Stages of change, self-efficacy and mental health for women fearful of a partner: Longitudinal changes from a primary care trial (WEAVE)

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Strengthening healthcare systems to promote safety and health of women and families

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Melbourne, Australia
Melbourne in the morning
The artists view of Melbourne
Melbourne by night
Our Locals...
More locals...
The Study
Presentation Outline

• Background to the study
  • Part 1 – Women’s experiences of emergency healthcare
  • Part 2 - Exploring the relationship between self-efficacy and change pathways for women experiencing IPV
• Findings from Part 2
• Discussion and future recommendations
The Study – Part 1
Women’s experiences of IPV related emergency healthcare

Themes:

- Accessing Healthcare: Challenges and Barriers
- Care women need versus care women receive
- Discourses of IPV and the construction of self
- Acknowledging IPV, moving on and re-constructing self

Clinical Implications:

Women experiencing IPV need supportive, empathic and informed care from healthcare staff to enable labeling of their experiences as abusive, and redefine perceptions of their self and self-worth.

- Label experiences
- Receive information
- Redefine self and heighten self-efficacy in order to create change
The Study – Part 2
Exploring the relationship between self-efficacy and change pathways for women experiencing IPV

1. Critical review: Transtheoretical Model (TTM) and use with women experiencing IPV
   I. Identification of common thoughts/behaviours for the 5 Stages of Change (SOC)
   II. Suggestions for use in clinical practice


2. Application of ‘staging’ for 272 women in a cluster RCT (WEAVE)

3. Analysis of factors influencing women’s SOC over 24 months
The Transtheoretical Model

5 Stages of change
- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

10 Processes of change
- Cognitive
- Behavioural

Self-Efficacy

Decisional Balance
- Weighing the Pros & Cons of Change
- Turning Points

Prochaska and DeClemente (1984)
Women’s Goals for Change or Objectives when living with abusive relationships

1. Minimising harm and promoting well-being within a continually abusive relationship
2. Achieving safety and well-being within relationships; stopping the abuse
3. Ending abuse and leaving relationships
WEAVE – Secondary Data Analysis

Multinomial logistic regression on data from a RCT of women seeking primary healthcare who were fearful of a partner (in the 12 months prior to commencing the survey) and answered 2 or more surveys (n=225).

Tools:

Depression and anxiety (Hospital Anxiety and Depression Scale; HADS); cut-off score of 8 = probable/actual anxiety or depression ([Fosså, Dahl, & Loge, 2003; Zigmond & Snaith, 1983]).

Nature and frequency of abuse (Composite Abuse Scale; CAS) ([Hegarty, Bush, & Sheehan, 2005]).

Self-efficacy (Generalized Self-Efficacy Scale; GSE) ([Schwarzer & Jerusalem, 1995]) lower than normal self-efficacy (<30) ([Schwarzer, 2005]).

• Self-efficacy was only measured at the 6, 12 and 24 month time-points.
Methods

Multinomial outcome variables:

1. Always change-related: Always being in change-related stages (preparation/action/maintenance),

2. Ending change-related: Ending in change-related stages, having been in pre-change stages at some point during the study, or

3. Ending pre-change: Ending in pre-change stages (precontemplation or contemplation), women who were always in pre-change stages or ended in pre-change stages. (Comparison Group)

Variables were analysed in multinomial logistic regression across 4 time-points (baseline, 6, 12 & 24 months).

• Individual models & combined models
Findings
Women’s Stage of Change movement over the study

![Bar chart showing the percentage distribution of different stages of change at baseline, 6 months, 12 months, and 24 months. The stages are Precontemplation, Contemplation, Preparation, Action, and Maintenance. The chart includes data points for each stage at the different time points, with a notable increase in Maintenance and a decrease in Precontemplation over time.]
Women’s collapsed Stage of Change movement over the study

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Baseline (n=225)</th>
<th>6 Months (n=192)</th>
<th>12 Months (n=193)</th>
<th>24 Months (n=165)</th>
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<tbody>
<tr>
<td>Pre-Change SOC</td>
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<tr>
<td>Change-Related SOC</td>
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Non Significant findings

- Age
- Children at home
- Perception of Social support
- Australian or OS born
- Intervention/control
- History of childhood physical/sexual abuse
- Wages as main source of income
Baseline
Baseline Findings (comparison = Women ending pre-change)
Depression & Anxiety

• Only women who ended pre-change had median depression scores > 8
• Women Ending change-related: significantly lower depression (AdjOR=0.54)
• Women Always change-related: significantly lower depression (AdjOR=0.36) and anxiety (AdjOR=0.36)

• All groups had median HADS anxiety scores > 8 indicating the majority of women were anxious.
Baseline Findings (comparison = Women ending pre-change)  
Experience of Abuse & Living Status

- Women Always change-related: less likely to experience abuse (AdjOR=0.17) or severe combined abuse (AdjOR=0.17)
- No difference in abuse experiences for women who ended positively
- Women Always change-related were less likely to live with an intimate partner (AdjOR=0.05)
6 months
6 month Findings (comparison = Women ending pre-change)  
Depression & Anxiety

• Always change-related (AdjOR=0.04) & Ending change-related (AdjOR=0.46) women significantly less likely to be depressed (Individual models)

• Women Ended pre-change = higher median depression score (9)

• Women Ending Positively (median depression score 6) and Always change-related (median depression score 5) = not depressed

• Women in all groups continued to have high median anxiety scores (> 8) no significant differences
6 Months Findings (comparison = Women ending pre-change)

Self Efficacy

- Self-efficacy significantly lower in comparison group:
  - Always change-related (AdjOR=1.18)
  - Ending Positively (AdjOR=1.13)

- Women Ending pre-change = median 27 Self-Efficacy
  (<30=low self-efficacy)

- Other two groups median = 30
6 month Findings (comparison = Women ending pre-change)  
Abuse & Living Status

• Always change-related women less likely to be:
  • experiencing abuse (combined model AdjOR=0.18)
  • severe combined abuse (combined model AdjOR=0.22)

• No significant difference in experience of abuse for women who Ending Positively

• Approximately 15% of women Ending change-related had left their intimate partner in the preceding 6 months (although no significant difference)
12 Months
12 month Findings (comparison = Women ending pre-change)
Self-Efficacy, Depression & Anxiety

- Always change-related women showed no significant difference for self-efficacy
- Women who End Positively had significantly higher self-efficacy scores (AdjOR=1.10) - individual model only
- Women End pre-change: only group with low median self-efficacy score (28).
- Women Always change-related or Ending change-related: no significant difference for depression or anxiety.
- Women End pre-change: only depressed group (median 9.5)
- All groups remained anxious
24 Months
24 month Findings (comparison = Women ending pre-change)

Self Efficacy

- Always change-related had higher self-efficacy in individual (AdjOR=1.22) and combined (AdjOR=1.20) models.

- Ending Positively women had higher self-efficacy scores in individual (AdjOR=1.14) and combined (AdjOR=1.13) models.

- Women Ending pre-change had low median self-efficacy scores while the other two groups had median self-efficacy scores > 30.
24 month Findings (comparison = Women ending pre-change)

Depression & Anxiety

- There was no significant difference in depression or anxiety scores
- Women Always change-related had median depression and anxiety scores of < 8
- Women Ending change-related had median depression scores of < 8 and a borderline median anxiety score = 8
- Only women Ending pre-change continued to have a median positive for Anxiety (10) and borderline for depression (8).
24 month Findings (comparison = Women ending pre-change)

Living Status & Abuse

- Women Ending change-related (AdjOR = 0.25) and Women Always change-related (AdjOR = 0.08) were significantly less likely to live with intimate partner.

- 80% of women who Ended pre-change, 53% of women who Ending Positively and 26% of women who are Always change-related were living with their intimate partner.
Summary Key Points

• Depression the only significant difference at baseline between women who moved into change related SOC c/w those ending in pre-change stages
  • SE not measured at Baseline

• Self-efficacy significantly associated with moving to or staying in change related SOC in combined models

• Major shifts occurred at the 6 month & 24 month mark

• Women ending in change related SOC more likely to no longer live with their intimate partner

• Anxiety persisted in all groups until 24 months (women always in change related stages then had ‘normal’ anxiety median)
Thank you