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**ROAR: Reflecting on Abusive Relationships (G1503JG)**

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**Abstract**

Victims of intimate partner violence are frequent visitors to family medicine clinics, bringing injuries, mental health problems, and chronic illnesses. Many investigators have examined risk factors and consequences of victimization, but few have studied the day-to-day dynamics of violent relationships. Since 2006, our research team has studied daily patterns of partner violence; one unexpected result of our work was that women appeared to benefit from participation in this research. Can we translate our methods into an intervention for partner violence?

**AIM.** We propose a pilot study that offers abused women weekly brief counseling sessions with a narrative approach, assigns daily reports for 8 weeks to promote mindfulness, and provides referrals for additional assistance. This study will determine feasibility of this intervention, while calculating changes in health outcomes and decision-making over 8 weeks.

**METHODS.** In a family medicine clinic, we will identify and enroll 20 women in committed heterosexual relationships who have experienced verbal or physical abuse in the past month, excluding women who would be endangered by participating. For eight weeks, participants will participate in weekly 30-minute counseling sessions, and complete daily telephone surveys about their relationships. Using both surveys and qualitative interviews, we will gather outcomes data at baseline and end-of-study, addressing attitudes, health outcomes, and readiness to take action about their relationship. Feasibility calculations will address enrollment, retention, participation, safety, and access to referral sites. Repeated measures analyses will determine changes in outcomes over time. These findings will support a future application for a controlled trial.