

#### Slide 2

#### Background

- U.S. data in 2011 indicate that 9.4% of high school students had been intentionally physically hurt by a dating partner during the past 12 months. [1]
- The first step to prevent dating violence is assisting adolescents to recognize and avoid a violent relationship.
- The complex nature of the dating violence phenomenon often makes it difficult for adolescents to recognize dating violence.
- While some adolescents may be able to understand what a healthy relationship looks like, admitting to themselves that they are victims of relationship violence is challenging. [2]



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#### Background

- The adoption of smartphone-based interventions is a promising area for health researchers and public health professionals. [3,4]
- The number of downloaded mobile applications has increased tremendously, from 300 million apps in 2009 to five billion in 2010.[2]
- Apps aimed solely for the prevention of adolescent dating violence are limited.
- 95% of the mobile health apps are offered directly to customers without testing .
- Only 10% of smartphone owners have downloaded health apps.[4]

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#### Apps against Dating/Intimate Partner Violence

- Love is not Abuse (LINA) (August 2011)
- The White House Apps against Abuse challenge (November 2011)
  - Circle of 6
  - On Watch
- IOM Apps Challenge to Prevent Domestic Violence (November 2012)
  • Wisdom of the Children

  - Circle of 6
  - R3
  - HealtheSAVE



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#### Apps against Dating/Intimate Partner Violence

- One Love Danger Assessment (late 2012)
- (June, 2013)
  - Safe Dating For Teenagers (June 2013) Dating & Relations Mega Guide (April 2013)

#### Slide 6

• To describe the development process of the Better Me mobile application (app), which can potentially improve the prevention of adolescent dating violence



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- This app is developed as a tool to support pre-existing schoolbased prevention programs and conventional forms of technology
- This app is targeted for adolescents who may be at high risk of relationship violence
  - Provide adolescents a self-control tool for monitoring their mood, partner's behaviors, and events that may lead to
  - conflicts

     Present quantifiable feedback about potential and/or
  - actual violence in a vivid visualization of charts

     Give adolescents a danger text-sound alert when an abusive act is recorded
  - Provide trusted, helpful, and available resources in hand

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- is designed for the Android platform is developed based on

  — Cognitive Behavioral Interventions

- A consumer-driven center method
   The Conflict in Adolescent Dating
   Relationship Inventory CADRI (Wolfe et al. in 2001), is a self-report questionnaire

  • Threatening behaviors, Relational abuse

  • Physical, Sexual, Verbal-Emotional abuse

  • is written at the 5th-grade level

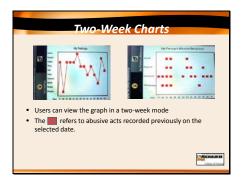
  • has five main tabs: My Relationship,
  Chart, Calendar, Get Help, and Setting




# Slide 11



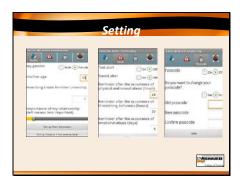
## Slide 12



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# • Use multiple approaches to inform the app's design, content, and functionality. - Ask potential end-users to perform tasks using a think aloud protocol - Observe the end-users in real-time using the app - Conduct a survey or an interview with the end-users about their thought toward the app and intention to use in the future - Ask for feedback from experts - Test the feasibility of the use of the app in daily life


# **Key Lessons Learned**

- Validating whether there is a real need for an app early in the design and development process.
- Simplify the CADRI scale
- Tying the app into research/database
- Improving user interface

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# **Key Lessons Learned**

- Translating potential end-users needs (i.e., adolescents) into the design and development
  - IRB, "Hard to reach" population
- Testing the app with potential end-users to be sure that the app works as expected
- Improving application data security
- Building a cross-platform app

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