Background Literature

- Millions of youth are exposed to interparental domestic violence (CEDV) each year.
- 1 in 5 college students has experienced CEDV.
- Our prior research demonstrated that college students with CEDV reported poor mental and physical health and academic outcomes compared to non-CEDV-exposed peers.
- Obtaining resources and support from community-based individuals and systems is a well-documented, protective or ameliorative factor disrupting pathways from childhood trauma to adulthood health and well-being challenges.
- 2013-2021 Health Minds Study of 350K+ college students demonstrated that campus-based resource and support-seeking has dramatically increased along with college student's mental health challenges.
- The extent to which college students with CEDV obtain resources and support from campus-based individuals and systems remains unknown.

The Current Study

The purpose of this study was to examine the campus resource utilization experiences of university students with childhood domestic violence exposure (CDV) histories.

RQ1 How many CEDV-exposed students sought university-specific resources?

RQ2 Which resources did CEDV-exposed students access, and were they perceived as helpful?

RQ3 What additional suggestions do CEDV-exposed students have for improving and expanding existing campus resources?

Methods

In Spring 2018, college students (18-25 years) enrolled at one large, flagship, land grant, predominantly White university in the Southeastern United States participated in an online survey hosted by Qualtrics.

- **Sample:** 368 students with CEDV (of 822 in full sample); 65% women, 58% undergraduate, 83% racialized as White
- **CEDV measure:** Adapted CEDV Scale: frequency of physical and verbal CEDV + 4 author added items (severity, weaponization of children) = 15 items (a = .78)
- **Campus-based help-seeking:** (1) ever utilized campus-based resources, (2) if yes, perceived helpfulness on 5-point Likert scale, (3) open ended questions about existing campus resources + potential other campus resources
- **Analyses:** SPSS 28.0 descriptive, bivariate, and chi-square + content analysis

Results

- 72% sought help from at least 1 campus resource.
- Most utilized was health center (65%) and counseling center (33%) and perceived both as most helpful (98%, 87%) respectively.
- Campus ministry was rarely utilized (7%) yet perceived as quite helpful (69%).
- No differences in perceived helpfulness of the resource based on cumulative exposure, type of CEDV, or other CEDV-related factor.
- 70% responded to the open-ended questions regarding suggested or enhanced resources specific to CEDV.

Suggested Additional Resources

- CEDV-specific support groups (45%)
- CEDV-specific psychoeducation (14%)
- Opportunities to enhance healthy coping strategies (6%)
- Logistical and financial support (4%)

Suggested Enhanced Resources

- Better advertisement of existing resources (23%)
- Trauma-informed and culturally responsive training for service providers (7%)

Implications for College Health Providers

- CEDV impacts college students’ health, wellbeing, and academic success, AND college students with CEDV are utilizing campus resources.
- College students with CEDV histories perceive campus resources as helpful AND recommend additional, interconnected resources along with enhancements to existing resources to meet their unique needs.
- Tailoring programming to students with CEDV histories has the potential to improve student's success in and beyond college.