

myPlan App project: An evaluation of a safety decision aid for college-based survivors of dating violence and their concerned friends

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Yeardley Love

1987-2010

www.joinonelove.org

Safety Planning

- **Safety planning is the most widely advocated intervention to reduce DV/IPV, yet the vast majority of women never receive safety-planning services.**
- **Increase young women's access to and use of safety planning, with the opportunity to consider their unique priorities (e.g. privacy, feelings for partner, severity of violence, social support/status, academic success) and level of danger in an abusive relationship.**
- **Young women in abusive relationships most often disclose the violence to a friend, so resources are needed to support friends in providing information on safety**

myPlan App: What is a Decision Aid?

- Useful when the best course of action is unclear
- Guides through available options, potential harms and benefits
- Clarifies personal values allowing individual to determine which factors are most important to them.
- Complements, rather than replaces, counseling and advocacy from a campus provider, health practitioner or local dating violence program

Making Difficult Safety Decisions

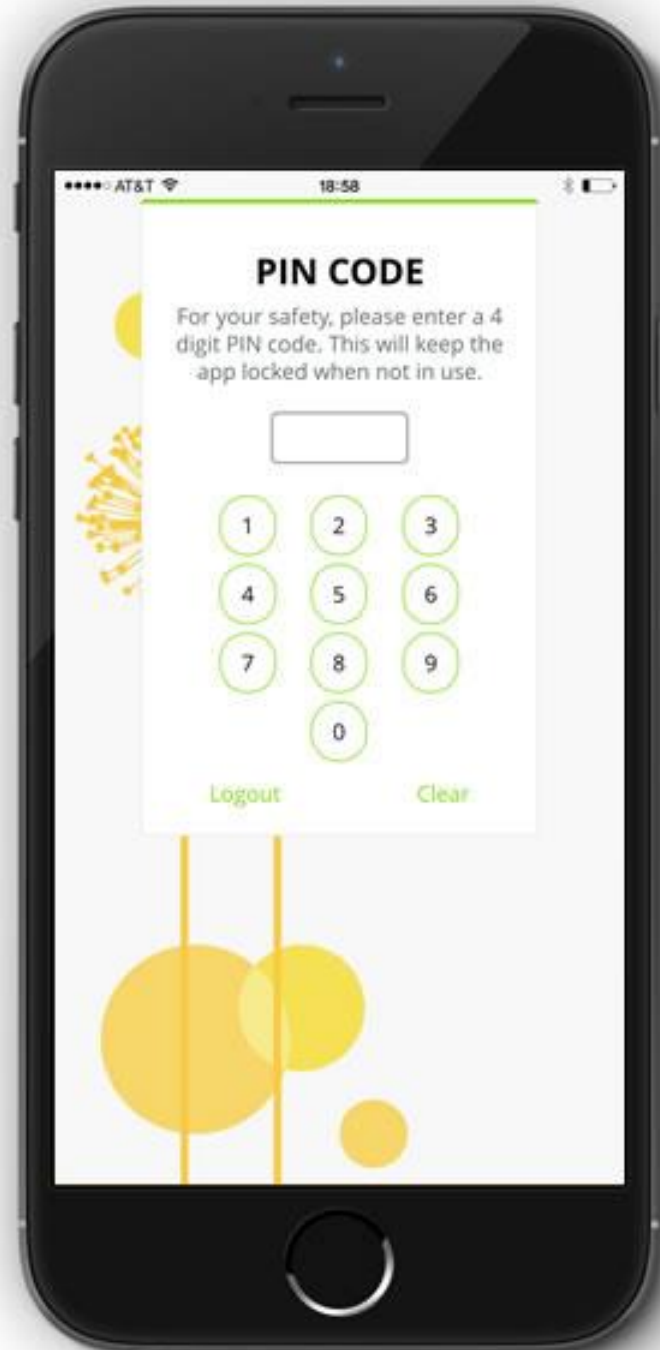
- **Decisions are complex and multifaceted (Dutton et al, 2004).**
- **Planning to leave or have already left an abusive relationship need different safety strategies from those who are planning to stay.**
- **Safety decisions are not linear, but dynamic and change over time (Dienemann et al., 2002, 2003).**
- **Safety decision involves consideration of individual, friends, family, community and social network (Glass et., 2015).**

Our Challenge as Practitioners, Advocates and Researchers

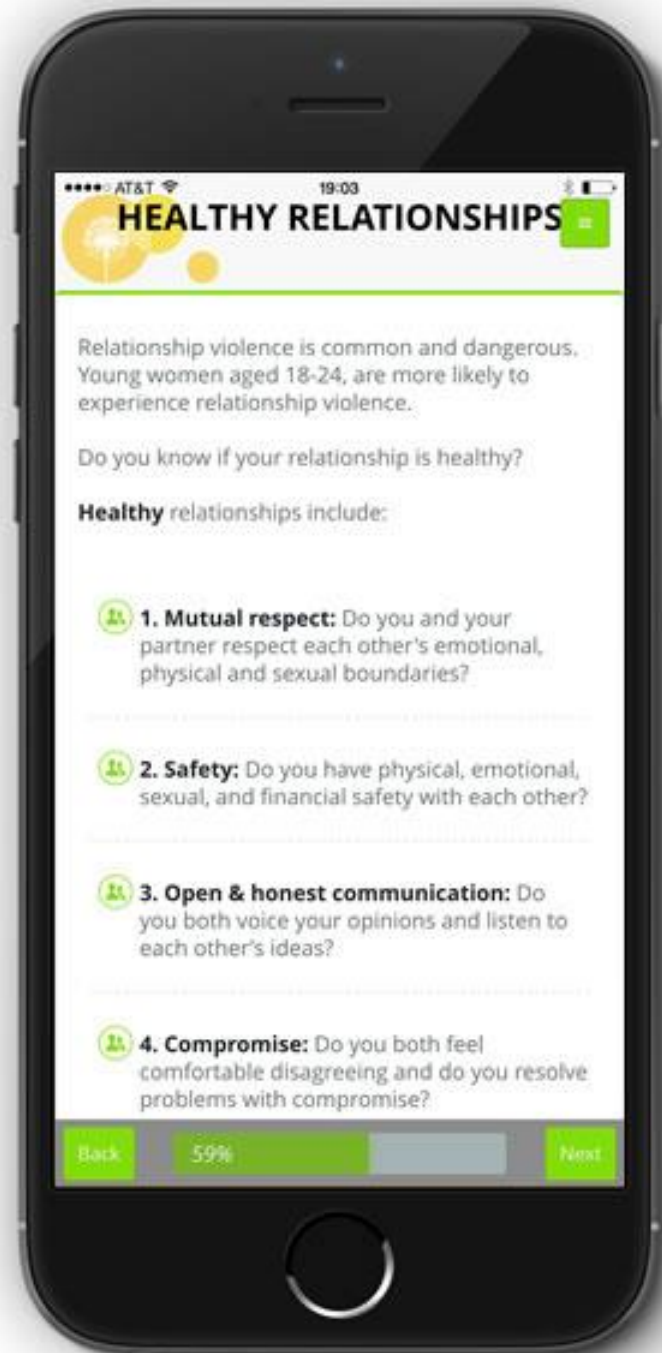
To assist young women and their friends to develop a tailored action plan based on their priorities and level of danger... and to help her/friends adapt the plan when the situation changes.

**myPlan App is a
safety decision aid
for women and
their friends**

**Provides Secure
Access**



Learn About Healthy Relationships and Red Flags



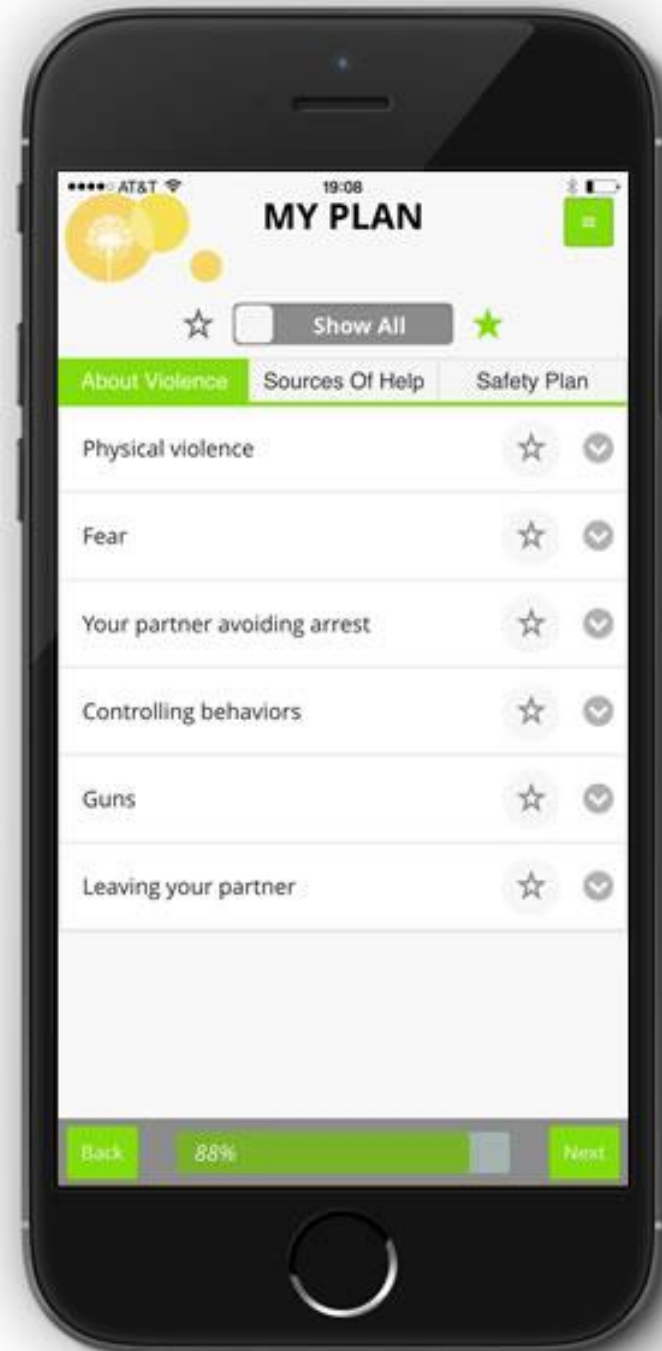
Learn About Risk for Abuse/Violence in a Relationship



Think About Safety Priorities



Develop a Personalized Action Plan for Safety



College Safety Study

(NICHD, R01 HD076881)

- **Test the effectiveness of myPlan app with university/college women's on decisional conflict, safety behaviors and DV/IPV experience compared to women randomized to the control group (a generic DV/IPV resource App).**
- **Test the effectiveness of myPlan app with friends' (male and female) awareness of DV/IPV, decisional conflict, safety behaviors and confidence to intervene compared to friends randomized to the control group (a generic DV/IPV resource App).**
- **Disseminate myPlan app to determine which approaches optimize the reach, adoption, implementation and maintenance of use among university/college students.**
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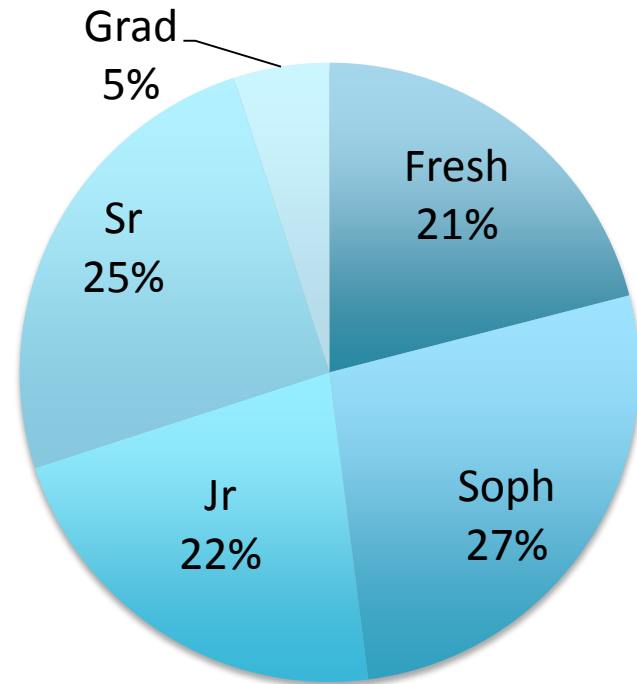
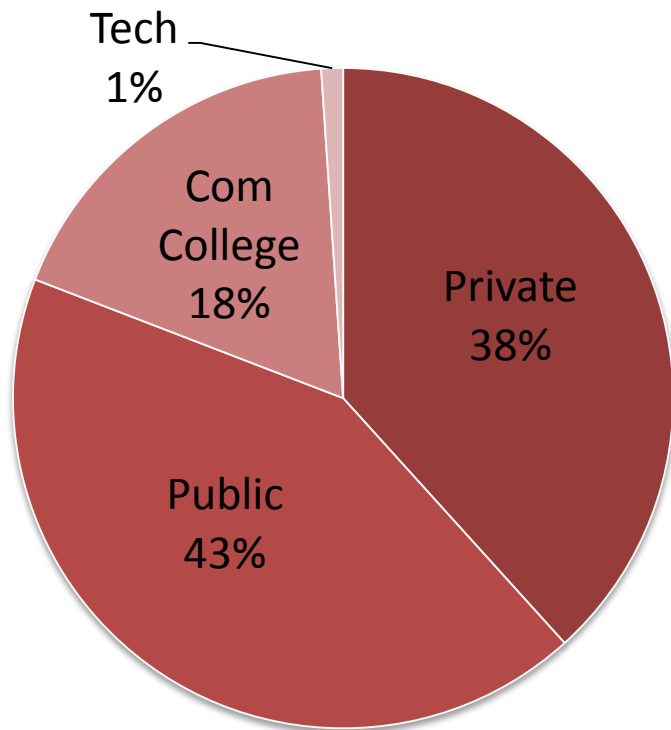
College Safety Study Enrollment

n=642

- **351 SURVIVORS** (women age 18-25 years)
- **291 FRIENDS** (male and female friends age 18-25 years)
- Longitudinal Design: Outcomes assessments over 12 months with intervention/control group
- Currently, 99% retention of participants



FROM 41 CAMPUSES In Oregon and Maryland



Average Age = 21

4% have children

<u>White</u>	<u>60%</u>
<u>Af. America</u>	<u>18%</u>
<u>Asian/Pacific</u>	<u>13%</u>
<u>Native Am</u>	<u>1%</u>
<u>Multiracial</u>	<u>10%</u>
<u>Other</u>	<u>5%</u>



“I just wanted to say thank you for opening my eyes to the right type of relationship I need to be in and not the hurtful relationship I have been in. I have left my ex and have had no contact with him in a while. I'm eternally grateful for this study.”

“The app creates awareness and may open the door for communication between friends.”

Public Version of myPlan App

- **myPlan App** download for free
 - iTunes
 - Android
 - Adapted from findings from multi-state trial (Arizona, Missouri, Maryland, Oregon)
 - Women/friends 18 years and older
 - Specific options for young women (18-25) and their friends