



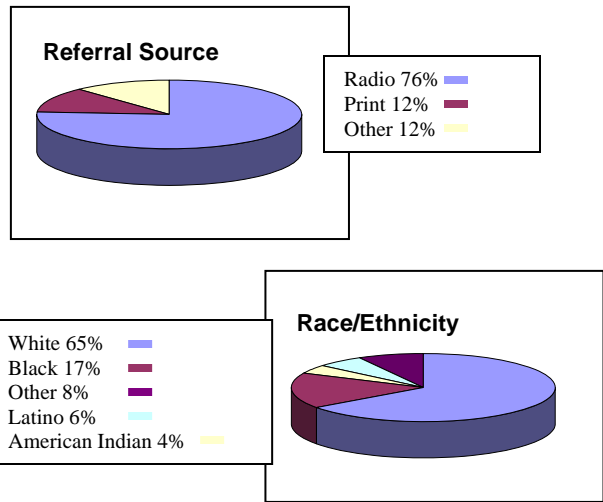
Men's Domestic Abuse Check-Up

The Men's Domestic Abuse Check-Up (MDACU) reached men who were concerned or had mixed feelings about their behaviors toward their intimate partners. Through a telephone-delivered Motivational Enhancement Therapy (MET), MDACU aided men in "taking stock" of their behaviors and thinking through their options. Our goals were to 1) provide a free, nonjudgmental and confidential service; 2) to increase motivation among participants to refer themselves to treatment, and; 3) to assess the MET's effectiveness toward these study goals.

Marketing. A team consisting of a local marketing firm, IPV practitioners and researchers, and men who had successfully completed an IPV treatment program worked with project staff to develop and revise marketing strategies. The check-up was publicized as respectful and non-judgmental. Participants were successfully recruited from paid radio and print ads, news stories, as well as a variety of other sources.

Study Design. 124 adult males who were engaging in intimate partner violence (IPV), using alcohol or other drugs and who had no court or treatment involvement were recruited. Following a baseline assessment, participants were randomly assigned to the experimental group (one telephone-delivered MET session) or the comparison group (mailed educational IPV and substance abuse information (MAIL)). Participants were then invited to attend an optional in-person learning session (OLS) where they would learn about treatment options in their community. Follow-up assessments took place 1-week and 30-days after the intervention.

Demographics. Average age = 39 years; 59% had children; and 80% worked more than 30 hours/week (see race/ethnicity graph on the right).



Intervention. Men who were randomized to the MET condition received one 60-90 minute telephone feedback session within 1-3 weeks of the baseline assessment. The session was guided by a Personal Feedback Report (PFR). The PFR contained information the participant provided on previous assessments, including: history of abusive behavior; IPV normative data; consequences he had experienced because of his IPV; family history of IPV; children's exposure to IPV; as well as alcohol and drug use patterns, normative data, risk factors, and consequences related to alcohol and drug use. Men who were randomized to the MAIL condition received educational materials via the mail that discussed health, psychological, legal, and social consequences of substance use and domestic violence.

Overall, participants were satisfied with the project. Many highlighted the non-judgmental staff and found the Check-Up process to be thought-provoking regarding their abusive behavior, its impact on their families, and actions to take.

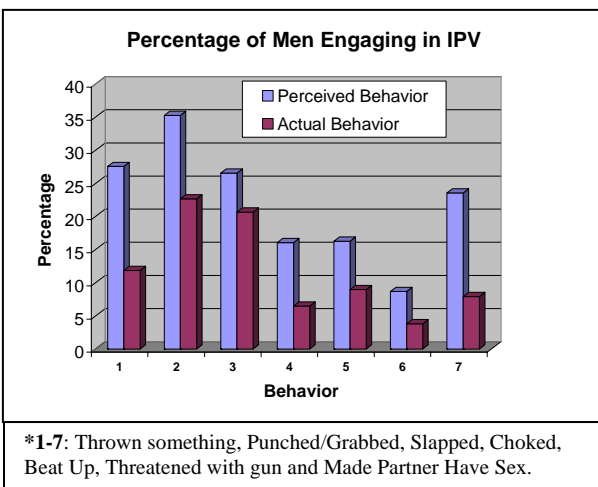
Findings. The Men's Domestic Abuse Check-Up (MDACU) was successful in reaching men who were concerned about their behaviors toward their intimate partners and were using alcohol or other drugs. During a 13-month period (2006-07), we received calls from 515 individuals; 348 of them were men interested in the project and were screened; 124 were eligible and enrolled.

- The majority of participants had never received IPV (91%) or alcohol (78%) treatment, and reported seeing abusive behaviors in their childhood home (76%).
- Participants overestimated the percentage of other men engaging in all seven IPV behaviors that were assessed (see figure on the left).

Two key outcomes from the trial indicate that the MDACU shows promise in interrupting violence in the home earlier: a trend toward greater motivation for treatment seeking and a greater reduction in self-reported IPV.

- Participants who received MET were more likely to attend the OLS (41%) than participants who received MAIL (27%).
- Men in the MET group reported engaging in IPV less frequently at 30-day follow-up in comparison to men in the MAIL group.
- At follow-up, perceptions of the frequency of men that engage in IPV and alcohol were reduced, which is significant because corrected misperception has been found (in the alcohol field) to lead to behavior change.

Participants were generally satisfied with all project components, particularly counselors' listening ability, respect for their feelings and attitudes about their relationship, and they were more clear about where they could receive appropriate treatment services.



Summary and Implications. The intervention has the potential for broad applicability in interrupting violence in the home earlier than would have been the case if the abuse continued until an arrest, serious injury, or death occurred. Finally, this novel intervention may provide a first step, low-burden, and effective option for reaching non-treatment seeking and un-adjudicated IPV perpetrators to self-refer into treatment.