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

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With Support from Ideas42
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

(NIMH, R01MH085641; PI: Glass; NICHD, R01HD076881; PI: Glass)
• 35% of ever-married women in Nairobi have experienced IPV in the past year
  • 2\textsuperscript{nd} 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

- **Jun-Aug 2017**: Formative Phase
- **Dec 2017**: Pilot Phase
- **Apr-Jun 2018**: Baseline Data Collection
- **Jul-Oct 2018**: 3-Month Follow-up Data Collection
- **Jul-Oct 2018**: In-Depth Interviews with Intervention Participants

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

- June – August 2017
- 9 Key informant interviews
  - 18 community leaders with experience working with IPV survivors
- 6 Focus group discussions
  - 49 female survivors of IPV
- Study Areas
  - Korogocho/Kariobangi
  - Dandora
  - Huruma/Mathare
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.

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

Children are affected by abuse in the home. Even if they don’t see it. If possible, children and be intentional about talking to the children calmly and positively. There are also support groups or counseling services for your children, you can find these by contacting your local government or a community organization.

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 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.

Talking to Children About Safety

- 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 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
Enrollment, screening, consent

Baseline survey

**Intervention**
- myPlan App
- Referrals

**Control**
- Standard safety strategies
- Referrals

3-month follow-up survey

**In-depth interview**
- n~30 subset of intervention participants

Option to complete myPlan app
Study retention

**Overall**

- Screened: 407
  - Ineligible (n=13)
  - Declined participation (n=42)
- Enrolled at baseline: 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: 312; retention=88.04%

**Korogocho**

- Screened: 154
  - Ineligible (n=3)
  - Declined participation (n=6)
- Enrolled at baseline: 145
  - Lost to follow-up:
    - Relocated (n=2)
    - Unable to be contacted (n=2)
    - Unable to come for follow-up (n=9)
    - Asked to discontinue study (n=1)
  - Completed follow-up: 131; retention=90.34%

**Dandora**

- Screened: 132
  - Ineligible (n=2)
  - Declined participation (n=10)
- Enrolled at baseline: 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: 105; retention=87.50%

**Huruma**

- Screened: 121
  - Ineligible (n=8)
  - Declined participation (n=26)
- Enrolled at baseline: 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: 76; retention=87.36%

**Included in analysis: 312**
## Key outcomes & hypothesized direction

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Safety preparedness</td>
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<tr>
<td>Helpfulness of safety strategies</td>
<td>↑</td>
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<tr>
<td>Resilience / coping</td>
<td>↑</td>
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<tr>
<td>Physical and sexual IPV</td>
<td>↓</td>
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<tr>
<td>Danger score</td>
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</table>
Safety preparedness at exit survey

SIGNIFICANT INCREASE

Difference Intervention to Control Coefficient = 1.42; p = 0.03

Model adjusted for baseline decisional conflict
Helpfulness of safety strategies at 3-m follow-up

SIGNIFICANT INCREASE IN HELPFULNESS

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

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
Decisional conflict
DECREASE IN BOTH ARMS

Baseline
Control: 24.2
Intervention: 23.4

Follow-up
Control: 22.0
Intervention: 19.1

P for effect = 0.10

Measure: 12-item adapted Decisional Conflict Scale
Resilience/Coping

DECREASE IN CONTROL
SLIGHT INCREASE IN INTERVENTION

Measure: Mean Connor Davidson Resilience Score

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<thead>
<tr>
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<th>Baseline</th>
<th>Follow-up</th>
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<tr>
<td>Control</td>
<td>19.3</td>
<td>17.3</td>
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<tr>
<td>Intervention</td>
<td>17.8</td>
<td>18.0</td>
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P for effect = 0.06
Physical and sexual violence

DECREASE IN BOTH ARMS

Baseline:
- Control: 12.4
- Intervention: 12.6

Follow-up:
- Control: 9.3
- Intervention: 9.8

P for effect = 0.66

Measure: summary score of Conflict and Tactics Scale-2 Items
Danger score among intervention arm: SLIGHT DECREASE

Baseline: 11.6
Follow-up: 10.8

P between time points = 0.05

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.

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.

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-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

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Quantitative</th>
<th>Qualitative</th>
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<tbody>
<tr>
<td>Safety preparedness</td>
<td>Increased safety preparedness</td>
<td>App was relevant and provided helpful information on safety</td>
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<td>Decisional conflict</td>
<td>Decrease in both arms</td>
<td>Gained important knowledge about available services</td>
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<td></td>
<td>Reduced information-related conflict</td>
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<tr>
<td>Safety strategies</td>
<td>Increased use of helpful safety strategies</td>
<td>Intentional use of de-escalation tactics and temporary leaving</td>
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<td>Appreciated safety strategies tailored to personal situation</td>
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<td>Described that the most helpful strategies related to safety and well-being</td>
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<td>of children</td>
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<td></td>
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<td>Financial independence strategies helped reduce monetary arguments and enable</td>
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<tr>
<td></td>
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<td>basic needs</td>
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<tr>
<td>IPV</td>
<td>Decrease in both arms</td>
<td>App content described as mitigating abuse</td>
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<tr>
<td>Resilience</td>
<td>Borderline significance; favors intervention</td>
<td>Described relief from isolation &amp; stress</td>
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<tr>
<td>IPV-related services</td>
<td>Interaction effect null</td>
<td>Gained important knowledge about available services</td>
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<td></td>
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<td>Felt that IPV-related referrals were relevant</td>
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<td>Gained confidence in discussing violence to obtain support</td>
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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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In partnership with:
Wangu Kanja Foundation
Medecins Sans Frontieres –Lavender House
Peter Ojiambo, Psychosocial and Gender Based Violence Focal Point for Nairobi County
A Tool for Advocates & Providers

**NOT** a replacement for real live expertise