

Mary Ann Dutton, Ph.D.
Maria Thestrup, Ph.D.
Georgetown University Medical Center

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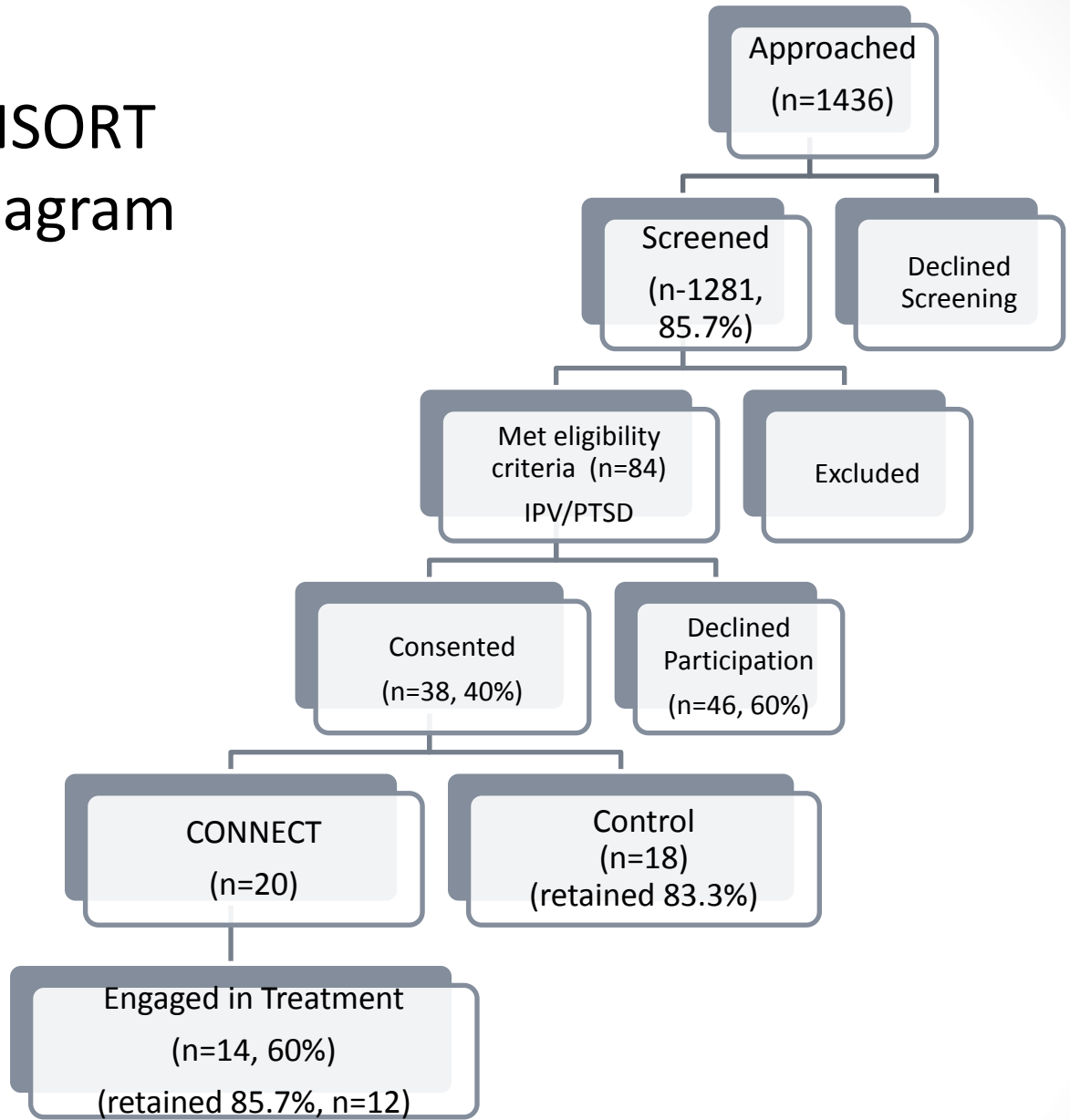
Purpose

- To develop and determine the feasibility of a phone-delivered intervention (CONNECT) for reducing PTSD for low-income minority women exposed to chronic interpersonal trauma.
- To evaluate the preliminary effectiveness of CONNECT in a non-treatment seeking sample for reducing PTSD and related outcomes.

Rationale

- Chronic trauma exposure among low-income, minority women
- Trauma exposure often associated with PTSD and other mental health problems
- Stigma and other barriers limit mental health care for reducing PTSD and addressing trauma.

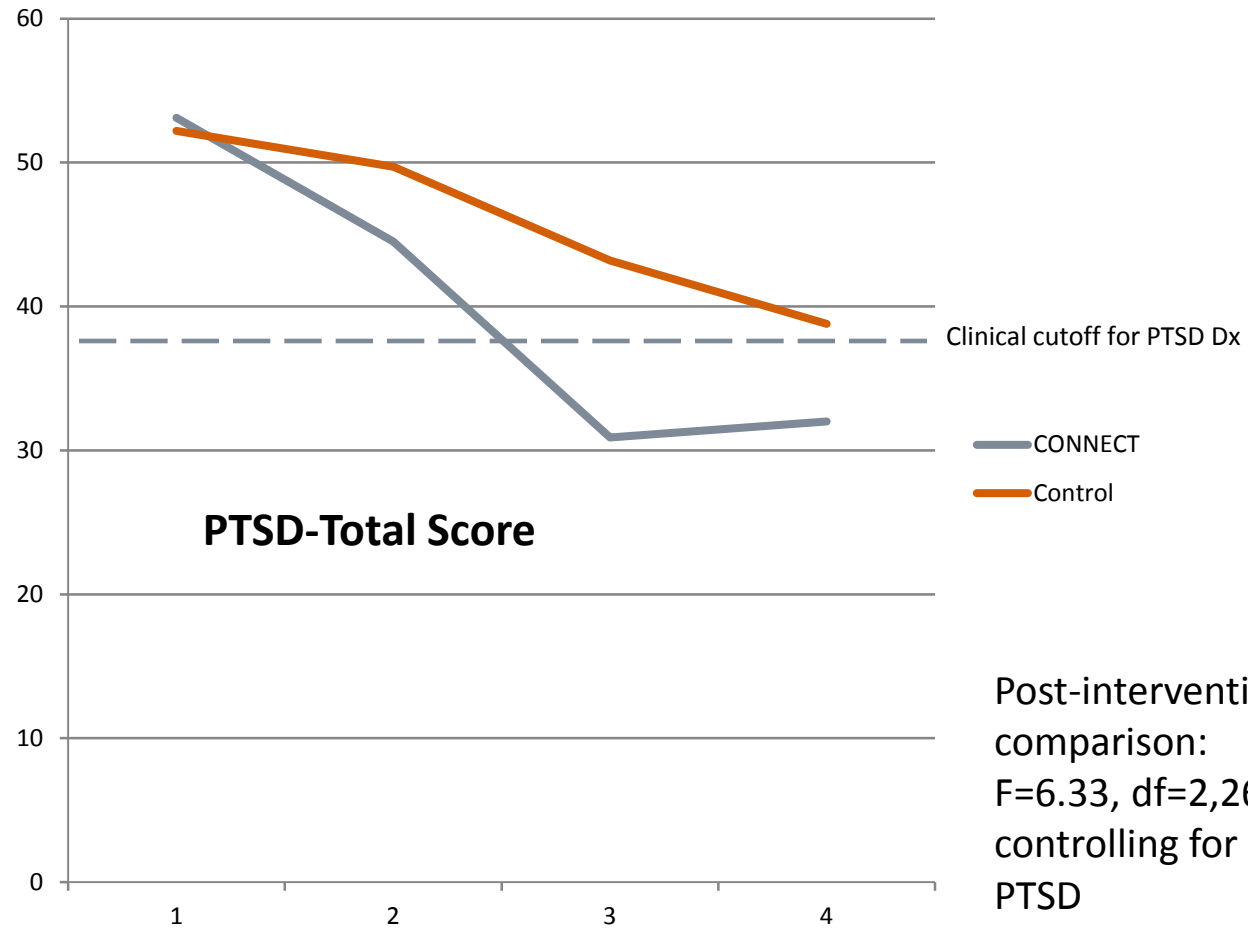
CONSORT Diagram



CONNECT Intervention

- Delivery of intervention
 - Telephone (provided cell phones)
 - 11 weekly sessions delivered over maximum of 20 weeks
 - Interventionists were trained master's level supervised graduate students
- Content of intervention
 - Safety and advocacy
 - Psychoeducation and skills development
 - Anger, self-esteem, sleep hygiene, breath awareness, imagery, stress reduction
 - Trauma-focus
 - Mindfulness awareness and acceptance
 - Behavioral change based on individual values

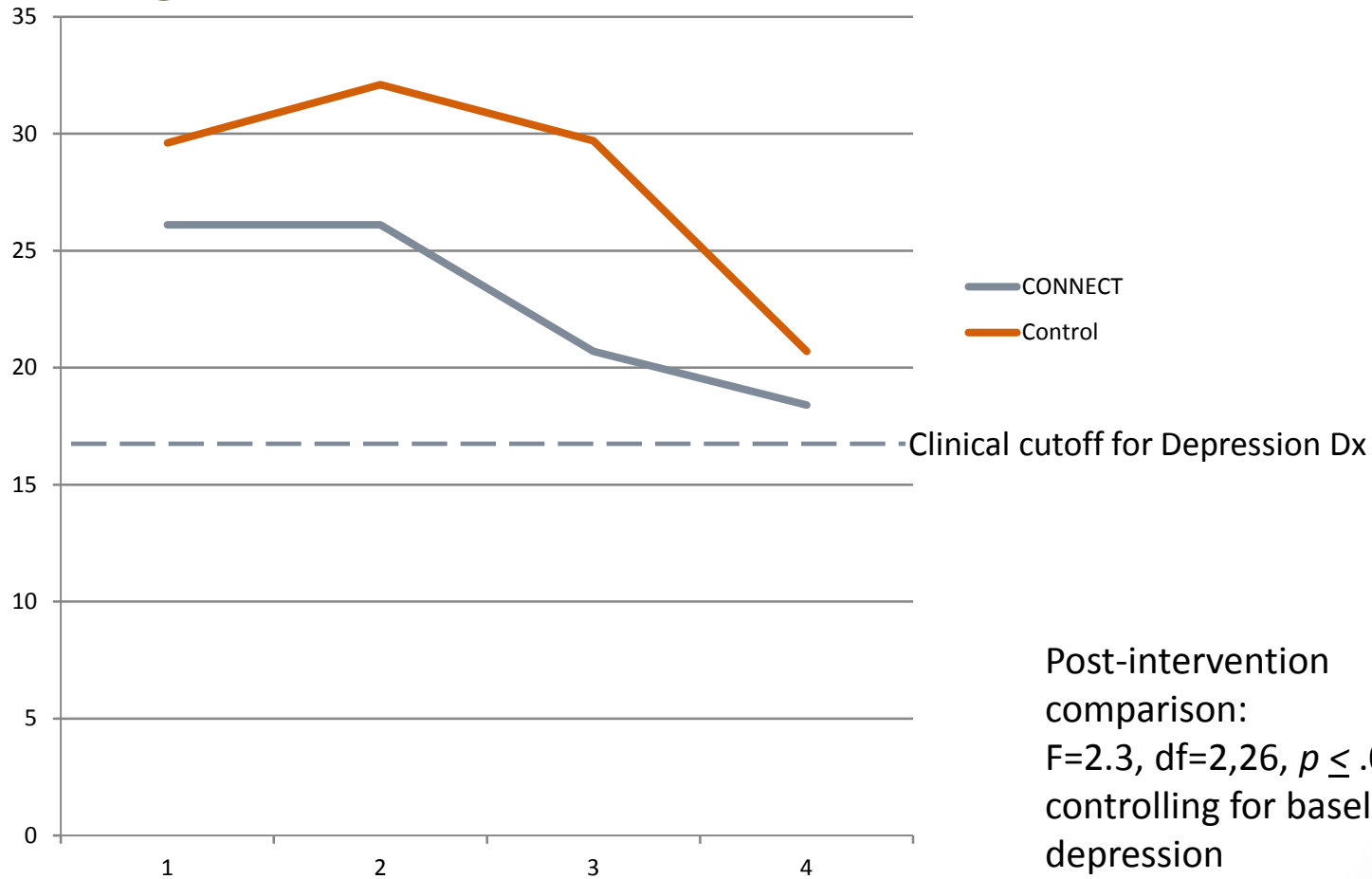
PTSD: PCL Scores over Time



Post-intervention
comparison:
 $F=6.33$, $df=2,26$, $p \leq .02$,
controlling for baseline
PTSD

Cohen's $d = .82$

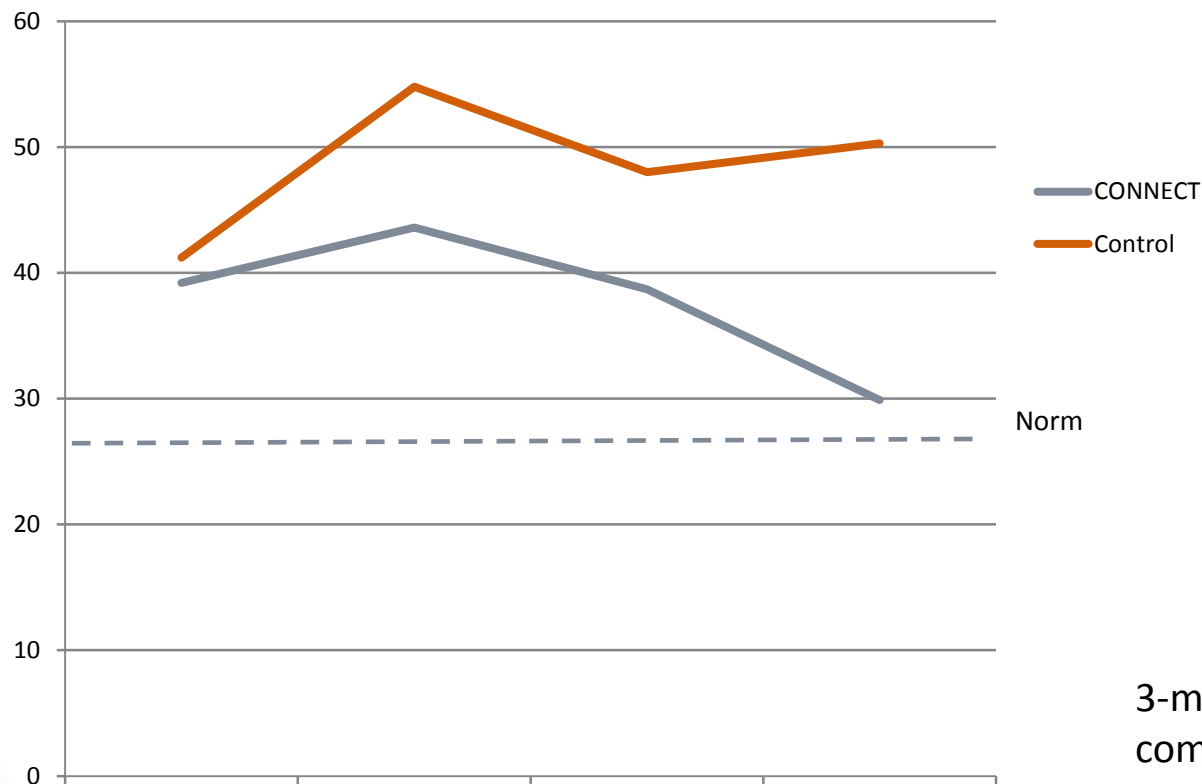
Depression: CES-D Scores over Time



Self-Reported Sleep Problems

(Sleep Index 1 MOS)

Sleep Problem #1

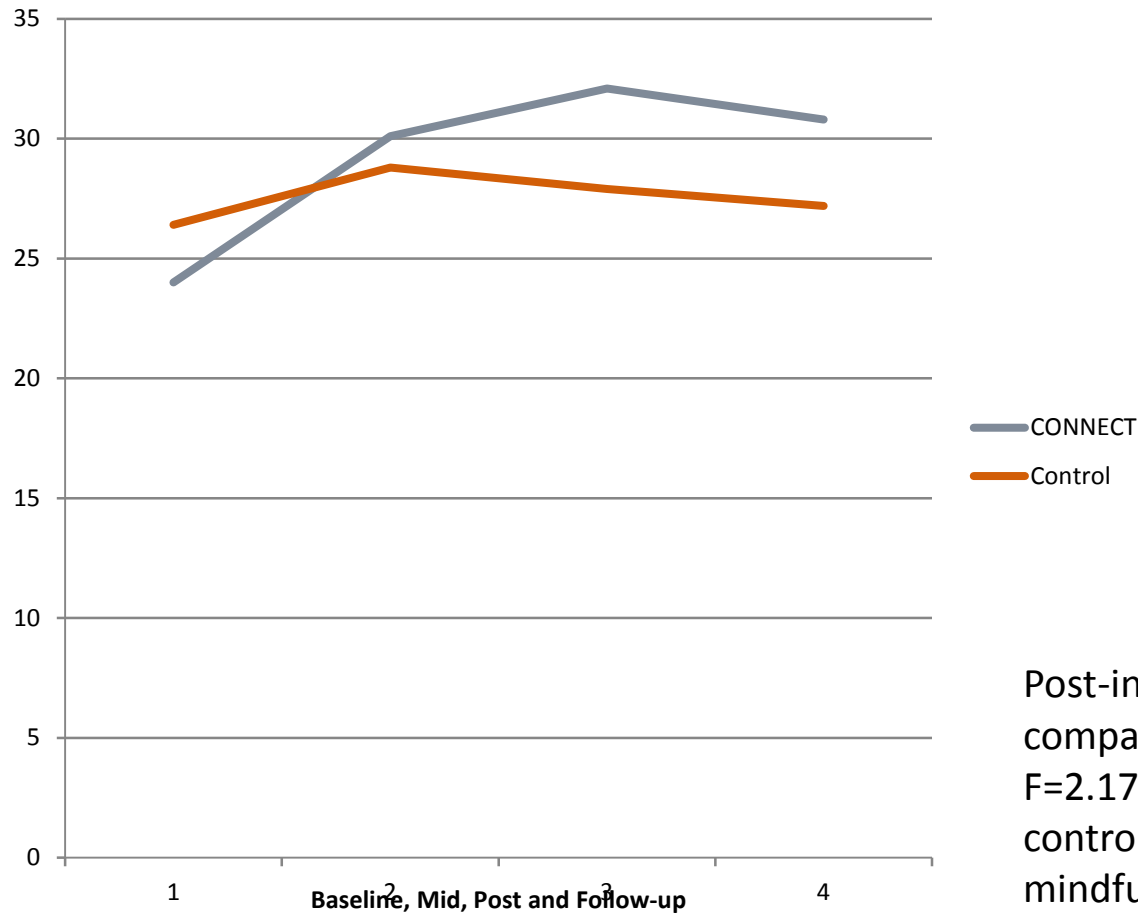


Norm

3-mo. follow-up
comparison:
 $F=6.01, df=2,22, p \leq .02,$
controlling for baseline
levels

Mindful Awareness

(FFMQ, Self, Others, World)



Summary

- Delivery of a telehealth intervention to address IPV and PTSD was shown to be feasible within this sample of predominately African-American women.
- CONNECT intervention showed preliminary evidence for effective reduction in PTSD symptoms to below clinical threshold levels
- Additional evidence for beneficial effects on depression and mindful awareness

Conclusion

- Telehealth is a feasible delivery mechanism for intervention with PTSD and related outcomes among urban predominately African American women with lifetime exposure to IPV.
- A telehealth intervention such as CONNECT may help to reduce mental health disparities in this population
- A randomized clinical trial is needed as a next step to test effectiveness using rigorous methods.