Developing Novel Caregiver-Adolescent Dating Violence Prevention Program for Primary Care



Engaging Together for Healthy Relationships

ETHR
ENGAGING TOGETHER FOR HEALTHY RELATIONSHIPS



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FUTURES WITHOUT VIOLENCE

50 YEARS OF Women's Center & Shelter of Greater Pittsburgh

Funded by National Institutes of Health (R21HD109627), UPMC CHP Children's Trust Grant, CTSI pilot grant, and UPMC CHP RAC grant

Dating violence prevention intervention for caregivers and middle school age adolescents to be delivered in pediatric primary care



How did this study come about?





Adolescent Relationship Abuse on Social Media



Dating on Social Media

- “Hard launch”
- Posting expectations
- Constant contact via social media
- Unfollowing or blocking exes

ARA on Social Media

- Activity monitoring
- Location tracking
- Sharing fights
- Contacting strangers
- Examples of ARA from influencers

ARASM Education

- Healthy role models
- Dissemination on social media
- Education around trusted adults
- Utilize influencers

"I know somebody whose significant other has access to their social media account, so they kind of monitor what that person is doing... that’s not a healthy relationship, and he’s just controlling her out of his own insecurity"

Mickievicz et al., under review

Social Media Coercion & ARA

Social media coercion & ARA in a national sample of adolescents

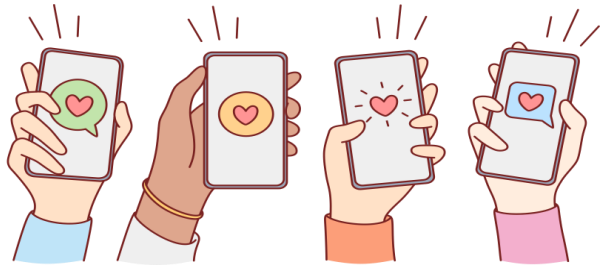
Nearly 1 in 4 (23.9%) experienced social media coercion

Over 1 in 5 (21.4%) reported experiencing ARA

ARA was significantly associated with greater odds of experiencing social media coercion (AOR=15.9; CI: 6.51-39.31)

Active social media use associated with greater odds of experiencing social media coercion (AOR=1.31, 95% CI: 1.04-1.64)

Frequent use of **Snapchat, Facebook, and X** significantly associated with greater odds of experiencing social media coercion





Engaging Caregivers:

Parents and trusted adults are critical to preventing ARA and supporting young people who are experiencing ARA

Khetarpal, 2021; East, 2015; Latzman, 2015; Rothman, 2011; Image by Angelica Escobar

Help seeking sources for economic abuse



Positive help-seeking intentions	
Parent or guardian	682 (43%)
Friend	561 (35%)
Sibling or other family member	532 (34%)
Teacher or school counselor	384 (24%)
Someone I work with	141 (9%)
Other school personnel	120 (8%)
Clergy/religious leader	109 (7%)
Extracurricular, cocurricular, club director, or coach	117 (7%)
Neighborhood or other community member	98 (6%)
Phone or chat line	89 (6%)

Scott et al., 2024

“[Conversation about dating are] not happening, and I think it should because dating relationships are really common. It’s important to know how things should be and shouldn’t." - Adolescent

"I think actually the hard facts of the difference in terms of dating violence… is something that people need to hear. I think they need to understand why it's so important." -Parent

“it's really important to… start talking about this now with your teen and talking about expectations and relationships, talking about open communication and then keep those lines of communication open.”
- Health Care Provider

“For my parents, I think they should know what is the relationship norm nowadays, how that compares to healthy and unhealthy relationships - Adolescent

Parental monitoring



- Higher levels of parental monitoring **inversely associated** with ARA (aOR 0.62, CI: 0.52-0.74) and sexual assault (aOR: 0.75, ci: 0.66-0.86)
- IPV **inversely associated** with parental monitoring among plurisexual adolescent pregnant participants (aOR: 0.51; CI: 0.32-0.82)

Khetarpal et al., 2021; Ragavan et al., 2024

Why Primary Care?

- Healthy relationships and preventing ARA are part of the regular well-child visit **but there is not much guidance for clinicians for resources**
- **Engaging caregivers in health education is incredibly challenging**
- Review of 17 sexual and reproductive health interventions, only **1 included components on ARA and only 2 included parents**
- Adolescents, caregivers, and clinicians **noted ARA is important to discuss in primary care, but limited resources are available**

Khetarpal et al., 2023; Tiffany-Appleton et al., 2023

Formative Interviews



Need for intervention

"**It will open the door to help parents** who cannot connect with their kids or don't understand" - Caregiver

“I hope I know [ARA] when I see it…It’s hard to put it into clear words. **It would be nice to have something that’s… reproducible and more evidence based to use**” - Health Care Provider

Potential challenges

"The **together aspect for my kid might be problematic**… [They'd] probably prefer to have any information given to [them] without me there. " - Caregiver

“**We get 20 minutes to see patients**…it’s a hard challenge to address without massive health system reimbursement changes” – Health Care Provider

Tiffany-Appleton et al., 2023

Intervention Development Sessions: Methods



8 Community Collaborative Meetings

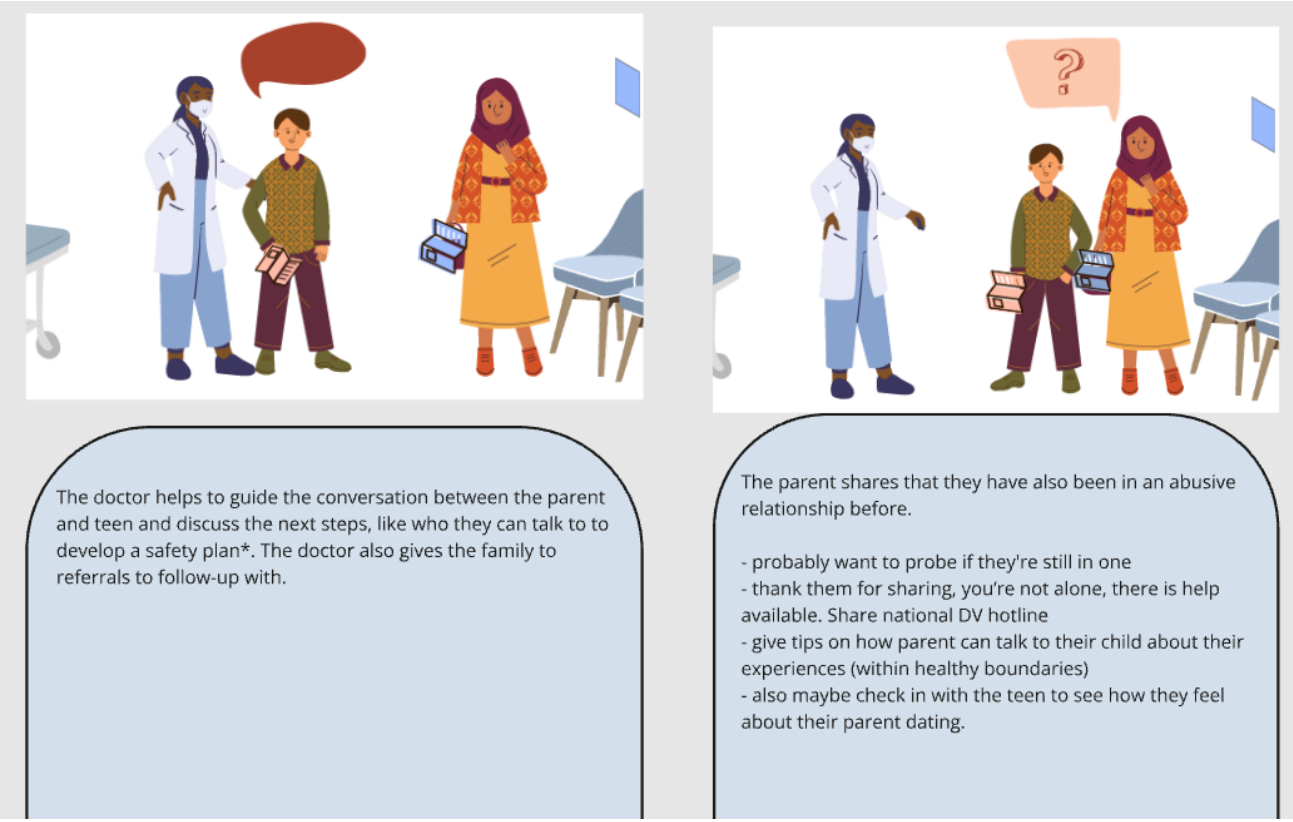
Materials Development

Provider and Advocate Review

Community Review (3 synchronous meetings, 4 asynchronous surveys)

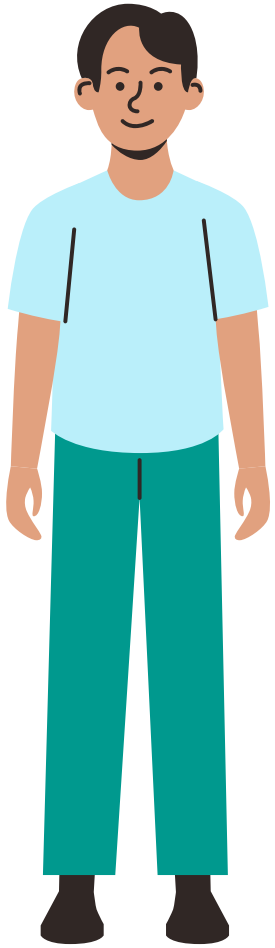
Materials Finalizing

Intervention Development Sessions: Activities



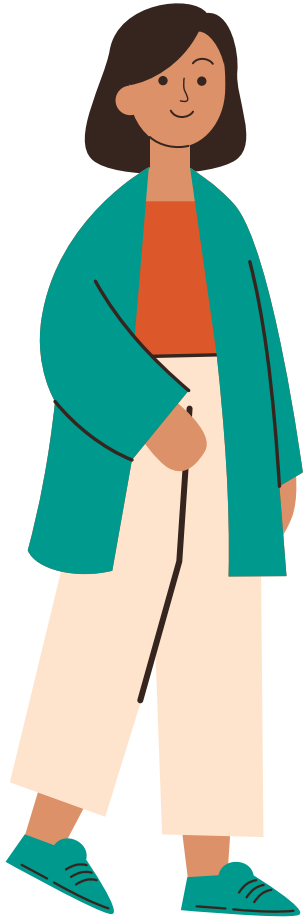


Intervention Development Sessions: Results



Adolescent Priorities

- “Not cringe” content
- Confidential conversation with their provider
- Up-to-date information that includes how ARA manifests currently

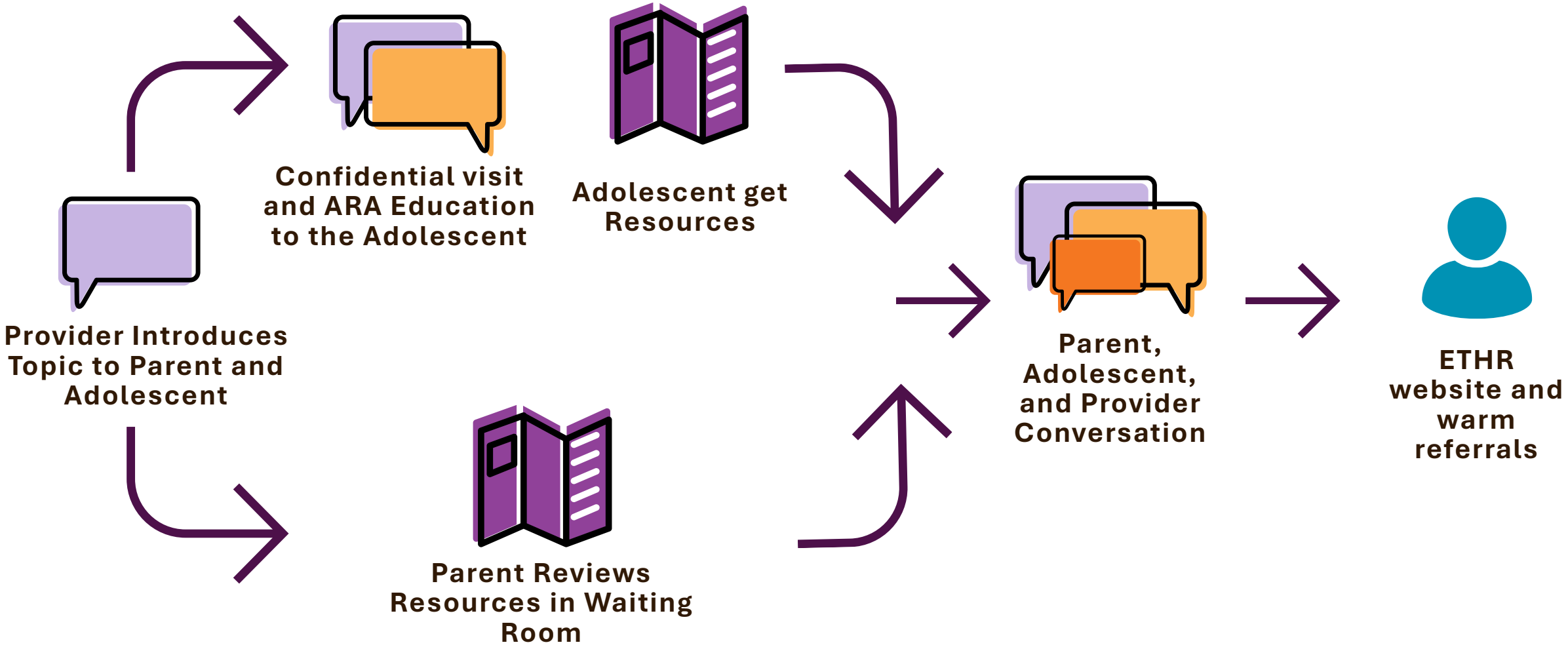


Caregiver Priorities

- Affirming support for teens and caregivers who have experienced violence
- Conversation starters and guidance
- Shareable resources

Ragavan et al., Under Review

ETHR Intervention

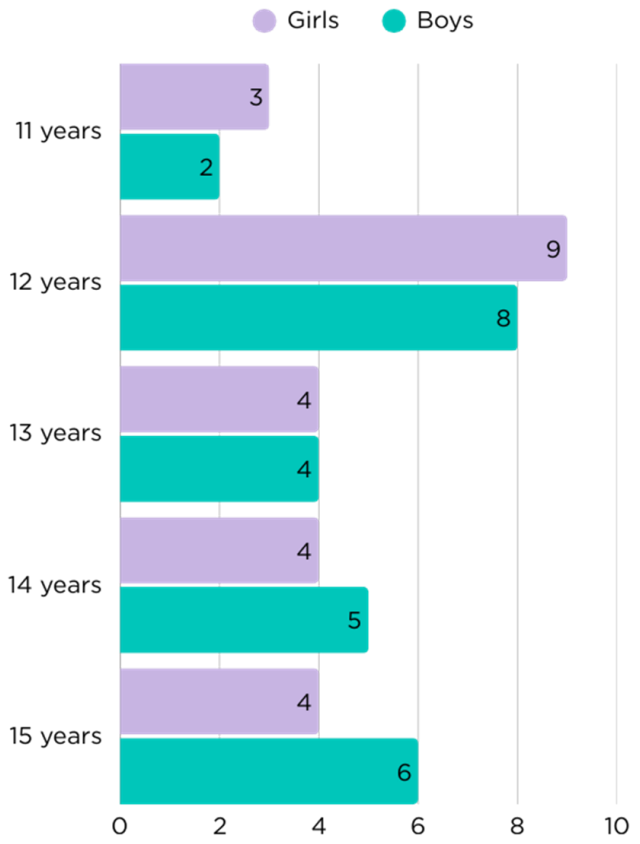


ETHR Pilot Trial Results: Demographics

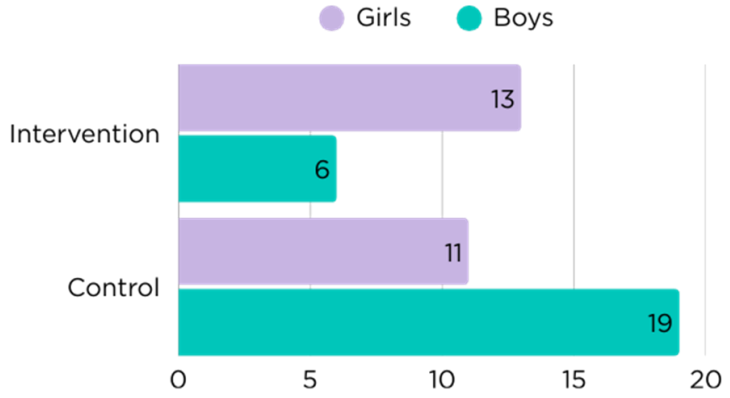
4 providers, 49 teens, and 47 parents participated in the ETHR pilot trial.

32 Intervention families
17 Control families

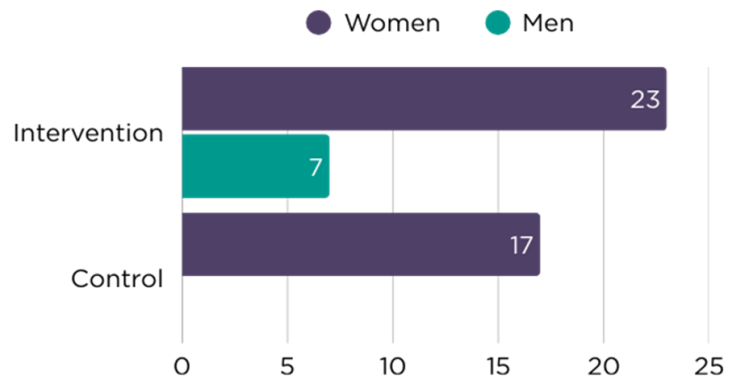
Adolescent Age



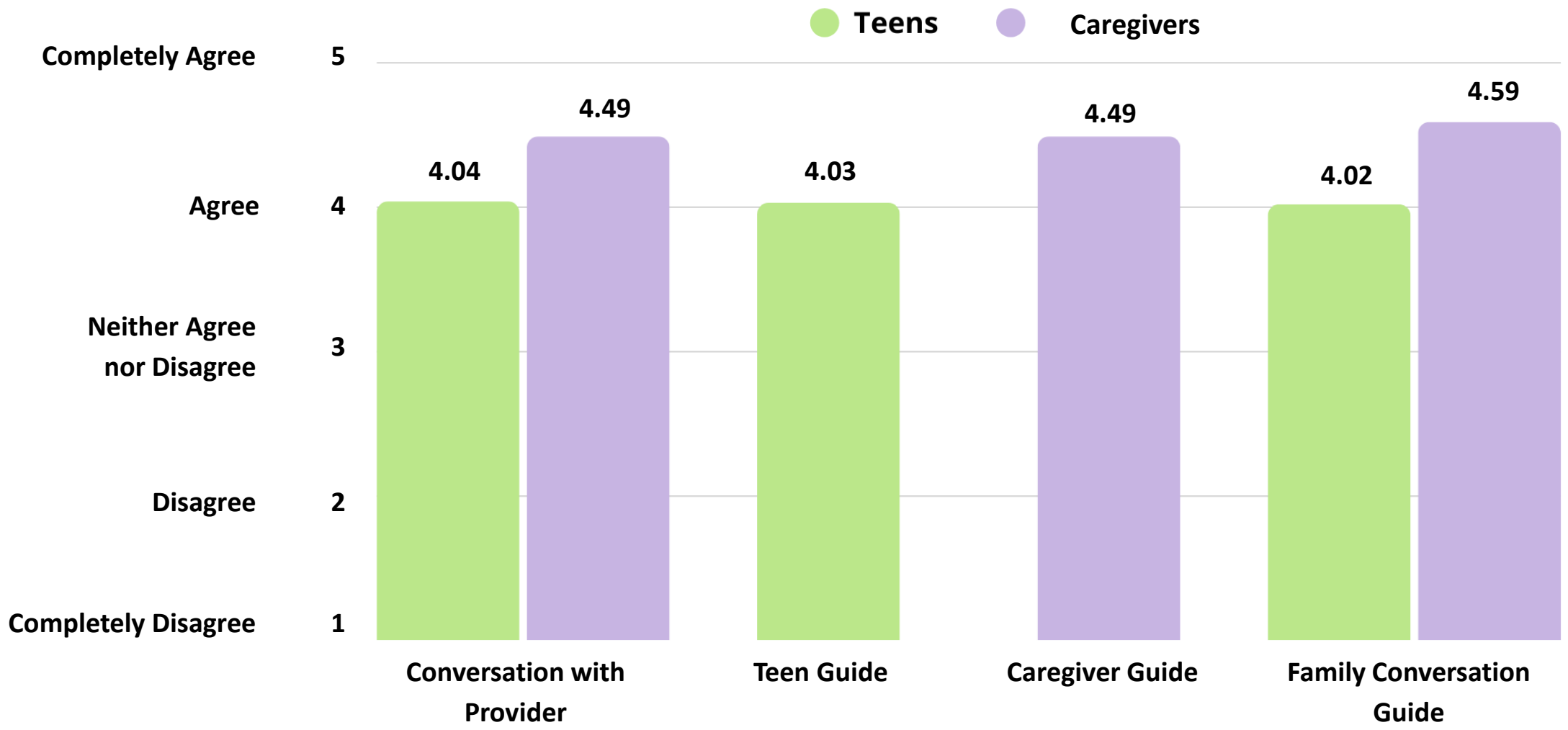
Adolescent Gender



Caregiver gender



ETHR Pilot Trial Results: Acceptability



ETHR Pilot Trial Results: Fidelity

- ETHR was delivered in **97% of visits**
- Caregivers attended and received ETHR materials in **93% of visits**
- **55% of caregivers** reviewed their resource guide in the waiting room
- **75% of adolescents and caregivers** reviewed their resource guides
- **⅓ of adolescents and caregivers** reviewed between 1-3 months or reviewed the website

ETHR Pilot Trial Results: ARA Discussions During the Visit

Figure 4a: Adolescent and caregiver engagment during adolescent well-visits

Adolescent Engagement	Talked about healthy relationships	Talked about unhealthy relationships	Received paper resources	Learned how to find help for ARA	Disclosed ARA experience	Received a warm referral
Intervention	**93%**	**96%**	**93%**	**89%**	**4%**	**4%**
Control	40%	40%	7%	13%	0%	0%

Caregiver Engagement	Talked about healthy relationships	Talked about unhealthy relationships	Received paper resources	Reviewed resources in waiting room	Learned how to find help for ARA	Disclosed IPV experience	Received a warm referral
Intervention	**93%**	**93%**	**93%**	**55%**	**83%**	**3%**	**0%**
Control	20%	20%	0%	N/A	7%	0%	0%

ETHR Pilot Trial Exploratory Outcomes: Caregivers

Increase in self-efficacy in intervention group [3.16 vs. 3.44; pd 0.26 CI: 0.04, 0.49; p=0.02] but not control group [3.33 vs. 3.54; pd 0.22; CI: -0.2-0.63; P-0.29]

Increase in caregiver-adolescent communication in intervention group [0.95 vs. 1.63; pd 0.68; CI: 0.41-0.96; p<0.001] but not control group [1.13 vs. 1.36; pd 0.24; CI: [-0.06-0.55]; p=0.11]

Increase in dating rule setting in intervention group [0.84 vs. 1.23; pd: 0.39; CI: 0.12, 0.67; p=.006] but not in the control group [1.15 vs. 1.19; pd: -0.004; CI: -0.29, 0.28; p=0.97]

ETHR Pilot Trial Exploratory Outcomes: Adolescents

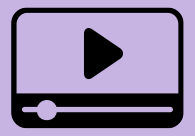
Increase in adolescent-caregiver communication around ARA for intervention group (0.84 vs 1.23; pd 0.39; [95% CI 0.12, 0.67]; *p*=0.006) but not in control group (1.15 vs. 1.19; pd -0.004 [-0.29, 0.28]; p=0.97)

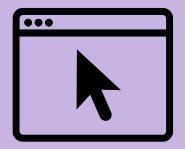
Mickievicz et al.,
Revise and Resubmit

ETHR 2.0: Clinician components

BEFORE VISIT

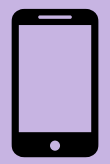
Provider Training


Video training

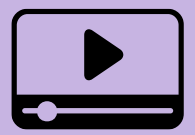

Website


Podcast


Interactive case training


7taps intervention summary

Patient introduction video



DURING VISIT

Educational Conversation


Introduction


Confidential conversation


Wrap-up

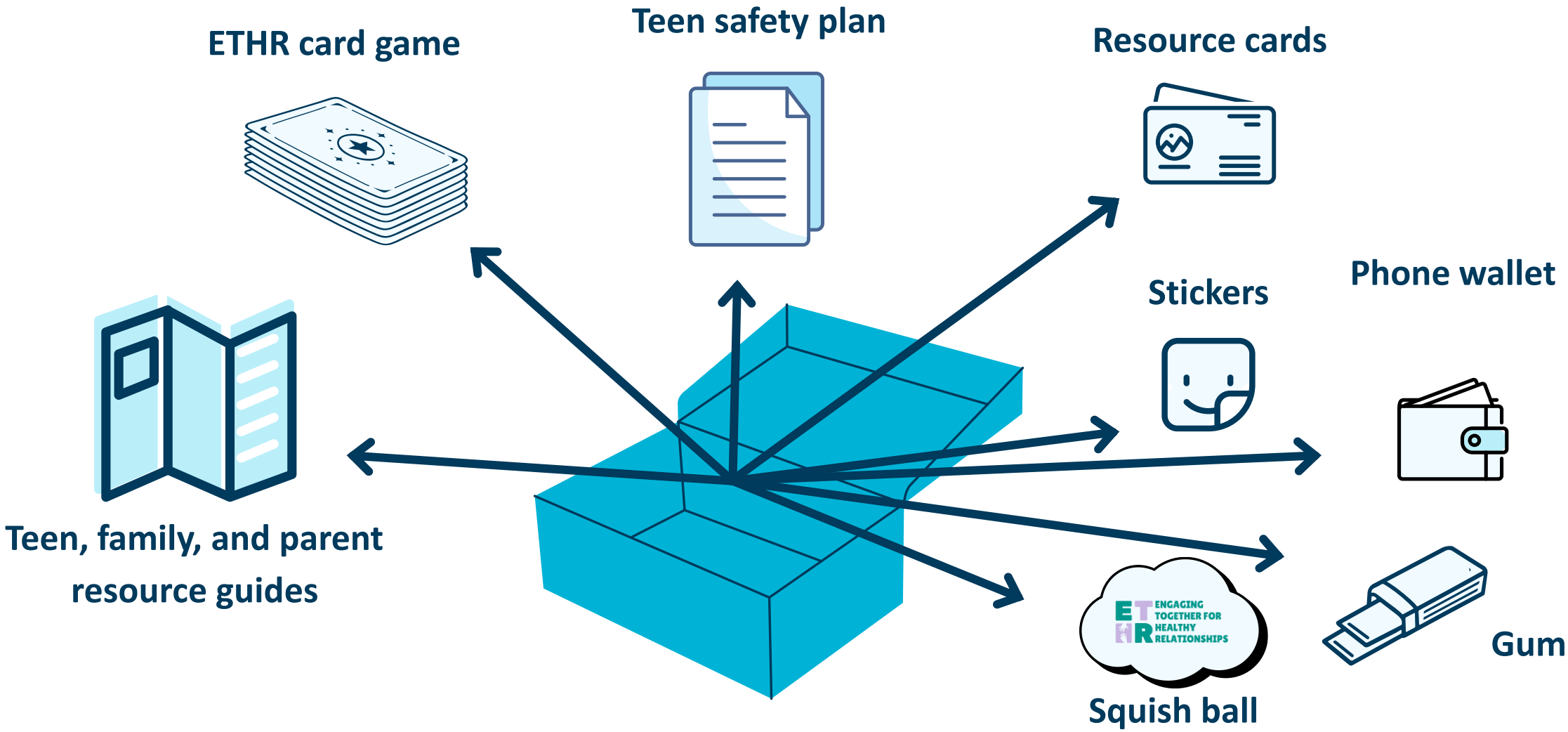

Disclosure scripts


Warm referrals

Resource box



ETHR 2.0: Take Home Box

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Relationship Violence Resources & Crisis Support
"How do I talk to my friend about their partner?"
"I have a question about my relationship."
"I'm worried about my friend or family member."
"I think my partner is abusive."
If you or your friends have questions like these, try one of the 24/7 hotlines for support and advice from violence prevention advocates.
Love Is Respect (Teens and young adults)
Call: 866-331-9474
Text: "LOVEIS" to 22522
Chat: loveisrespect.org
National Domestic Violence Hotline
Call: 1-800-799-7233
Text: "START" to 88799
Chat: thehotline.org
Healthy Relationships
Tips and Tools for Teens and Preteens
Personal Safety Plan
Relationship Safety Plan
THE GAME
Dating Tools and Tips For Teens and Families

ETHR 2.0: Follow Up Materials for Families

AFTER VISIT

ETHR Website Access

Two 7 taps

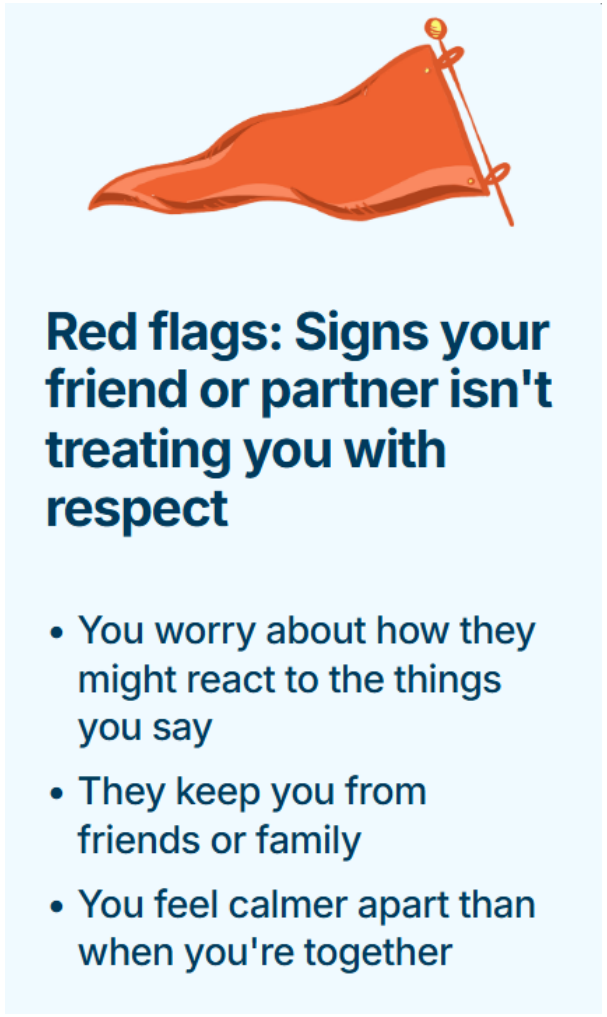
Six follow-up text messages

Unboxing video

Conversation starters

Resources





Next steps and Considerations

- Currently completing a **multisite pilot trial in Pittsburgh and Kansas City** to test ETHR 2.0
- Building workflows **to include caregivers** as part of primary care visits
- Developing caregiver-adolescent ARA prevention interventions which are **tailored for specific communities**
- Developing **resources with are interactive**
- Creating and testing caregiver-adolescent interventions **on other topics (apart from dating violence)**

Ongoing Dyadic Interventions







ONWARD

Juntos

FLARE

Funded by the National Institutes of Health (R01DK142766; Vajravelu, Ragavan; K23HD104925) and the Office of Violence Against Women

Questions?
Reflections?

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COMMUNITY INTEGRATED RESEARCH FOR CARE AND LANGUAGE EQUITY

