Adapting myPlan for Kyrgyzstan: Understanding women's priorities when they are in unsafe intimate relationships.

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myPlan

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Background

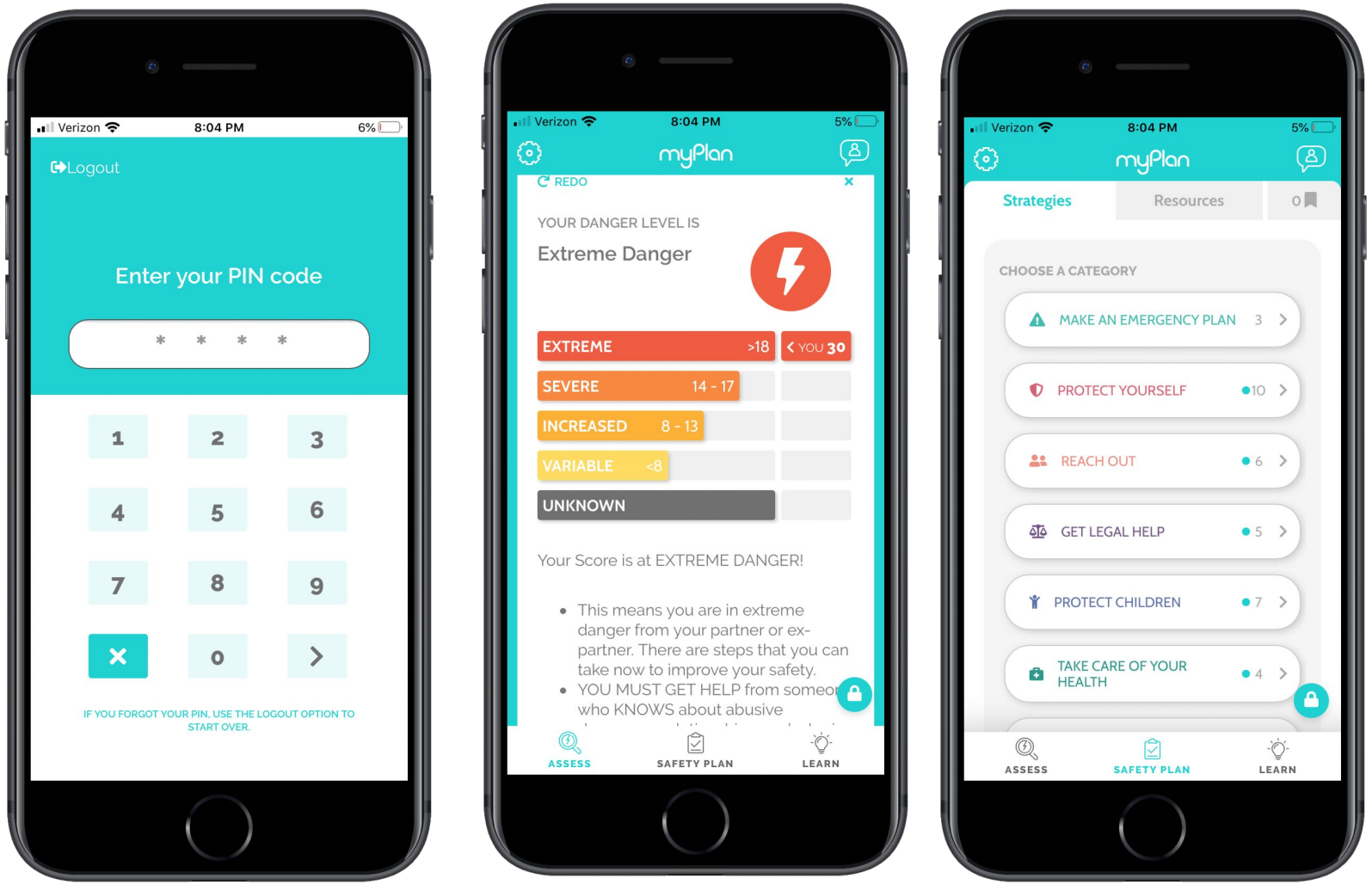
- Kyrgyzstan is a post-Soviet, Muslim-majority, lower income country
- Russian & Kyrgyz languages
- 17-27% IPV rates
- Extreme patriarchal practices ("bride kidnapping," forced marriage)
- Limited service provision for IPV survivors

Leveraging Technology to Empower Safety Decisions for IPV Survivors and Concerned Friends and Family

Developed by Dr. Nancy Glass at JHSON, **myPlan** assists users to:

- assess the health & safety of a relationship
- make decisions about safety and well-being
- connect to resources

Backed by research, private, and free
via web, iOS, or Android
myPlanApp.org



Adapting myPlan for Kyrgyzstan

Involve Stakeholders

Collaboration on the ground with universities, government and crisis centers

Adapt the Intervention

1. Interview Providers
2. Interview Survivors

Languages: Russian & Kyrgz
Adapt for Cultural Context

Functional Testing

myPlan

Focus of this presentation

- What is needed to adapt the myPlan intervention to the Kyrgyz context?
- Specifically, what are Kyrgyz women's priorities in abusive intimate relationships?

Methods (including COVID-19 context)

Interviews with Experts

- 9 experts interviewed in Russian, transcribed and translated into English
- 60-90 minute long structured interview
- Experts' experiences as service providers, community members, and survivors themselves
- Recommendations for adaptation and use of myPlan Kyrgyzstan

Interviews with Survivors in DV crisis shelters

- 11 Kyrgyz-speaking women interviewed in Kyrgyz, transcribed and translated into Russian and then English
- 13 Russian-speaking women interviewed in Russian, transcribed and translated into English
- 60 minutes long structured interview
- Survivors' priorities in relationships and experiences seeking safety

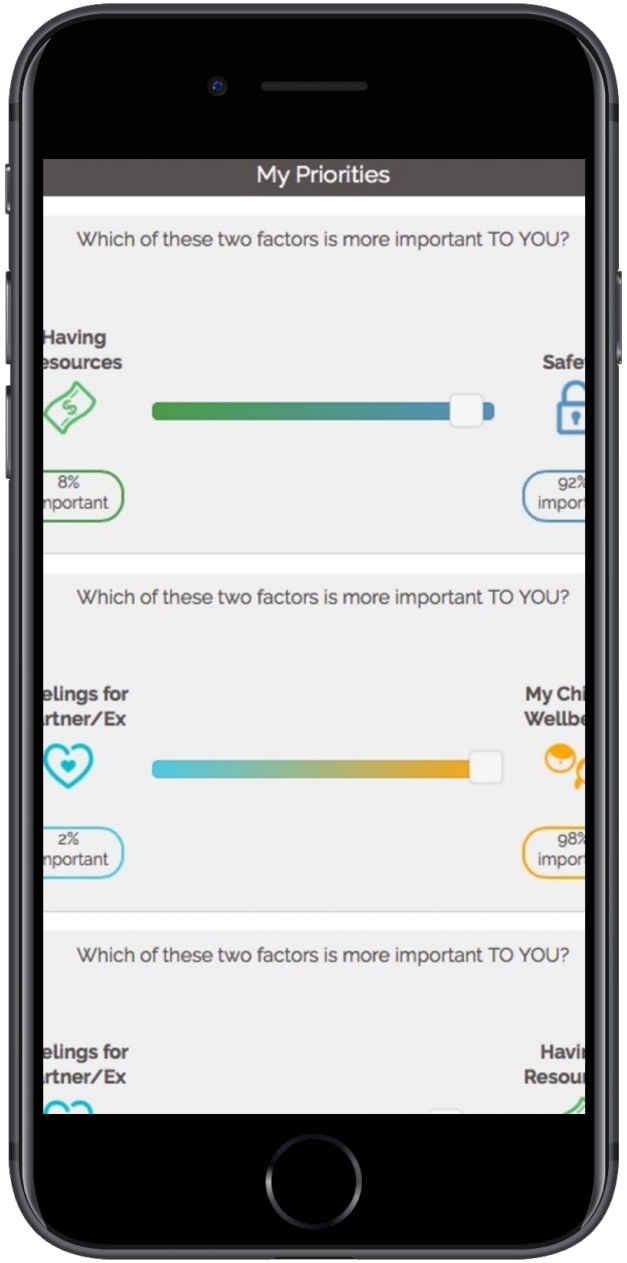
Data Analysis

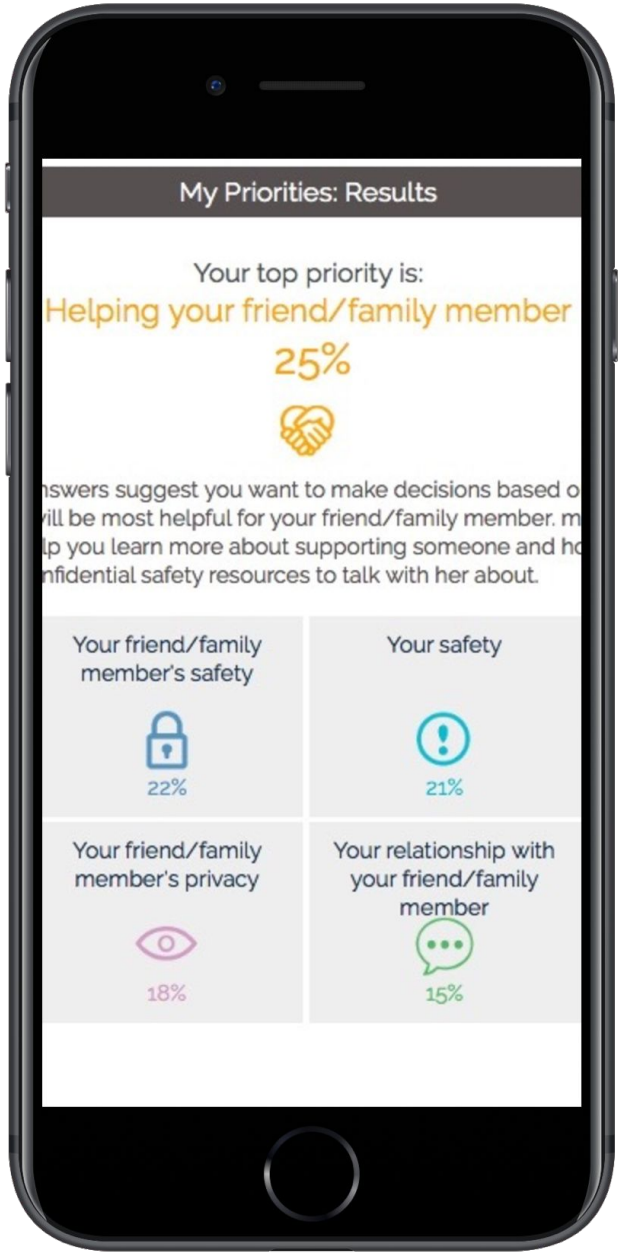
Iterative codes informed by interview guides

Child and grandchild codes

Member-checking

Priority Setting exercise helps clarify competing priorities.





Findings: Relationship Priorities

"The child must grow up, even if he grows up without a father, he must grow up not in a conflict situation, not in a conflict life…it is better to live alone with your mother than in a conflict situation."

3. Societal expectations to prioritize children's needs

4. Family preservation considerations based on children's wellbeing

5. Financial stability concerns around meeting children's needs

2. Personal safety to maintain child wellbeing and meet children's needs

1. Children's safety and wellbeing as the foundational priority

Safety (children and survivor)

- High stakes of leaving when children are involved
- Shift to prioritizing their children over their husband
- Importance of children's safety and wellbeing

"The child must grow up, even if he grows up without a father, he must grow up not in a conflict situation, not in a conflict life…it is better to live alone with your mother than in a conflict situation." (Dinara*)

*names are pseudonyms throughout

Culturally Congruent Priorities

Mairam, a survivor of spousal violence:

"Usually, women start taking care of their health after the divorce, after leaving the relationship. At the very moment, no one even thinks about their health. Dignity and respect. There is no such thing, absolutely. Dignity and respect. There is no such thing in the women's worldview."

* All names are pseudonyms throughout

Family Preservation

- Relationship abuse as normal
- Women as "protectors" of the family
- Societal and family expectations
- Future orientation

"Work with him, persuade him, use tricks, secrets, techniques, if there is at least some prospect of continuing a life together. If you need to show patience, then you can think about continuing the marriage." (Fulmairam)*

Financial Considerations

- Women are prevented from working
- Mothers-in-law handle family finances
- Supplementing family income with a "side business"

""*He liked that I was financially dependent on him….he kept referring to jealousy that I would sleep with someone with colleagues and all that. But in fact, as I assess it, his behavior was simply the suppression of his personal self-esteem. That is, if suddenly I will work, it will lower his self esteem, and therefore I was simply forbidden to work." (Eliza*)*

Public Opinion "el emne diet"

- Ashamed to reveal abuse
- Worried that seeking help would lead to mockery, rumors, bullying, and betrayal
- Public condemnation and blame
- Cultural expectation to stay in an abusive relationship

"But then you come to your senses, and you begin to live like everyone else….there will be gossip that I got divorced, so you have to use this principle: ***What will people say?****" (Elvira*)*

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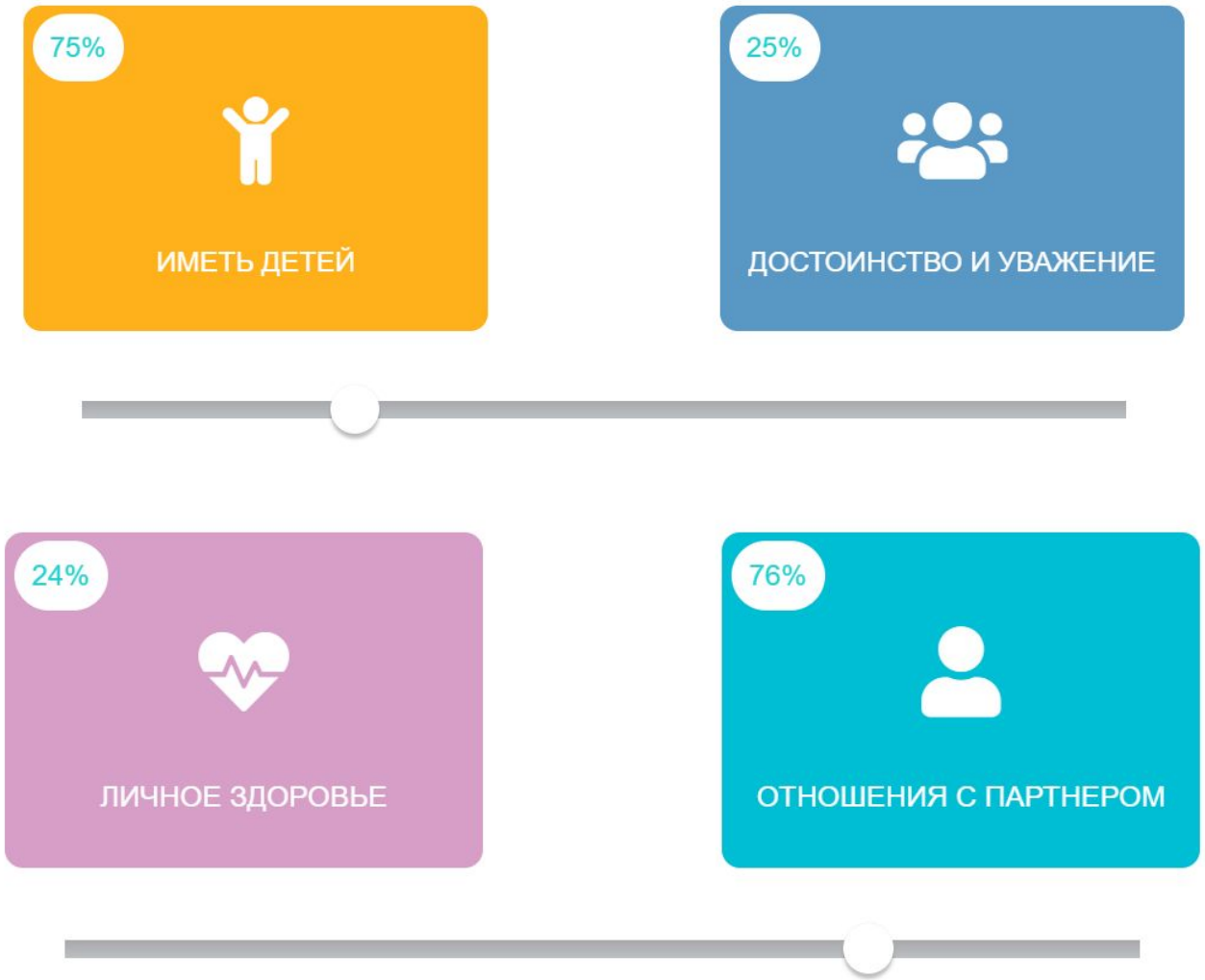

Limitations, Implications & Next Steps

https://msurvey.nursing.jhu.edu/myplankg/