

Evaluation of Strong Through Every Mile (STEM), a structured running program for survivors of intimate partner violence

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EMPOWERING DOMESTIC ABUSE SURVIVORS
THROUGH THE SPORT OF RUNNING



The
Sage
Colleges

STEM

Couch to 5K

10 Weeks

3 Runs/Week

30 Min. Runs



Evidence Based Program Theoretical Support

Locus of control	Mindfulness
Empowerment Model	Human Capital Theory of Learned Effectiveness
Social capital	Self Determination Theory
Happiness	Physical activity impact on depression
Resilience	Physical activity impact on anxiety

<https://www.youtube.com/watch?v=uhk4GvdbMDo> (longer version of video)

Engages community

Funded by donations and grants

Inputs/Resources

- Volunteer Mentors (Commitment to Attend One Session Weekly; Ideally 1 per Participant thus Would Need far More Volunteers)
- Training Location
- Training Material
- Application Sheet
- Staff to Process Application
- DV Partner Organization
 - Transportation to Training Site & Celebration Site
 - Staff Time for Counselor to Provide Support (e.g., child care)
 - Staff Time for Counselor to Run with Participants
- End of Session Party (location, food, video show)
- Safe Location to Conduct Weekly Running Sessions
- Startup Running Gear (supplies)
- New Running Shoes and Bra for Participants (partner with local business)
- Race Registration Fees for Participants
- Race Registration Fees for Counselors
- Volunteer Coordinator

DV service providers

- On-site counselor
- Transportation

Local businesses

- Financial support
- Running supplies

Community member

- Mentors
- Financial donations
- Running supplies

STEM @STEMRunning · 21 Mar 2016
Our runners always proudly wear their jerseys - a symbol of their accomplishment. Thanks, @MPCofAlbany!



STEM @STEMRunning · 14 Oct 2016
Thank you @FleetFeetAlbany and Malta for hosting a Spend for STEM day. You're the best! ❤️



STEM @STEMRunning · Mar 28
Thanks again, @TheHotYogaSpot for last weekend's fundraiser. The total grew to \$1,385! The magic of kindness. ❤️



Multi-phase evaluation

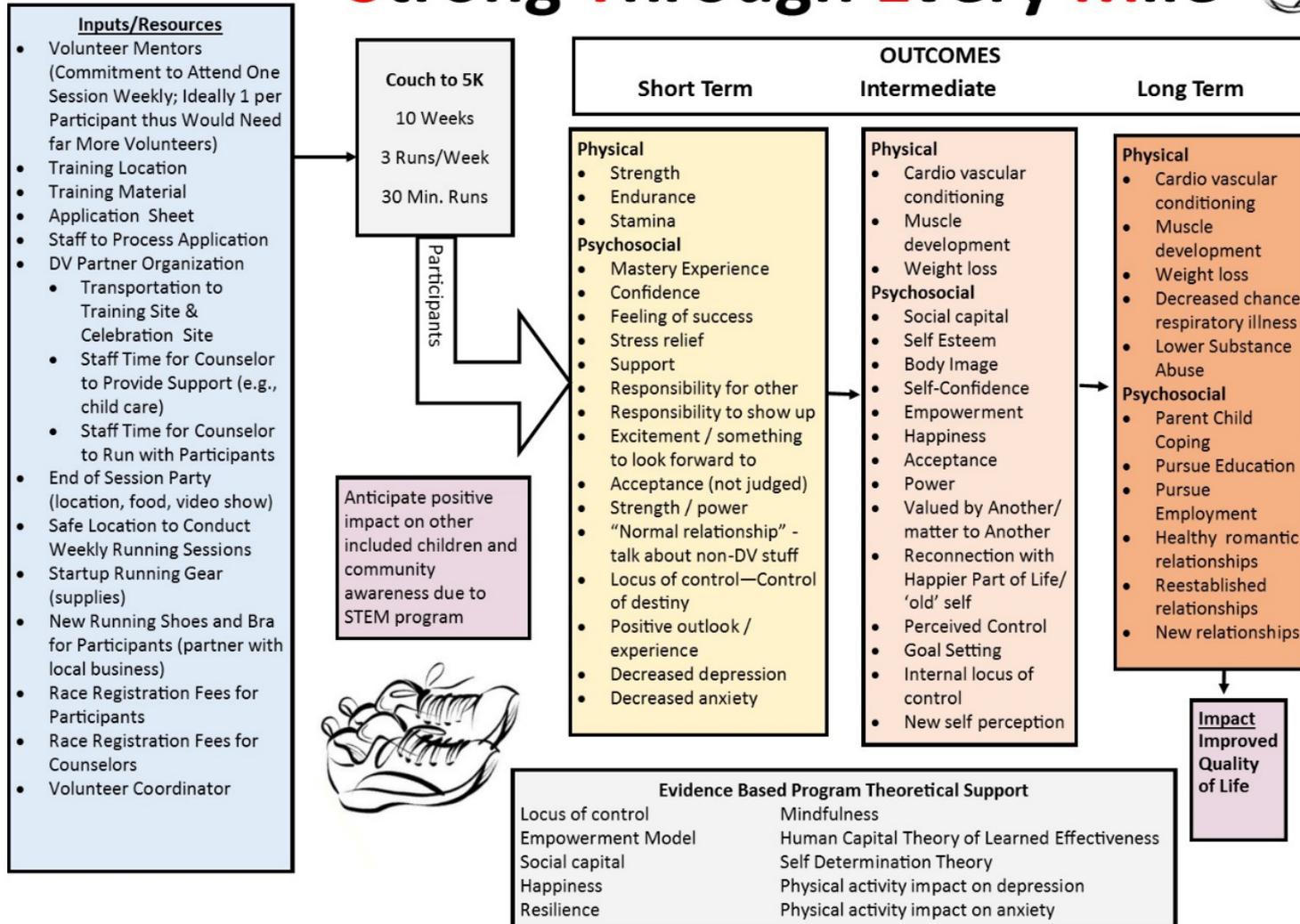
- Qualitative – focus groups and interviews
 - Thematic analyses
- Quantitative – pre-test / post-test surveys
 - Psychosocial outcomes
 - Health and health behavior outcomes
- Future
 - Long-term psychosocial outcomes
 - Physical outcome

Progress to date

- Logic model developed
- Qualitative data
 - Focus group data collected
 - Preliminary analyses conducted
- Quantitative
 - Pre-test / Post-test data wave 1
 - Pre-test data wave 2

Logic Model

Strong Through Every Mile



Qualitative findings

- Support logic model
- Consistent with quantitative data collected to date

Quantitative study

- Wave 1 data collected
- Wave 1 analysis completed
- Wave 2 in process

OUTCOMES

Short Term

Intermediate

Long Term

Physical

- Strength
 - Endurance
 - Stamina
- ### Psychosocial
- Mastery Experience
 - Confidence
 - Feeling of success
 - Stress relief
 - Support
 - Responsibility for other
 - Responsibility to show up
 - Excitement / something to look forward to
 - Acceptance (not judged)
 - Strength / power
 - "Normal relationship" - talk about non-DV stuff
 - Locus of control—Control of destiny
 - Positive outlook / experience
 - Decreased depression
 - Decreased anxiety

Physical

- Cardio vascular conditioning
 - Muscle development
 - Weight loss
- ### Psychosocial
- Social capital
 - Self Esteem
 - Body Image
 - Self-Confidence
 - Empowerment
 - Happiness
 - Acceptance
 - Power
 - Valued by Another/ matter to Another
 - Reconnection with Happier Part of Life/ 'old' self
 - Perceived Control
 - Goal Setting
 - Internal locus of control
 - New self perception

Physical

- Cardio vascular conditioning
 - Muscle development
 - Weight loss
 - Decreased chance respiratory illness
 - Lower Substance Abuse
- ### Psychosocial
- Parent Child Coping
 - Pursue Education
 - Pursue Employment
 - Healthy romantic relationships
 - Reestablished relationships
 - New relationships

Impact
Improved
Quality
of Life

Anticipate positive impact on other included children and community awareness due to STEM program



Psychological well-being outcomes assessed

- Depression, anxiety and stress
- Self-compassion
- Self-esteem
- Self-perception
- Locus of control
- Mindfulness
- Resilience
- Happiness

Social well-being outcomes assessed

- Perceived social support
- Parental warmth

Physical health and behavior outcomes assessed

- Quality of life
- Health behaviors
 - smoking
 - eating
 - drinking
 - sleeping

Results

- Wave 1 (Spring 2017)
 - 11 respondents
 - Average age: 39 year (SD 8)
 - 55% white; 36% African American
 - 60% at least high school or equivalent education
 - <20% employed
 - 70% in a relationship
 - 70% have at least one child
- Wave 2 (Fall 2017)
 - 6 respondents (pre-test only)
 - Post-test data collection December 2017

Wave 1 pre-test to post-test

- Trend toward positive impact
- Findings supported by qualitative data

Psychological well-being outcomes

	Time 1		Time 2	
	Mean	SD	Mean	SD
Depression, Anxiety, Stress	20.45	11.26	15.4	7.23
Self-Compassion	1.34	0.32	1.79	0.19
Self-esteem*	11.73	3.10	9.33	2.73
Mindfulness*	4.35	1.78	4.07	0.71
Resilience	10.00	2.21	12.00	2.00
Happiness	18.18	4.72	17.83	4.26
Life enjoyment	3.91	1.14	4.17	0.98

*lower scores on the scale represent higher wellbeing

Qualitative data: psychological well-being

- “I don’t need medication anymore because when I feel like I’m stressed or angry I say [name] get your bike, let’s go I’m running...”
- “...no one gave you this, you crossed that finish line on your own because you had the power and you had the drive and are strong enough to do it.”
- “So, being with STEM’s making me feel like I’m not a failure so that’s why I continue to come in.”
- “I know for me, self esteem was a big thing for this um you know, I, I didn’t have much and now its more confidence and more self esteem and things like that so I’m just very empowering “

Social well-being outcomes

	Time 1		Time 2	
	Mean	SD	Mean	SD
Interpersonal Support*	28.45	7.03	27.83	8.68
Parental Warmth	5.59	1.60	4.48	0.56

*lower scores on the scale represent higher wellbeing

Unanticipated result - slightly less parental warmth

Possibly women more focused their on own well-being, allotting less time to their children and thus felling guilty

“...sometimes I can drag him kicking and screaming, him saying ‘I don’t want to go with you mommy, I don’t want to go run’ but me saying you have to because I have to put me first. Because you can’t pour from an empty cup and I have to I have to fill me up and this is what’s helping me be a better mom for him. So even though he may not be, want to be there right now, I have to do this because I have to do it for me [sniffle] and that’s the first time I ever put me first in my life...”.

Qualitative data: social well-being

- Relations with children

- “I can listen to them better and um, before I I couldn’t that but STEM showed me a way even though it helps you running , it help you help other people too in the long run especially with your family.”

- Social support

- “...I never really had anybody go above and beyond for me not even my family...”

- “...also brought a lot of friendships so umm, you know, that there’s no judgements and there’s no you know, they let you be you and I’ve never been me so this is a new thing so that’s mine.”

- “...just having that structure and support system makes so much difference.”

Physical well-being

	Time 1		Time 2	
	Mean	SD	Mean	SD
Quality of life	3.64	1.03	3.83	0.98
Body acceptance	3.64	1.21	3.67	0.82
Satisfaction with self	3.40	0.97	3.50	1.05
Cigarettes / day	5.20	8.03	14.83	8.01
Satisfaction with sleep	3.60	1.17	3.67	1.21
Hours of sleep / night	5.80	3.05	6.25	1.90
Alcoholic drinks / month	0.63	1.79	1.20	1.10
Sugary drinks / month	9.60	28.26	1.67	3.14

Qualitative data: behavior change

- “...so it’s like um, it’s really helping me stay clean and sober too...”
- “Cause I’m anorexic so now I’m eating healthier and I know that I have to have the protein in my body...”
- “I noticed that when I know I’m gonna run I won’t smoke for like four or five hours before I run and they notice that I’m not as winded when I run too so I’m noticing some things you know what I mean, so it’s helping me with the cigarettes as far as not smoking.”

Challenges

- Very limited literacy skills needing survey read
- Self-Perception Profile
- Recruitment and retention

Moving forward

- Continue working with STEM to collect additional data
- Seek additional funding for future waves and follow-up comparisons
- Share results with the STEM program staff for program improvement, outreach, and additional funding
- Examine changes in physiological markers of stress
- Determine STEM's effectiveness compared to other interventions

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