

The Role of Resilience in Sexual Assault Revictimization

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Sexual Assault (Re)victimization

- Definition: more than one nonconsensual sexual experience
- Increased risk (Ullman, 2016)
- Prevalence
 - Small proportion of SA survivors experience most reported victimizations (Daigle et al., 2008)
 - ~50% of CSA victim-survivors experience adult sexual assault (Walker et al., 2019)

Outcomes

- Alcohol/drugs to cope (Filipas & Ullman, 2006)
- Hazardous drinking, marijuana use, unprotected sex (Walsh et al., 2020)
- More severe PTSD symptoms (Ullman, 2016)

Risk & Protective Factors

- Emotion regulation

- Greater difficulties with emotion regulation (Walsh et al., 2011)
- Mediator between CSA and PTSD (Ullman et al., 2014)

- Mindfulness

- Mediator between CSA and PTS symptoms (Daigneault et al., 2016)
- Compensatory resilience factor in alcohol-involved SA (Strickland et al., 2019)

- Coping strategies

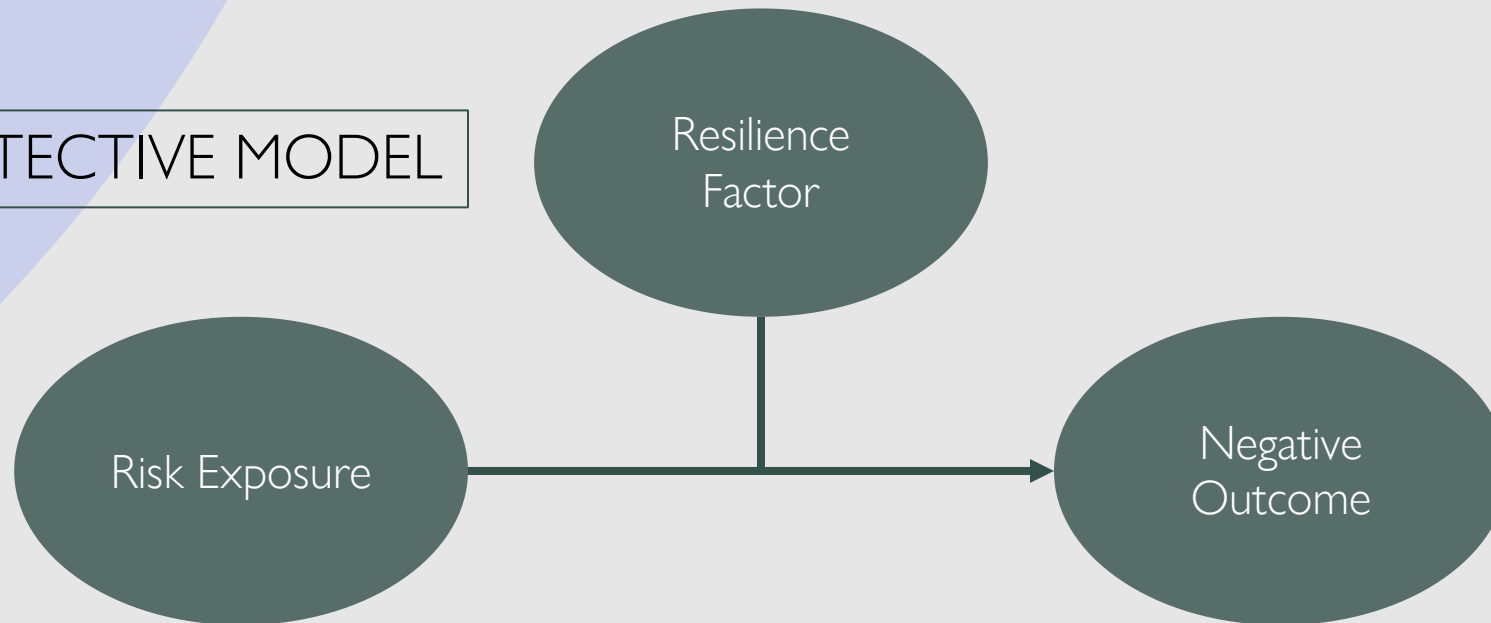
- Maladaptive ↔ greater PTSD (Ullman et al., 2014)
- Resilience against subsequent SA (Walsh et al., 2007)



Resilience

- Conceptualization
 - Positive adaptation (Herrman et al., 2011)
 - Protective vs. compensatory (Fergus & Zimmerman, 2005)

PROTECTIVE MODEL

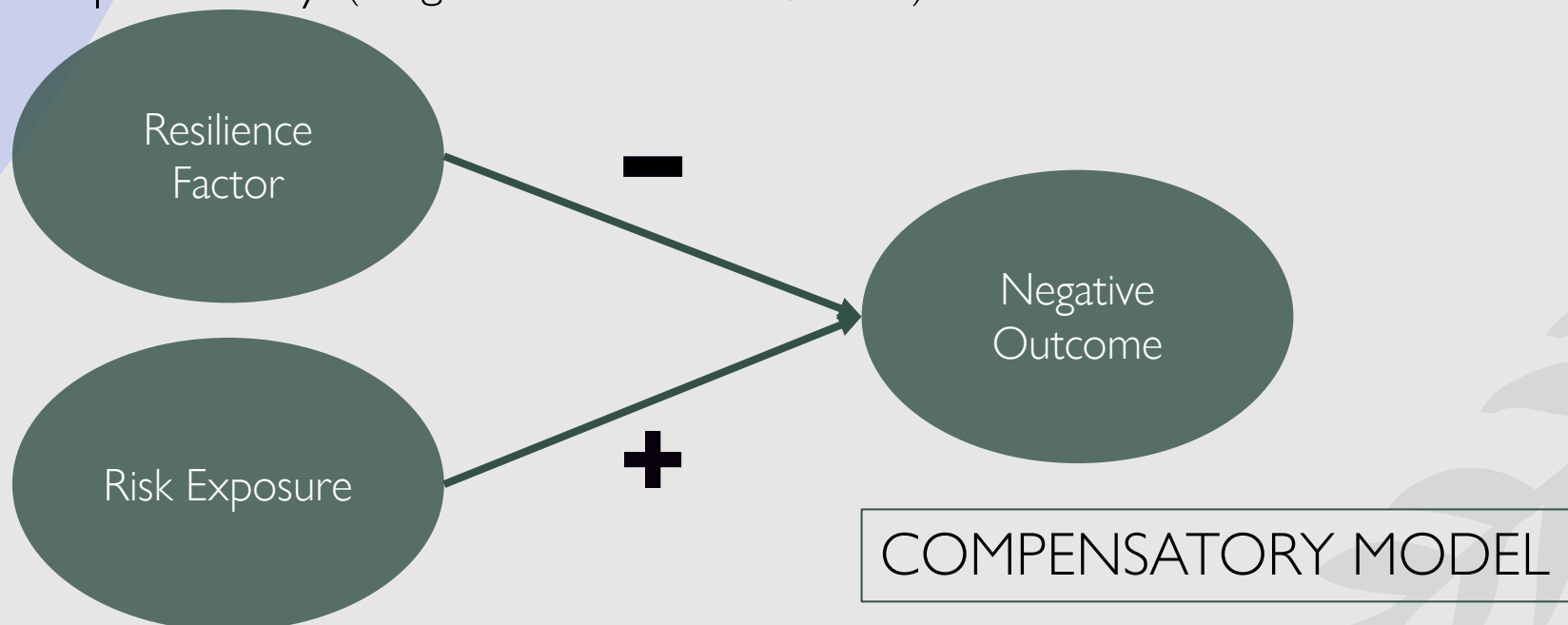


Resilience

- o Conceptualization

- o Positive adaptation (Herrman et al., 2011)

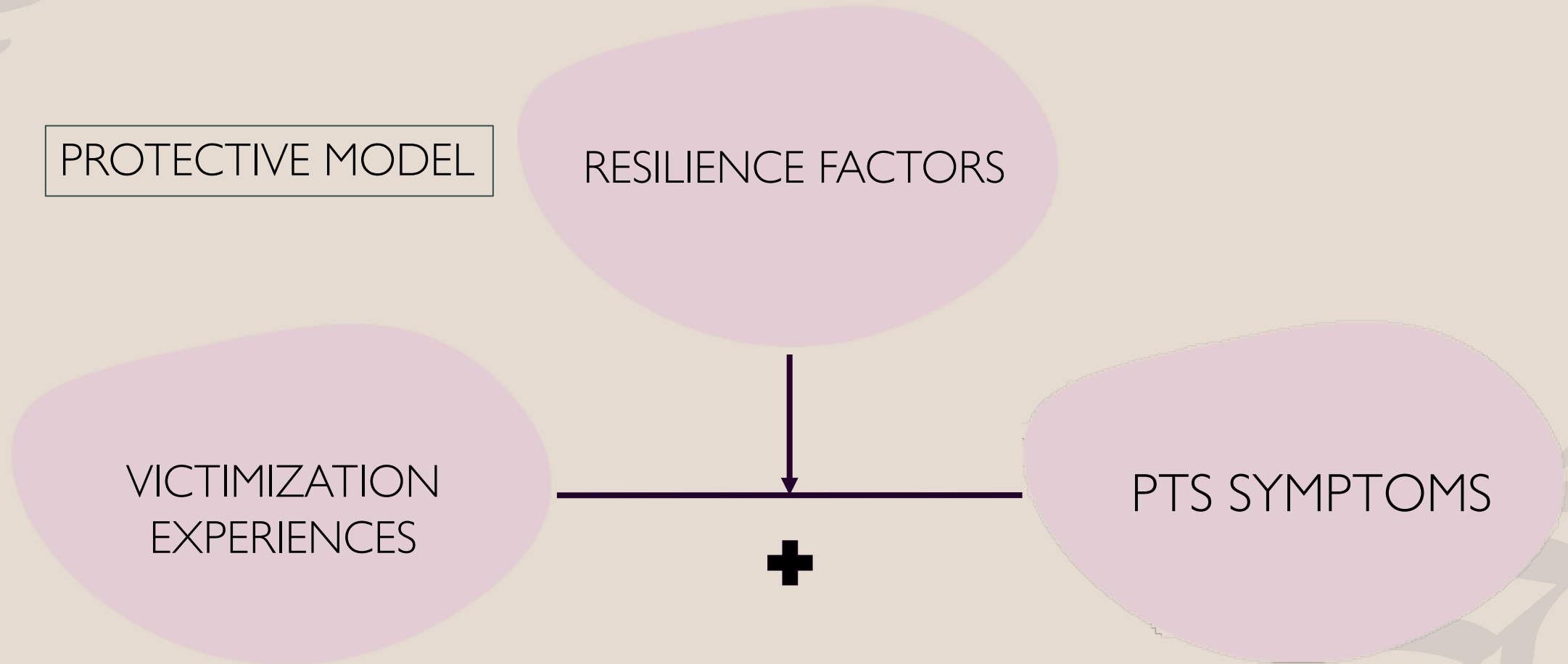
- o Protective vs. compensatory (Fergus & Zimmerman, 2005)





Project Overview

Proposed Model



Methods

○ Participants

- $n = 502$ (mean age = 25.00, $SD = 2.68$; 71.6% White, 9.2% Hispanic or Latinx; 74.0% employed, 74.0% income under \$41,000)

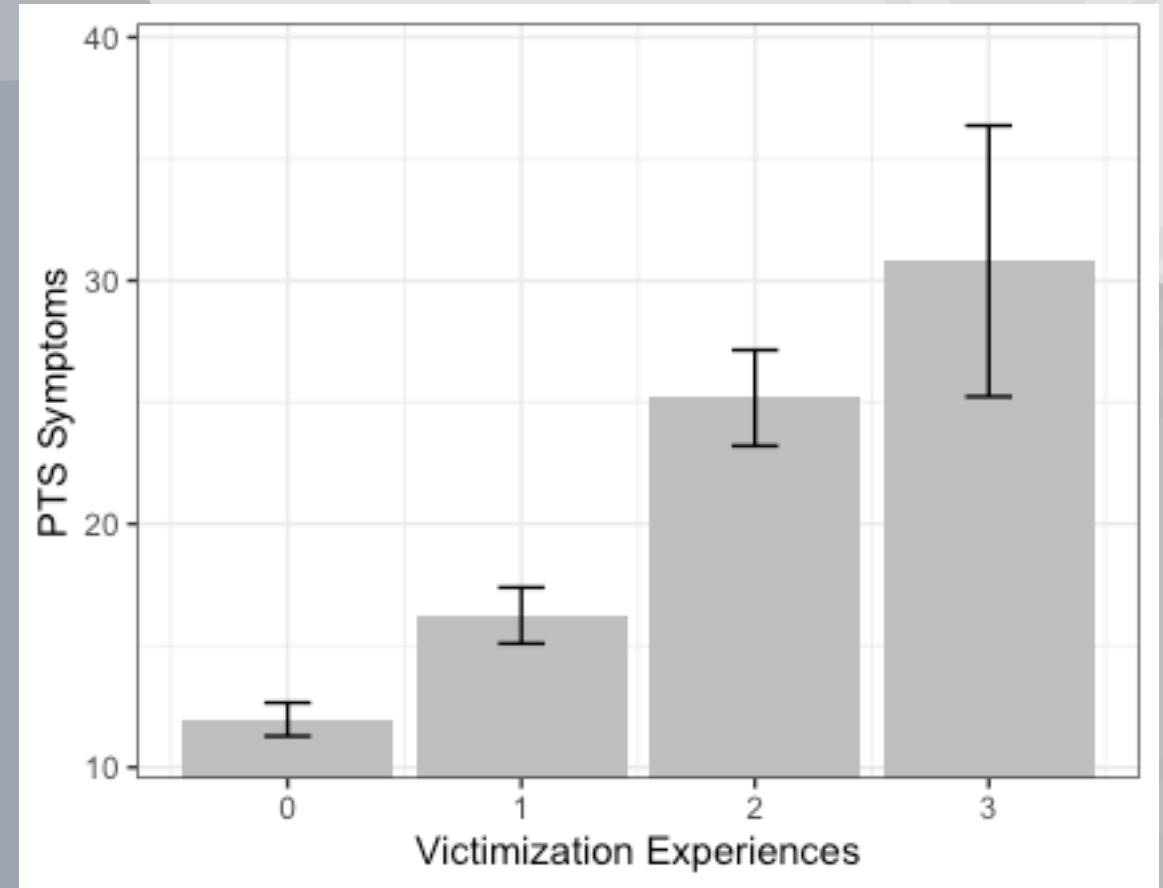
○ Measures

- Number of victimization experiences (range = 0-3)
- PTS symptoms (PTSS) – PTSD Checklist for DSM-5 (PCL-5)
- Resilience factors
 - Emotion regulation – Difficulties in Emotion Regulation (DERS)
 - Mindfulness – Southampton Mindfulness Questionnaire (SMQ)
 - Coping strategies – Coping Strategies Inventory (CSI)
- Covariate – sexual assault severity (Davis et al., 2014)

Results: Aim 1

RELATIONSHIP BETWEEN VICTIMIZATION EXPERIENCES & PTS SYMPTOMS

- $B = 6.084$, $SE = .876$, 95% CI [4.367, 7.802]
- For every additional victimization experience, ~6 point increase in PTS symptoms



GRAPH 1. PTS SYMPTOMS BY NUM. VIC. EXPERIENCES

Results: Aim 2

POTENTIAL PROTECTIVE EFFECT OF RESILIENCE FACTORS

Emotion
Regulation

- $B = -.407, SE = .788, 95\% CI [-1.951, 1.136]$

Mindfulness

- $B = -.267, SE = .710, 95\% CI [-1.659, 1.125]$

Coping Strategies

- $B = -1.281, SE = .728, 95\% CI [-2.707, .146]$

COMPENSATORY

~~POTENTIAL PROTECTIVE~~ EFFECT OF RESILIENCE FACTORS

Results: Aim 2

Emotion Regulation

- $B = -6.622$, $SE = .548$, 95% CI $[-7.697, -5.548]$
- 1 point increase → 6.6 pt decrease in PTSS

Mindfulness

- $B = -4.499$, $SE = .576$, 95% CI $[-5.628, -3.370]$
- 1 point increase → 4.5 pt decrease in PTSS

Coping Strategies

- $B = -3.529$, $SE = .659$, 95% CI $[-4.822, -2.237]$
- 1 point increase → 3.5 pt decrease in PTSS

Results: Aim 3

PROTECTIVE

- $B = -.522$, $SE = .318$, 95% CI $[-1.145, .101]$

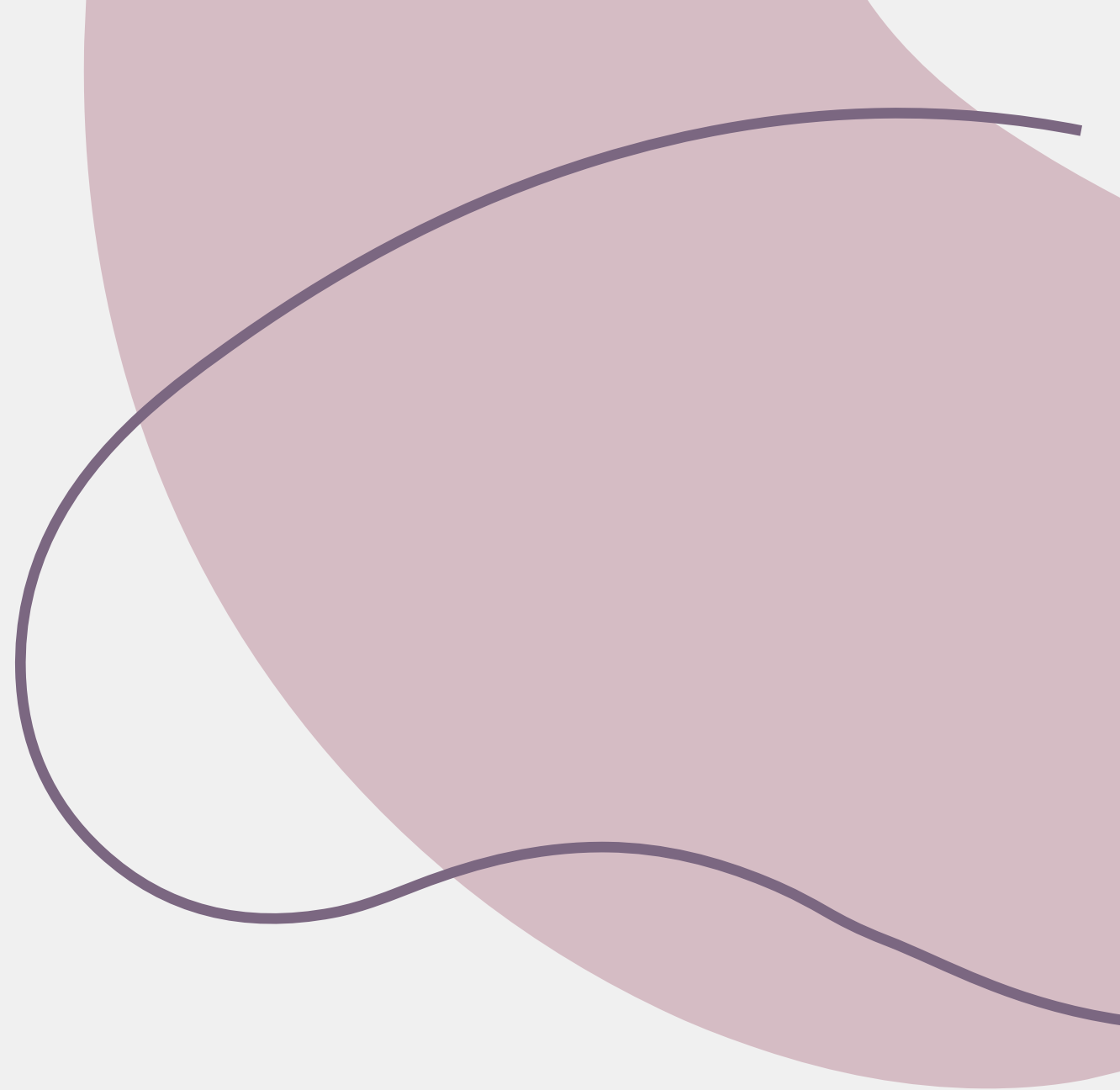
COMPENSATORY

- $B = -2.738$, $SE = .256$, 95% CI $[-3.240, -2.236]$
- 1 SD increase → 2.7 pt decrease in PTSS

CUMULATIVE
RESILIENCE

Discussion

- Strong positive relationship between number of victimization experiences and PTS symptoms
- Compensatory effect of individual AND cumulative resilience factors





IMPLICATIONS

Promote resilience
Consider other factors

Limitations & Future Directions

Limitations:

- Cross-sectional
- Retrospective self-report
- Demographics
- Variable operationalization



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Thank you!

Questions?

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OSF Pre-registration



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