervention arm: SLIGHT DECREASE



Danger assessment measured among intervention participants only

Stratified Intervention Results by Baseline Characteristics

- Women at highest levels of baseline violence
 - Safety preparedness at exit survey
 - Helpfulness of safety strategies used
 - Reduction in danger assessment/lethality risk
- Women with recent IPV service use at baseline
 - Helpfulness of safety strategies used
 - Decrease in decisional conflict



I did not know that there is a way for women who are in trouble. After going through myPlan, I learnt that there are facilities and steps that can be taken in case you have a problem in your marriage.

All that was being discussed in regard to myPlan app related to me. It was exactly my situation then. It was like hearing my own story. I was reading through and seeing just how it was resonating with my life and at the same time offering me guidelines and important information regarding my situation.

In regards to my safety, when he seems like he is spoiling for a fight, I would stay away from him and come back when he has calmed down.

In-Depth Interviews (n=30)

I stayed with those problems in my heart, so I never wanted to share it with anyone...[but after using the app] I talked to friends... I felt good.

Convergence Between Quantitative and Qualitative

Outcome	Quantitative	Qualitative
Safety preparedness	<ul style="list-style-type: none"> Increased safety preparedness 	<ul style="list-style-type: none"> App was relevant and provided helpful information on safety
Decisional conflict	<ul style="list-style-type: none"> Decrease in both arms Reduced information-related conflict 	<ul style="list-style-type: none"> Gained important knowledge about available services
Safety strategies	<ul style="list-style-type: none"> Increased use of helpful safety strategies 	<ul style="list-style-type: none"> Intentional use of de-escalation tactics and temporary leaving Appreciated safety strategies tailored to personal situation Described that the most helpful strategies related to safety and well-being of children Financial independence strategies helped reduce monetary arguments and enable basic needs
IPV	<ul style="list-style-type: none"> Decrease in both arms 	<ul style="list-style-type: none"> App content described as mitigating abuse
Resilience	<ul style="list-style-type: none"> Borderline significance; favors intervention 	<ul style="list-style-type: none"> Described relief from isolation & stress
IPV-related services	<ul style="list-style-type: none"> Interaction effect null 	<ul style="list-style-type: none"> Gained important knowledge about available services Felt that IPV-related referrals were relevant Gained confidence in discussing violence to obtain support

Dissemination Event

- November 2018
- CHVs, chiefs/religious leaders, NGOs, government officials



Conclusions & Next Steps

- This first LMIC implementation found myPlan was accessible and feasible
- Community-based support is valuable for app administration
- Intervention effects in hypothesized direction: preparation for decision-making, use of helpful safety strategies
- May be particularly valuable for women experiencing severe violence or those who have already begun seeking services
- Surprise finding: value as a job-aid for CHVs
- Scale-up preparation: Readiness & dissemination assessment underway
 - Clinics (n=11); formal organizations (n=9); community groups (n=7)

Study Team

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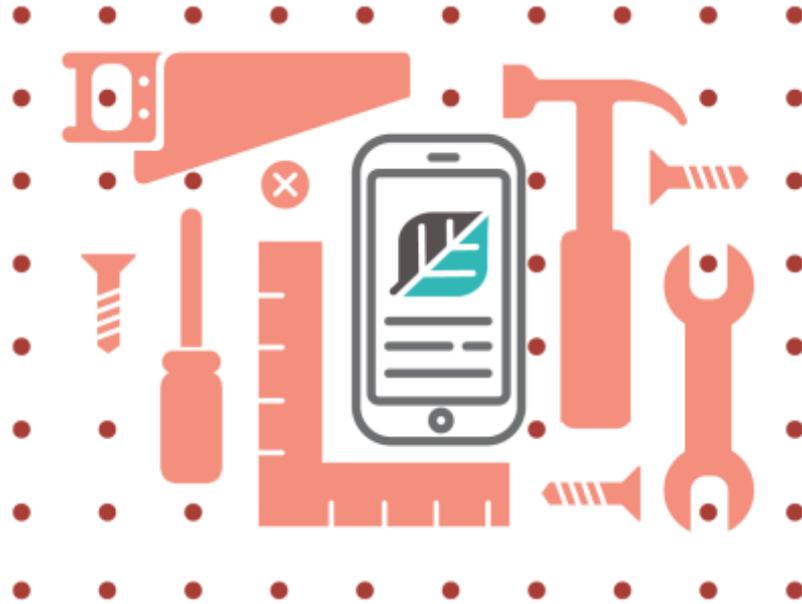
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A Tool for Advocates & Providers



NOT a replacement for real live expertise