

Effects of an Occupation-Based Social and Life Skills Session on the Strength of Intimate Partner Violence Victims' Generalized Self-Efficacy Beliefs

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INTRODUCTION

- National and global prevalence of intimate partner violence (IPV) has increased and affects all demographics health (Department of Sexual and Reproductive Health and Research, 2021; D'Inverno et al., 2019).
- Lifetime prevalence of psychological abuse for American women is as high as 48—51% (Coker et al., 2000b; D'Inverno et al., 2019; Follingstad & Rogers, 2014).
- 28.8% of women experience either physical abuse, stalking, or sexual abuse (D'Inverno et al., 2019; Smith et al., 2017).
- IPV contributes to victims' development of PTSD, depressive symptoms, anxiety disorders, and lower self-esteem (Dutton et al., 2006; Lawrence et al., 2009; NCADV, 2015; Pico-Alfonso et al., 2006).
- Occupational therapy (OT) is an emerging presence in emergency domestic shelters (Helfrich et al., 2001).
- OT interventions enable recovery from the effects of psychological IPV in the areas of leisure, educational pursuits, social support, employment, parenting, and health management tasks (Javaherian-Dysinger et al., 2015).
- Interventions directed towards self-esteem and social support improve the IPV victims' mental health outcomes for regaining functional independence (Ogbe et al., 2020).

PURPOSE

- The project provided social and life skills content for IPV victims presented during bi-weekly individual/group sessions to influence positive changes in their self-efficacy beliefs.

PROJECT SITE CHARACTERISTICS

- The Autumn House Emergency Crisis Shelter accepts IPV victims 24 hours a day, seven days per week, offering 120 days of housing for up to 8 victims and their children at a time, regardless of their gender or sexual orientation.
- The Autumn House Emergency Crisis Shelter provides lay legal advocacy services, and support services to serve IPV victims in eastern Maricopa County and Pinal County.
- The Autumn House Emergency Crisis Shelter does not currently employ an OT for their program and had not previously had an OT intern prior to this project.

Table 1: Session Topics

Session Topics	Sub-Topics
1. Self-Awareness and Professional Behaviors	<ul style="list-style-type: none"> Strategies for Practicing Self-awareness Self-Awareness Self-Assessment Cognitive Reframing Identifying Stressors and Circle of Control
2. Mindfulness, Meditation, and Spirituality	<ul style="list-style-type: none"> Diaphragmatic/Belly Breathing Deep Breathing Body Scan The Five Senses Exercise Mindful Eating: The Raisin Exercise
3. Self-Care and Leisure Activities	<ul style="list-style-type: none"> Self-Care Inventory Fill Your Own Cup (Self-care Practices) Creating a Self-Care and Leisure Plan Leisure and Hobby Exploration
4. Healthy Relationships and Communication Skills	<ul style="list-style-type: none"> Negotiating Relationships Active Listening Social Support Self-Evaluation Identifying a Social Support System Healthy Versus Unhealthy Relationships
5. Sense of Purpose, Routines, and Habits	<ul style="list-style-type: none"> Evaluating Current Habits and Routines Setting an Implementation Intention Prioritizing Tasks Developing a Habit and Routine Plan

Table 2: Results from GSES survey before and after each session

Client	Session	GSES: Pre-test	Pre-test Perceived Self-efficacy	GSES: Post-test	Post-test Perceived Self-efficacy	Change in Self-efficacy
1	1	17/24	70.00%	18/24	75.00%	5.00%
2	1	30/40	75.00%	31/40	78.00%	3.00%
1	2	33/40	82.50%	34/40	85.00%	2.50%
2	2	28/40	70.00%	29/40	73.00%	3.00%
1	3	39/40	98.00%	39/40	98.00%	0.00%
2	3	32/40	80.00%	35/40	88.0%	4.00%

GUIDING THEORY

- The model of human occupation guided the occupation-based assessment and intervention of IPV victims (Kielhofner, 2008).
- The traumatic bonding theory directed content referring to the strong emotional attachment for the abuser, known as traumatic bonding (Dutton & Painter, 1981).
- The trauma-informed care approach guided interventions addressing victims' trauma (SAMHSA, 2014).
- The Duluth model's power and control wheel provided a visual diagram of abuse patterns to conceptualize abuse tactics for victims (Pence & Paymar, 1993).

METHODS

- The project focused on program development, which included providing in-service presentations to staff for training on continuing IPV programming without a staffed OT (Helfrich & Aviles, 2001).
- The OT project conducted bi-weekly sessions with Autumn House Emergency Crisis Shelter residents focused on social and life skills to influence positive changes in participants' self-efficacy beliefs.
- The community mentor and OTDS selected specific life and social skills to focus on that the residents demonstrated challenges with or that the shelter had not addressed (Table 1).
- The Generalized Self-Efficacy Scale (GSES) quantitatively measured the strength of IPV victims' generalized self-efficacy beliefs pre- and post-session to determine the effectiveness of the OT project's content (Table 2; Schwarzer & Jerusalem, 1995).

DISCUSSION

- The preliminary results tentatively suggest that the OT project has improved self-efficacy beliefs post-session (Table 2).
- The improvement in self-efficacy beliefs indicates that a program focused on developing IPV victim's social and life skills may promote recovery through enhancing functional independence.