



## **Public Health Approach to Domestic Abuse (PHADA)**

### **Literature review undertaken by Thomas Sampson, Research Intern, University of Hull**

The following document outlines effective evidence-based early preventative measures for abusive behaviour and interventions for perpetrators of domestic abuse.

After identifying a number of evidence-based interventions, the [EMMIE framework](#) provided us with the ability to assess their effectiveness. This framework was chosen since it is used to present evidence of research in a format that helps users to access and understand it quickly. This was possible through rating an interventions' research evidence against the following five dimensions:

- E**ffect – What is the impact and does the evidence suggest the intervention has been effective?
- M**echanism – How does it work and what is it about the intervention that could explain its effect?
- M**oderators – Where does it work and in what circumstances and contexts?
- I**mplementation – How do we do it and what conditions should be considered?
- E**conomic cost – What are the costs of the intervention and potential social returns?

Note: This document includes hyperlinks, enabling the reader to navigate between programmes and evaluations.

Programme name	Summary	Programme design	Demographic	EFFECT (What impact does it have? Does the evidence suggest the intervention has been effective?)	MECHANISM (how does it work? What is it about the intervention that could explain its effect?)	MODERATORS (Where does it work? In what circumstances and contexts?)	IMPLEMENTATION (How do we do it? What conditions should be considered?)	ECONOMIC COST (what costs are there? Cost benefits?)
Caring Dads <a href="https://caringdads.org">https://caringdads.org</a>	Group-based therapy work with fathers who perpetrate abusive behaviours (controlling behaviours up to physical abuse) teaching men to cooperatively parent by framing their partner violence in respect to its effect on their children.	One 2-hour group session a week delivered in several stages over 17 weeks.	Self-referred men perpetrating abusive behaviours towards their partners who also have children (0-16 yrs)	Partners reported lower incidences across nearly all measures of the Controlling Behaviour Inventory – particularly emotional abuse (40% reduction in reported incidents, $p < 0.05$ ). Similar findings involving reports of abuse towards children (McConnell et al., 2014).	Stress reduction reducing the influence of parental stress as a trigger of DA (Yim & Kofman, 2019). Improved peer support network supports a reduction in frequency and harm of IPV (Greenman & Matsuda, 2016)	Men with children, who have a willingness to address their behaviour to improve their relationships with both their partners and children. Smaller groups of fathers (6-10) who show a willingness to change and are screened for potential disruptors to involvement such as serious substance abuse issues (McConnell et al., 2016).	Strong focus on the first stage of motivational interviewing to protect against high attrition rates (McConnell et al., 2014). Using individuals already known to the community from other projects as facilitators increases participation and lowers attrition (McConnell et al., 2014).	Cost of in-person or online facilitator training (~£1000).
Applied Theatre Interventions <a href="https://cctheatre.co.uk/domestic-violence-drama/">https://cctheatre.co.uk/domestic-violence-drama/</a>	Interactive theatre sessions that approach men's attitudes to women and the perpetration of abusive behaviours whilst promoting healthy relationship behaviours.	Individual theatre performances are out on either in educational settings (particularly college/ university) or open invitation to the wider community.	Different theatre interventions have been aimed at various demographics but generally younger men 18-25.	Various studies have showed effective attitudinal changes in young men either from college and university or within the community. Effectiveness can be as strong as a mean 0.9 decrease on the attitudes towards domestic violence questionnaire (0-4	Encourages attitudinal change towards women in men at risk of preparation before any abusive behaviour occurs.	Most effective within educational settings for older adolescents due to higher levels of engagements. Community based versions are more difficult to encourage attendance and crowd involvement (Heard et al, 2017).	Working with a local charity or community theatre group trained to discuss domestic abuse awareness and prevention strategies. Within college (or university) delivery easier to recruit for and encouragement engagement of those attending. More difficult to encourage	No economic evaluation of this programme was accessible.

				scale) (Heard et al, 2017).			attendance from those within the community voluntarily but working with local partners already involved in the community may be able to encourage more attendance from men known to those organisations.	
Respect Not Fear – Choices <a href="https://respectnotfear.co.uk/choices-2/">https://respectnotfear.co.uk/choices-2/</a>	In school delivered education that aims to be an early preventative measure against future abusive behaviour.	7 interactive educational sessions focusing on different topics such as self-esteem and healthy relationship behaviours.	Adolescent boys (15-16) identified by their school to be displaying or at risk of displaying abusive behaviours or negative views towards women.	Participants rated multiple positive attitude changes because of the programme very highly (Choices: Respect not fear, 2020). This included (rated out of 10) 9.2 score for evaluating their own behaviour within relationships and 8.6 for “changing the way they thought about being a man”. These scores persisted at 3- and 6-months. No long-term evaluation of future abuse risks.	The course teaches emotional control tools that deals with behaviour within relationships of the boys to take forward in the future. Furthermore, a strong aspect of the course is to teach better beliefs about women and girls to those involved and attitudes towards their own masculinity.	The course is specifically aimed at young men who are at risk of or only beginning to demonstrate abusive behaviours. It is not designed for those who have already engaged in more extreme abusive behaviours prior.	The programme can be delivered either during school or as an after-school course. Boys are referred by the school with reports provided on their involvement provided afterwards. For best outcomes the school must be willing and proactive in the boys involvement and support them throughout the duration of the course.	No economic evaluation of this programme was accessible.
The Caledonian System	Abusive men take part in a programme to tackle their behaviour and attitudes.	First, at least 14 1-1 prep and motivation sessions	Males convicted of domestic	Spousal Assault Risk Assessments were conducted pre-programme and at the	Encourages perpetrators to address issues at every level of the	Currently only provided and evaluated as a mandatory programme with no evidence	All individual and group sessions are highly structured within the	No economic evaluation of this

<a href="https://www.gov.scot/publications/caledonian-system-evaluation-analysis-programme-tackling-domestic-abuse-scotland/pages/3/">https://www.gov.scot/publications/caledonian-system-evaluation-analysis-programme-tackling-domestic-abuse-scotland/pages/3/</a>	<p>Affected partners and ex-partners are also offered support services.</p>	<p>followed by 23 weekly, 3-hour group sessions. Finally, 1-1 sessions resume following completion of the group work stage.</p>	<p>abuse offence referred.</p>	<p>end of the group session stage. Pre-programme 26% of men were considered high-risk, 62% moderate and 12% low risk. Post group work, 8% of the men were high risk, 32% moderate and 60% low risk (Ormston et al, 2016).</p>	<p>ecological model such as substance abuse issues, attitudes to women and emotion management (Ormston et al, 2016). Utilises Ward's (2002) "good lives model" promoting men to also work on their strengths to achieve their goals.</p>	<p>applicable to non-convicted referrals.</p>	<p>programme handbook provided to involved practitioners. For the most reliable results, this handbook should be followed with as little deviation as possible. Family-wide involvement with strong acceptance of available support from partners and any children is encouraged for the best outcomes for all.</p>	<p>programme was accessible.</p>
<p>Domestic Abuse Prevention Programme <a href="https://yorkshirechildrenscentre.org.uk/dapp/">https://yorkshirechildrenscentre.org.uk/dapp/</a></p>	<p>Community-based group work programme for abusive men in Huddersfield.</p>	<p>17 weekly 3-hour group sessions.</p>	<p>Any man over 21 who has perpetrated any level of abusive behaviour. These men can be self-referred or referred by any other statutory or non-statutory body.</p>	<p>Qualitative data that women who were partners of men in the program experienced a reduction or cessation or abusive behaviours. No in-depth evaluation or quantitative data to show a reduction in DA.</p>	<p>Men's social networks are improved by meeting with and working alongside men in similar positions. The sessions cover a wide range of behavioural change topics such as how recognise and prevent abusive behaviour before it happens and how to avoid repetitive, destructive patterns of thinking.</p>	<p>As a self-referral program, the program is most effective focusing on men motivated to change their behaviour. A high-level of cooperation with other services that address related issues the course does not cover also results in better results.</p>	<p>Sessions are run by one female and one male facilitator. Groups are split between open discussion and interactive exercises – encouraging the highest level of interaction from all men within the program encourages the best change for those involved.</p>	<p>No economic evaluation of this programme was accessible.</p>

<p>Relationships without fear  <a href="https://findtheglow.org.uk/our-services/">https://findtheglow.org.uk/our-services/</a></p>	<p>General educational programme for secondary school children delivered over multiple year groups with age-appropriate tailored materials.</p>	<p>6 weekly lessons provided within regular PSHE timetabled lessons by a trained domestic abuse practitioner or trained teacher.</p>	<p>School students (male and female) aged 8-16 regardless of concerns about their behaviour.</p>	<p>Students scored slightly but significantly lower on the Attitudes to Domestic Violence questionnaire at a 3-month follow (1.31) compared to pre-programme (1.42) (Fox et al, 2016). Those in the control group saw no significant reduction in scores. No data for long term prevention in abusive behaviour.</p>	<p>Particularly for the boys involved, the programme focuses on de-escalation strategies for abusive behaviours and tackles negative attitudes for what is appropriate behaviour towards women.</p>	<p>The programme works when delivered within already timetabled teaching. It is most effective when altered to be age appropriate for each year group as they age through school until 16yo. Beginning with general relationship behaviours and moving to more specific dating violence and then domestic abuse with older age groups.</p>	<p>Either external domestic abuse workers or trained teachers can deliver the program. There is no evaluation of the effectiveness depending on who delivers it. Delivering as part of the already established school curriculum avoids any attrition to participation as all students are already available and must attend.</p>	<p>Currently delivered for £1.94 per child (based on a 30-child class) in current areas by GLOW.</p>
<p>Promoting Positive Relationships programme  <a href="https://justiceinnovation.org/project/promoting-positive-relationships-programme">https://justiceinnovation.org/project/promoting-positive-relationships-programme</a></p>	<p>Preventative cognitive-behavioural group programme to help men at risk of entering the criminal justice system for abuse.</p>	<p>24 weekly 2-hour group sessions and support provided to partners by partner support workers provided by Women's Aid.</p>	<p>Males over the age of 18 who are referred by social services.</p>	<p>No official report has been publicly released, however the PBNI state that the programme results in a reduction of court appearances of the men involved. Partners also report less occurrences of DA and less A&amp;E visits (Watt, 2021).</p>	<p>The men involved are taught cognitive-behavioural strategies to tackle abusive behaviours developing, taught positive parenting to understand the impacts on children, and future planning to develop strategies to avoid abusive behaviours moving forward.</p>	<p>The programme is currently being run across Northern Ireland. It works best as a preventative programme for men thought to be at risk of abusive increasing abusive behaviour but who have not been identified by the criminal justice system. The men must acknowledge the risks and be willing to change in order to avoid reaching that point. Most effective with groups of 6-10 men.</p>	<p>The programme is run in cooperation with probation services who are experienced with working with male perpetrators of domestic abuse. The skills and similar approaches used with men convicted of domestic abuse are transferred to those who are not yet known to the criminal justice system.</p>	<p>No economic evaluation of this programme was accessible.</p>

<p>Respect and Principles  <a href="https://risemutual.org/respect-and-principles/">https://risemutual.org/respect-and-principles/</a></p>	<p>Educational programme for young males to address worrying behaviour in relationships before abusive relationships develop.</p>	<p>Two 1-1 sessions of motivational interviewing to prepare. Six group sessions following those.</p>	<p>Adolescent boys (13-17) identified by various services at risk of displaying abusive behaviours or negative views towards women.</p>	<p>The boys scored lower on questionnaires measuring their acceptance of abusive behaviours following conclusion of the programme compared to before. No data for long term prevention in abusive behaviour.</p>	<p>The course teaches emotional control tools that deals with behaviour within relationships of the boys to take forward in the future. Furthermore, a strong aspect of the course is to teach better beliefs about women and girls to those involved and attitudes towards their own masculinity.</p>	<p>The course is specifically aimed at young men who are at risk of or only beginning to demonstrate abusive behaviours. It is not designed for those who have already engaged in more extreme abusive behaviours prior.</p>	<p>The programme can be delivered either during school or as an after-school course. Boys can be referred by any agency worried about the with reports provided on their involvement provided afterwards so cooperation with schools, GPs, social services and others required to identify those the programme best suits.</p>	<p>No economic evaluation of this programme was accessible.</p>
<p>Project PIPA  <a href="https://risemutual.org/domestic-abuse-awareness/">https://risemutual.org/domestic-abuse-awareness/</a></p>	<p>Course designed to help perpetrators recognise their abusive behaviours and prepare them for further programmes.</p>	<p>Five sessions, with a 3.5-hour session delivered each week.</p>	<p>Medium-risk perpetrators as an out of court alternative.</p>	<p>No data has been collected on the effectiveness of the programme as an early intervention. However, those who complete the programme and move onto the Safe relationships program are 3 times as likely to complete this subsequent programme.</p>	<p>The course teaches perpetrators how to recognise their own behaviours as abusive and uses a good lives model (Ward, 2002) approach to encourage positive change of behaviours. This can work as early intervention for lower risk males or as preparation for further interventions for</p>	<p>Project PIPA is not meant as an intensive intervention of its own but works as a preparatory course before further intervention. Therefore, it is best delivered in a plan for individuals who will go onto a further intervention.</p>	<p>Best implemented as a preparatory course for another intervention such as Inspire to Change. If this is the case, the course can be altered to approach skills and behaviours as they are in the accompanying programme. Currently ran in Northamptonshire funded by the PCC.</p>	<p>No economic evaluation of this programme was accessible.</p>

					those who are higher risk.			
Domestic violence intervention project <a href="https://dvip.org">https://dvip.org</a>	The DVIP is a behavioural programme for men already performing abusive a partner (or previously towards an ex-partner)	Two individual preparation sessions followed by 30 weekly group sessions.	Men who have displayed abusive and/or violent behaviour to partners any time in the past.	70% of the partners of the men involved reported no further abuse was suffered at 3,6, and 18 months after the completion of the program. The remaining 30% all reported less severe and/or less frequent abuse. 93% of partners reported an increase in their quality of life (Price et al., 2009).	The men approach their use of violence in relationships from their own perspective to identify and understand their own personal risk factors. Stronger peer support networks are developed through the sharing and cooperative nature of dealing with relationship issues in groupwork.	The DVIP is designed to be inclusive of men of all cultural and male backgrounds, if all men involved have strong English-speaking capabilities to facilitate the development of strong cooperation within groups.	The programme is run by a charity in the South of England. Cooperation with them to expand their current practices with their own training and structure would lead to the best chance of maintaining the strong positive results shown by the evaluation of Price et al (2009).	No economic evaluation of this programme was accessible.
Inspire to change <a href="https://cranston.org/help-and-advice/domestic-abuse/inspire-to-change/">https://cranston.org/help-and-advice/domestic-abuse/inspire-to-change/</a>	Behavioural management course for males aged over 16 to learn skills and coping mechanisms to prevent further abusive behaviour towards partners.	12 session programme that can act as an intervention of its own for those who are lower risk or as an introductory course before a more intensive programme such as Building Better Relationships.	Males who have perpetrated some level of abusive behaviour towards their current or ex-partners who are self-referred.	Medium-risk males who completed the self-contained programme reported higher confidence in their ability to prevent abusive behaviours and partners a decrease in abuse. 82% of those who completed did not commit an offence within a year following the programme (Parveen,	Inspire to change teaches behavioural skills to avoid escalation of stressful relationship events to abusive behaviour. The programme also works in conjunction with other local services addressing DA risk factors such as	As a self-referral program, the program is most effective focusing on men motivated to change their behaviour. A high-level of cooperation with other services that address related issues the course does not cover also results in better results.	The programme is currently delivered by Cranstoun in South Yorkshire, so direct expansion of the programme by those already delivering it could be possible. Developing strong referral pathways with other services for related issues would be essential for the	No economic evaluation of this programme was accessible.

				2019). Higher risk men who moved into the Building Better Relationships programme had a 30% higher completion rate (Cranstoun.org, 2021).	substance abuse services.		most successful outcomes.	
Men and Masculinities <a href="https://cranstoun.org/help-and-advice/domestic-abuse/men-and-masculinities/">https://cranstoun.org/help-and-advice/domestic-abuse/men-and-masculinities/</a>	A programme for men who feel their relationships are becoming distressing and are at risk of escalating to worsening controlling behaviours.	Up to 24 weekly 2-hour group sessions.	Men over 18 (self-referred or referred by a support worker) who have displayed early risk signs of abusive behaviour or have exhibited a small number of abusive behaviours already.	Men who have completed the programme have reported lower levels of anxiety, stress, and anger. They also report an ability to deal with negative relationship events better and prevent them from impacting on their partners (Cranstoun.org).	The programme approaches domestic abuse from the ideas men hold about masculinity and how this effects their relationship behaviours. For those involved who have children, this includes discussing and understanding a male's role as a father and the effects abusive behaviours can have on their children.	The programme is preventative with evidence of increased skills to prevent escalation to abusive behaviour, but not to reduction in abusive behaviours in males already exhibiting many abusive behaviours. Men are filtered out with pre-involvement assessments.	Also delivered by Cranstoun in some local authorities. Could be delivered as an alternate intervention alongside Inspire to Change for men whose abusive behaviour has escalated less than those on the Inspire to Change programme.	No economic evaluation of this programme was accessible.
Foundations 4 change <a href="https://www.sheffield.ac.uk/polopoly_fs/1.743694!/file/Final_Report_17-9-17.pdf">https://www.sheffield.ac.uk/polopoly_fs/1.743694!/file/Final_Report_17-9-17.pdf</a>	Cognitive-behavioural therapy programme addressing both skills to avoid abusive behaviours and attitudes towards women and healthy relationships.	18 weekly group sessions.	Males who have perpetrated some level of abusive behaviour towards their current or ex-partners who	Qualitative reports from those who completed the programme suggest higher levels of well-being of both perpetrators and partners as well as increased confidence	Foundations for change teaches behavioural skills to avoid escalation of stressful relationship events to abusive behaviour. The programme also	As a self-referral program, the program is most effective focusing on men motivated to change their behaviour. A high-level of cooperation with other services that address related issues the course	The programme was previously delivered in South Yorkshire but was stopped due to funding and would need re-starting to implement in Humberside. Developing strong	A social return of £2.05 for every £1 invested, with a minimum expectation of 95p



			are self-referred.	of perpetrators to apply their learnt skills to reduce abusive behaviours (Parveen, 2017).	works in conjunction with other local services addressing DA risk factors such as substance abuse services.	does not cover also results in better results.	referral pathways with other services for related issues would be essential for the most successful outcomes.	per £1 (Parveen, 2017).
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## References

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