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| **SOS Namoro: a web-based tailored intervention to prevent dating violence among Brazilian youth** |
| Dating violence has an alarming prevalence among Brazilian adolescents. School-based preventive programs have been implemented, but remain to be isolated initiatives with low reach. Health education strategies based on innovative technologies with a high potential of diffusion are urgent. This study aimed to develop a computer-tailored intervention to prevent victimization and perpetration of dating violence among Brazilian youth. The intervention, called SOS Namoro, is based on the I-Change Model and Attachment Theory and is a universal preventive program targeted to adolescents with a current partner. According to the I-Change Model, it is expected that the users will increase their knowledge of dating violence and quality of relationships; decrease attitudes of violence tolerance; criticize social norms that endorse sexist practices; identify sources of social support; distinguish positive from negative romantic relationships models; and improve self-efficacy to implement protection plans in the face of violence. According to the Attachment Theory, it is assumed that the intervention will favor responsiveness and management of conflict skills. The design included a needs assessment; a definition of objectives of change; development of the library of messages; elaboration of a questionnaire for tailoring feedbacks according to the relevant variables; integration of the content in the software Tailor Builder; pre-testing; and usability and efficacy evaluation planning. As a result, an intervention composing of four online sessions was developed delivered by a website. Session 1 gives a tailored orientation on attachment style and risk perception of violence. Session 2 addresses knowledge on conflict management, intimate relationships models and an action plan to improve everyday interactions. Session 3 covers social norms, self-efficacy and an action plan to cope with conflicts. Session 4 discusses attitudes, social support and an action plan to protect from violence. Improvements on the interface and tailoring refinement was done after pre-testing to improve attractiveness and decrease risk of iatrogenic effects, resulting in good levels of usability. The intervention efficacy should be investigated in further studies. |