

What happened after the trial: long-term outcomes from a CPT study in eastern DRC

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Aims

- ✦ **Original Trial Aim:** What is the impact of Cognitive Processing Therapy provided in group on social, psychological, and economic functioning among female survivors of sexual and gender based violence.

RCT Study Design

- ✦ 16 communities in South Kivu province:
 - ✦ Clustered into groupings of 3-4 villages in close proximity
 - ✦ Randomized within cluster to Cognitive Processing Therapy (CPT; n=8) or Individual Support (IS; n=8)
 - ✦ After training 1 CPT site dropped due to quality of PSA
- ✦ IRC hired 16 interviewers to work in pairs to interview women in study villages
 - ✦ Women initially identified and invited by PSAs through review of current and former client lists
 - ✦ Interviewing done over 3-5 days per village until 28-30 eligible women identified in each village

Data Collection Timeline

- ✦ December 2011: Participant recruitment and baseline
 - ✦ January-March 2012: CPT Training and Piloting
 - ✦ April-July 2012: Intervention period
- ✦ August 2012: post-intervention assessment
- ✦ January 2013: 12-month follow up assessment
 - ✦ February-December 2014: CPT participants offered opportunity to participate in VSLA social economic program
- ✦ January-February 2015: 24-month follow up assessment
- ✦ **February-March 2017: 5-year follow up assessment**

Initial Trial Results

	CPT Mean (SD)	IS Mean (SD)	Effect Size
Average HSCL-25 score			
Baseline	1.97 (0.52)	2.20 (0.47)	
Post intervention	0.81 (0.64)	1.67 (0.69)	1.66 (<0.001)
6-month follow up	0.74 (0.64)	1.52 (0.62)	1.55 (<0.001)
Average PCL score			
Baseline	1.84 (0.58)	2.20 (0.49)	(<0.001)
Post intervention	0.73 (0.57)	1.64 (0.74)	1.64 (<0.001)
6-month follow up	0.70 (0.63)	1.50 (0.68)	1.52 (<0.001)
Average Functioning score			
Baseline	1.65 (0.69)	2.48 (0.82)	(<0.001)
Post intervention	0.82 (0.67)	1.92 (0.89)	1.29 (<0.001)
6-month follow up	0.88 (0.70)	1.77 (0.87)	1.06 (<0.001)

CPT Sample by Follow Up

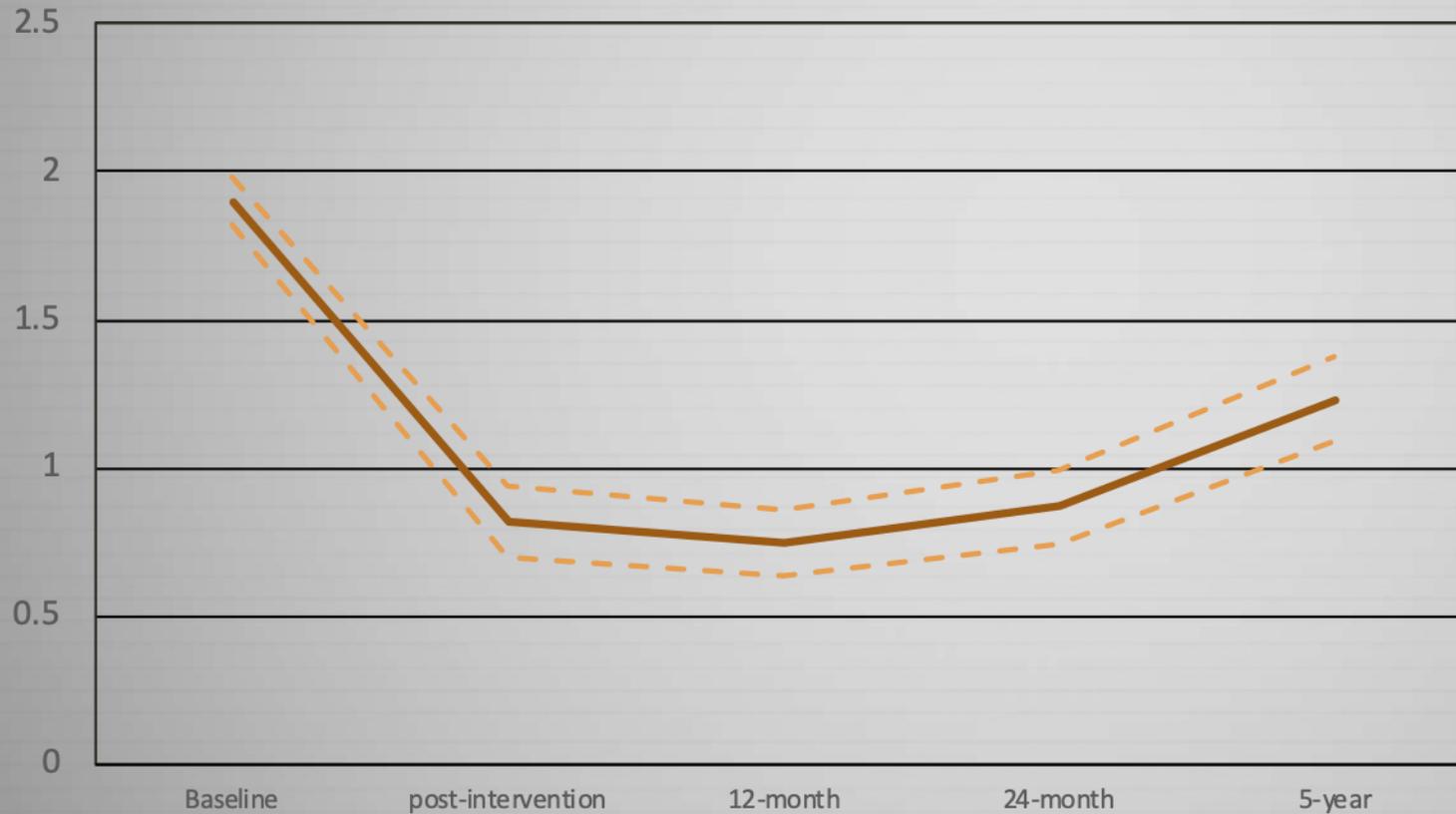
- ✦ Baseline: 157 women
- ✦ Post-intervention assessment: 114 women (73%)
- ✦ 12-month follow up assessment: 138 women (88%)
- ✦ 24-month follow up assessment: 130 women (83%)
- ✦ **5-year follow up assessment: 103 women (66%)**
 - ✦ One village not visited because of security
 - ✦ 99 (96%) of these women have data from least 3 follow ups

Sample Characteristics

	CPT (n=157)	5-year follow up (n=103)
Age in years, Mean (SD)	36.9 (13.4)	43.6 (12.7)
Number of people living in home, Mean (SD)	7.4 (3.2)	8.6 (3.6)
Number of children responsible for, Mean (SD)	4.0 (2.7)	4.1 (2.2)
Current marital status, N (%)		
Single, never married	20 (12.7)	10 (9.9)
Married	93 (59.2)	57 (56.4)
Divorced/Separated	20 (12.7)	7 (6.9)
Widowed	24 (15.3)	27 (26.7)
SGBV ' exposure' past 6 months, N (%)		
Personally experienced		16 (16.8)
Witnessed		45 (45.3)

Trends for Depression Symptoms

Mean (95% CI) HSCL Depression Scores

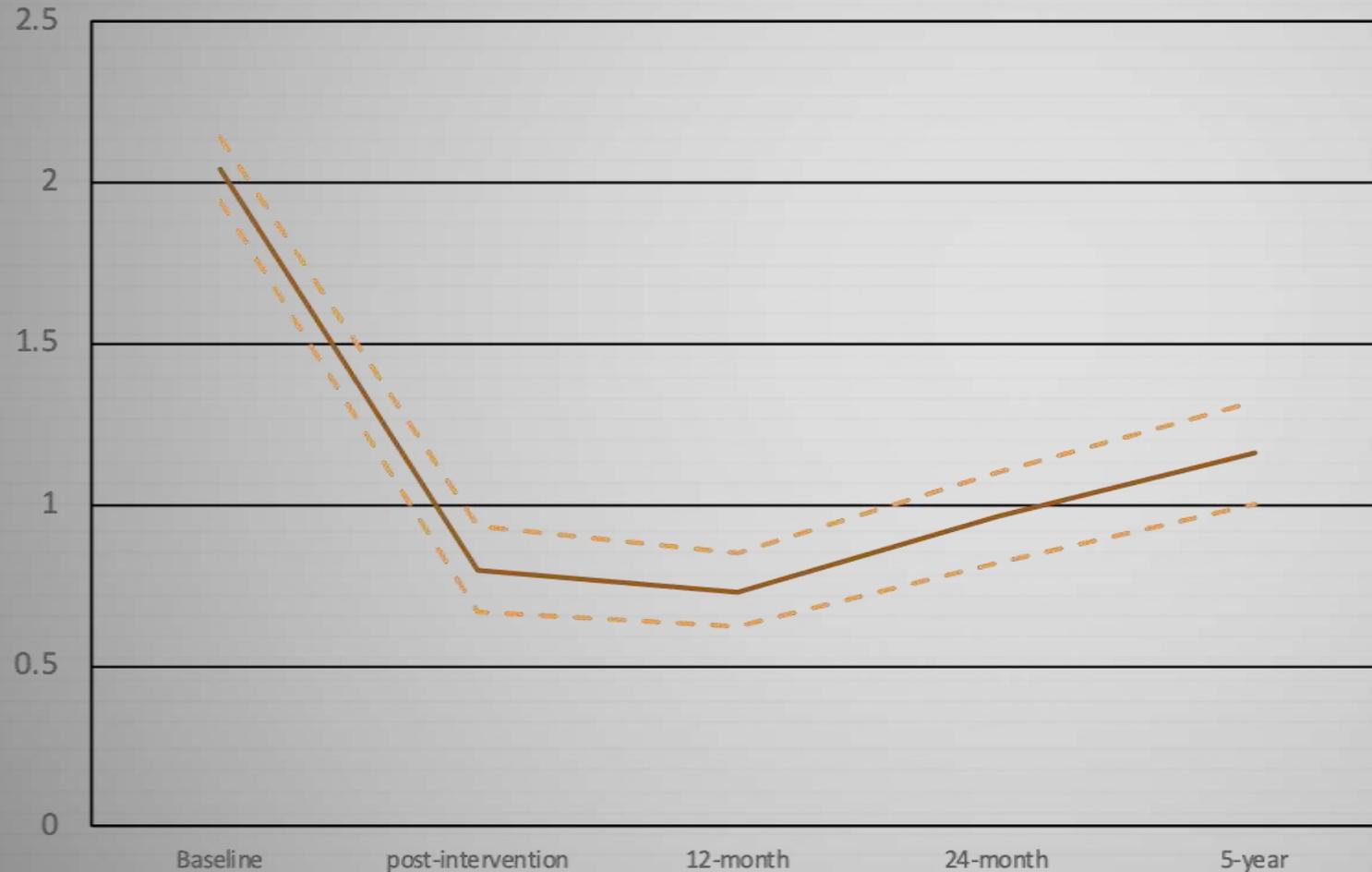


Probable Disorder*

Baseline:	100 (64%)
Post Intervention:	10 (9%)
12-month:	12 (9%)
24-month:	19 (15%)
5-year:	28 (27%)

Trends for Anxiety Symptoms

Mean (95% CI) HSCL Anxiety Scores

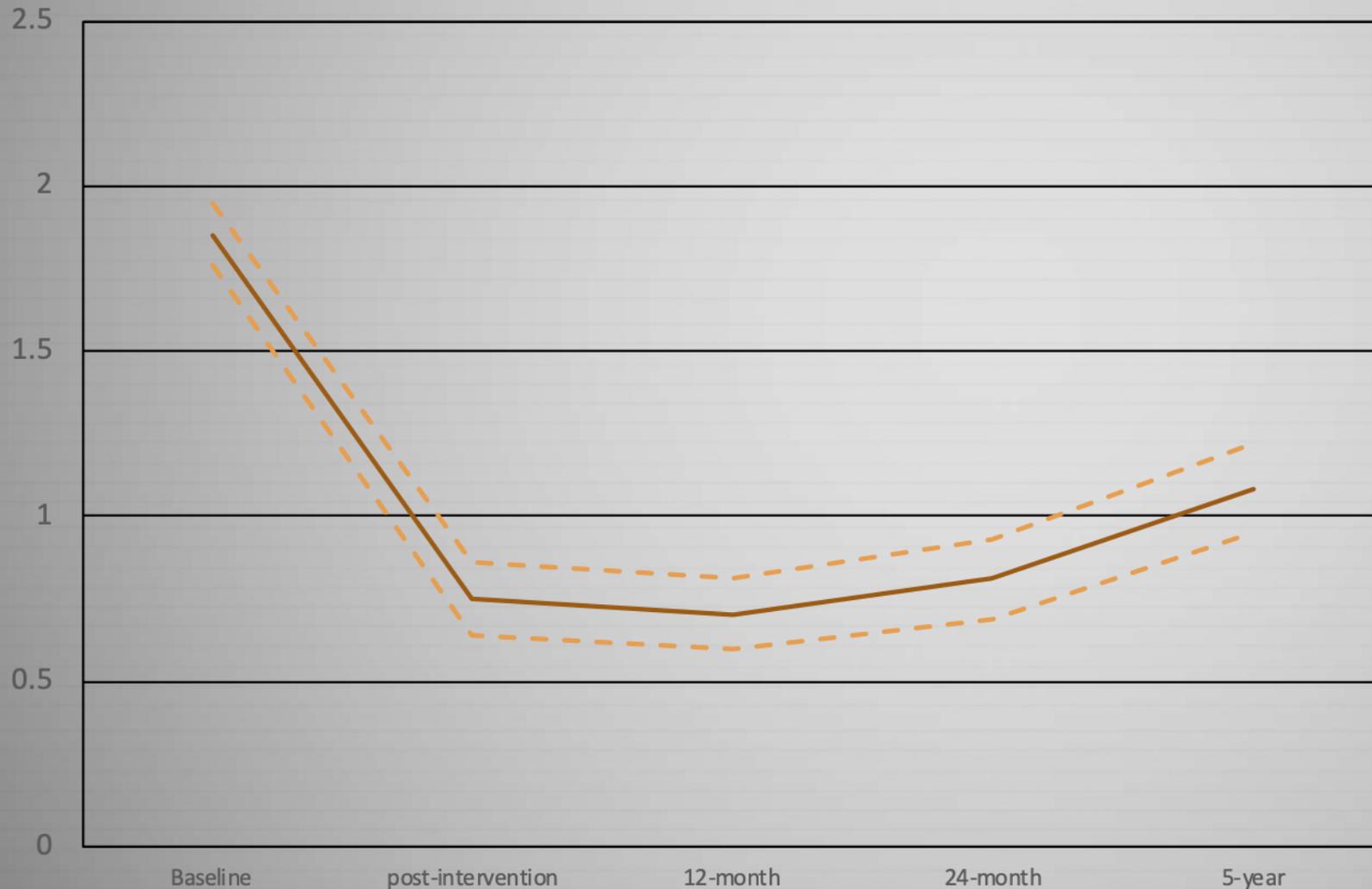


Probable Disorder*

Baseline:	108 (69%)
Post Intervention:	11 (10%)
12-month:	11 (8%)
24-month:	26 (20%)
5-year:	28 (27%)

Trends for Posttraumatic Stress Symptoms

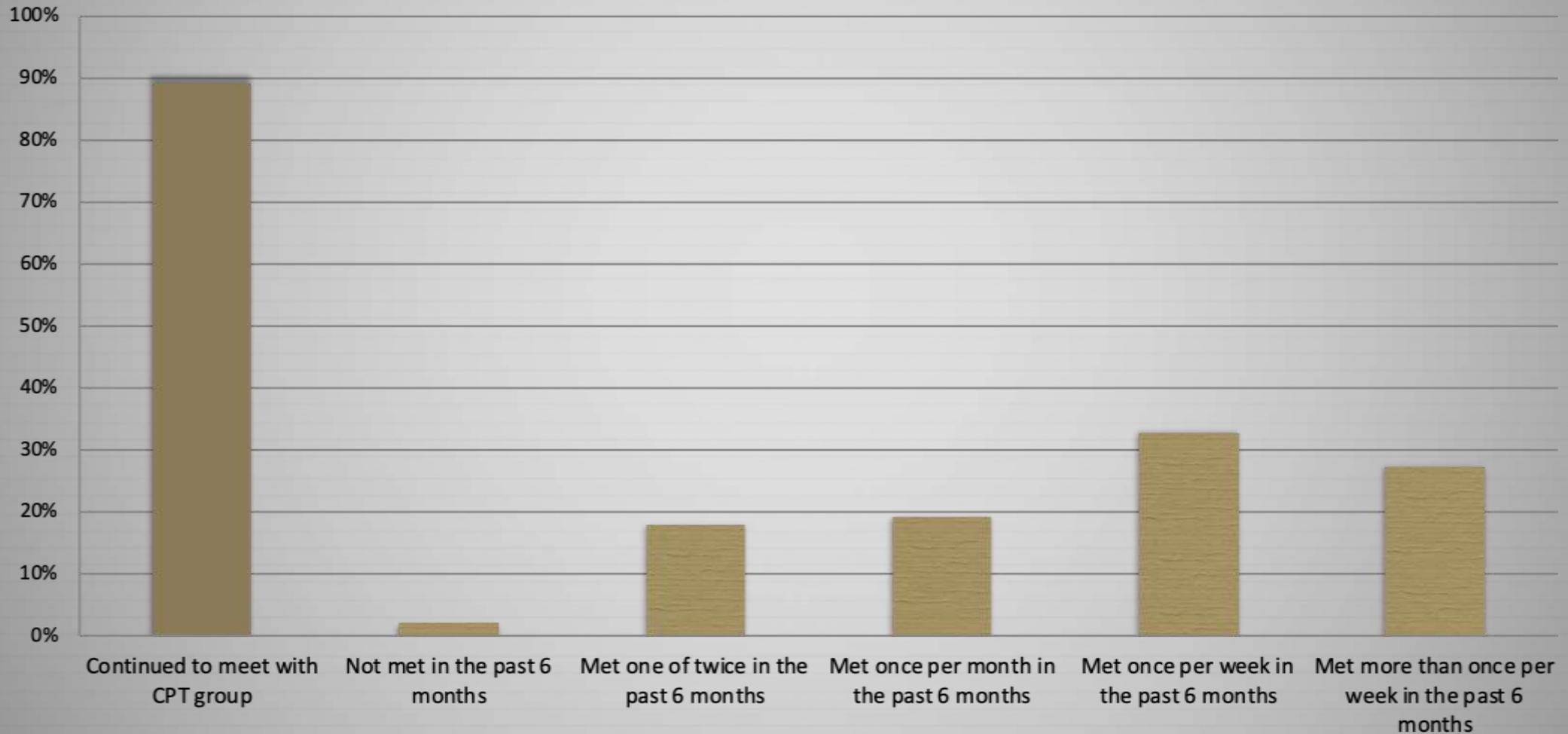
Mean (95% CI) PCL Trauma Scores



Probable Disorder*

Baseline:	87 (45%)
Post Intervention:	7 (6%)
12-month:	10 (7%)
24-month:	19 (15%)
5-year:	25 (24%)

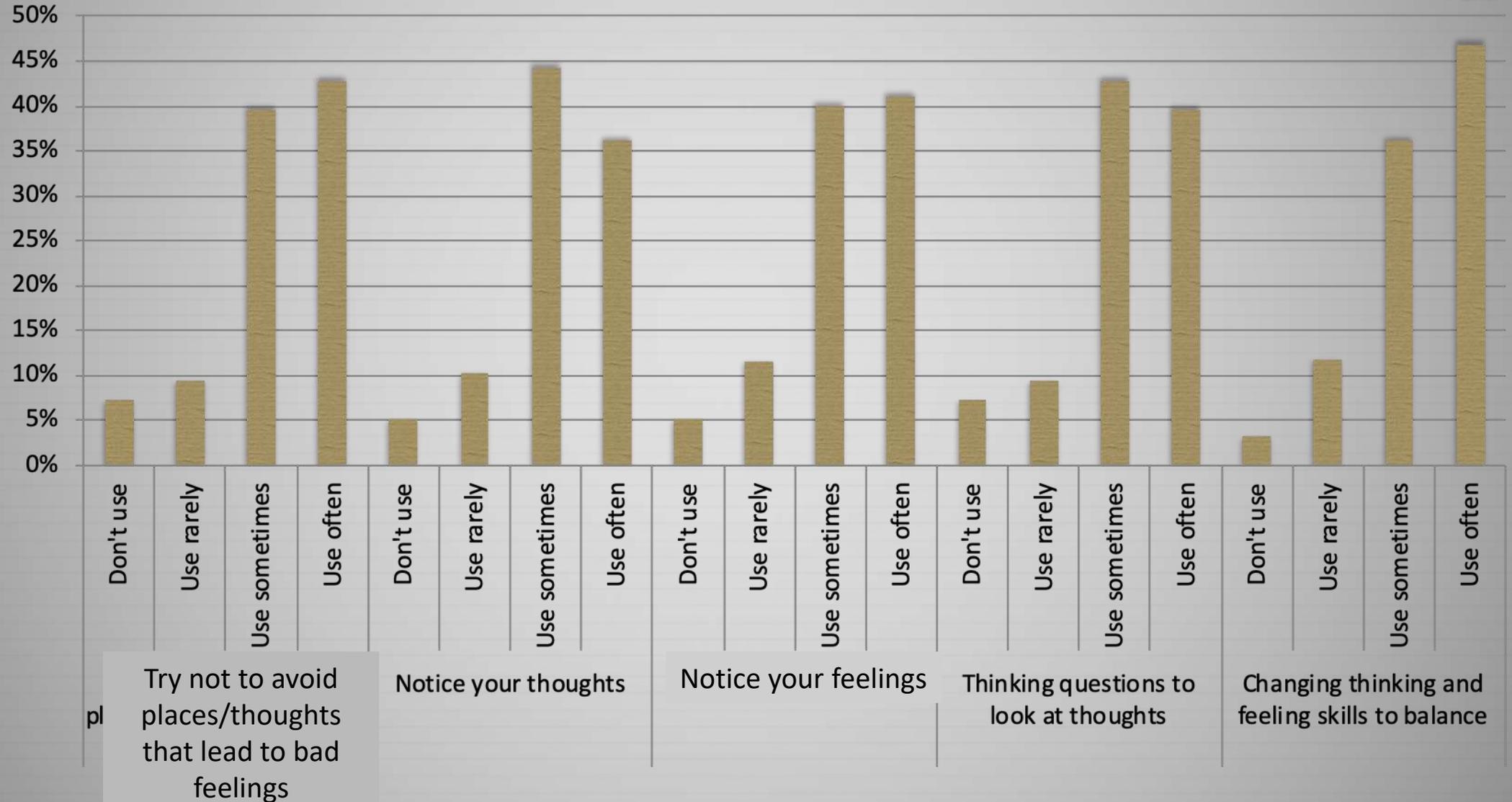
Ongoing CPT Group Meetings



What do they do with their groups?

Activity	Women who meet with CPT groups reporting engagement in activity, n(%)
Discuss your problems	89 (100%)
Discuss your feelings	89 (100%)
Use CPT skills to help each other	86 (96.6%)
Socialize	88 (98.9%)
Microfinance or other income generation	84 (95.5%)

What do they use from CPT?



In the Women's Words

- ✦ *“Once, I thought of that which had happened to me. The whole evening I felt very ill, so I decided to go and refer to the skills I learned in CPT.”*
- ✦ *“The other day, I was in the field, and bandits took everything, promising that they would rape me when they came back. When I came home, I spoke to the director of our community-based organization, and we discussed my situation using the methods learned in CPT.”*

In the Women's Words

- ✦ *“When my kids are annoying me, I often think of abandoning them, but each time I find myself thinking that, I recall that which I learned in CPT, and transform my thoughts to be more positive.”*
- ✦ *“A while ago, I had a lot of thoughts about what had happened to me over and over, and each time that I thought them, they would envelope me and I became very ill. And to calm myself, I'd reflect on the techniques learned in CPT, and in reflecting I was relieved, and I reached composure in spite of the pain.”*

Provider Experiences

- ✦ Interviewed 5 of the original 7 CPT Providers
 - ✦ Investigated what they remember, what they use, what their challenges are.
 - ✦ None currently funded to provide CPT
- ✦ *“In individual counseling, you are attacking the consequences - the result and not the cause. Unlike CPT, [which] helps you face ... the root causes of the problems... naming the thoughts, the ABC sheets and so on.”*
- ✦ *“I have continued CPT in my daily life and from time to time I go back to my CPT modules. I already like it, and I say ‘OK, I have no support, but I will keep using it in my everyday life.’ ”*

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