A5-2: Testing Counseling and Economic Empowerment to Decrease Partner Violence and Improve Mental Health

Author List:
Presenting Author: Judith McFarlane
Additional Author: Rozina Karmaliani, Saima Hirani, Nargis Asad

Presenting Author: Judith McFarlane
Address: 6700 Fannin
Houston, Texas 77006
United States
Ph: 713 794 2138
Fax:
Email: jmcfarlane@twu.edu
Institution: Texas Woman's University

Additional Author: Rozina Karmaliani
Address: Karachi
Karachi 77006
Pakistan
Ph: not available
Fax:
Email: rozinakarmaliani@aku.edu
Institution: Aga Khan University

Additional Author: Saima Hirani,
Address: Karachi
Karachi 77006
Pakistan
Ph: 0300-8974540
Fax:
Email: saima.hirani.n07@aku.edu
Institution: Aga Khan University

Additional Author: Nargis Asad
Address: Karachi
Karachi 77006
Pakistan
Ph: 0300-8974540
Fax:
Email: saima.hirani.n07@aku.edu
Institution: Aga Khan University
Presentation Preference: Evidence based poster submission

Abstract Categories:
Thematic Areas: Women's Health

Abstract:
Introduction: Partner violence and poor mental health, especially depression, coexist for many women with upwards to 50% of women worldwide reporting some form of intimate partner violence. A strong inverse relationship exists between social position and mental health outcomes with adverse health outcomes two and one-half times higher amongst people in the most disadvantaged social positions.

Method(s): Using Family Stress Theory and empirically tested models of community-based lay delivered supportive counseling, community leaders, lay health workers, and residents were approached to solicit their recommendations for interventions. Responding to community need, the theoretical underpinnings were expanded to include economic empowerment of women. The investigators designed a 3-group randomized trial to assess the differential effectiveness of two community based interventions: An 8-week lay-delivered outreach model of counseling, advocacy, and problem solving skills and an 8-week community-based economic skill building program that includes literacy, job training, and access to employment. Outcome measures of maternal mental health, self-efficacy, and partner abuse as well as child functioning are measured three times over a 12 month period following the 8-week intervention.

Results: A total of 27 women formed the first wave of participants randomized to economic empowerment, counseling, or control. The economic empowerment group significantly increased their self-efficacy and percentage of women gainfully employed. None of the groups differed in depression or abuse scores although the economic skill building group had the lowest levels of depression and domestic violence.

Discussion & Conclusions: This research offers an expanded model for practice based evidence that includes community-based participatory research and expands the potential of economic empowerment to improve mental health, self efficacy, and economic solvency. The link between global health goals and economic empowerment as a nursing intervention will be discussed.

Abstract History:
This abstract has been published or accepted for publication.

Financial Disclosure:
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

FDA Disclosure:
I will not be describing any pharmaceutical and/or medical device.

Non-Exclusive License:
Submitted by: 
jmcfarlane@twu.edu