

“Empowerment Intervention” Saved Abused Women from Suffering

A research undertaken by the Department of Nursing Studies and the Department of Obstetrics & Gynaecology, Faculty of Medicine, HKU found that abused women should not be regarded as passive victims, with adequate empowerment, they were capable of finding ways to help themselves.

In the study, the researchers have adopted an “empowerment intervention” model which comprises a 30-minute one-to-one interview with an experienced nurse-counsellor for the subjects. The counsellor would firstly adopt an approach of empathetic understanding to encourage the subjects to share their experience and to acknowledge their suffering. This is aimed to help the subjects positively value themselves and raise their self-esteem. The counsellor would then assess risk factors of the cases and provide assistance to raise the subjects’ awareness of safety and available choices.

The “empowerment intervention” had led to a significant decrease in the psychological abuse and minor physical violence in the subjects afterwards. In view of this, the researchers are now actively promoting this concept, similar service would hopefully be made territory-wide in the foreseeable future.

The study is the world’s first and the only randomized control trial study on the intervention in women abuse by medical sector, its result confirms the necessities of early detection and early intervention in women abuse.