Intimate partner violence, Transtheoretical model

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Health Behavior Change at the Individual, Household and Community Levels 224.689
Violence
Violence: Three (of many) views

- An important public health problem
  - Physical injury
  - Death
  - Psychological effects
- A routine punishment in the legal system of the private domain in many settings
- An alternative perspective on behavior change
## Legal/moral systems in the public and private/domestic domains

<table>
<thead>
<tr>
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<th>Public domain</th>
<th>Private domain</th>
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<tbody>
<tr>
<td><strong>Origin of rules and laws</strong></td>
<td>Rulers, parliaments, courts</td>
<td>Culture/tradition, household head</td>
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<td><strong>Monitoring adherence to rules</strong></td>
<td>Police, civil servants, courts</td>
<td>Household head, elders</td>
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<td><strong>Punishable transgressions</strong></td>
<td>Violence, harm to property</td>
<td>Disobedience, sexual transgressions</td>
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<td><strong>Punishment for transgressions</strong></td>
<td>Fines, jail/prison, capital punishment, deportation</td>
<td>Withhold money, food, resources; expulsion; violence/IPV</td>
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Violence as part of an alternative perspective on behavior change

**Our perspective in this class**
- Behavior change should be voluntary
- If people are well-informed, they can make their own choices
- Coercion has no part in behavior change interventions

**Common perspective in other settings**
- People need to be told what to do
- People don’t know what is best for them
- “A strong hand” is beneficial: “He who spares the rod, hates his son” (Proverbs 13:24)
Violence as part of an alternative perspective on behavior change

- This is Question 1 for today’s discussion:
  - Identify one or two settings from the experience of the members of the group where IPV is common
  - Discuss what group members have observed.
  - Looking at Figure 3 in Jewkes 2002, which of the various factors in the diagram do you think made the greatest contribution to IPV? Why?
Intimate Partner Violence (IPV)
What is Intimate partner violence (IPV)?

- Violence perpetrated by one intimate partner (e.g. spouse, boyfriend) against another
- Includes
  - **Psychological aggression** (e.g. insult or swearing at partner or destruction of partner’s belongings)
  - **Physical assault** (e.g. pushing or shoving partner or beating up partner)
  - **Sexual coercion** (e.g. using force to make partner have sex)
Scope of the Problem of IPV

- Prevalence rates of IPV are estimated to be 21% to 55% across studies in clinical care settings and in general population surveys in the United States (Jones et al, 1999)

- Annual IPV rates range from approximately 10% to 25% in the United States (Jones et al, 1999; Coker et al, 2000)

- Results from international population-based studies of IPV have found prevalence rates ranging from 16% to 39%. (Maman et al, 2000; Heise et al, 1995)
Consequences of Intimate Partner Violence (IPV)

- Burke et al. 2004, p 1145
  - Serious physical injuries
  - Depression
  - Other mental and physical sequelae
- Maman et al. 2000
  - Increased HIV transmission
Factors associated and not associated with IPV: Jewkes 2002

**Associated with IPV**
- Poverty
- Heavy alcohol consumption
- Use of violence is a social norm
- Marital status: Type of association varies
- Number of children

**Not associated**
- Age
- Age at marriage
- Living in large or crowded houses
- Living with in-laws
- Rural/urban residence
How is poverty related to IPV?

- Poverty → Stress → IPV
- Poverty → Inability to meet expectations of male role/threats to male identity → IPV
- Poverty → Males have fewer resources or lower status than females → IPV
- Poverty → Alcoholism → IPV
Two key factors (Jewkes 2002)

- Unequal position of women
  - In relationship
  - In society
- Normative use of violence in conflict
This diagram was removed because JHSPH OpenCourseWare could not secure permission for its use.

For the original diagram, see

This chart was removed because JHSPH OpenCourseWare could not secure permission for its use.

For the original chart, see
South African poster aimed at changing attitudes: Jewkes 2002, Fig 2.

YOU’RE ONLY HALF A MAN

IF YOU RAPE A WOMAN

SEX WITHOUT CONSENT IS RAPE. FOR MORE INFORMATION CONTACT nisaa AT 011 854-5804/5
Prochaska’s Transtheoretical Model
Stages of Change

- Originally developed for addictive behaviors

- Individual’s readiness to change or attempt to change toward health behaviors

- Basic premise is that people in different points of the behavior change process can benefit from different interventions
Stages of Change

- **Precontemplation stage** - an individual has no interest in changing because they do not recognize the behavior as a problem.

- **Contemplation stage** - an individual develops an increased awareness of the pros and cons of changing.

- **Preparation stage** - an individual intends to change and has a plan.
Stages of Change cont.

- **Action stage** - an individual is actively engaged in making changes.

- **Maintenance stage** - the desired change has been achieved for some period of time (usually six months) and the individual is taking steps to prevent relapse.
Developing interventions using the Stages of Change

- **Precontemplation**
  - increase awareness of need for change, personalize risk and benefits

- **Contemplation**
  - motivate, encourage to make specific plans

- **Preparation**
  - assist in developing concrete action plans, setting gradual goals
Developing interventions using the Stages of Change

- **Action**
  - assist with feedback, problem solving, social support, reinforcement

- **Maintenance**
  - assist in coping, reminders, finding alternatives
What stage is she in?

- Case One: A pregnant woman is determined to quit smoking for the benefit of her unborn child. She is motivated by her first pregnancy and has determined that she wants a change in her lifestyle. She looks in the yellow pages to find “stop smoking classes”

What stage is she in?

- Case Two: A pregnant woman who is in her third pregnancy and has delivered two healthy children while smoking through previous pregnancies. She has no desire to stop smoking and has never considered giving up tobacco.

Stages of Change: Critiques

- Too descriptive, does not really get into nuances of how people move
- Too linear
- Role of environment limited
Next class

- Read this article, will discuss it in class: