

Can a digital intervention boost resilience in informal networks of survivors of sexual violence?

The problem

Sexual violence affects 1 in 5 women and 1 in 25 men in England and Wales¹

The impacts of sexual violence are significant and long-lasting

The majority of survivors rely on support from friends, family members and partners (informal supporters) who may not know how best to respond²

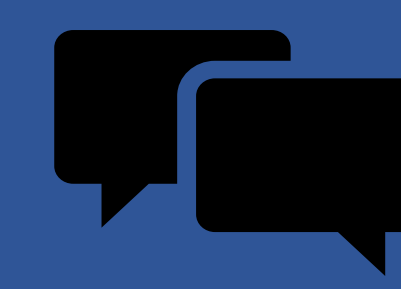
Secondary trauma arising from providing support can adversely affect the health and wellbeing of informal supporters, and may undermine their ability to assist a survivor's healing and recovery

Little is known about how an intervention for informal supporters could address secondary trauma and improve their response to survivors

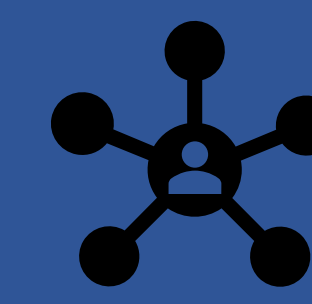
The methods utilised in this study will be...



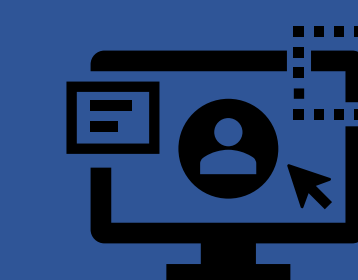
Scoping survey



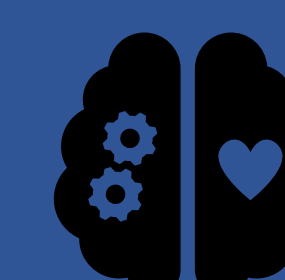
Semi-structured interviews



Evidence synthesis



Intervention development



Feasibility test

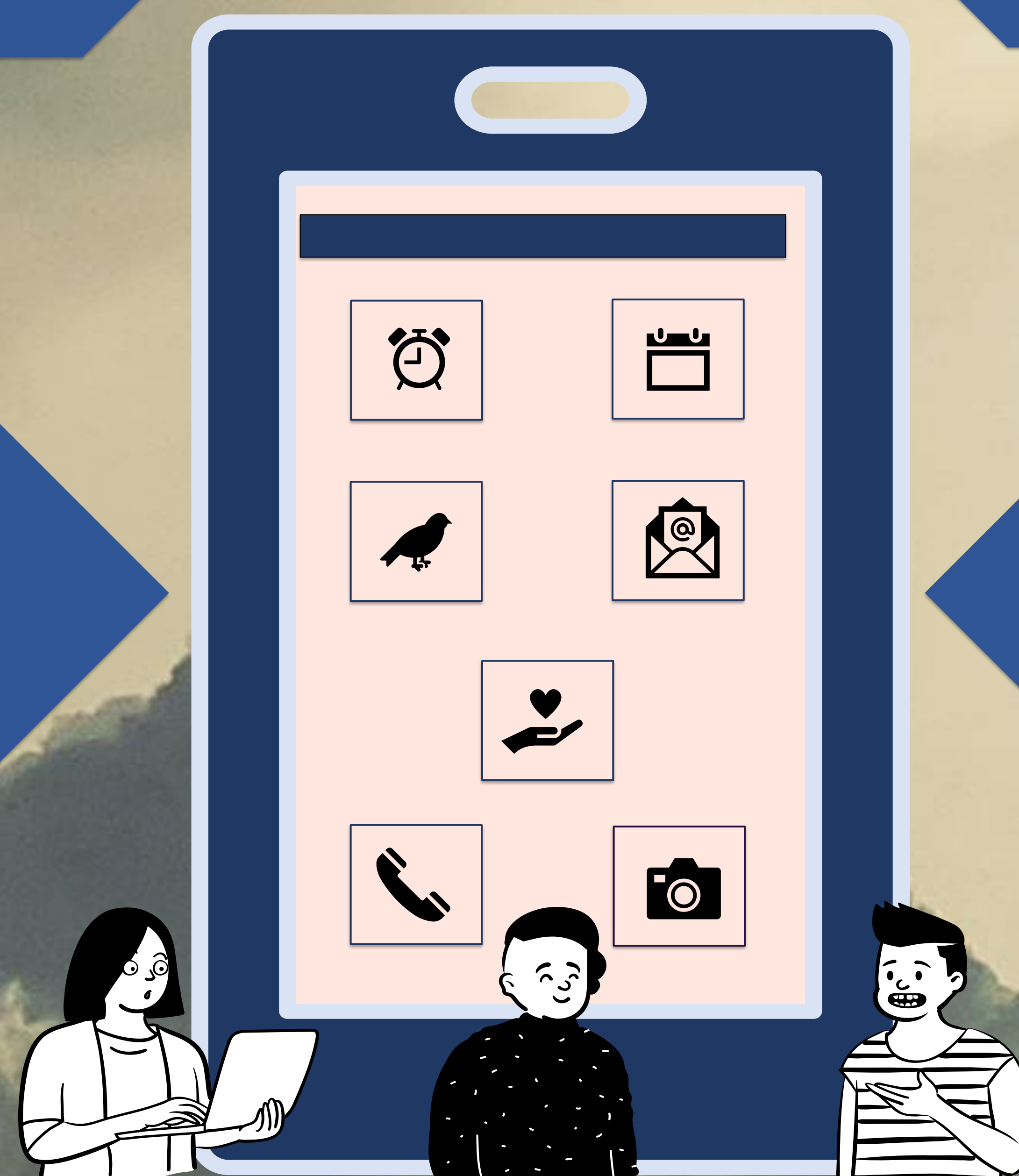
This research aims to...

- Further the understanding of the challenges faced by informal supporters in the UK
- Centre lived experiences and voices of survivors, informal supporters and professionals with co-production throughout all stages of the project
- Address the current gap in evidence-based digital interventions for bolstering informal networks of survivors

Theoretical frameworks

A critical realist theoretical approach will be used to explore the mechanisms that lead to change, and identify the most appropriate methods for use in the intervention

This will be grounded in an ecological framework, taking into account the impacts of individual, interpersonal, community and structural factors in traumatisation and recovery



Anticipated impacts of this project

- Evidence the experiences and needs of informal supporters in a UK context and develop a theory of change to guide further research and practice
- Apply best practice guidance to the co-production of resources which aid informal supporters to build their own resilience and increase their effectiveness in promoting recovery for survivors
- Evaluate the feasibility of digital intervention and its potential to overcome barriers to service access for this population

REFERENCES

1. Office for National Statistics (2021) Sexual offences in England and Wales overview: year ending March 2020. London
2. Christiansen, D., Bak, R., & Elklit, A. (2012). Secondary victims of rape. *Violence and Victims*, 27, 246-262
3. Harvey, M. R. (1996). An ecological view of psychological trauma and trauma recovery. *Journal of Traumatic Stress*, 9(1), 3-23. doi:10.1002/jts.2490090103

SUPERVISORY TEAM

Coventry University: Grace Carter, Lorna O'Doherty, Faith Martin, Andy Turner.

Bristol University: Alison Gregory

CONTACT INFORMATION

Email: wests13@coventry.ac.uk

For an electronic copy:

