

HEALTHY ADOLESCENT RELATIONSHIP PROJECT (HARP)

UPDATE: August, 2012

Thanks to your efforts in making or facilitating referrals to University of Denver's **Healthy Adolescent Relationship Project (HARP)**, we successfully interviewed 180 teens at Time 1. We've also successfully completed all prevention groups. After running 24 groups (12 groups in each of 2 prevention programs, described below), we're now in the process of conducting follow-up interviews with teens. We wanted to pause, though, to send you a brief update on the project progress.

WHAT IS HARP AGAIN?

HARP tests 2 programs designed to help teen girls (ages 12-19) who have come to the attention of the child welfare system learn about healthy relationships. **Program 1** teaches teen girls about: power in relationship violence; skills to build healthy relationships; and social influences on violence (such as media messages). **Program 2** teaches teen girls about: safety in relationships, including how to recognize and respond to internal (e.g., one's own emotions) and external (e.g., other people's emotions, behaviors) safety signals; and attention regulation.

WHO PARTICIPATED?

The 180 adolescent girls interviewed at Time 1 ranged in age from 12 to 19, with a mean age of 15.85 ($SD=1.58$). Of the 151 teens who indicated their race, 36% ($n=54$) identified as White/Caucasian, 36% ($n=54$) as Black/African-American, 3% ($n=4$) as Asian/Asian-American, 7% ($n=11$) as American Indian/Native Alaskan/Native American, 18% ($n=28$) as 'Other', and 67 (37%) as Hispanic/ Latina. The majority of teens ($n=139$; 77%) identified as "Heterosexual/ Straight".

WHAT DO TEENS THINK ABOUT HARP?

Below you'll read some of the comments we heard from teens after they finished the 12-week groups and interviews:

"I WOULD LIKE TO COME BACK FOR THE STUDY AGAIN"

"THANK FOR LETTING ME JOIN YOUR... GROUP... THANKS"

"I WOULD LIKE TO HAVE ANOTHER CLASS ABOUT RELATIONSHIPS IF POSSIBLE."

"YOU MADE ME FEEL AT HOME AND SAFE AND YOU GAVE ME GREAT KNOWLEDGE. THANK YOU."

"THANK YOU FOR GIVING ME A CHANCE TO TALK AND BE A PART OF THIS GROUP."

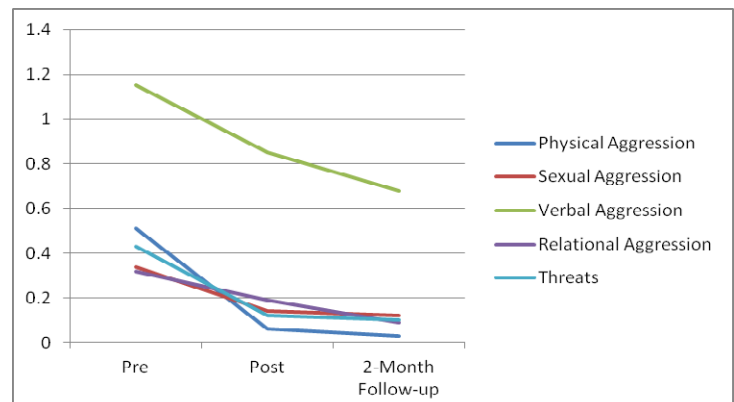
"THANK YOU FOR WORKING WITH ME AND TEACHING ME SO MUCH MORE THAN I KNEW."

In addition to listening to their feedback during groups and assessments, we closely monitor teens' responses to assessments using a measure called the Response to Research Participation Questionnaire. This measure taps positive (such as personal benefits, being treated well overall, feeling empowered in the research process) as well as negative (such as feeling negative emotions and experiencing regrets and/or negative perceptions about the research procedures) aspects of participating in research. We are pleased to report that teens rate the positive aspects of participating in this project as *significantly* higher than any negative aspects.

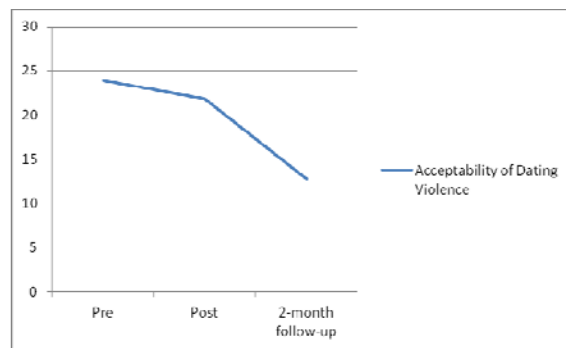
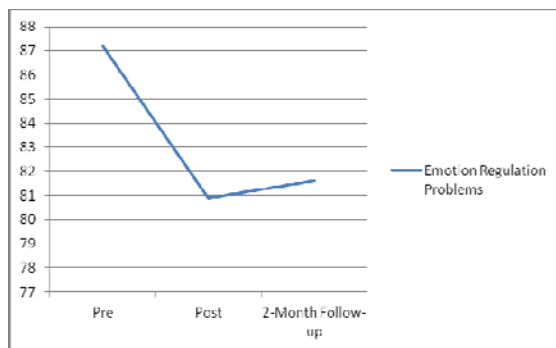
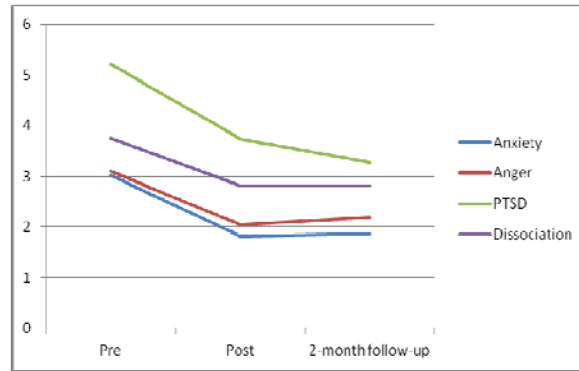
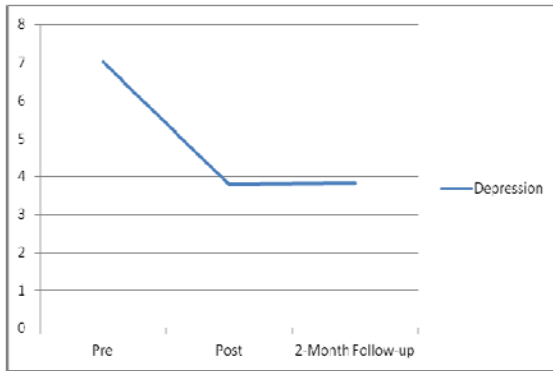
IS HARP WORKING? SOME EARLY DATA

We've conducted some preliminary analyses of interview data collected to date...and the findings are very promising!

For example, teens ($n=66$) who completed the baseline assessment, post-intervention assessment, and the 2-month follow-up report significant **decreases in aggression by partners** across physical, verbal, relational, and sexual aggression as well as threats.



In addition, **teens report significant decreases in a range of mental health symptoms as well as emotion regulation problems and beliefs in the acceptability of dating violence.**



We look forward to updating you as we proceed on analyses.

THANK YOU!!

As always, thank you to the many people who continue to help to make this project possible, including (but not limited to):

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We look forward to continuing to work with you. Thank you for all of your support along the way.

Best wishes,
 Anne P. DePrince, Ph.D.
 Project Director

HARP information on our project website:
<http://mysite.du.edu/~adeprinc/harp.html>

For questions regarding HARP, please contact us at (303) 871-4103 or harp@du.edu.