

Schedule for Today

- **Lecture:**
 - Rape and sexual assault
 - Effects
 - Risk factors for victimization
 - Risk detection
- **Video: War Zone (30 minutes)**
 - Small group discussion
 - Large group discussion
- **Lecture:**
 - What can we do to decrease violence
 - Men as allies
- **Research study after class**

Questions for Today

- **What are the effects of rape?**
 - What factors affect recovery?
- **What are some of the risk factors for victimization?**
 - How good are women at detecting risk?
- **What can we do to decrease violence against women?**

PTSD PREVALENCE IN RAPE VICTIMS

- **Clinical samples seen at HCMC:**
 - 60-80% meet criteria for PTSD in first 6 months postassault
 - by 1 year, about 50% still have PTSD
- **Community sample in Henn. County:**
 - 58% met criteria for PTSD at some point in their life
 - PTSD rate higher than for other traumas (e.g., illness = 18%)

OTHER EMOTIONAL AND PHYSICAL EFFECTS OF RAPE

- Compared to nonvictims, women who have been raped report more symptoms of depression, fear, anxiety, and substance abuse
- Women who have been sexually assaulted also are greater risk of poorer health, chronic pain, and more physical symptoms (esp. related to sexual health)
- These differences can persist for years after the rape

Elliott (2004): Effects of adult sexual assault in men and women

- Nationally representative community sample of 472 women and 499 men
- Adult sexual assault = sexual contact due to threat/force after age 18
- Prevalence: 22% of women, 4% of men
- Assaults occurred average of 14 years previously
- Victims scored higher than nonvictims on all 10 subscales of Trauma Symptom Inventory
 - E.g., anxiety, depression, anger, sexual concerns, PTSD symptoms
 - **Male victims of sexual assault scored higher (were more distressed) than female victims on 9 of 10 scales**

POSITIVE LIFE CHANGES AMONG RECENT RAPE VICTIMS

- Self
 - I'm more assertive (~50%)
 - I realize my strengths (~50%)
- Relationships
 - My relationships have changed in positive ways (~40%)
- Life Philosophy
 - I appreciate life more (~55%)
 - I'm closer to God (~40%)
- Empathy
 - More concern for similar others (~75%)

FACTORS ASSOCIATED WITH LESS DISTRESS

- **Attributions/perceived control**
 - Less self-blame
 - Less blame to external factors
 - Less thinking about why rape occurred
 - More perceived control over present (e.g., recovery process)
- **Social support**
 - Less unhelpful social support
 - Smaller discrepancy between amount of support you want and amount you are getting
- **Coping Strategies**
 - More cognitive restructuring/reframing
 - More religious coping
 - Less avoidant coping (e.g., social withdrawal)

STRANGER VS. ACQUAINTANCE RAPE

- Critics argue that feminists exaggerate the prevalence of acquaintance rape on campus
- Argue that we shouldn't call experiences rape if victims don't
- BUT in both clinical and student samples, victims of stranger and acquaintance rape report same amount of distress
- In fact, victims of acquaintance report more self-blame
- Also, distress levels did not depend on whether women defined the experience as rape

Risk Factors for Acquaintance Rape

- **Alcohol:**
 - Koss et al. (1987): most rapes on campus involved alcohol
 - Fischer et al. (2000): women at most risk are those who frequently drink to get drunk
 - Davis et al. (2004):
 - Intoxicated women reported that they would use more passive resistance
- **Prior victimization:**
 - Women who have experienced childhood sexual abuse are 2.5 to 3 times more likely to be sexually assaulted as adults
 - Many factors have been proposed to explain this relationship but there is not clear support for any of them
 - One potential factor is deficits in risk recognition
 - Women with multiple prior victimization experiences take longer to recognize risk when listening to tape of sexual assault

Perception of Risk (Norris et al., 1999)

- Asked college women what behaviors would lead them to feel on guard, uncomfortable or seriously at risk
- Also rated own risk vs. others' risk
- Women saw themselves at considerably lower risk than other women
 - Effect size $d = 1.50!!$
- Women who had been victimized before needed *more* risk factors to feel uncomfortable/at risk

Research on current rape prevention programs

- Meta-analyses of studies comparing intervention to no-intervention groups
 - Effect sizes = .30 to .35 (small-medium)
 - Effect size = .11 at 4-6 week follow -up
- Problems with programs
 - Focus on men as potential perpetrators and women as potential victims

Social norms approach to prevention (Fabiano et al. (2003):

- Asked male and female undergrads re: importance of obtaining consent for sex and willingness to intervene in sexist/potentially dangerous situations
 - Rated own beliefs and those of average male and female student
- Both male and female students had very strong commitment to obtaining consent but were less willing to intervene
- Males underestimated the extent to which other men and women shared their views
 - For men, best predictor of willingness to intervene was belief that others would intervene
- Prevention efforts need to provide accurate normative information and reinforce the positive attitudes of most students

Ally Behavior Study (Czopp & Monteith, 2003)

- Participants read scenarios in which they had made a racist or sexist remark and were confronted about it
- People felt worse about being confronted about racial than gender bias
- People felt less guilt if confronted by a target group member (woman or Black); Blacks and women were perceived as overreacting
- Suggests that men may be particularly effective allies

Summary

- What are the effects of rape?
 - Higher risk of PTSD than other traumas
 - Problems can last for years postrape
 - Male victims report more distress than females
 - Positive life changes also common
- What factors are associated with better recovery?
 - Present control, social support, approach-oriented coping
- What are risk factors for sexual assault and how accurate are women at estimating risk?
 - Prior victimization, alcohol use; women underestimate own risk
- What can we do to decrease violence against women?
 - One effective approach may be to treat men as allies rather than potential perpetrators
