

HEALTHY ADOLESCENT RELATIONSHIP PROJECT (HARP)

UPDATE: February, 2013

Thanks to your efforts in making or facilitating referrals to University of Denver's **Healthy Adolescent Relationship Project (HARP)**, we have now completed all phases of data collection! At Time 1, we interviewed 180 teens. Immediately post- prevention groups we interviewed 129 teens. At 2 months follow-up, we also interviewed 129 teens, and we were able to interview 145 teens at 6-months follow-up. We are now starting to take a look at the data across time-points and wanted to pause 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?

From the initial sample of 180 teen girls interviewed at Time 1, teens ranged from 12 to 19 years of age ($M(SD)=15.85(1.58)$). Of 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". Teens also reported diverse educational experiences. Approximately 81% of teens reported that they had at some time attended public school, 29% alternative school, 19% school at a residential treatment center, 16% school at day treatment, 11% GED courses, 16% online school, 6% "Other" school, 9% private school, 6% were not currently attending school, 6% of teens have been "Home Schooled", 2% of teens have done "Vocational training", and 2% college.

WHAT DO TEENS THINK ABOUT HARP?

Below you'll read some of the comments we heard from teens after they finished all the follow-up interviews:

"Thank you! It was fun 😊"

"Thank you so much for giving me the chance to excel in my personal treatment.

I have learned so much about me and how I should be treated."

"[The interviewer] was great to work with and had a positive attitude, which made me enjoy my time participating..."

"I love the work you guys are doing. You made me feel at home and safe and you gave me great knowledge."

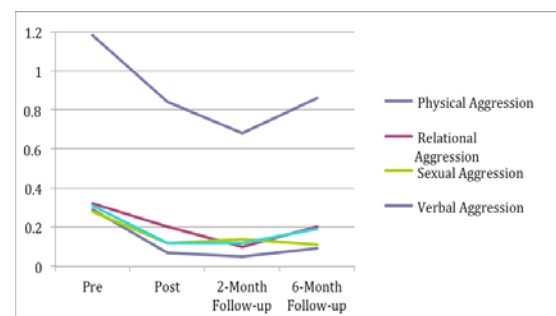
"This is a great thing you're doing. Keep it up, and it helps lots of people!!"

In addition to listening to their feedback during groups and assessments, we closely monitored teens' responses to interviews with the Response to Research Participation Questionnaire. This measure taps positive (e.g., personal benefits, being treated well, feeling empowered in the research process) as well as negative (e.g., 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.

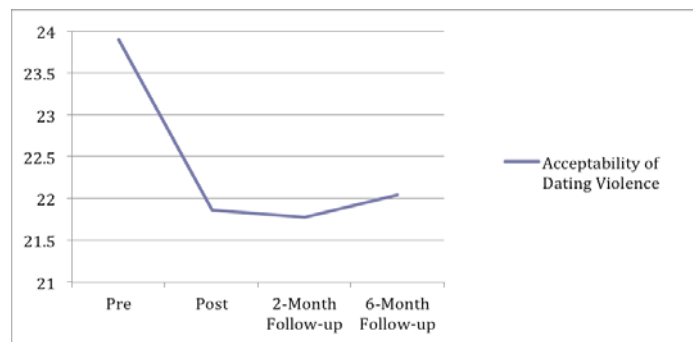
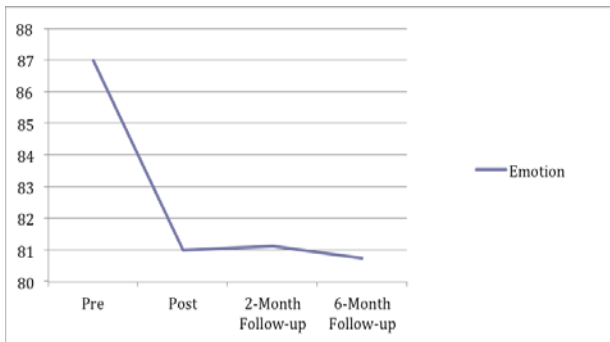
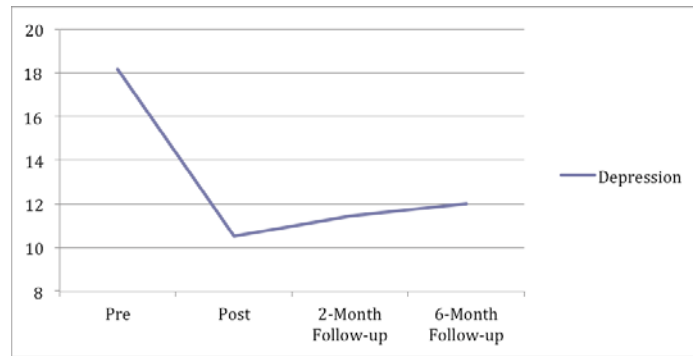
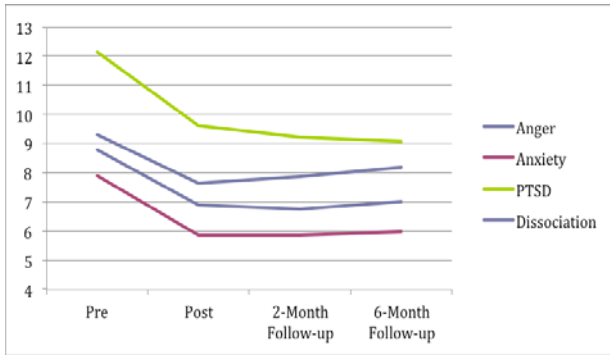
IS HARP WORKING? SOME EARLY DATA

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

For example, teens who were dating and completed interviews at all time-points (n=57) report significant **decreases in aggression by partners** across physical, verbal, relational, and sexual aggression as well as threats compared to the initial assessment.



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



We look forward to providing additional updates as we proceed on analyses!

THANK YOU!!

As always, thank you to the many people who helped 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>