An intervention to reduce sexual violence on a university campus in Ghana: Beta testing of *Relationship Tidbits* at the University of Cape Coast

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Study Team

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Background

• Sexual assault is a significant challenge for universities worldwide, affecting the health and academic success of students

• Sexual violence prevention programs are common at universities in the United States

• These programs are non-existent in Ghana
• Sample: 556 males, 480 females

• Significantly more females than males said they were, “not at all willing” the first time they had sex (41.9% vs. 14.5%).

• Significantly more females than males had ever been forced into having sex (21% vs. 9.9%).

• 126 (26.3%) females and 91 (16.5%) males have had sex either because they were forced or coerced, or when they were “very unwilling”.

Sexual Coercion Among Students at the University of Cape Coast, Ghana

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In 2013 the UCC established the Center for Gender Research, Advocacy, and Documentation (CEGRAD).

CEGRAD began with two faculty focused on:

- Reducing victim blaming among healthcare providers
- Helping survivors access services

There was a recognized need for primary prevention but the infrastructure at UCC did not exist.

After discussions between UM and UCC faculty, the decision was made to adapt *Relationship Remix* using a systematic process to make it culturally & contextually applicable.

- ADAPT-ITT framework (Wingood & DiClemente, 2008)

Focus Group Discussions

Cognitive Interviews

Production of Program

First round of beta testing - March 2016

Production of second round of program - Aug 2016

Second round beta testing - Sept 2016

Integration - March 2017

Facilitator Training

Production of Program - March-April 2015

Topical Expert Review - May-July 2016

Decisions 2 - August 2016

Second round Topical Expert Review - October 2016

Integration - Nov 2016

Adaptation process - Production of Program - Sept 2016
Measures - SRPS

- Sexual Relationship Power Scale (SRPS; Pulerwitz et al., 2000)
- 23 items measure power within sexual relationships
- 4-point Likert Scale from (1) strongly agree – (4) strongly disagree
  - Higher scores represent higher relationship power
  - 2 sub-scales:
    - Relationship Control; example, “My partner tells me who I can spend time with”
    - Decision-Making; example, “My partner always wants to know where I am”

Measures - IRMA

• Illinois Rape Myth Acceptance Scale (IRMA; Payne et al., 1999)
  – 21 statements evaluate rape myths
  – 5-point Likert Scale, (1) strongly disagree – (5) strongly agree
  – Higher score represents a higher rejection of rape myths
  – 4 subscales:
    1. She asked for it; “If a girl goes alone to a room with a guy at a party, it is her own fault if she is raped”
    2. He didn’t mean to; “rape happens when a guy’s sex drive goes out of control.”
    3. It wasn’t really rape; “if a girl doesn’t physically fight back, you can’t really say it was rape”
    4. She lied; “a lot of times, girls who say they were raped often led the guy on and then regretted it”

Measures – GEM

• Gender Equitable Men Scale (GEM; Pulerwitz & Barker, 2008)
  – 24 Statements measure gender equitable views
  – 3-point Likert Scale, from (1) agree – (3) do not agree
  – 4 subscales
    1. Violence Domain; “there are times when a woman deserves to be beaten”
    2. Sexual Relationship Domain; “A woman who has sex before marriage does not deserve respect”
    3. Reproductive Health and Disease Prevention Domain; “It is a woman’s responsibility to avoid getting pregnant”
    4. Domestic Chores Domain; “A man should have the final word about decisions in his home”

Results from first round of testing

- **Pre RMA:** Female: 66.5 (5.0), Male: 76.2 (8.1), p < .01

- **Post RMA:** Female: 66.5 (5.0), Male: 76.2 (8.1)

- **Pre GEM:** Female: 66.5 (5.0), Male: 76.2 (8.1)

- **Post GEM:** Female: 66.5 (5.0), Male: 76.2 (8.1)
Results from Second round of testing

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<th></th>
<th>Female</th>
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<th>Male</th>
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<tbody>
<tr>
<td>Pre</td>
<td>71.9 (15.7)</td>
<td>Post</td>
<td>85.8 (14.9)</td>
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</tr>
<tr>
<td></td>
<td>66.5 (5.0)</td>
<td></td>
<td>76.2 (8.1)</td>
<td>p&lt;.01</td>
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<tr>
<td></td>
<td>59.9 (5.6)</td>
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<td>62.0 (5.8)</td>
<td>p&lt;.001</td>
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p<.001

p<.01
Second round: Survivors of Sexual Violence

- 56% (14/25) of females reported being the victim of at least one form of sexual assault
- Those who are survivors of sexual assault have greater changes in all scales
Results from Beta testing

• Significant improvement in overall GEM (and two subscales) and IRMA (all subscales)

• Significant differences in IRMA between genders (males have higher levels of RMA than females, as in other locations)

• Significantly different levels of change between genders (females had a bigger change in the GEM and RMA)
Limitations

- Small n
  - Artifact of ADAPT-ITT process

- Measures of attitudes are not measures of behaviors
  - Are an important starting point for changing behaviors

- Measuring immediately post-test may not capture real changes
  - Artifact of ADAPT-ITT process
  - Additional post-test (6 & 12 months) will be added to future pilot tests
Next Steps

• Feasibility pilot test to:
  – Compare single vs. multi dose
  – Evaluate feasibility, acceptability, safety, retention, and attrition
  – Preliminary evaluation of outcomes related to gender equality, rape myth acceptance, relationship power, victimization and perpetration

• Campus climate survey to:
  – Assess levels of sexual assault on campus
  – Determine student awareness and use of resources
Long term goal

Decrease sexual violence perpetration at UCC and enable all students to engage in healthy, satisfying relationships based on their values
Thank you

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