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## From face-to-face to email to text messaging: Testing the feasibility and effectiveness of face-to-face, online and mobile technology

**Introduction:** Intimate Partner Violence (IPV) is a pervasive yet preventable social, law enforcement and public health problem. IPV is physical, sexual, psychological, economic abuse and stalking to achieve, maintain and regain coercive control over their intimate partner. If not prevented, IPV will remain a major source of morbidity and mortality in the US and Globally. The costs to IPV in terms of survivors' physical, mental, economic and social well-being are estimated to reach 13.6 to 15.6 billion by 2021 with more than 1000 deaths in the US annually.

**Purpose:** To explore several methods of delivering intervention starting with face-to-face-individual and or group intervention and educational with college male and female students before them experience IPV and with women experiencing IPV. We then compared email with face-to-face as a mode of delivering intervention to survivors of IPV. This was followed by text messaging intervention.

**Methods:** We used mixed methods design in data collection and data analysis.

**Results:** We found our face-to-face intervention delivered to college students before experiencing IPV was helpful. Further we found email intervention to women in IPV was more effective in reducing anxiety, anger and depression than face-to-face delivery. Finally, text messaging to college students was effective in providing knowledge on the signs of a developing IPV in dating relationships.

**Implications:** Nurses need to provide young and older adults information on developing healthy and safe relationships is crucial in every practice setting we are in. Further, we need to provide women already in IPV relationships strategies to break the cycle of violence safely and competently.

**Conclusions:** We could harness the internet and mobile technology to assist and or intervene with youth, adults and older women in IPV because violence is preventable and stoppable.

## Biography

Rose E Constantino is an Associate Professor at the University of Pittsburgh School of Nursing, Department of Health and Community Systems and teaches Forensic Nursing. She is the Senior Editor of "Forensic Nursing: Evidence-based Principles and Practice" published by F. A. Davis in 2013. Her pro bono family law practice is founded on her research on the consequences of intimate partner violence on the health, safety and well-being of women, men and children worldwide. Her current research is in comparing the effectiveness of online and face-to-face intervention in women and children in intimate partner violence. She is mentoring students in developing the HELPP Zone app as a training tool for bystanders worldwide in recognizing, responding and preventing relationship violence including domestic and sexual violence.

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