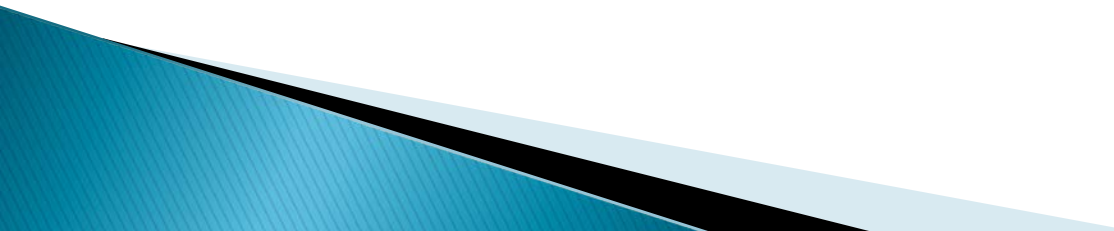


Preventing domestic violence during pregnancy: Promoting positive partnering and parenting in expectant and new fathers

Richard M. Tolman, Ph.D.
University of Michigan
School of Social Work

Outline of presentation

- ▶ Origin of interest in this area
 - ▶ Prevalence and impact of IPV during pregnancy
 - ▶ Potential to reach men during perinatal period
 - ▶ Possible interventions to promote positive partnering and parenting
 - ▶ Targeted interventions to prevent abuse
 - ▶ Discussion and brainstorming
- 

Prevalence of IPV during pregnancy

- ▶ Annually in the US, 324,000 women experience IPV during pregnancy.

--Moseson (2004).

- ▶ The range of prevalence of pregnancy IPV found in developing countries is much wider (3.8% to 31.7%) than that of industrialized countries (3.4% to 11%), which is much closer to findings from North America. --Campbell (2004).

Pregnancy associated femicide

- ▶ Intimate partners perpetrate 1 / 3 – 2 / 3rds of pregnancy–associated femicides in U.S.
- ▶ Pregnant women make up 5% of urban intimate partner femicides
- ▶ Intimate partner abuse during pregnancy appears to be a risk factor for severe intimate partner violence, including attempted/completed femicide.

Martin, . (2007). Pregnancy–associated violent deaths: The role of intimate partner violence. *Trauma, Violence Abuse*, 8(2), 135.

Prevalence of IPV during pregnancy

- ▶ Annually in the US, 324,000 women experience IPV during pregnancy.

--Moseson (2004).

- ▶ Between 4% and 8% of pregnant women are abused at least once during the pregnancy.


--
--Gazmararian (2000).

- ▶ The range of prevalence of pregnancy IPV found in developing countries is much wider (3.8% to 31.7%) than that of industrialized countries (3.4% to 11%), which is much closer to findings from North America. --Campbell (2004).

Risks associated with men's abusive behavior during pregnancy

- ▶ Low birth weight (Rosen, Seng & Tolman, 2008; Sharps, 2007)
- ▶ Premature labor (El Kady et al., 2005; Cokkinides et al., 1999; Fernandez & Krueger, 1999)
- ▶ Miscarriage (Morland et al, 2008; Rachana et al. 2002)
- ▶ Fetal trauma (Connolly, Katz, Bash, McMachon & Hansen, 1997; Berrios & Grady, 1991)
- ▶ Fetal death (Boy and Salibus, 2004)
- ▶ Postpartum maternal depression (Blabey, et al., 2009)
- ▶ Rapid repeat pregnancy in teens (Jacoby et al, 1999)
- ▶ Fewer well-baby visits
- ▶ Decreased breastfeeding (Silverman et al, 2006)
- ▶ Increased substance use/smoking (Bailey and Daugherty, 2007)

Prevention of IPV during pregnancy

- ▶ Clear need to prevent additional homicides
 - ▶ Also need to look beyond to impact of non-lethal violence
 - ▶ Potential for significant gains in reduction of domestic violence, child abuse, and increase in maternal and child health
 - ▶ Potential for significant increase in well-being of fathers and increased responsible fathering
- 

Why risk of abuse during pregnancy?

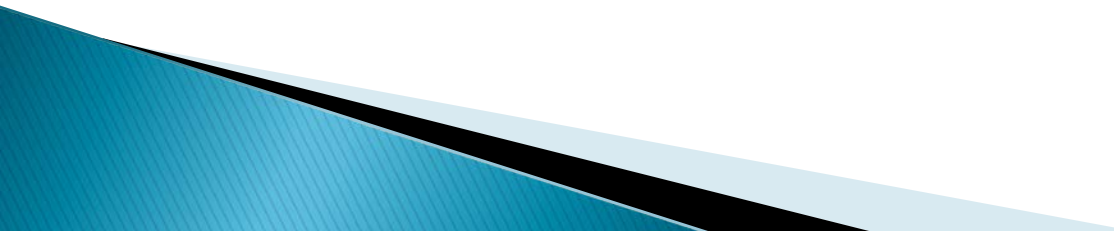
▶ Gelles (1975)

- male sexual frustration
- hormone-induced mood swings in the woman
- the stress of imminent parenthood
- the woman's increased physical vulnerability and helplessness,
- conscious or subconscious desire to terminate the pregnancy.

▶ Campbell 1995, Mezey, 1997

- Jealousy and resentment towards the unborn child

Power and control

- ▶ Pregnancy symbolizes the woman's autonomous control over her body and her independence from her partner.
 - ▶ During pregnancy, women receive more attention from friends, family, and health professionals,
 - ▶ Creating potential for violence to be detected by others.
- 

Sexual abuse during and after pregnancy

- ▶ “He became more aggressive and violent when I became pregnant. When I was pregnant I was exhausted and I just wanted to sleep at the end of the day. He would accuse me of being insensitive because he wanted sex and I didn’t. Sometimes I had to compromise.”
- ▶ “After the birth it got worse. My libido had gone completely. He didn’t even wait that long and I was in a lot of pain when we were having sex. It was too soon after but he insisted I do it so that I get used to it.”
- ▶ Bacchus, . (2006). A qualitative exploration of the nature of domestic violence in pregnancy. *Violence Against Women*, 12(6), 588.

Psychological abuse during pregnancy

- ▶ Psychological abuse during pregnancy was often directed toward aspects of the woman's sexual identity or changes in her physical appearance, which increased feelings of vulnerability and inadequacy.
 - When I was pregnant he'd go "look at yourself, you're fat, you should go and change."
 - You see I haven't got that much confidence in myself about the way I look and he knows that. He'd tell me, you are rubbish, you are nothing, you are useless in your life, you're not the kind of woman I can spend my life with, you're ugly and stupid.
 - He calls me slag, he calls me skinny. When I was pregnant he called me fat. He said I need to do some exercise to lose weight.

Baechus, . (2006). A qualitative exploration of the nature of domestic violence in pregnancy. *Violence Against Women*, 12(6), 588.

Partner violence before, during and after pregnancy

- » Macy, . (2007). Partner violence among women before, during, and after pregnancy: Multiple opportunities for intervention. *Women's Health Issues, 17*(5), 290.

From Macy, R. et al, (2007)

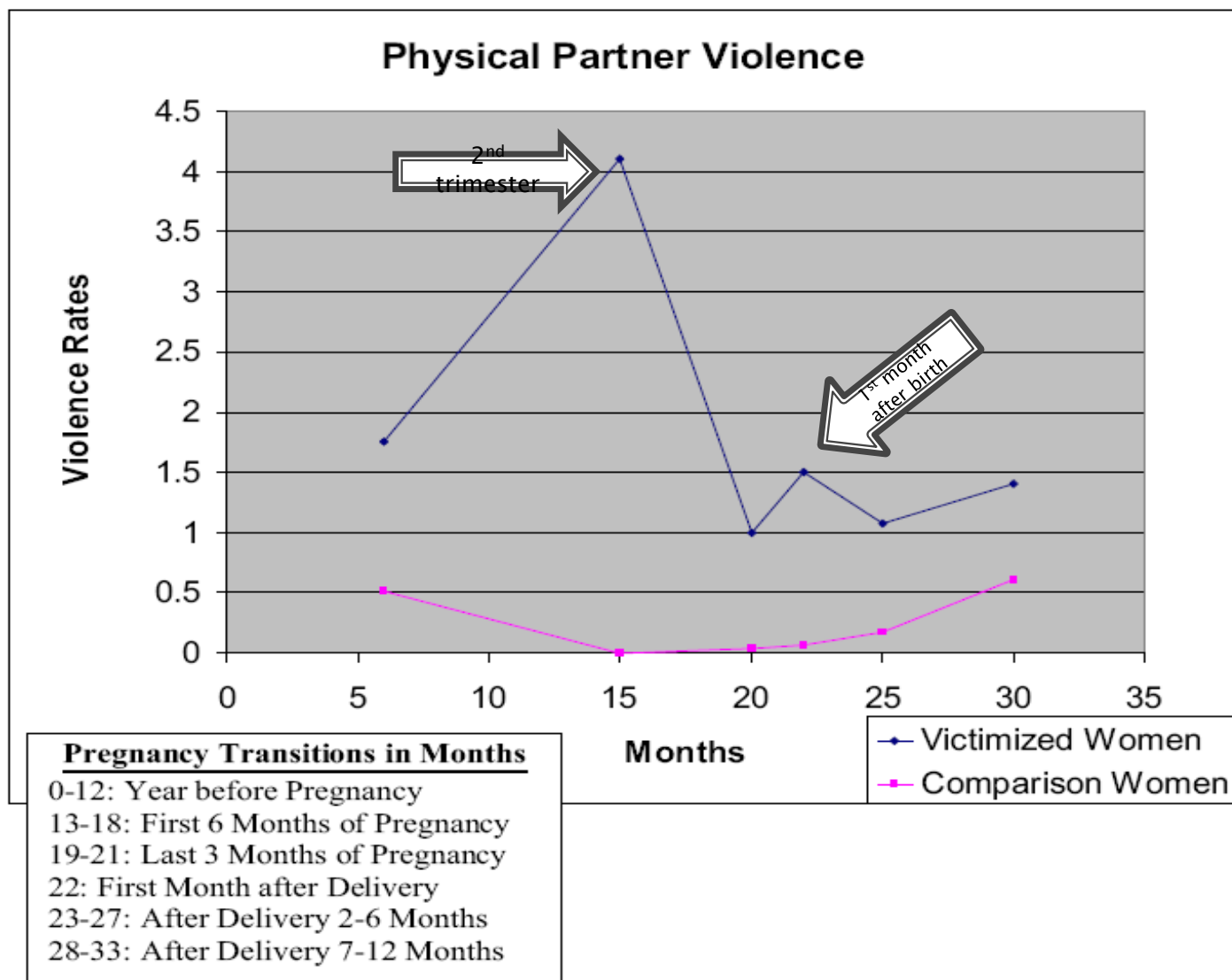


Figure 1. Physical violence predicted means for victimized and comparison women.

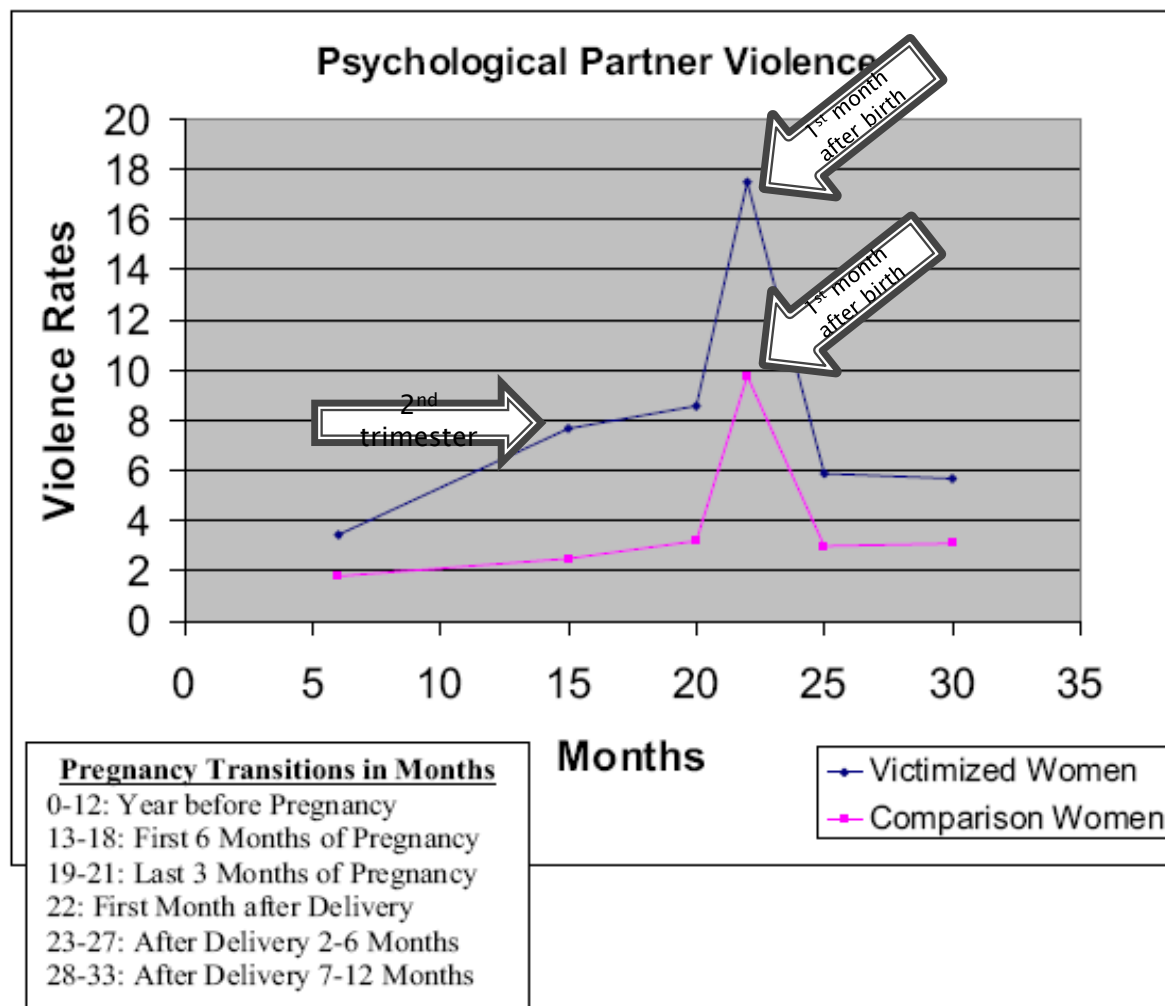


Figure 2. Psychological violence predicted means for victimized and comparison women.

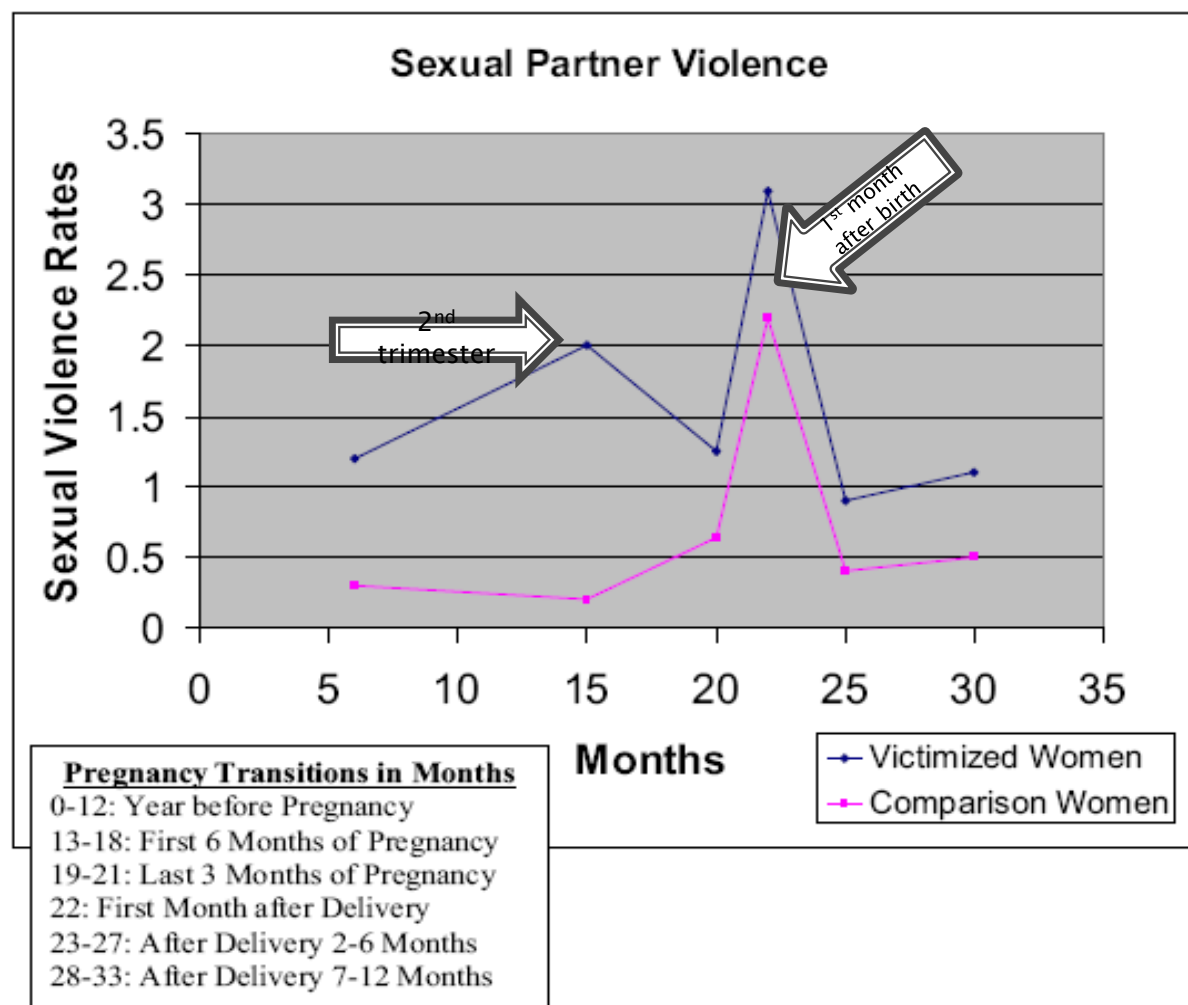
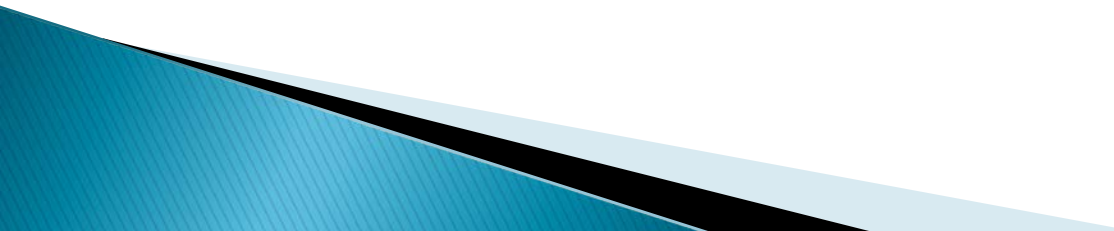


Figure 3. Sexual violence predicted means for victimized and comparison women.

Implications

- ▶ Abuse “suppressed” in third trimester
 - ▶ Significant spike in psychological abuse in month post delivery even for previously non-abusive men
 - ▶ Suggests potential for universal prevention programs, aimed at reducing psychological abuse
- 

IPV, Postpartum Depression and Maternal Health--Hong Kong

- ▶ **Design:** First population-based survey among pregnant women in Hong Kong
- ▶ **Sample:** Pregnant women during 34–36 weeks of gestation
- ▶ **Study Site:** Antenatal clinics of 7 public hospitals of Hospital Authority in 6 clusters in Hong Kong



The impact of psychological abuse by an intimate partner on the mental health of pregnant women

A Tiwari, KL Chan, D Fong, WC Leung, DA Brownridge, H Lam, B Wong, CM Lam, F Chau, A Chan, KB Cheung, PC Ho (2008)

[BJOG: An International Journal of Obstetrics & Gynaecology](#)
Volume 115 Issue 3 Pages 377 - 384

Result (2): EPDS

- ▶ Postnatal depression (Cut-off score at ≥ 18)

Type of Abuse	EPDS scores ≥ 10 (n=2122)		EPDS (Q.10 “Thinking about harming themselves”) (n=2162)	
	OR*	95% CI	OR*	95% CI
Psychological abuse only	1.84	(1.12-3.02)	3.50	(1.49-8.20)
Physical and/or sexual abuse	1.75	(0.84-3.66)	1.17	(0.20-6.94)
No abuse	1	-	1	-

IPV Intervention during Pregnancy

- ▶ Tiwari et al (2007) evaluated **an empowerment intervention** for partner violence (IPV) during pregnancy.
- ▶ Antenatal clinic in a public hospital in Hong Kong.
- ▶ 110 Chinese pregnant women with a history of IPV.
- ▶ Randomized to empowerment training or standard care.
- ▶ Data collected at study entry and six weeks postnatal.
- ▶ Results
 - Experimental group had significantly:
 - higher physical functioning
 - improved role limitation due to physical problems and emotional problems.
 - less psychological (but not sexual) abuse,
 - less minor (but not severe) physical violence
 - lower postnatal depression scores
 - more bodily pain.
- ▶ Why not try intervention to prevent abuse by men during pregnancy?

Transition to fatherhood–
opportunity for change?



New and expectant fathers

- ▶ Early work with “prospective fathers”
- ▶ Subsequent work with batterers
 - Reactions to material on children’s exposure
- ▶ Potential to reach men prior to child’s birth to decrease potential of children’s exposure to domestic violence

Fatherhood is meaningful to men

- ▶ Work on young, low-income fathers demonstrates potential for reaching men who have previously been “written off”
- ▶ Even in “unexpected populations” men value fatherhood and see it as an opportunity for development and change
 - Incarcerated teen fathers (Shannon, 2007)
 - Drug abusing fathers (McMahon, 2007)
 - Shannon, . (2007). Juvenile offenders as fathers: Perceptions of fatherhood, crime, and becoming an adult. *Families in Society*, 88(2), 183.
 - McMahon, T. J., Winkel, J. D., Suchman, N. E., & Rounsaville, B. J. (2007). Drug-abusing fathers: Patterns of pair bonding, reproduction, and paternal involvement. *Journal of Substance Abuse Treatment*, 33(3), 295–302.

Becoming a father—benefits

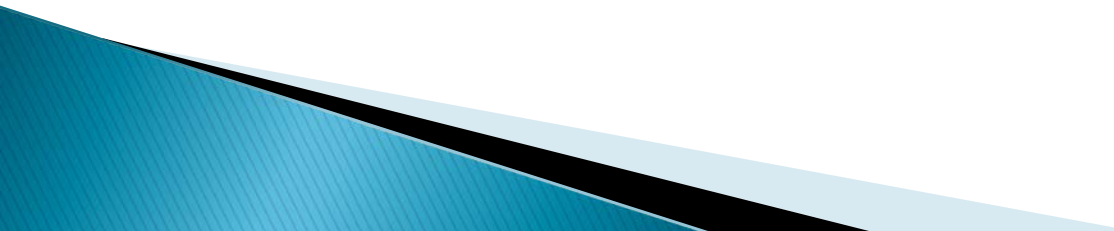
- ▶ 2,494 new fathers from the Fragile Families Study
- ▶ Analyzes why and how the arrival of a new child may influence fathers' well-being and social participation.
- ▶ Changes in commitments to fathering are positively associated with changes in well-being, religious participation, and hours in paid labor.
- ▶ Greater commitments to fathering seem likely to benefit mothers, children, and society at large.

Knoester, C. h., Petts, R. i. J., & Eggebeen, D. a. J. (2007). Commitments to fathering and the well-being and social participation of new, disadvantaged fathers. *Journal of Marriage and Family*, 69(4), 991–1004.

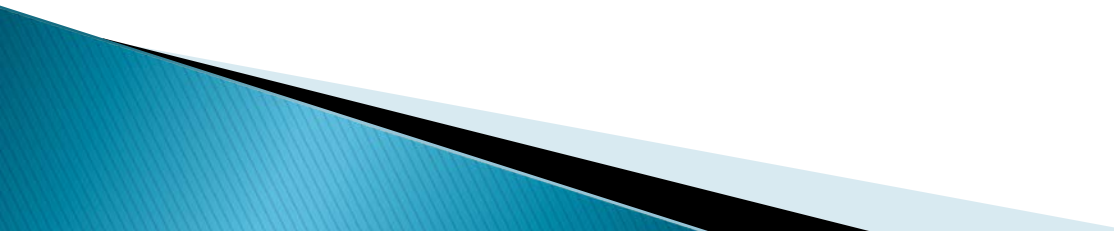
Young, unmarried fathers during prenatal period

- ▶ Interviews examining men's physical and psychological presence in relationships with their partners and in activities associated with pregnancy and prenatal care.
- ▶ Interviews suggest that this female centered prenatal care increases men's perception of marginalization—especially when feeling reinforced by partners & extended family.
- ▶ Medical providers might do more to incorporate men into prenatal care processes.

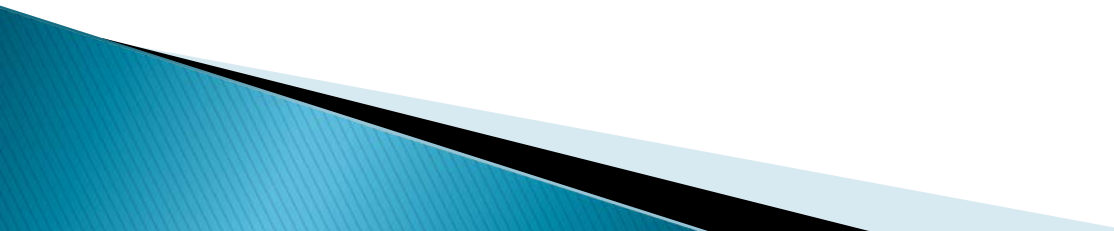
Leite, R. (2007). An exploration of aspects of boundary ambiguity among young, unmarried fathers during the prenatal period. *Family Relations*, 56(2), 162.



Fathers and attachment

- ▶ Fathers supportive or abusive behavior can influence maternal attachment
 - ▶ Paternal prenatal bonding/attachment can influence subsequent paternal bonding/attachment and related behaviors
 - ▶ Disturbances in infancy not transient or trivial
 - ▶ Interventions aimed at improving paternal attachment could lead to improved outcomes for children, mothers and fathers
- 

Pregnancy opportunities

- ▶ Men don't access routine health care except in emergencies
 - ▶ Contact around pregnancy becoming more routine (almost universal) and provides opportunity for universal appeals as well as screening for risk at time when motivation is high
 - ▶ Ultrasounds, labor and delivery, well-child visit
- 

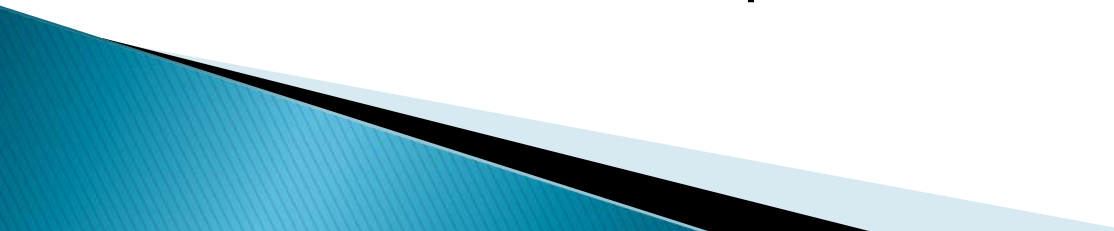
Prenatal ultrasound:

An emergent setting for paternal involvement

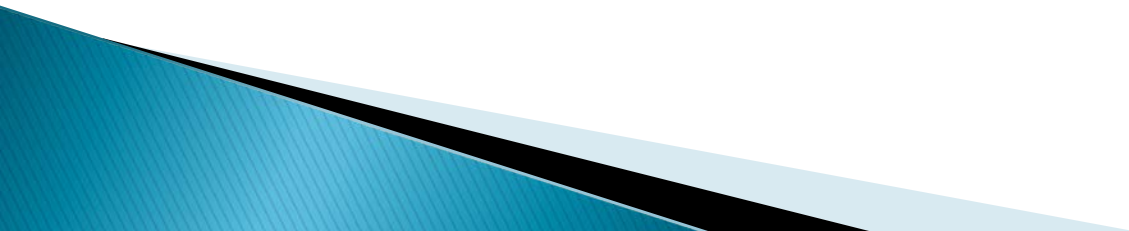
- ▶ Routine sonographic anatomy survey between 15 and 20 weeks' gestation is an integral component of antenatal care in most institutions (Breathnach et al., 2007).
- ▶ Ultrasound attendance may have already become a normative experience for expectant fathers.
 - 80.3 % of fathers attend ultrasound (In a survey of a nationally representative sample of households with children aged 10 and under, by maternal report)(Davis et al., unpublished).
 - Disparities—men of color less likely to attend

Prenatal ultrasound provides a significant opportunity for contact with expectant fathers in a health setting.

Ultrasound as an opportunity

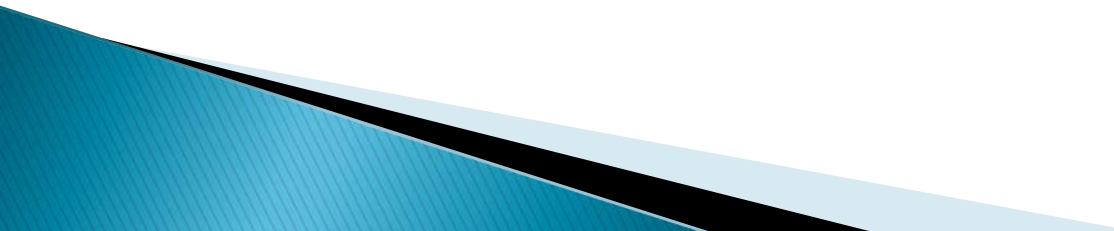
- ▶ Draper (2002) United Kingdom
 - ultrasound important—it helped fathers to “visualize the baby and realize their transition to fatherhood”.
 - ▶ Ekelin et al. (2004) Sweden
 - many men experience ultrasound as confirmation of a new life
 - “an important milestone” in developing a paternal identity.
 - ▶ Might be a very important moment to begin work to define fatherhood in positive way (and inconsistent with partner abuse).
- 

Understanding the Ultrasound Experience: *The Father's Perspective*

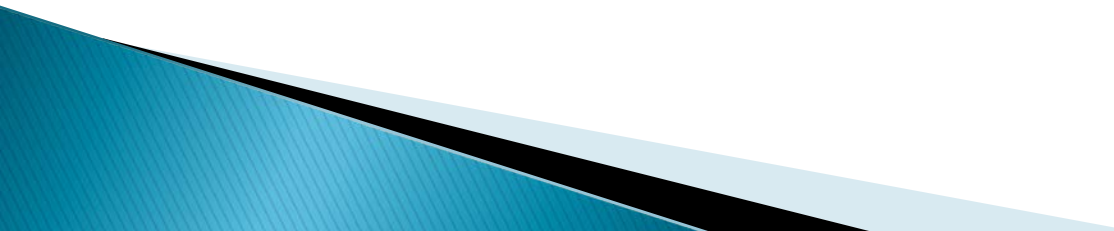


Study Overview


The purpose of this qualitative study was to describe how attending the routine prenatal ultrasound is experienced by fathers-to-be.

- Semi-structured interviews with 22 expectant fathers
 - Thematic analysis approach, drawing on principles of grounded theory
- 

The Interview Guide

- ▶ Describe for me what it was like for you to be there during the ultrasound.
 - ▶ Were your thoughts or feelings about the pregnancy or becoming a father affected in any way today as a result of the ultrasound? Tell me more about that.
 - ▶ How do you feel about the treatment you and your partner got today?
- 

Results–Themes

- ▶ Reassurance that the pregnancy is proceeding normally.
 - ▶ Perceiving the reality of the pregnancy and child serves as a stimulus for the rapid expansion of thoughts and feelings about becoming a parent.
 - ▶ Partner relationship and the clinic setting provide context for fathers' experience of ultrasound
- 


Perceiving the Reality of the Pregnancy and Child

Catalyst for perceiving the reality:

... I mean you can't contest it, you know you're having a baby. So the ultrasound is the biggest indication that your life is changing.

Salient even for those who are already fathers:

Seeing the baby really kind of- really hit home that we have another child on the way... Seeing the baby on the screen ... really made it clear that we're going to have another member of the family.



Perceiving the Reality of the Pregnancy and Child

Distinct from the mother's experience:

Obviously she's pregnant, but then when you actually get to see it you're like holy cow, you know I'm going to be holding that thing in my arms in like you know six months or less... The baby's inside her and she can feel the baby, like, all the time, and moving around. That like makes it tangible to her right away. But, for me, to be able to like, see it... definitely makes it more tangible or real.....more a 'whoa' experience.

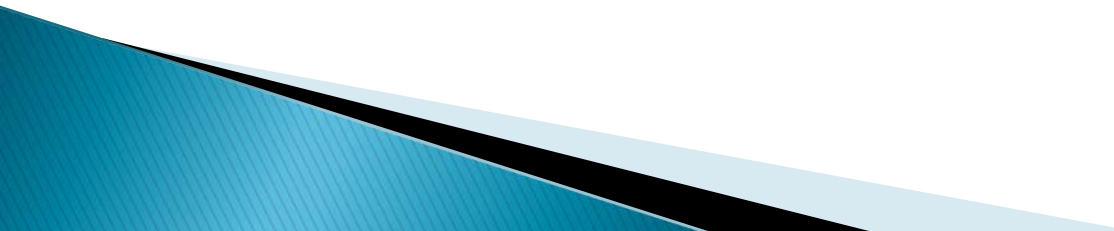
Perceiving the Reality of the Pregnancy and Child

Powerful emotion:

You're just kind of like blown away... just kind of like wow, like a piece of you is just about to be here. That's really basically how I felt. I was just like so many emotions, I was just like happy, sad, excited, worried. It's just like all emotions just flash through your mind... My heart started beating faster just to hear a life- boom, boom, boom, boom, boom. It just felt like- the feeling's indescribable, I was just blown away, like my eyes filled up but it's like I won't cry, I just be so happy to hear it... The heartbeat is like letting me know it's on the way, get ready.

Rapid Expansion of Thoughts and Feelings about Becoming a Parent

Now that we know that it's a girl, you know, now I'm thinking about.... [laughter]. I've even thought about, like, walking her down the aisle someday, you know, [I'm] thinking that far ahead. [More laughter.] Which is crazy, but I mean, it's like my brain went from bringing her into the world and taking care of her and making sure she is taken care of to her future and everything...

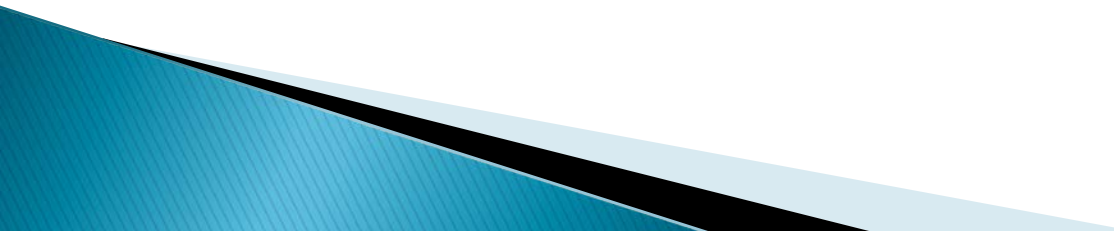


Rapid Expansion of Thoughts and Feelings about Becoming a Parent

Differentiated beliefs about a father's role in the life of a son versus a daughter:

To have a son is like, you're gonna have to teach him how to be, how to be a man. That's what you're supposed to do. If it would be a girl that would be her [mother's] job. I mean, yeah, mine too, but with a son, you've got to build a foundation. When he gets to that certain age [to ask] "dad, what's it like to be a man?" [then] you've got to be able to tell him and be honest with him... I gotta make sure he's tough, 'cause it's a cruel world, life ain't fair. Gotta make sure that he know to treat women right...

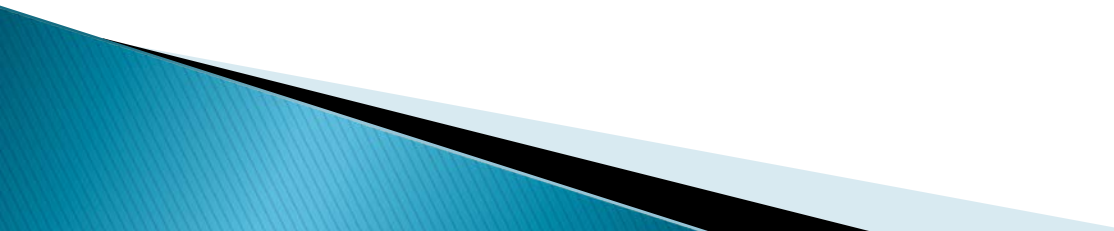
Possible Interventions at Ultrasound

- ▶ Enhance ultrasound experience to involve fathers
 - Invite
 - Involve
 - Reflect
 - ▶ Use powerful experience as gateway to other prevention approaches
 - Information
 - Preventive services
 - Screening for IPV and follow-up
- 

Increasing supportive behaviors may prevent some psychological, physical and sexual abuse

- Fathering websites with interactive support
- Increasing father friendliness in pregnancy settings
 - ultrasounds,
 - delivery and labor
- Embed anti-violence messages in other prevention efforts, e.g. smoking cessation, breastfeeding, pregnancy and delivery support

Some existing interventions with fathers

- ▶ Prenatal support
 - ▶ Delivery involvement
 - ▶ Smoking cessation
 - ▶ Breastfeeding allies
 - ▶ Parenting preparation
 - ▶ Employment and literacy
 - ▶ Parenting support
 - ▶ Relationship enhancement
 - ▶ Paternal leave
- 

Support for breastfeeding, nutrition

A pitchman for breast milk

After watching preemie daughter grow, father was moved to counsel others on breast-feeding

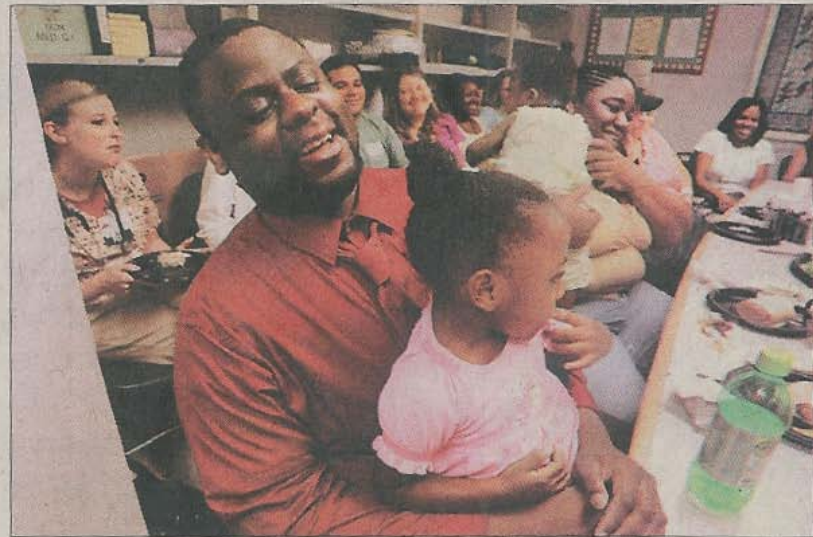
By Bonnie Miller Rubin
TRIBUNE REPORTER

Of all the participants at the Mother's Milk Club, the one who looks least likely to be an expert is Henry Hale.

It's not his age (25) or size (burly)—a jarring contrast to the fragile patients in the Rush University Medical Center Neonatal Intensive Care Unit. There's also that little detail about gender.

"Sometimes when men hear what I do, they think that I get to be around breasts all day," he said. "But it's not like that. It's about supporting the mother of your child."

Hale is the first male certified breast-feeding peer counselor at Rush and maybe in Illinois. No one knows for sure, because calls to organizations that track this



Tribune photo by Bonnie Trafelet

Henry Hale says that breast milk helped his daughter Miracle, 3, grow from a premature infant into a healthy little girl.

type of thing are met with befuddled silence.

But to Hale, there's nothing weird or lewd about his interest in lactation.

It's a natural career path, springing from the success of his

now 3-year-old daughter, born at 24 weeks weighing 1 pound, 3 ounces.

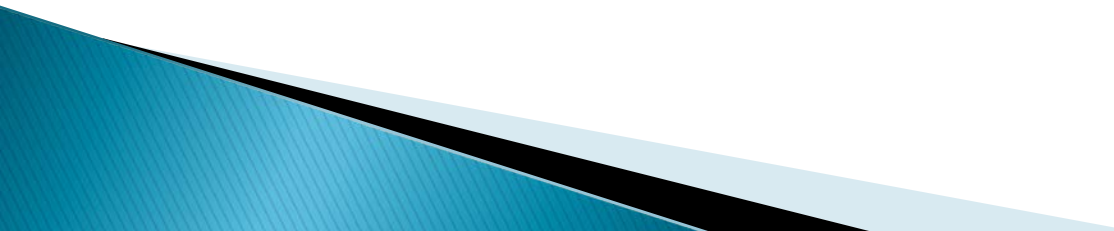
"She was the size of a cell phone ... and we felt so hopeless," he

PLEASE SEE **MILK** » PAGE 21

Opportunities in the workplace

- ▶ Take our lead from.....Turkey!
- ▶ Program for expectant fathers in large workplaces in Istanbul
- ▶ Trained workplace physicians in Istanbul to conduct regular educational programs for expectant fathers.
- ▶ Programs may have beneficial effects, especially in the areas of pregnancy nutrition, exclusive breast-feeding, and supportive behaviors.
- ▶ Considering the difficulty of getting men to attend hospital or clinic-based educational programs, bringing training to men at work has potential to be effective strategy.

Sahip, 2006



Intervention—Parenting Training beginning during pregnancy

- ▶ A randomized experiment evaluated an 8-session program with 165 couples who were first-time parents, beginning during the second trimester of pregnancy and ending at 5 months postpartum.
- ▶ The intervention had positive effects on fathers' skills in interacting with their babies and their involvement on work days but not home days.
- ▶ Doherty, . (2006). An intervention to increase father involvement and skills with infants during the transition to parenthood. *Journal of Family Psychology*, 20(3), 438.

Plaque in New Orleans Men's bathroom



Misguided social marketing

Toilet Bowl Campaign



Conducted a few times each year, the toilet bowl campaign involves men's activism volunteers posting flyers above urinals and on the doors of stalls within men's bathrooms across campus.

The flyers contain statistics regarding the awful reality of sexual violence, and encourage men to become involved in the effort to end this reality by joining the Men's Activism Program.

By targeting this "captive audience," volunteers hope to inform students from diverse backgrounds of the need for change.

Example of father specific site

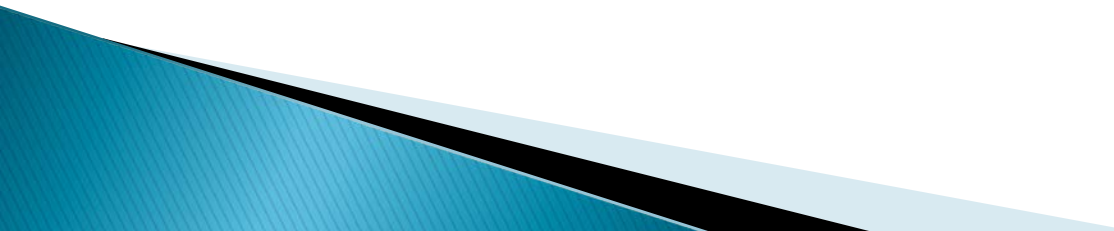
- ▶ <http://dadsforlife.sg/>

MUM'S DAY OFF

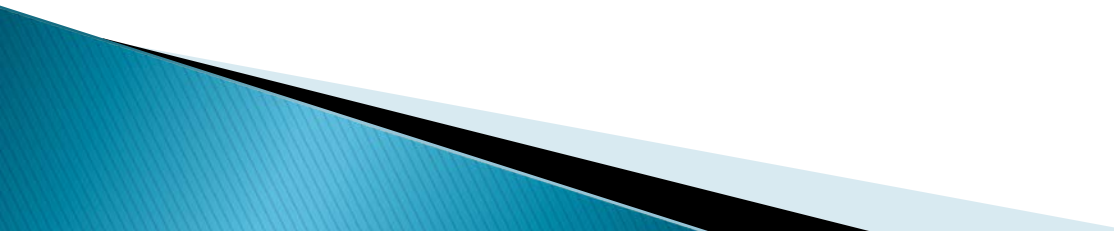
Give your wife an afternoon by herself and take the kids out on your own – she needs time for self-nourishment



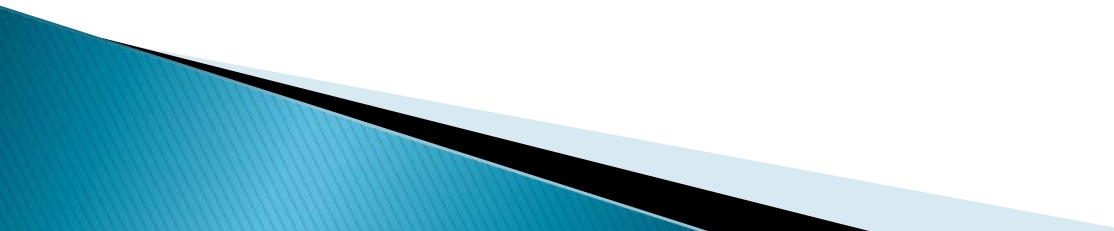
Targeted interventions to reduce abuse by those at risk

- Social marketing to self-identify—e.g. pamphlets in waiting rooms, at ultrasounds
 - Screening followed by voluntary brief interventions in health settings
 - Intensive parenting preparation
 - Expanded support during month after delivery, e.g. hotlines, “dulas for dads”
 - Father friendly practices in home visits
- 

An idea

- ▶ Design a programme for the man who may be “ambivalent” about his behavior
 - ▶ Make it brief, offer it by phone, and assure confidentiality
 - ▶ Publicize it as a “check-up”
 - A chance to take stock
 - A chance to think through your options
 - Non-judgmental
- 

“The Check-Up” Model

- ▶ Earlier efforts at developing a “Drinker’s Check-Up”
 - ▶ Brief intervention that combines:
 - Motivational interviewing procedures
 - Personalized feedback aimed at enhancing motivation to change (Miller & Sovereign, 1989)
- 



EVER WONDER HOW TO MAKE THE FEAR IN THEIR EYES DISAPPEAR?

Your participation is confidential. Call us from any phone for complete privacy. A UW study.

Let's talk about your options.
1.800.MEN.1089





AM I “ABUSIVE”?

**She says I am,
I know I scare her.
But I'm a good guy,
have a decent job,
and love my family.**

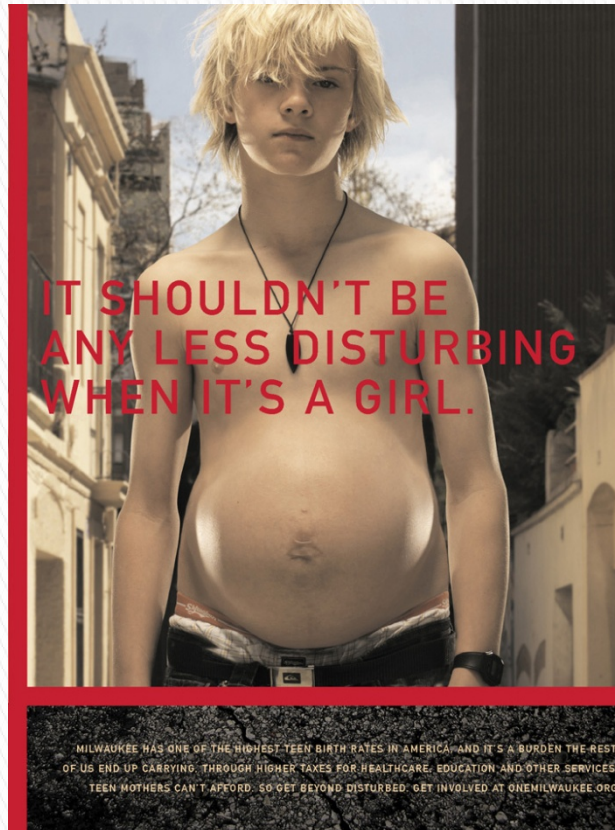
Call us from any phone for complete privacy. A UW study.
Sometimes it helps to talk with someone who understands.

Call us

1.800.MEN.1089



Changing male attitudes

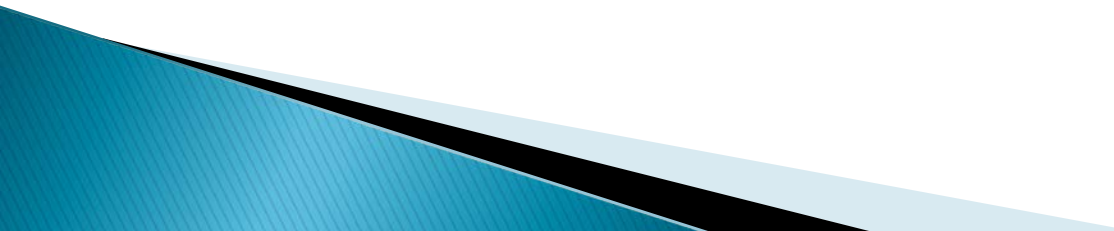


Milwaukee campaign

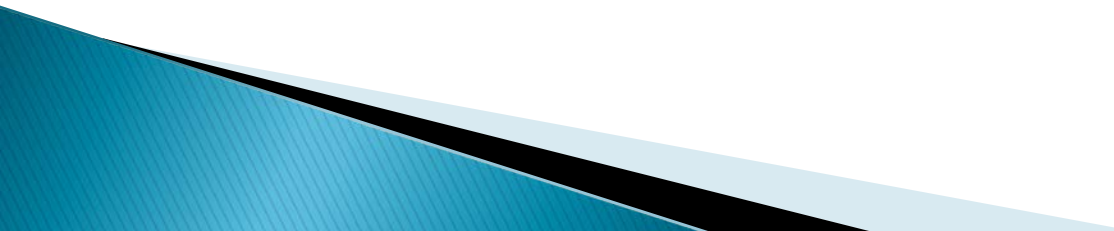


Get beyond disturbed.
Get involved.

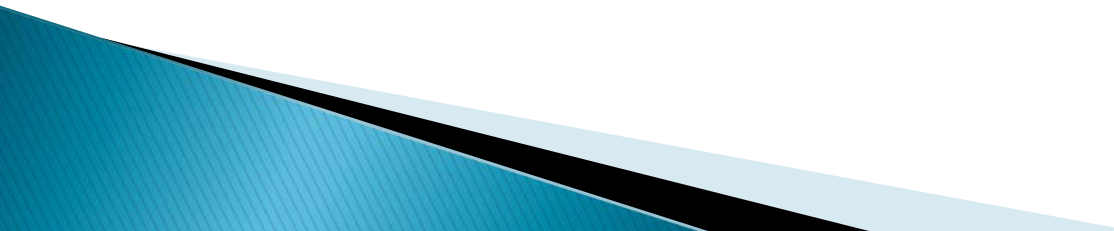
Interventions for known abusers

- ▶ Referral to batterer programs with parenting components
 - ▶ Routine interventions in programs during critical period of pregnancy
 - Letter to my child to be
 - Father I want to be
 - ▶ Specialized domestic violence home visitors to address gaps in effectiveness
- 

Discussion

- ▶ Generate ideas for messages directed toward men during pregnancy that could reduce chance of IPV.
 - ▶ What are potential interventions that could be implemented in your community to help prevent IPV by fathers-to-be?
- 

Potential social marketing messages

- ▶ Be the person you want your child to grow up to be.
 - ▶ Be the dad you wanted to have.
 - ▶ You wouldn't hit her when she looks like this (third trimester), why would you hurt her when she looks like this?
 - ▶ Hurting her with your words can lead to postpartum depression. And that can hurt her, your baby and make your job as father more difficult.
- 

New mobilizing men project

<http://www.mincava.umn.edu/mmvp/>

[Contact Us](#)

Global Research Program on Mobilizing Men for Violence Prevention

Welcome!

Welcome to the homepage of the Global Research Program on Mobilizing Men for Violence Prevention (MMVP). This is a joint project of [Richard M. Tolman](#), a Professor in the University of Michigan's School of Social Work, and [Jeffrey L. Edleson](#), a Professor in the University of Minnesota's School of Social Work and Director of the Minnesota Center Against Violence and Abuse

We will be presenting two sessions on this project at the [Bridging Perspectives](#) conference in Minneapolis, Minnesota, in May 13-15, 2009. These include:

- A symposium entitled *Global Perspectives on Engaging and Mobilizing Men as Allies to End Violence Against Women*
- A presentation entitled *Preventing Men's Abuse During Pregnancy*

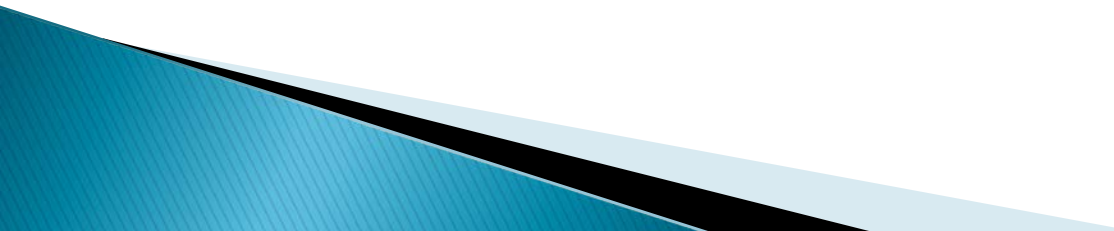
We invite you to read about our [current projects](#). In the near future we will start to post papers resulting from this project as well. We have also developed a list of website for [U.S.](#) and [International](#) organizations and programs focused on engaging men in violence prevention.

- [Homepage](#)
- [MMVP Projects](#)
- [U.S. Groups](#)
- [Int'l Groups](#)
- [Contact Us](#)

Books

The Batterer as Parent. *By Lundy Bancroft and Jay G. Silverman (2002). Thousand Oaks, CA: Sage Publications.*

Parenting by men who batter women: New directions in assessment and intervention. *Edited by Jeffrey L. Edleson & Oliver J. Williams (2007). NY: Oxford University Press.*



Online resources

Parenting in the Context
of Domestic Violence by Edleson et al.
Judicial Council of California's Center for
Families, Children and the Courts

<http://www.courtinfo.ca.gov/programs/cfcc>

Three-part online learning module by Scott &
Root at:

<http://www.globalvp.umn.edu>

