

THE LIVED EXPERIENCES OF MOTHERS...



College of Social Sciences

School of Graduate Studies

School of Social Work

The Lived Experience of Mothers Whose Daughters are Victims of Sexual Abuse:

The case of Addis Ababa.

Getamesay Kinfu

September, 2021

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A Thesis Submitted to the School of Social Work, Addis Ababa University in Partial

Fulfillment of the Requirements for the Degree of Masters in Social Work (MSW)

Getamesay Kinfu

Advisor: Commander Demelash Kassaye (PhD)

September, 2021

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DECLARATION

Addis Ababa University

College of Social Sciences

This is to certify that the thesis prepared by Getamesay Kinfe, entitled: **The Lived Experience of Mothers Whose Daughters are Victims of Sexual Abuse: The case of Addis Ababa** submitted to Addis Ababa University, School of Social Work in partial fulfillment for the requirements of the degree of Master of Art in Social Work (MSW) complied with the regulations of Addis Ababa University and meet the accepted standards with respect to originality and quality.

Getamesay Kinfe Gebremaryam _____

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Advisor _____ Signature _____ Date _____

Examiner (Internal) _____ Signature _____ Date _____

Examiner (External) _____ Signature _____ Date _____

Graduate Program Coordinator _____ Signature _____ Date _____

THE LIVED EXPERIENCES OF MOTHERS...

Acknowledgments

First and foremost I would like to express my sincere gratitude to the almighty God, for the courage, strength and guidance that he has blessed me with throughout this study.

Also, I would like to forward my earnest appreciation for my research advisor Commander Dr. Demelash Kassaye for your academic guidance, support and critical reviews.

I would also want to extend my deepest affection and respect for my families, and nephew, and my best friend Yetsedaw Wolle, for all their contributions, encouragement, words of support and continuous love. Furthermore, to my dearest fiancé Hilina Tsegaye, I have no words to express but my heartfelt gratefulness is also goes to your patience, support and encouragement throughout this study. Thanks to God for your presence in my life especially on such difficult time tolerating everything I propose preceding over your every interests.

Last but not least, I would love to say thank you in advance for all the wonderful participants who voluntarily gave their time to participate in this study. I really appreciates your time and cooperation. Because this paper wouldn't be realized and successful without your involvement and participation. Also, it is undeniable to thank all my colleagues and friends, for their professional guidance and support as well as motivation and encouragement at times when it was much needed.

Thank you very much for all you have done for me from the beginning to the end!

THE LIVED EXPERIENCES OF MOTHERS...

Abstract

Child sexual abuse is a global phenomenon which affects not only the victim but also the caregivers. Research and intervention programs on child sexual abuse mostly focuses on the victims and perpetrators while largely ignoring the experiences of caregivers especially the mothers. Mothers often experience psychological and social pain and difficulties following child sexual abuse disclosure. It is seldom acknowledged that mothers experience secondary trauma and needs support after disclosure. Thus, it is important to explore and understand the mothers experience and support needs in the context of Ethiopia. Accordingly, the objective of this study is to explore the lived experience of mothers of sexually abused daughters. The research method was qualitative and used a phenomenological approach. Purposive sampling was used to select the participants. A total of five mothers were involved as a result of data saturation. Primary data were collected through interviews by using a voice recorder and field notes to enhance triangulation. Braun and Clarke's six phases of thematic analysis technique were used to analyze the data. Three themes were identified by the findings of this study: psychological and social experiences of the mothers and their support needs. Findings revealed that psychologically mothers experienced guilty feeling and self-blame, anger, revenge, shock, depression, suicidal ideation, and socially they faced with alienation from family and community. In conclusion the study shows that the mothers experiences a lot of psychosocial difficulties following disclosure of the abuse and they too need and want support to restore from the trauma caused by their daughters sexual abuse. The study suggests greater attention be given to psychosocial needs of the mothers which might suggest potential advocacy and intervention activities by the concerned body.

Keywords: Disclosure, non-offending Mothers and experience

THE LIVED EXPERIENCES OF MOTHERS...

Table of contents

DECLARATION	3
<i>Acknowledgments</i>	4
<i>Abstract</i>	5
<i>List of figures</i>	9
<i>Acronyms</i>	10
CHAPTER ONE:	11
INTRODUCTION	11
<i>1.1. Background of the study</i>	11
<i>1.2. Statement of the Problem</i>	13
<i>1.3. Research Objective:</i>	14
<i>1.4. Research Question</i>	14
<i>1.5. Significance of the study</i>	14
<i>1.6. Operational Definitions</i>	15
<i>1.7. Limitations of the study</i>	15
<i>1.8. Organization of the thesis</i>	16
CHAPTER TWO:	18
REVIEW OF RELATED LITERATURE	18
<i>2.1. Definition of child sexual abuse</i>	18
<i>2.2. Prevalence of child sexual abuse</i>	18
<i>2.3. Impact of Child Sexual Abuse on the victim</i>	20
<i>2.4. Impact of child sexual abuse on caregivers</i>	21
<i>2.5. Experience of the mothers in the aftermath of child sexual abuse</i>	23
CHAPTER THREE:	26
RESEARCH METHODOLOGY	26
<i>1.9. Philosophical Paradigm/view</i>	26
<i>1.10. Research Methodology</i>	27
<i>1.11. Research design</i>	28
<i>1.12. Research Context/ description of the study area</i>	28
<i>1.13. Participants of the study and inclusion criteria</i>	29
<i>1.14. Sampling technique</i>	30

THE LIVED EXPERIENCES OF MOTHERS...

1.15. Procedure of the study 31

1.16. Method of data Collection 32

1.17. Method of data Analysis and Interpretation..... 32

1.18. Data quality assurance..... 34

1.19. Ethical Considerations..... 35

1.20. Result dissemination 37

CHAPTER FOUR:..... 38

FINDINGS 38

4.1. Socio-demographic background of the participants..... 38

4.2. Experiences of the mothers after the disclosure 39

4.2.1. Psychological experiences of the mothers’ 40

Shock..... 40

Depression and sleep disturbance 41

Guilty feeling and self-blame 42

Anger..... 43

Revenge 45

Suicidal Ideation 46

Concern for the child 47

4.2.2. Social experiences of the mothers’ 48

Alienation from the family..... 49

Alienation from the community 49

Self-isolation 51

4.2.3. Support needs of the mothers’ 51

Need for emotional support 51

Need support for own victimization 53

Need for parenting assistance 54

Need for social support network..... 55

CHAPTER FIVE: 57

DISCUSSION 57

5.1. Post disclosure psychological experiences of the mothers’ 57

5.2. Post disclosure societal experiences of the mothers’ 58

5.3. Support needs of the mothers..... 59

THE LIVED EXPERIENCES OF MOTHERS...

CHAPTER SIX:	61
CONCLUSION, IMPLICATIONS AND RECOMMENDATIONS	61
5.1. Conclusion	61
5.2. Implication of the study	61
<i>Implication for social work education</i>	61
<i>Implication for social work practice</i>	62
<i>Implication for social work research (future research)</i>	62
<i>Implication for social work policy makers</i>	63
5.3. Recommendations	63
<i>References</i>	66
APPENDICES	76
<i>Appendix A</i>	76
<i>Appendix B</i>	80
አባሪዎች	82
አባሪ 1:	82
አባሪ 2:	87

THE LIVED EXPERIENCES OF MOTHERS...

List of figures

Table 1:Summary of the demographic information of the participants 38
Table 2:Empirical findings: Themes, Sub-themes and categories 39

THE LIVED EXPERIENCES OF MOTHERS...**Acronyms**

ACPF	African Child Policy Forum
CJCP	Center for Justice and Crime Prevention
CSA	Child Sexual Abuse
EUROPOL	European Union Agency for law Enforcement
INTERPOL	the International Criminal Police Organization
MOSAC	Mothers of Sexually Abused Children
SAC	Sexually Abused Children
UNICEF	United Nations Children's Fund
UNVAC	United Nations Violence Against Children
WHO	World Health Organization

THE LIVED EXPERIENCES OF MOTHERS...

CHAPTER ONE:

INTRODUCTION

1.1. Background of the study

According to Kisanga 2012, child sexual abuse (CSA) is a worldwide concern and an international public health problem that has spread to a number of countries which needs collective measures. In Africa, the prevalence and incidence of the problem mainly in the Sub-Saharan African countries is reported to be higher than in other regions of the world (Lalor, 2004). Likewise, with the case of Ethiopia, the situation is even tragic and subtle in that it is concealed in various harmful traditional practices (Abdi & Wondie, 2008). However, despite its high incidence CSA tends to remain covert and relatively few cases are reported to the authorities (Furniss, 1992). Disclosure of traumatic events such as CSA can often be a very complex, iterative life-long process which is often times the victims delay reporting, or never tell about it.

In the early days of research, History has devalued and neglected the role of the caregiver by attributing negative labels to them and proclaiming them as villainous (Corcoran, 1998; Breckenridge & Baldry, 1997). Today a vast amount of new research has shed light on the importance of the caregivers' role in the recovery of the sexually abused child, thus presenting them as possible protectors against the negative impact of child sexual abuse (Hébert, Daigneault, Delphine, & Cyr, 2007; Gries, et al., 2000). Accordingly, in a recent days several features emerge repeatedly in studying and descriptions of caregivers' responses to child sexual abuse disclosure following the incident (Alaggia R., 1999; Bux, Cartwright, & Collings, 2016; Fong, et al., 2017). The effect the abuse can have on the child victim is great and the disclosure by itself also can have several consequences for those involved directly or indirectly especially the caregivers. Research indicated that caregivers experience a considerable distress after disclosure (Davies, 1995; Elliott & Carnes, 2001). There are a range of difficulties that the caregivers commonly experience after the disclosure

THE LIVED EXPERIENCES OF MOTHERS...

such as feeling of anger, helplessness, vulnerability, guilt, self-blame, panic, shock, denial, and embarrassment, a desire for secrecy and fear for the child (Forbes, Duffy, Lemvig, & Mok, 2003; Elliott & Carnes, 2001; Manion, et al., 1996; Davies, 1995).

Despite the fact that researchers give attention on the caregivers' response for child sexual abuse in recent days, still the literatures and intervention programs on child sexual abuse mostly focuses on the victims and perpetrators while largely ignoring the experiences of non-offending parents especially the mothers (Alaggia R. , 1999). Another researcher also affirmed that child sexual abuse continues to be prevalent globally and most of the researchers work and practice focus on the pain experienced by sexually abused children, whilst their mothers are largely overlooked (Tavkar, 2010). Jackson in his study in 2008 also stated that most of the literature in the field of child sexual abuse focuses on the pain experienced by the child, and little acknowledgment is given to the pain experienced by the mother. He said that, this results in insufficient knowledge about the psychological, emotional and societal experiences and support needs of mothers of sexually abused children. However, it was found that the mothers of sexually abused children experienced significant levels of emotional distress and a constellation of symptoms consistent with the criteria for PTSD (Newberger, Gremy, Waternaux, & Newberger, 1993). According to Bannister (1998), mothers experience feelings similar to those of the sexually abused child, 'these include, shock; disbelief; anger; powerlessness' guilt and betrayal'. He also suggest that, in a high number of cases, it is legitimate to view the mother as a secondary victim of the child sexual abuse (Bannister, 1998).

Nevertheless, even if it is well-known that the mothers play a critical role in mediating the child's recovery from the abuse, the needs and experiences of the mother are often unrecognized and unaddressed due to the victim centered nature of service packages in child sexual abuse care centers and the victim focused process of a Child Protection investigations which requires further assessment and interventions in the area.

THE LIVED EXPERIENCES OF MOTHERS...

However, in the case of Ethiopia, in fact there are a lot of literatures on the area of child sexual abuse (Mulugeta , Kassaye , & Berhane, 1998; Abdi & Wondie, 2008; Yemataw & Workie, 2014; Jemal, 2012; Nigussie, 2014). As far as the knowledge of the researcher's professional experience working in the area of child sexual abuse care centers and also his attempt to find literatures which is conducted on the experience of the mothers of sexually abused children specially to their female children, there is no obtainable resources which evidences the availability of such documents identifying post-disclosure stressors or interventions designed for the mothers. So, as a major research problem gap on the area and in order to fully comprehend what stressors the non-offending mothers faces with the case of our country, exploring and understanding the situation of mothers after the disclosure of the sexual abuse of their daughter and how they respond to the situation is very crucial which is the focus of this study. Consequently, this study aims to add to the body of literature on non-offending mothers by exploring their experiences as women, mothers and targets of interventions.

Therefore, against this background the following major research question were arose throughout this study: What are the experiences of mothers of sexually abused children post sexual abuse disclosure?

1.2. Statement of the Problem

Mothers of sexually abused children are affected negatively by the disclosure of their child's abuse and experience many difficulties such as emotional distress, secondary traumatization, parental difficulties, and change in interpersonal boundaries in the aftermath of the abuse. However, mothers are often forgotten about assessing their post disclosure experiences and support needs, because many researches and interventions focus solely on the child, resulting in the mother's trauma going unacknowledged and unattended. This may negatively affect the mother's ability to support her child, as well as her own ability to creatively adjust to restoring a healthy sense of self. So, mothers of sexually abused children

THE LIVED EXPERIENCES OF MOTHERS...

therefore needs acknowledgement of their post sexual experiences to assist them in processing the secondary traumatization they experience following the disclosure of their daughters sexual abuse. Thus, exploration of the mother's experience after disclosure is an important area of research in the case of Ethiopia. So, it is important to understand and support the situation of mothers after the disclosure so they can adequately able to support themselves and meet the needs of their child and the family.

1.3. Research Objective:

The major objective of this study is to explore the lived experiences of mothers of sexually abused children.

1.4. Research Question

To address the main research objective, this study is guided by a central research question which is:

What are the experiences of mothers of sexually abused children during post sexual abuse disclosure?

1.5. Significance of the study

Since the study was conducted in the area where previous researches are not yet well assessed it, the result of the study brings new area of focus and draw new attention to really dig out about the impact, consequences, and disclosure of child sexual abuse on the caregivers and the potential secondary victims rather than merely focusing on the victims. Also the findings of the research will have a significant impact towards developing a more comprehensive and a detailed conceptualization of the experience of mothers in the aftermath of the disclosure or discovery which have a direct implication for social work practice to work on such area to benefit the mothers by designing the suitable interventions.

Furthermore, the study also have the theoretical significance in addressing and bridging the research gap in studies that pertains to the experiences of mothers of sexually

THE LIVED EXPERIENCES OF MOTHERS...

abused children. Since the experiences of this segments of the population is very under researched area in our country, hence the study findings helps to enlighten on the experiences of the mothers after the disclosure and their support needs thereby to address their needs.

1.6. Operational Definitions

Child: this means to a female individual under the age of 13 years old who had been sexually abused within 12 months prior to the beginning of data collection.

Child sexual abuse: for the purpose of this study, it means a forced sexual intercourse committed with a female child who are in between or under the age of 13 years old.

Mothers of sexually abused child: this refers to those of non-offending women who are the biological mothers', who is taking care of the SAC up to the age of 13 years old.

Post sexual abuse disclosure: refers to the discovery or detection of the abuse by the mothers' after child sexual abuse activity is committed on the girls/child.

1.7. Limitations of the study

It is important to note that this study have some limitations. First, the study aim was only focus on the experience of mothers of sexually abused children post disclosure; yet, during the review of different literatures related to the impact of child sexual abuse, it was discovered that other members of the family and those who are close to the victim are evidenced that they are also be affected by the trauma which is by default needs another focus area for research in the context of the current research area. Secondly, the study was only conducted on mothers who have been part of this study as a unit of analysis identified from the center called Integrated Care and Justice Centre for Sexually Abused Women and Children (ICCSAW) located inside Gandhi Memorial Hospital where this study conducted. Therefore, due to such specification the findings of this study might or cannot be generalized to other related segments of the population in the city as well as the entire nation.

THE LIVED EXPERIENCES OF MOTHERS...

Furthermore, it should be noted that, the researcher due to time and financial constraints explored only the situation and experiences of mothers of sexually abused children after the case disclosure. Thus, it is recommendable by the researcher that further future investigations by other researchers should be conducted which includes additional responses, experiences and secondary victimization of other members of the family and close relatives of the sexually abused children.

1.8. Organization of the thesis

There are six chapters in this thesis, each focusing on different aspects of the research topic. Chapter one introduces and provides introductory information on this study by presenting a background information on the study, statement of the problem, the research objectives, and the research questions, significant of the study, scope of the study and definition of key terms. The chapter completes with an outline of all the chapters of this paper.

Chapter two goes beyond the introductory chapter to present the existing literature that are going to be used in the study. This chapter encompasses an overview of existing literature on the experiences of mothers' after the disclosure of their child's sexual abuse, with a particular emphasis on their female children. Also, the chapter presents the general overview of child sexual abuse with regard to, the definition of child sexual abuse according to the current definition of WHO, the statistical data about child sexual abuse, the impact of child sexual abuse, also the impact of child sexual abuse discovery on caregivers, and the impact of child sexual abuse discovery on mothers and their experiences in the aftermath.

Chapter three talks about in general the research methods used in the study. Thus, the chapter describes the nature and type of research design utilized with in the study incorporating thereby the philosophical orientation of the study. Other concepts, such as the sampling technique, sample size, method of data collection and data analysis, are also dealt in this chapter. This chapter also presents an overview of the procedure of the study,

THE LIVED EXPERIENCES OF MOTHERS...

trustworthiness of the data, ethical consideration as well as a discussion of the limitations of the study.

The fourth chapter presents the data obtained from the data collection method used. The data were presented in themes that are related to the research questions. Accordingly, three major themes that were emerged from the qualitative data gatherings process are presented in this chapter. These themes are the psychological experiences of the mothers', the societal experiences of the mothers' and the support needs of the mothers' after the disclosure of the sexual abuse of their children. The fifth chapter discusses the above mentioned major themes by comparing and contrasting them with the findings of prior studies.

Finally chapter six concludes the study by briefly describing the research objectives, the method used, and presents major study's findings. This chapter also offers certain recommendations that may help to address some of the psychological and social challenges of the mothers and also their support needs that were identified in the study in connection with the research topic.

THE LIVED EXPERIENCES OF MOTHERS...

CHAPTER TWO:

REVIEW OF RELATED LITERATURE

2.1. Definition of child sexual abuse

The definition of child sexual abuse doesn't have a clearly, consensual, global definition because the term abuse implies or incorporates a range of behaviors and actions and due to the multifaceted nature of the attack even if its scope is narrow down to sexual. Mostly the definition of child sexual abuse depends on the context of social, cultural, focus of intervention and economic development of the nation. According to Paine and Hansen (2002), "Child sexual abuse is a complex phenomenon to understand. It is a multi-faceted in that the definition includes a broad range of behaviors, which can be perpetrated across a broad range of intra-familial and extra-familial relationships, and there is a considerable variability in the duration and frequency of the abuse".

Child sexual abuse is defined by different international organizations and scholars. To see some of them, a definition of child sexual abuse formulated by the 1999 WHO Consultation on Child Abuse Prevention stated that:

"Child sexual abuse is the involvement of a child in sexual activity that he or she does not fully comprehend, is unable to give informed consent to, or for which the child is not developmentally prepared and cannot give consent, or that violates the laws or social taboos of society."

Another definition by United Nations Violence Against Children (UNVAC) defines CSA as "any kind of sexual activity to which children are subjected, especially by someone who is responsible for them, or has power or control over them, and who they should be able to trust".

2.2. Prevalence of child sexual abuse

In looking the status of child sexual abuse rate in the global level, the true magnitude of the phenomenon is mostly unknown. Sexual abuse of minors, is a historical phenomenon

THE LIVED EXPERIENCES OF MOTHERS...

which can be found in every culture and in every society, has relatively recently become the object of systematic study. This is due to the changed sensibility of public opinion on a topic that in the past was considered a taboo. Even today, however, the available statistics gathered by various national and international organizations such as WHO, UNICEF, INTERPOL, EUROPOL, and the like do not represent the true extent of the phenomenon which is often underestimated, primarily because many cases of sexual abuse of minors are not reported (Protection of minors, 2019).

Research conducted by UNICEF in 30 countries confirms the unreported nature of sexual abuse of minors. The study showed that a small percentage of victims said that they asked for help. The finding of the study indicated that, this minors refuse to report the case to the concerned body due to the fear of vendetta, feelings of guilt, shame, confusion, distrust in institutions, cultural and social conditioning, but also misinformation regarding the services and structures that can help. Due to such reasons the above statement implies the fact that millions of children in the world are victims of exploitation and sexual abuse.

Regarding to the prevalence rate of child sexual abuse in the global level, a Meta-Analysis study conducted at the University of Barcelona in 2009 by analyzing 65 research studies across 22 countries indicated that: an estimated 7.9% of men and 19.7% of women globally experienced sexual abuse prior to the age of 18. And this study asserted that geographically the highest prevalence rate of child sexual abuse was found in Africa (34.4 %.), while Europe showed the lowest prevalence rate (9.2%). America and Asia had prevalence rates between 10.1% and 23.9% (Pereda , Guilera, Forns, & Benito, 2009).

In the African context the country which is known by high rate of child sexual violence is South Africa. The results of research conducted by the Center for Justice and Crime Prevention in South Africa revealed that in 2016, 1 out of 3 South Africans, male or female, was at risk of sexual abuse before reaching the age of 17. According to that study, the first of its kind on the national scale in South Africa, 784.967 teenagers between the ages of

THE LIVED EXPERIENCES OF MOTHERS...

15 and 17 had already experienced sexual abuse. The victims in this case are prevalently boys. Not even 1/3 had reported the violence to the police. (Center for Justice and Crime Prevention, 2016).

In other African countries, the sexual abuse of minors is part of the wider context of violence linked to conflict which plagues the continent and makes it difficult to quantify. The phenomenon is also closely connected with the practice of early marriage which is widespread in various African nations (Center for Justice and Crime Prevention, 2016). Sexual abuse against children is a very widespread phenomenon in Ethiopia and with limited variation between urban and rural as well as between different cultural and tradition groups. Comprehensive study on the situation of sexual violence of Ethiopian children is seriously lacking (UNICEF, 2008). Thus, some studies were conducted on the prevalence of sexual abuse among children in Ethiopia and the rate of reports accentuates serious concern. The finding of the African Child Policy Forum (ACPF) in 2011 indicated that 'all the sample respondents for the study' in Ethiopia suffered at least one type of violence during their childhood'. Ethiopia is also the third country in Africa in the prevalence of rape with 29.7% of abuse prevalence rate. Accordingly, the same study indicated that in Ethiopia all forms of abuse significantly increases between the age of 10 and 13 years and escalate to very high levels with the 14 to 17 age group. Furthermore, a cross sectional study conducted in 2012 in Addis Ababa identified Child sexual abuse prevalence rate as 38.5% among the general public (Jemal, 2012). These rates make Ethiopia as a country of highest prevalence of sexual abuse committed on children.

2.3. Impact of Child Sexual Abuse on the victim

Following the sexual abuse of children, the effect of victimization on children can be far reaching, negative and complex (Whitcomb, 1992). Whitcomb (1992) made comparison between sexually abused children with non-sexually abused clinical population to understand the impact of sexual abuse. Eight factors were found out to distinguish the sexually abused

THE LIVED EXPERIENCES OF MOTHERS...

children in the study that compared 369 sexually abused children to 318 non abused children.

The sexually abused children were significantly more likely to demonstrate the following symptoms: poor self-esteem, aggressive behaviors, fearfulness, conscientiousness, concentration problems, withdrawal, acting out and need to please others.

According to Finkelhor 1994, whose conceptualization of the traumatogenic effect of sexual abuse is the most employed, dividing the effects of sexually abused child sequel into four general categories. The effects are mainly traumatic sexualization; included in the psychological outcomes of traumatic sexualization, which comprises aversive feelings about sex, overvaluing sex and sexual identity problems. Stigmatization; common psychological manifestations are damaged good syndrome and feelings of guilt and responsibility for the abuse or the consequence of disclosure. Betrayal; the most fundamental damage from sexual abuse is its undermining of trust in those people who are supposed to be protects and nurtures. It also includes, anger and engaging in acting out behaviors. Powerlessness; perception of vulnerability and victimization and a desire to control or prevail often by identification with the aggressor. And behavioral manifestations of anxiety, including phobias, sleep problems, elimination problems and eating problems and re-victimization are identified.

2.4. Impact of child sexual abuse on caregivers

the traumatic events of sexual abuse not only affects the life conditions of the child himself or herself rather it also affects the social, economic, physical, psychological and health conditions of the immediate caregivers and close families of the victim. A number of researches were conducted on this area by different scholars and organizations to show its aversive impact on the caregivers.

A qualitative study conducted on non-offending caregivers of sexually abused children in Philadelphia found that, caregivers experienced a significant emotional and psychological distress which is characterized by anger, depressed mood, and guilt, after

THE LIVED EXPERIENCES OF MOTHERS...

learning that their child may have been sexually abused (Fong, et al., 2017). The study come up with four specific sources of caregiver distress: concerns about their child, negative beliefs about their parenting abilities, family members' actions and behaviors, and memories of their own behavior (Fong, et al., 2017). Behind exploring the perceived impact of sexual abuse discovery on caregivers and their families, the study was also conducted with the objective of assessing the caregivers' attitudes about the need for mental health services for themselves. Accordingly, the result of the research found that most caregivers in the study believed that mental health services for themselves were necessary or beneficial to help them cope with the impact of their child's sexual abuse and the result suggests that the need for professionals working with this segments of the population to assess the emotional and psychological needs of them would be fundamental to offer mental health services for them (Fong, et al., 2017).

Another qualitative research was conducted in South Africa in 2015 on the experiences of non-offending caregivers following the disclosure of child sexual abuse (Bux, Cartwright, & Collings, 2016). The study recruited 16 participants for the interview and among them only the results of 10 participants experience were analyzed based on the impact of disclosure on their psychological wellbeing, coping strategies and support structures utilized, the concerns raised by the caregivers, and difficulties experienced associated with medico-legal and counseling service. With such areas of focus, the result of the data analysis generated five predominant themes regarding to the experiences of the caregivers. This themes were distress, concern for the child, alienation, coping style, and grief (Bux, Cartwright, & Collings, 2016).

The detailed results of Bux, Cartwright, and Collings study shows that, regarding to distress the caregivers experienced multiple forms of distress in the aftermath of child sexual abuse disclosure comprises the physical distress and emotional distresses. The authors further discussed that the physical symptoms of distress experienced at the time of disclosure included crying, shivering, shaking, sweating, dizziness, and fainting. And regarding to the

THE LIVED EXPERIENCES OF MOTHERS...

exposure to the emotional distress, the researchers explained that caregivers appeared to have experienced multiple symptoms such as confusion, disbelief, pain, guilt, anger, distrust, sadness, shame, fear regarding safety, exhaustion, loss of control, thought preoccupation, emotional numbness, and sadness (Bux, Cartwright, & Collings, 2016). Here the authors noted that, in instances where the perpetrator was a known male, some caregivers appeared to display hatred and mistrust towards all male figures.

Generally the findings of the study revealed that caregivers experienced multiple forms of emotional, psychological and situational difficulties following the disclosure of child sexual abuse and thereby the researchers asserted that caregivers not only experience vicarious traumatization but also their parenting abilities are impacted by the distress they faced (Bux, Cartwright, & Collings, 2016). Finally, they conclude with a suggestion of indicating the need for conducting further researches in exploring associated concerns related with the therapeutic intervention needs of the non-offending caregivers. By implication the above findings and suggestion helps as an insight for the researcher to conduct this study and consequently results to come up with the after mentioned findings (see the finding part of this study).

2.5. Experience of the mothers in the aftermath of child sexual abuse

As it is known in the family context, the mother is the closest person to the child and mostly it is a fact that the mother is the person most required to provide help to the child. In the case of child crises and exposure of traumatic events, the mothers play a critical role in the recovery of the child by providing the emotional, psychological and other immediate support needs of the child especially in the case of the aftermath of CSA disclosure. A research findings also asserted that maternal support is important in ameliorating the deleterious effects of CSA (Alaggia R. , 1999). However, despite recognizing the mothers significant care and support provision role towards their sexually abused children, their personal experiences and support needs towards themselves after the disclosure were not

THE LIVED EXPERIENCES OF MOTHERS...

properly dealt. Thompson stated that, there is a growing evidence that demonstrates that non-offending mothers' experience significant loss and trauma following the discovery of their children's sexual victimization (Thompson, 2017). The researcher also stressed that this mothers received limited empirical attention in comparative to the considerable body of literature examining victims and perpetrators of child sexual abuse (Thompson, 2017).

According to MOSAC a site which is designed to help mothers of sexually abused children after they had been exposed to the impact of the disclosure and its consecutive traumatic experience on them stated that:

Disclosure of a child's sexual abuse is a traumatic event for mothers. Life is difficult and stressful, and mothers experience many painful emotions. They are worried about their children and are concerned about the effects and long-term consequences of the sexual abuse. They may have been involved with the report of abuse. Following the disclosure, they are usually involved with community agencies, including law enforcement, social services, child abuse assessment centers, and the court system. Mothers experience strong emotions, initially feeling shock and denial, and often going through a grief process that includes anger, intense pain, and confusion. Mothers are afraid and anxious and often show signs of posttraumatic stress. If the perpetrator is a husband, partner, other family member, or friend, mothers experience feelings of betrayal (MOSAC, 2019).

Having the above overview of the mothers experience following the disclosure of their children's abuse, there are also other empirical data which is conducted by the researchers which demonstrates the experience of mothers after the child sexual abuse discovery.

A qualitative research conducted in 1993 in Ontario, Canada by Carter on the impact of child abuse on mothers shows that, the effect of disclosure brought a considerable trauma and negative psychological, social and economic consequences on mothers. The findings of

THE LIVED EXPERIENCES OF MOTHERS...

Carter revealed that mothers experienced shock, difficulty with day to day functions, sadness, confusion, ostracizing, isolation, lack of support and loss.

Another study conducted in 2011 in South Africa revealed that non-offending mothers experienced emotions similar to those following loss including disbelief, anger, guilt, depression, trust and blame (Pretorius, Chauke, & Morgan, 2011). Similarly, a qualitative research conducted on the experiences of mothers of sexually abused children post disclosure there in South Africa in 2016 come up with a finding that indicates mothers experience emotional pains of post sexual abuse (Masilo & Davhana-Maselesele, 2016). The finding further elaborated that the mothers experience feelings of shock, anger and guilt for not noticing the abuse and also the researchers asserted that the participants shows a significant depression as a result of lack of support by stakeholders. Masilo and Davhana-Maselesele from the results of their study finding conclude that, mothers experienced secondary trauma that poses social and psychological challenges with far-reaching implications.

Standing from the above finding and concluding statement it asserted that, the same similar experiences and trends are manifested in the context of our country currently as it is observed by the researcher of this study which is latter on attempts to show it in the finding chapter of this paper.

THE LIVED EXPERIENCES OF MOTHERS...

CHAPTER THREE:

RESEARCH METHODOLOGY

This chapter describes the philosophical orientation of the study, study design, selection of research participants, sample size, and method of data collection. In addition, method of data analysis, procedure of the study, trustworthiness of the data, ethical considerations and limitation of the study are described.

1.9.Philosophical Paradigm/view

The researcher's perspective or research paradigm is a collection of beliefs, assumptions and models that is considered to be appropriate to explain the phenomenon. According to Creswell (2007) the research paradigm shapes the research process, types of research design, and data collection methods. In view of this, the philosophical worldview that is selected to guide this research is social constructivist. Therefore, the study is mainly guided by the assumptions of social constructivist paradigm.

The epistemology of social constructivist views knowledge as being created through social interaction (Creswell, 2007). Social Constructivist recognizes that people develop subjective meanings of their experiences, understandings and meanings directed toward certain objects or things. These meanings are varied and multiple leading the researcher to look for the complexity of views, perception and opinion. Like social constructivist the researcher believes individuals develop subjective meanings of their experiences-meanings directed toward certain objects or things. These meanings are varied and multiple, thus it gives the opportunities to look for the complexity of views rather than narrowing meanings into a few categories or ideas.

Therefore, this study is influenced by the assumption of social constructivist in numerous ways. The data gathering process, the data analysis, interpretation, and the study process is influenced by the assumption of social constructivist (Creswell, 2007). Semi- structured questions have been prepared as guidelines for in-depth interviews for indicating the research

THE LIVED EXPERIENCES OF MOTHERS...

objectives so that the participants can construct the meaning of their life experiences.

Therefore, participants were encouraged to express their feelings and construct meanings of the phenomenon they experienced. Similarly, Creswell (2007) confirmed that those who rely in social constructivist, the questions become broad and general so that the participants can construct the meaning of a situation.

In the course of data analysis and interpretation, the researcher presented the subjective life experiences of the mothers' of sexually abused female children and analyzed the data based on their subjective interpretations. Accordingly, this research described the life experiences of the mothers' after the disclosure and presented the realities based on their subjective interpretation. Thus, the goal of this research was to rely as much as possible on the participants' views and experiences of the situation being studied, so that the participants can construct the meaning of their life experiences. The researcher intention was to fully depend on the participants' views and to try to understand their experience about the research problem under study.

1.10. Research Methodology

As a research method, this study utilized a qualitative approach to explore the experiences of the mothers of sexually abused daughters after disclosure.

Due to the sensitive nature of the topic this study addresses, and its more demanding goals, a qualitative approach allowed for a thorough and detailed extraction of the feelings, thoughts and experiences of mothers of sexually abused children. A qualitative research approach was particularly advantageous in this case, as it allowed the researcher to develop a clear understanding of the participant's experience through examination of both their verbal and nonverbal communication, as well as through the ability to ask follow-up questions that aided in clarifying the participant's perspective (Merriam, 2009).

Among the different approaches of the qualitative research, this study utilized the phenomenological approach. Since, this approach is focusing on exploring the lived

THE LIVED EXPERIENCES OF MOTHERS...

experiences of the individuals/peoples, this study used this approach as a means to address the research problem. The way it is going to be utilized under this study is deeply rationalized as follow:

Phenomenology refers to a particular method within the qualitative approach whose focus is on allowing the researcher to transform “the world into mere phenomena” (Moustakas, 1994) by finding the commonalities in the experiences between participants (Hanson, Creswell, Plano, & Morales, 2007). As the present research was conducted through the use of interviews, the researcher was able to identify common themes across participants to better understanding the common experiences of the mothers after the disclosure of their child’s sexual abuse.

The participants, in the context of this study, are mothers whose daughters were exposed to sexual abuse. Therefore, the aim of this research is to explore and understand the lived experiences of the mothers from their own perspectives.

1.11. Research design

For the purpose of this research, to gain a deeper insight into a situation, exploratory research design was utilized. Exploratory research often relies on qualitative methods such as semi-structured interviews, which were the major data-gathering technique for this study.

1.12. Research Context/ description of the study area

Since the major emphasis of this research is to explore the lived experience of the mothers after CSA, using a phenomenological approach it is obvious that the participants are examined within the context of keeping its natural setting. However, as a means of initially accessing the mothers, this study used one of the sexual assault response center so called one-stop center as a gatekeeper/source. The center called Integrated Care and Justice Centre for Sexually Abused Women and Children (ICCSAW) located inside Ghandi Memorial Hospital,

THE LIVED EXPERIENCES OF MOTHERS...

Addis Ababa. The establishment of the center is aimed at providing an integrated service packages which incorporates the medical, legal aid, psychosocial and protection services at one place for victims of child sexual violence including adults with the aim of reducing double-victimization of the survivors in seeking services from different concerned stakeholders or service providers. Currently, the center provides a psychosocial and care service to survivors who have been exposed to sexual abuse and rape. It was opened in 2006 e.c and established due to an alarming increase in children's trauma. Some of the sexual abuse trauma dealt with results from incest and some of these cases are specifically related to close family members and some others are extra-familial persons.

1.13. Participants of the study and inclusion criteria

The participants of the study are mothers of sexually abused children. They were selected by purposive sampling.

Inclusion criteria

The criterion for recruiting the participants under this study was based on:

- If the mothers had a female child who had made a disclosure of sexual abuse.
- The biological mothers to the child who had the primary responsibility to take care of the child.
- The child who experienced the abuse needs to be under the age of 13 years old.
- The abuse will have involved actual physical contact (touch and penetration) on the child
- The type of child sexual abuse could either be intra-familial or extra-familial sexual abuse.
- The disclosures of the abuse have to take place within ten to twelve months prior to participation on the study.

THE LIVED EXPERIENCES OF MOTHERS...

1.14. Sampling technique

Due to the methodology applied in phenomenological research (namely a focus on the experience of the individual(s)), and the amount of data that can be generated from one or multiple interviews, the number of participants needed to conduct a quantitative study may vary (Starks & Trinidad, 2007). Furthermore, there may be situations in which the number of participants may not be predetermined prior to the beginning of the study and even into the data analysis (Wertz, 2005). Depending on the topic and nature of the study a researcher may be able to use only one participant if that individual is someone who possesses enough knowledge or experience to fulfill the goal of the study (Wertz, 2005). However, (Mason, 2010) identified sources that suggest having a minimum of five or six participants for qualitative phenomenological research. Accordingly, the researcher utilized a total of five participants for this study. The details of the sampling process presented as follow;

The researcher utilized non-probability, purposive sampling. The mothers were selected according to the inclusion criteria set out in this study. The sample for this study consisted of mothers of children who had been sexually abused and whose child was received different treatment services from Gandhi Memorial Hospital One-stop Center. The mothers were all voluntary participants who were identified by the researcher himself. The researcher approached the mothers either telephonically or face-to-face informing them of the nature of the study and requesting their voluntary participation. Initially eight mothers were given their consent over the telephone to participate on the study. And a total of five participants were approached and interviewed by the researcher. The remaining three participants were not included in the study because they refused to meet the researcher in person. However, as saturation had already occurred and the data repeated the findings that were found in those five interviewees, the researcher already used those five willing participants as a source of data for the entire research. Generally, the sample size was determined by the saturation point being reached (Greeff, 2011), whereby sampling continued until data redundancy and

THE LIVED EXPERIENCES OF MOTHERS...

theoretical saturation occurred (Patton, 2002). Saturation was achieved in terms of generalizing to theoretical propositions and not to populations (Yin, 2009).

1.15. Procedure of the study

Initially participants were contacted through phone calls by the researcher to invite them to take part in the study, and when the potential participants expressed interest in taking part on the study, the researcher provided them with documentation explaining the research objective.

The researcher during his first phone contact with the prospective participants, provide them in detail about the purpose of the study as requested or required, which includes information about the voluntary nature of the participation and the confidentiality issues. Due to the potentially distressing nature of the subject matter, the researcher also explains and assures to the participants that it is their right and full permission whether to withdraw or continue their involvement from/on the study at any time. Also, time and location for the interview were arranged by the will and convenience of the participants.

Upon meeting in person, the purpose of the study were explained for the participants by the researcher and the participants provided with and asked to sign the written consent form. Also they were provided with a chance to ask any further questions and express their opinions before signing any documents. In the meantime, the researcher also asks a permission from the participants to use an audiovisual instrument or digital recorder in order to afford the greatest opportunity to focus only on the participant and their story during the interview with the purpose of making the transcription work easy. However, informed consent and permission to audio record the interviews were obtained from all the participants who attained the interview. Each participant was interviewed once for approximately one hour and half. And interviews were audio-recorded and transcribed accordingly.

THE LIVED EXPERIENCES OF MOTHERS...

1.16. Method of data Collection

As a data collection method the researcher employed interview technique as a way to gather information from participants. This is in line with Denscombe (2000) who states that interviews have an advantage that they can be used for anyone who can able to speak and for most people who are able to cooperate. Another advantage was that the researcher will able to probe and rearticulate questions if there is a need for further clarification on what the researcher intends to know. Therefore, for the purpose of this study, data were collected through in-depth interviews. Thus, such type of interviewing creates an opportunity for the researcher to have a deeper understanding of the experiences of the participants and the meaning they made of their experiences. Semi-structured interview questions were utilized and the interview programs were scheduled accordingly to gain a detailed picture of the phenomenon of the participants. Interview guides were developed by the researcher and purposefully the interviews led by exploratory questions. Sampling was continued until data saturation reaches. Also, interviews were recorded onto a digital voice recorder based on the consent of the participants.

Moreover, a desktop research also carried out in order to get scholarly information and data on the experiences of mothers of sexually abused children. During the study also different secondary sources of data were reviewed and analyzed such as documents, books, online materials, journals, official reports, newspaper articles, and other unpublished documents to facilitate the use of relevant empirical studies and theoretical explanations about the experiences of mothers of SAC as it is cited on the reference part of this paper as well as to triangulate data.

1.17. Method of data Analysis and Interpretation

According to Mogorosi 2007, data analysis is the actual process of analyzing raw data, as received. Data was processed by means of thematic analysis. Joffe (2011) explains that because thematic analysis refers to themes, the notion of a theme must be examined more

THE LIVED EXPERIENCES OF MOTHERS...

closely. A theme refers to a specific pattern of meaning found in the data. Joffe (2011) further explains that thematic analysis facilitates the gleaning of knowledge of the meaning made of the phenomenon under study by the participants studied and provides the necessary groundwork for establishing valid models of human thinking, feeling and behavior.

According to Braun and Clarke (2006), thematic analysis is flexible and can provide a rich and detailed account of participants' experience. The interviews will be recorded and transcribed by the researcher, and observations and general impressions regarding the participants will also include in the transcriptions. Data collection ceases when theoretical categories are reached (Harper & Thompson, 2012). Charmaz (2006:113) explains that categories are saturated when gathering fresh data no longer sparks new theoretical insights, nor reveals new properties of your core theoretical categories.

With the above basic notions, under this study the researcher employed Braun and Clarke's (2006) six phases of thematic analysis technique to analyze the data.

Phase 1 entails, the researcher should familiarize himself with the data. Accordingly, under this study, the researcher transcribed and read and re-read the data until simultaneously noting initial ideas emerge. Phase 2 involves the generation of initial codes. Braun and Clarke (2006) describe this phase as the systematic coding of interesting features of the data and the collation of the data according to the codes. Accordingly, under this phase the researcher organized the highlighted statements from Phase 1 into different sections based on the codes. Phase 3 involves the collation of the codes into potential themes and the gathering of data relevant to each theme. Accordingly, the researcher under this phase used to shade various color-coded statements which helps him to identify potential themes after reading and re-reading the transcripts again to glean further information pertinent to the themes then after the researcher goes to the next step which is phase four. Phase four involves the checking of themes against the coded statements and the data as a whole, and the subsequent use of the collated data to identify different themes. Lists of all the themes will be then place in a table

THE LIVED EXPERIENCES OF MOTHERS...

under each participant's name. Accordingly, the researcher did what is needed to do under this phase as mentioned above. Following that the researcher step up to the next action which is phase five.

Phase five involves the defining and naming of the themes. According to Braun and Clarke, continuous analysis will also be conduct during this phase in order to refine each theme and to generate clear definitions for each theme. Accordingly, the researcher defined the core three themes of this study (see on the finding part of this study) and in the meantime also he re-read the transcripts to confirm that all the themes are identified properly.

The final step (phase six) is the production of the research report. Once all the themes are obtained the researcher organized the final themes that are supposed to be common to all the participants and provide extracts for each theme to illustrate the participants' accounts. The extracted themes are presented on the finding part of this study.

1.18. Data quality assurance

In conducting a research it is a very crucial thing to evaluate its trustworthiness. In qualitative inquiries the trustworthiness of a research project is measured according to the following criteria; credibility, transferability, dependability, conformability, and authenticity (Babbie & Mouton, 2001). Accordingly, the current research was conducted and examined in line with the above key elements as follow.

Credibility of this study was achieved through the following procedures namely prolonged engagement, observation, triangulation, referential adequacy, peer-debriefing and member checks (Babbie & Mouton, 2001). Prolonged engagement was ensured by the researcher with the mothers (participants) through developing an initial rapport on preparatory phone contact, during data collection of the semi-structured interviews and in providing the participants with debriefing after the interviews. The use of audio-visual instruments to record the interviews with the participants were utilized which provided referential adequacy for this study. Peer

THE LIVED EXPERIENCES OF MOTHERS...

debriefing was also done with colleagues of the researcher who are outside of the study who assisted the researcher with his perceptions, insights and their supportive questions about the study. Not only with the colleagues also had peer debriefing conducted with the mothers to respond empathically to the highly personal and sensitive issues that were asked for them to discuss during the interview. Triangulation was used to accommodate the different data sources and to signify the use of different data collection technique from both primary and secondary sources including field notes in the form of observation.

Dependability and conformability of this study were mainly achieved the researcher working in close collaboration with the advisor and on the basis of his attentive follow up on the entire process of the study. Hence, researcher achieved dependability through consulting with the supervisor and referring back to the research process back and forth. However, confirmability of the study was also achieved through supervisory feedback and by the researcher staying focused on the aim and objectives of the study.

Finally, to make sure authenticity the researcher adopted the phenomenological method of enquiry to ensure and reach the lived experience of the mothers by their own expression and explanation of subjective realities. Consequently, the experiences and needs of the participants were stored on an audio-recorder during the interviews and then transcribed into text.

1.19. Ethical Considerations

First and foremost regarding to the ethical considerations of the study participants, the researcher is abided by the social work ethical guidelines which are outlined in the NASW code of ethics. Accordingly, during conducting this study the researcher complies with the following basic ethical principles of the code towards the participants: minimizing the risk of harm; obtaining informed consent; protecting anonymity and confidentiality; avoiding deceptive practices; and providing the right to withdraw. Here, to note that, prior to attempting any direct contacts with the participants, ethical clearance were obtained from

THE LIVED EXPERIENCES OF MOTHERS...

Addis Ababa public health research and emergency management directorate and also permission obtained from the medical director of Gandhi Memorial Hospital to source participants address from the one-stop center.

In line with this, while conducting this study as the research focus was on looking at the experience of mothers of sexually abused children, issues are highly sensitive and personal. Hence, in regarding to respecting the will of the participants, the researcher informed (as shown appendix A) the participants the voluntary nature of the participation on the study and informed them that they have the right to discontinue their participation at any time with no questions asked. Written informed consent form also provide for them (Appendix A).

In adhering the principle of protecting and minimization of any harms on the participants, the researcher also ensured for the mothers' that there wouldn't be any foreseeable risks associated with the participation in this study. But due to the sensitivity of the topic, the researcher anticipated that emotions could surface during the interviews and he will take care not to explore any aspects or issues that will be painful for the participants to talk about. However, during the course of the interview in some circumstances there was an emotional disturbances and some triggering factors that creates mood discomfort on the mothers which makes the interview very difficult. But, the researcher handled the situation by assisting them through providing minor counseling services.

Concerning to the protection of the participants privacy, anonymity and confidentiality, no identifying information were not taken from the participants. Contrarily, pseudonyms were used during the analysis part of the study. Also during the interview, the participants were assured that the information they provide will kept confidential and their identities also kept anonymous.

Furthermore, the participants also provided with an opportunity to contact my advisor Dr Demelash Kassaye, the medical director of the center or Addis Ababa public health research

THE LIVED EXPERIENCES OF MOTHERS...

and emergency management directorate in case they need additional information and clarifications on their concerns regarding the purpose of the study (see the detail on Appendix A).

1.20. Result dissemination

Results of this study will be disseminated for Addis Ababa University Graduate School of Social Work, Addis Ababa public health research and emergency management directorate and Gandhi Memorial Hospital.

THE LIVED EXPERIENCES OF MOTHERS...

CHAPTER FOUR:

FINDINGS

The findings of the study are presented on this section. The chapter classified into four main sections. The first describes about the demographic characteristics of the participants. The second part presents findings about the study participants' psychological experiences after the disclosure. The third section contains findings of the mothers post sexual abuse societal experiences. The final segment incorporates the findings related with the support needs of mothers of sexually abused female children's. The findings are presented and summarized according to the objective of the study.

4.1. Socio-demographic background of the participants

Table 1: Socio-demographic background of participants

Participant code	Gender	Age	Educational status/level	Religion	Marital status	Job status	No of children	Status of the child at home	Type of assault	Disclosure to mother by
Mother A	F	30	Illiterate	Orthodox	Married	Daily laborer	2 (M & F)	The elder	Intra-familial	Neighbor
Mother B	F	27	Illiterate	Orthodox	Married	House maid	2 (M & F)	The elder	Intra-familial	The child
Mother C	F	30	College	Muslim	Married	House maid	2 F	The elder	Intra-familial	Close relative (sister)
Mother D	F	48	10+2	Orthodox	Married but (currently lives separately)	Machine operator	1 F	The only elder	Extra-familial	Neighbor
Mother E	F	29	10	Orthodox	Single	Unemployed	1 F	The only elder	Extra-familial	The child

Note: the study used pseudonym names for the purpose of confidentiality.

THE LIVED EXPERIENCES OF MOTHERS...

A total of five mothers were interviewed. All of the participants are the biological mothers of the victims and their ages ranged between 27 and 48 years (average age: 38). The women came from a wide range of educational backgrounds. All the respondents lived in different geographic areas of Addis Ababa. The abuse had been intra-familial in three of the cases, and extra familial in two of them. Three of the mothers had been informed about the abuse by third person while the two of them directly heard from their daughter.

Unfortunately, two of the mothers they themselves were survivors of sexual abuse before. Except one participant (never married officially), all of them are a married women. Based on their job status, two of the participants are house-maids, one unemployed, one daily laborer and one private employee. All the abused daughters are the first offspring's of the mothers'.

4.2. Experiences of the mothers after the disclosure

Table 2: Empirical findings: Themes and Sub-themes

<i>Themes</i>	<i>Sub-themes</i>
<i>Post disclosure psychological experiences</i>	Shock
	Depression and Self-disturbance
	Guilty feeling and Self-blame
	Anger
	Revenge
	Suicidal Ideation
	Concern for the Child
<i>Post disclosure societal experiences</i>	Alienation from the family
	Alienation from the community
	Self-isolation
<i>Experiences regarding support needs</i>	Need for Emotional Support
	Need Support for own Victimization

THE LIVED EXPERIENCES OF MOTHERS...

Need for Parenting Assistance

Need for Social Support Network

Source: Author's own work

4.2.1. *Psychological experiences of the mothers'*

Mostly since the mothers are the initial contact person and the closest care providers for the children, most of the private concerns are shared and delivered directly to them. However, depends on the case that is presented for the mothers, their responses will also be vary towards the situation. Child sexual abuse disclosure has a devastating impact on the psychological and emotional experiences of the mothers. The psychological reactions of the mothers is an ongoing process that goes with them on the day to day life experience of the mothers even if their initial reactions are different from that of the reactions they experienced as time passes. The finding of this study reveals such varying psychological experiences and reactions of the mothers after the sexual abuse disclosure of their child.

Shock

In all cases, the mothers' responses stated in what were emotionally powerful and very shocking initial reactions to their children's sexual abuse disclosures. It was the beginning of the response processes that led the mothers to what extent whether to believe accept or deny what really happened to their child. I asked all of the mothers to tell me their initial reactions when they first heard about their child's sexual abuse disclosure and how they responded to the news. With this regard, Mother B described her view as:

"When my child told me about what happened on her, I was stunned, I became agitated, I lost control over my body and I felt like something burning on me." (Mother B)

Mother A also expressed her initial reaction as follow:

The first time when my daughter told me it was so odd for me to hear about the fact. I became silent for about an hour. When I am able to calm myself, I began to ask my

THE LIVED EXPERIENCES OF MOTHERS...

girl in detail about what had been going on before. She had been suffering for about four years without telling me about the abuse. I was felt shocked when she told me the years. I feel like I am the most useless and powerless person for my kid. It was a shocking story for me... (Mother A)

The other interviewee elaborates her situation during the time in such a way:

The moment she told me about the case, it was like a dream for me. It was a very shocking news for me... I don't know what to do at that time. The only thing I did was taking my daughter to my home with me.... (Mother E)

Similarly, Mother D explained her lived experiences in pointing out the following facts:

The first time when my neighbor told me about what is going on my child, I was shocked, I don't want to accept the fact from what my neighbor told me. Even I didn't want to trust the information my neighbor telling me standing in front of me. I thought my neighbor telling me a false story. I wish to insult her and blaming her for spreading a fabricated side talk. For some minutes I doubt my ears and myself whether I am hearing a true story or I am dreaming alive. (Mother D)

The above interviewees explained their feeling in a wide variety of ways as it is putted above.

Depression and sleep disturbance

Up on hearing the abuse, as time goes, due to different factors that aggravates the mothers' inability to manage their emotions such as worrying about the child's wellbeing, health conditions, the legal process, behavioral pattern changes of the child after the disclosure, thinking about the familial and societies response about the disclosure, and other thoughts they experience in their day-to-day life after the disclosure, the mothers' encounters on a state of depressive feelings and experience of sleep-disturbances. Such experiences are revealed by the participants as follow: according to interviewee C,

Until today, I am not a healthy person. I don't feel good. I don't sleep very well.

Mostly when I stay alone what I think is merely about her. And on such

THE LIVED EXPERIENCES OF MOTHERS...

circumstances, I cried a lot. Suddenly I walk up from my sleep dreaming about my daughter. I worried a lot about my daughter while I am thinking about the future of her... (Mother C)

Guilty feeling and self-blame

The study came up with evidences that the mothers felt responsible for not identifying and knowing what happened to their child before the disclosure. Such reactions are ignited by the mothers' feelings of guilt and self blamatory expressions in not protecting their child and for not identifying and picking up on the signs of the abuse earlier. Their feelings are indicated by the mothers as follow:

One of the interviewee expressed her feeling hereto:

I heard about my child's abuse after four years of continues attack. I don't know where I have been with all these years. How could not even I didn't realize any kind of signs and changes on my child as a mother? I am the most idiot person for not noticing her sufferings. I wished all the things happened on me. (Mother A)

Some of the mothers, their experience of the guilt and self-blame is worse towards themselves and they even expressed their thought towards themselves in such way as one of the interviewee narrates:

I was the one who initially looks by myself the strange injury that was somehow having a swelling on the genital part of my child while washing her body. However, during that time when I asked her, she just covered the real scenario and told for me a covered story. But latter on after days left and when she told me the real fact about the abuse, that day was the day I really died alive. I hated myself not suspecting something from the beginning. It was like a failure for me not seriously considering the kind of change that was on my child's body. For that you know I feel like I am the most worst mother to her child who couldn't able to understand her and being able to be there for her on the right time. (Mother E)

THE LIVED EXPERIENCES OF MOTHERS...

Sometimes the mothers, they are not the one who initially identified about the abuse. They get the news by other third person and when the abuse disclosed in that manner the mothers even feel uncomfortable with themselves and blame themselves not knowing about the case by themselves. Such feelings are expressed by Mother C as follow:

I feel disappointed in myself for not noticing her very well. I really realized the change in the behavioral patterns of my child after my sister told me about the rape attempt that was done by one of our relative who lives in my home with me. (Mother C)

In fact the way the mothers discovered about their child's abuse differs from one another what they really share commonly is they all experienced the guilty feelings for not knowing and protecting their kids from the abuse early.

Anger

The other psychological experience of the mothers' is feeling of anger. Such reaction of the mothers mostly demonstrated directly towards themselves, the professionals, friends, family, partner, the perpetrator or even their sexually abused child. The mothers' expression of anger mostly intense towards the perpetrator and such reactions are most unforgiving when the child sexual abuse is an intra-familial one. Contrarily, the mothers also very much anxious towards themselves when they feel upset on their own self, realizing when the abuser is their own partner blaming themselves for not protecting their kid from such incident. Also, the mothers when they feel frustrated by the responses of the system towards their child's concern they became angry on that. Furthermore, when the mothers' feel under-supported by the significant others their anger towards them is also penetrating as well. Expression of anger by the participants are mentioned as follow:

The mother whose child's abused by her close relative explains her feelings of anger towards her close family members for not understanding and supporting her during such mess. Her words are as follow:

THE LIVED EXPERIENCES OF MOTHERS...

I was very much upset by the situation in the early days of the disclosure.... As days goes, also I always angry with the relatives of my husband because they were not supportive towards me as well as the victim rather they were too much protective towards the perpetrator. (Mother C)

Due to the nature of the abuse whether it is an intra-familial or extra-familial depends on the closeness of the perpetrator the mothers rage also becomes very intense. One of the case was an abuse which is committed by the father on his step-child. After discovering the case the mother during the interview explained her anger towards her husband as mentioned below:

For your surprise he was like a soul-mate for me. We help each other together.

Mostly when I become busy at work and return home late, he serves the kids well. He prepares a meal for them. He washes the dishes, arranges the house and generally he was very much special on keeping the hygiene of the house and the kids as well.

When I see such things, I feel like I am the luckiest person in this world. I always proud by him for having him to me. However, the moment after I heard the disclosure not only I was upset on him also I counted myself as the most foolish person in this world doubting nothing about all the things. For that I hate myself and I am too much angry on me which I will never forgive myself. (Mother A)

When the mothers feels significant others are not with them when they are in need of their presence or when they found their families are unsupportive to them, they become angry on their relatives as well. Conforming to this, one of the mother explains her feeling hereto:

You know my families are the worst person I have ever meet in this world except one of my younger sister. I hate them more than anyone else. They wouldn't like to meet me and I am also not interested to see their face because they are not supportive to me. (Mother E)

THE LIVED EXPERIENCES OF MOTHERS...

Revenge

All the mothers' feelings and thoughts to take revenge towards the perpetrators are very intense. All the mothers' wishes are to kill the perpetrators and their common feelings are believing that perpetrators not deserve to live. Sometimes the revenge becomes very high when the mothers themselves are the victims of sexual abuse before. During the interview Mother E and Mother B explained their feeling as follow

...not only with the perpetrator am in quarrel with his families because I smashed his mother and his two sisters in their face. I did this because sometimes suddenly my anger ignites from the bottom of my heart and I feel incapable to control myself and when such kind of feelings aroused on me, what comes to my mind is destroy all his families including him that is why I did that on them. Do you know sometimes I wish to throw a boiled water on him to look his suffering alive as like of my child suffers because of him. For your surprise, several times I was attempted to attack and kill him hiding in a bush to punch and stab him at the back by a sharp material. (Mother E)

The expression of mother B:

He is now in custody awaiting a trial. To tell you honestly, what I really think about him is "I always wish to kill him wherever I get a chance" even sometimes I wish to go to the prison taking a poison-med with the food and give it to him to stop his breathing. Not only thinking about him, even whenever I see the relatives of him I feel some deep agony in my heart. I hated all of them. (Mother B)

A mother who found the abuser is her partner demonstrates a very serious thought of revenge on the perpetrator as follow:

"It is my pleasure to see him burned alive or hanged on public" (Mother A)

A mother whose child's were assaulted by two of her close relatives living with her under the same roof expressed her words during the interview as like of these:

THE LIVED EXPERIENCES OF MOTHERS...

"I want to burn them alive." (Mother C)

Mother D also explains the same kind of feelings towards the perpetrator as of mentioned by the above ones. She said this during the interview:

...While the elders collect as together, you know what I said for them, if I found both of them doing what I heard from others eventually I am going to slaughter them by knife and give my hand to the legal body. That might satisfy my agony somehow.

(Mother D)

In fact, the abuse of the child's are differ in context and closeness, what really the mothers share in common is all of them wants to kill the perpetrator as a reply to revenge for their kids.

Suicidal Ideation

The other psychological experience the mothers' encounter on their day to day life is their thought of suicidal ideation. Such thoughts are mostly experienced by the mothers due to the long term effects of the disclosure. There are other factors which precipitates their motives to be in a state of the suicidal ideation. For instance, thinking about the nature of the abuse, when they are in trouble of mitigating their own needs and the needs of the child, when they are depressed and concerned about the future of their child and when they feel shame and alienated. The mothers' reflections are expressed as follow

Mother A shares her thoughts during the interview as:

"Sometimes something in my mind comes that pushes me to kill myself and every troubles will stop there for the peace of my mind." (Mother A)

Similarly, Mother E also explains her experience of attempted suicidal ideation in such a way:

"I was tried three times to commit suicide because I hate myself as a mother." (Mother E)

A mother who is concerned a lot about her child and about the responses of the community expressed her feelings towards herself said during the interview:

THE LIVED EXPERIENCES OF MOTHERS...

What comes in my mind again and again when I think of my child and the abuse is, how could I possibly stand in front of others here after and then I suddenly thought to commit suicide rather than hearing the labels of others in the community about my child... (Mother B)

As the above evidence showed, one of the psychological experience of the mothers are suicidal ideation.

Concern for the child

Among the very serious and critical psychological experiences of the mothers, the one that took much of their time which makes them being restless, physically to become weak and vulnerable to other emotional pains are their thoughts and concerns towards their child. After the disclosure of the abuse, the mothers becomes occupied by different thoughts regarding to the overall wellbeing of their child such as worrying about the future of the child by assuming what will come next, also they become too much concerned about the health condition of their kid mentally as well as physically. Worrying about the legal body response and the overall court process until knowing the final verdict. Furthermore, the mothers also became very attached with their child both physically and emotionally because they too worries to separate themselves from their child whenever they planned to leave them or attend a societal or community events fearing something bad will happen to them again. Mother B explains her concerns about her child as follow:

...from the day I heard about my daughter's case all I worried about is her safety and her future wellbeing.I always don't want to lose her out of my sites. Even when there is a community events such as funeral program, wedding ceremony, or other community reunion programs in our village, I don't like to be part of the program. In case, if I may go to such program fearing the consequences of the community response, I don't want to stay long there. In one way I feel like everyone talks about

THE LIVED EXPERIENCES OF MOTHERS...

my child's situation/case. On the other hand my heart stays restless until I return back to my kid because I thought a lot about her safety. (Mother B)

Mother C also expresses her concerns about her abused kid with regard to thinking about her future. She said that...

...Mostly when I stay alone what I think is merely about her....I worried a lot about my daughter while I am thinking about the future of her. Always it is my very concern about what will be or happen to the coming future of my daughter, her health status and her entire life situation. (Mother C)

Similarly, Mother D with a similar thoughts of the above participant explains her concern to her child as follow:

Most of the time I don't want my kid to be alone. I worries a lot for her future thinking about what will happen or comes to her next. I don't feel safe until she returns from school. Sometimes I blames myself for what happened on my daughter. (Mother D)

Basically, what makes the mothers to be very much concerned about their child after aware of about the case is, by thinking about the future of the child. And it is a commonly shared thoughts which is realized in every mothers of the study participants.

4.2.2. *Social experiences of the mothers'*

These theme describes the social experience and challenges of the mothers after the disclosure. With regard to the social challenges of the mothers, the finding of this study came up with the following sub-themes: mothers' alienation from the family, alienation from the community and self-isolation. The mothers societal challenges mostly depends on the type of the abuse that happens on their child. When the mothers' child is the victim of an intra-familial sexual abuse, the mothers face a lot of challenges from the family whereas when the abuse is an extra-familial mostly the mothers confronted with difficulties smoothly

THE LIVED EXPERIENCES OF MOTHERS...

interacting with the community. The details of the challenges are revealed by the findings as follow.

Alienation from the family

The mothers' alienation from the family mostly experienced when the perpetrator of the abuse is a family member. When an intra-familial sexual abuse happens on the child, the immediate person the child will become in contact mostly is the mother. However, after the case disclosed to them, the mothers' mostly confronted the fact directly with the alleged perpetrator in reaction to their child's suffering and violation of their rights. In the meantime, the case become unveiled across other members of the family. In due process of discovery and disclosure of the abuse, the mothers become volatile by other members of the family to be labeled, scrutinized, neglected and even verbally as well as physically harassed by them to protect and preserve the family name. The discrimination sometimes starts from their close partners and extends up to the extended family members.

With regard to this, Mother C explains her experience as follow:

...for very long period of time I have been in quarrel with my husband's family and close relatives. They have been offensive and they always strives to gain his trust and support by trying to avoiding me, preaching him about my evil thoughts to him that I am doing this intentionally to poison his families name. Hearing their complaints and side talks about me, He always comes to home with a bad feelings and a strange behaviors. Such changes creates an open hole between me and him which results a disruptive interaction to be happen between us. (Mother C)

Alienation from the community

Findings revealed that when the abuse is an extra-familial, the mothers face challenges from the community for disclosing the abuse. On such circumstances, the mothers

THE LIVED EXPERIENCES OF MOTHERS...

are discriminated by the community systematically as well as directly excluded from communal activities. They become subject for discrimination and neglect.

Mother B who had been also a survivor of sexual abuse herself from the interview participants explains her experience as follow:

Once I was also a victim of sexual violence. When I was a 16 years old girl, someone from our village raped me and consequently I become pregnant. I suffer a lot due to that. My families and the entire community in our village rejected me. My families already abandoned me because they fear the community's side talk. Everyone stares at me when they look at me. The community labeled me as of the incident was happened as if like it was done by my will. (Mother B)

Similarly, another participant of the interview shares her experience in the community as a result of her child's sexual abuse. She said...

After the incident happened, because I was unable to accept the elders' negotiation offer, the neighbors and the community starts to discriminate me. Everyone in the community began to spread a side talks and when they looks my child and also me in the village their attitudes were not good towards us. Nobody tries to understand my daughter's situation. Even some of the villagers says why did she refused to accept the negotiation deal and they took my refusal as a deviation from the community norm rather than understanding the seriousness of the case. Somehow some of my neighbors denies to return my greetings. The owner of the house also start to push me away wanting my disappearance from their house because they don't want to lose the community's companionship due to my case. Having such challenges and fearing for the wellbeing of my daughter, I changed the location of my resident and her schooling as well. (Mother D)

The above reflections of the mothers showed that the mothers are experiencing and facing difficulties from the community as a consequence of their child's sexual abuse disclosure.

THE LIVED EXPERIENCES OF MOTHERS...

Self-isolation

The mothers to protect themselves as well as to protect their child from any external pressures, they isolated themselves from the community.

Mother B during the interview explains:

When I feel stressed, I prefer to be alone. I hate the presence of others near to me. Or sometimes I try to occupy myself by doing something. (Mother B)

Likewise, Mother E shares what she feels and does post discovery of the abuse:

“I start to hate people. I intentionally separated myself from others. I love being alone.”
(Mother E)

4.2.3. Support needs of the mothers'

This theme explores and describes the mothers' experience with regard to their support needs after the disclosure of the sexual abuse of their child. The finding came up with the following sub-themes namely; the mothers' need for emotional support, need support for own victimization, need for parenting assistance, and need for social support network.

Need for emotional support

One of the things that mothers talk about when they need help is the lack of someone to share their feelings with. In this regard, one of the things that mothers often say in response is, usually when they are alone they worry and become in trouble about what happened to their children when they think about the abuse. When such thoughts encounter them, they insist that they need someone to breathe their concerns and share their feelings with them, especially with those who are close with them in seek of their support. When the abuse is an intra-familial one the likelihood of emotional support needs of the mothers' are very intense from the non-offending family members. However, it is often showed the case that there is no one who is willing to listen and understand to them and no one who is willing to help them in

THE LIVED EXPERIENCES OF MOTHERS...

time of such emotional crises. As a result, they said that most of the time they face with their challenges alone. This was reflected in their repeated responses.

According to the experience of Mother E:

For a while, I have been hiding the case from disclosing it to significant others for the safety of my daughter. But, sometimes when I need someone who can understand and share my feelings, worries, and troubles, I want to talk with my siblings especially to my sisters. However, because they mostly labeled me for being too desperate person, they are not interested to hear my concerns. Due to such unwelcoming conditions, most of the time no body is there when I am in need of someone else to share my feelings. (Mother E)

Nobody supports me and nobody really understands my situation. Sometimes I wish I would like to share my feelings to other but when I am in need of such things nobody is there for me. Even my husband blames me for the incident that he says the only responsible person for the case to happen is you. And because I know about these, I don't like to talk the issues with him or someone else from the family because their approach is also not welcoming as well. Even because my husband is a step-father for my daughter, he is not in that much concerned about her situation in general. (Mother B)

In a similar vein Mother C explains her experiences during the interview as follow:

The only person I am trying and sharing my worries about the case is sometimes my elder sisters and my mother. However, it happens when I seek a relieve for myself as a result mostly I don't talk deep with them about my feelings or the case because I also worries for them not to be stressed by the case as well as my current situation. Sometimes I became curious to have someone who can really understands me, share my idea and supports me when I am in need of such things. However, in reality I

THE LIVED EXPERIENCES OF MOTHERS...

don't think I am able to say I have such kind of person who really understands my situation very well in current days. (Mother C)

Need support for own victimization

Even though the purpose of this study is to explore the life experiences and challenges of mothers after the disclosure of the sexual abuse of their child, it is clear that mothers who participated in this study also found that they themselves were victims of sexual abuse in their previous lives. Following this, mothers are more likely to seek professional help for their own trauma and victimization. Two of the five mothers who participated in this study had been raped in the past, and when I asked them in an interview if they had ever been in contact seeking with professional support for their own injuries, their answer was no. This shows that, firstly, in addition to their children's current situation the mothers' prior psychological and social experience as a result of the traumatic event that had been happened on themselves makes them to experience the trauma in a different way compared to the traumatic experiences of the mothers who haven't been in experience of rape case before. The other is as the finding shows mothers are vulnerable to sexual abuse in a similar way to that of their child which aggravates the situation very badly. Additionally, it shows that with regard to the extent of the damage, the finding indicates that the mothers' experiences a significant challenge both psychologically and socially due to their own past history of rape on themselves. As an example of this, evidences showed that in addition to the above-mentioned crises the mothers experienced which is mentioned in the thematic part of this study (psychological and social experience of the mothers), when the mothers experience another sexual violence case again on their child along with their previous one, their own hypotheses and self-perceptions towards themselves is a distorted one. Evidence of this can be seen in the fact that the tragedy that happened on their child considered for themselves as a curse when they found it related to their own past history.

One of the participant the so called Mother B expresses her experience as follow:

THE LIVED EXPERIENCES OF MOTHERS...

Once I was also a victim of sexual violence. When I was a 16 years old girl, someone from our village raped me and consequently I become pregnant. I suffer a lot due to that. My families and the entire community in our village rejected me. My families already abandoned me because they fear the community's side talk. Everyone stares at me when they look at me. The community labeled me as of the incident was happened as if like it was done by my will. Fearing and hating the stigma and discrimination, I fled from my village and my families. Having the history of all these things on me, after the day I heard about my daughter's case whenever I see my child in front of me, what comes in my mind is all my past history. ...However, after the incident of my child, my previous feelings are also retrieved again. I hate everything.

(Mother B)

Need for parenting assistance

As the mothers explained, due to the behavioral and personal characteristics change of their children which is experienced after the sexual abuse as a consequence such as becoming aggressive or very silent, showing sleep disturbance, showing feeling of insecurity, an able to attend in crowds and the like... the mothers became very much anxious and concerned about how to treat and provide mothering to their child. As the mothers narrates, such kind of inconsistencies and strange behavioral patterns manifested in their child after the incident becomes very overwhelming and difficult for them to manage it having also their own personal traumatic experiences to be addressed. Such kind of concerns were shown in the responses of the mothers during the interview.

Mother E states her words as follow:

After the incident we became very close to each other. Because I am also stays most of the time at home, I follows every bits of her activities. I don't want to lose her from my sights. Our bond became very intimate. However, since I am available to her all the days, she always asks me a lot of questions which is mostly difficult to be

THE LIVED EXPERIENCES OF MOTHERS...

answered by me. Sometimes fearing her countless questions I prefer not to talk with her much rather I pretend like I am busy doing something. (Mother E)

Need for social support network

In the aftermath of sexual abuse of their children, mothers often take the first step for the safety of their children. Consequently, the initial thing the mothers can do after the disclosure is going to the clinic and then going to the law enforcement office to facilitate access to legal protection and healthcare services for their kids. But in the process, in addition to looking for similar services for their children, they are also looking for and in need of a variety of services and supports for themselves, as described above. However, mothers do not know where and how to get the support and services they need. To find out such concerns of the mothers, I tried to ask the mothers involved in the interview the following questions regarding their need for social support network services: For example, questions such as what sources of support were available to you? What things did you find helpful / unhelpful? Have you ever been in contact or in need of support from any social workers or psychologists before? Were raised during the interview.

In response, the mothers stated that although they may be under various pressures after their child's rape case, there is no way to get information on where to get the services they need and what services to provide when they are anxious and in need of support. In addition, all participants stated that they had not consulted or consulted with any psychologist or social worker for personal reasons. This finding is further reinforced by the fact that the purpose of the one-stop center facilities is to focus primarily on the emergency response of children who have been raped.

Regarding to this, the mothers explains their experiences as mention below:

I never tried by myself. However, when I tried to visit medical centers several times to follow up my daughter's case, at one time a doctor recommended me to see a psychiatrist because he looks something strange behavior on me. But, due to the

THE LIVED EXPERIENCES OF MOTHERS...

spread of Covid-19 in the capital city, I didn't went there. In fact, in a recent days mostly I thought to visit psychiatrists in favor of seeking relief for me as well as my kid because my mental conditions are not good in a current days. (Mother E)

"No. even if I need I don't know where I can go to get such professionals." (Mother B & C)

However, I was asked them another question to ensure and explore their ways of mitigating their support needs when they are in need of such things. Accordingly, their response were;

Mother D states what she do...

"Spending too much time on my job and working hard to fulfill what my child needs and also to forget my worries and stressful situations." (Mother D)

On the other way, Mother E explains what she do and where she goes...

"Went to church and sometimes crying, other times by begging my God to touch me by his grace to be able to fully support and strengthen myself and my child and also to provide whatever my kid desires and needs." (Mother E)

In a similar vein with the above response of mother E, Mother C also says...

"Most of the time I prefer to go to mosque and pray to Allah." (Mother C)

In general the responses of the mothers' shows, with regard to needing social support network, it is difficult for them to get the right professionals or the right services for the support they need to get or desire.

THE LIVED EXPERIENCES OF MOTHERS...

CHAPTER FIVE:

DISCUSSION

This chapter presents the discussion of those major themes by comparing the findings of the current study with the results found in previous related researches on the area.

5.1. Post disclosure psychological experiences of the mothers'

As the finding supports, after the disclosure of CSA the mothers mainly faced with experience of psychological challenges either in the initial days of hearing the incident or as an ongoing process in their day to day life in providing the immediate care and support for their child. The psychological experiences are the result of the mothers' reaction towards the sudden disclosure of the abuse and thereby the subsequent impacts of the abuse which challenges the mothers' thoughts, feelings, and emotional experiences from time to time. Such psychological reactions of the mothers' were expressed in the findings of this study as feelings of shock, depression and sleep-disturbance, feeling guilty and thoughts of self-blame, anger and revenge, thoughts of suicidal ideation and concern for their child.

Research exploring the post disclosure CSA experiences of mothers' also yields similar findings on the psychological experience of mothers after the disclosure of sexual abuse of their child. The study by Davies consistently found that mothers frequently experience moderately to significantly elevated levels of depression, anxiety and general symptom distress in the aftermath of disclosure as well as symptoms consistent with post-traumatic stress responses (Davies, 1995).

Also, another qualitative study conducted by Fong in 2017 on non-offending caregivers of sexually abused children found that, caregivers experienced a significant emotional and psychological distress which is characterized by anger, depressed mood, and guilt, after learning that their child may have been sexually abused which is congruent with the findings of the current study.

It was found that the mothers of sexually abused children experienced significant levels of emotional distress and a constellation of symptoms consistent with the criteria for

THE LIVED EXPERIENCES OF MOTHERS...

PTSD (Newberger, Gremy, Waternaux, & Newberger, 1993). Similarly, the current study also proves the existence of such kinds of feelings in the mothers inferring from the findings of the study.

The study revealed that, with the case of the current participants, it is clear that the mothers are subject to face with different psychological and emotional experiences after the disclosure of their child's sexual abuse with an intense sufferings.

5.2. Post disclosure societal experiences of the mothers'

Among the multitude of factors that interact to mediate the caregiver's reaction in the aftermath, societal difficulties play a key mediating role.

As the findings of this study revealed, in the aftermath of the discovery of the CSA, the mothers encounters on a different level and kinds of societal challenges which results to alienation of the mothers from family, community and self. Consistently evidencing the above finding, a qualitative studies asserted that non-offending mothers report significant interpersonal losses in the aftermath of discovery (Lipton, 1997; Massat & Lundy, 1998). The associated loss of social support through the disbanding of important family and social relationships (Hill, 2006; McCallum, 2001) often produces a sense of isolation and alienation. Several factors have been identified as influencing these observed outcomes.

Humphreys (1995) observed that the usual sources of social support utilized by mothers often become inaccessible due to the inherent stigma associated with interfamilial CSA.

Compounding the issue is the loss of the, typically, primary support person in cases where the partner is the perpetrator (McCallum, 2001). Further, the non-offending mother's post disclosure decision concerning her relationship with the perpetrator has been demonstrated to be subject to much scrutiny and judgement. Disapproval and alienation from familial and social networks have been common themes identified by non-offending mothers, with some mothers reporting loss of social support for remaining connected with the perpetrator; by contrast, other mothers report social disapproval for ending the relationship (Dwyer, 1999).

Davies (1995) found that some mothers encountered negative responses from others for

THE LIVED EXPERIENCES OF MOTHERS...

choosing to involve statutory authorities. Alienation and isolation can also result from mothers' deliberate self-withdrawal from social supports in seeking to protect the privacy of the child victims (Massat & Lundy, 1998). This kind of experience also scrutinized with the case of the current participants of this study.

Another studies also assures that a lack of social and family support may also occur when the mothers' are blamed for the child's sexual abuse (Elliott & Carnes, 2001; Corcoran, 1998; Davies, 1995). Pretorius, Chauke and Morgan (2011) noted that the mothers may decide to keep the sexual abuse a secret to avoid shame and to ensure ongoing financial support from the perpetrator. Thus the mother's decision to seek social support may be impacted by their feelings of guilt and shame and their financial dependence on the perpetrator, therefore expected support which could come from extended family or friends may not be received.

It was apparent in most cases that extra-familial child sexual abuse was accompanied by partial or full alienation by the community, whereas intra-familial child sexual abuse was accompanied by alienation by family members. In the cases of community alienation the caregivers were criticized for supporting their child's disclosure by reporting the incident and the community indicated a need for the incident to be dealt with within the community.

Overall, this study showed that once the mothers identified the situation of their daughter's sexual abuse, as the findings indicated they are encountered with challenges of societal detachments. It is a great mess for them to fight against the communities and their family's gossips rather than dealing with their daughters real and urgent concerns.

5.3. Support needs of the mothers

While considerable empirical attention has been given to the impact of maternal support on the child victim outcomes, research on the support needs of the mothers is limited. However, as a matter of fact the mothers are in need of different kinds of support after the disclosure of the sexual abuse of their child. Fortunately, on its finding this study substantiated the need to support mothers of sexually abused children. As the finding

THE LIVED EXPERIENCES OF MOTHERS...

revealed the mothers are in need of assistance such as support which relieved them from their emotional pain and sufferings, support with regard to help them how to parenting their child after the disclosure, seeking support from the society and more importantly they are in need of the professionals involvement for their own traumatic experiences. Research findings indicate that maternal support is important in ameliorating the deleterious effects of CSA. Parental emotional support has been found to be related positively and significantly to the child's post-abuse functioning (Conte & Schuerman, 1987). However with the situation of the mothers in the current state of our country it is very difficult to rely merely on the mothers in providing such emotional support for their abused kids since there is a lack of available support systems that encourages and boosts the mothers ability to face their challenge and provide the expected maternal support for their daughters in the aftermath of the disclosure. From the findings of the current study it suggest that, if the necessary measures and interventions are not utilized, the mothers including their family members may continue in a dysfunctional environment. To mitigate such concerns, professionals should develop intervention approaches and counselling services for the mothers especially in the initial times after the disclosure of child sexual abuse. The development of session based psychotherapy and counseling services by the professionals should be very essential to debrief the mothers so that healing and recovery could be facilitated for them as well as their child. Furthermore, it is very crucial to provide for the mothers first level emotional support and debriefing sessions after the disclosure of child sexual abuse.

THE LIVED EXPERIENCES OF MOTHERS...

CHAPTER SIX:

CONCLUSION, IMPLICATIONS AND RECOMMENDATIONS

5.1. Conclusion

This study has explored and described the experiences and support needs of the mothers of sexually abused female children and thereby provided a glimpse of understanding to the phenomenological experiences of a mother whose female child had been sexually abused. Inferring from the data generated from the responses of the mothers as well as the knowledge gained from the research analysis, the finding of this study indicates that the mothers experiences a lot of psychological and social difficulties following their child's sexual abuse disclosure and they too need and want support to restore from the trauma caused by their child's sexual abuse. However, this study accentuates the importance of acknowledging and addressing such needs of the mothers' as an integral part of the assessment and treatment plan of their child's sexual abuse after the disclosure. Furthermore, the finding of this study might also help for the concerned body as an eye-opener in the area for the development of intervention strategies to support mothers of sexually abused children.

5.2. Implication of the study

The key findings of this study have four major implications. These are implication to social work education, implication to social work practice, implication to social work research, implication to social work policy and program. Based on the findings associated with this study, the following implications can be made.

Implication for social work education

Social work education should prepare education manual or guidelines to the undergraduate as well as the graduate programs especially in the concentration area of child and family regrading to interventions such as support of caregivers/non-offending mothers of sexually abused children after disclosure.

THE LIVED EXPERIENCES OF MOTHERS...

Implication for social work practice

Social workers have a vital role to play in exploring and addressing CSA post disclosure experiences and intervention needs of the mothers'. In utilizing the system theory approach in the practical setting of serving the sexually abused children, it is also the very prior target which needs to be done by the social workers to assess the family situation of the client as well. So, as family is an integral part of intervention area for social workers, in the case of child sexual abuse working with the family members is crucial to mitigate the consequences of CSA on the care givers especially on the mothers as the finding of this research suggests thereby to accelerate the support skill of the mothers to their child as well as the healing and recovery process of the child. Besides, it is important for social work professionals to remember that by offering support to the mothers, they are having a direct influence on the child who has been survivors of sexual abuse while at the same time addressing the needs of the mothers.

Implication for social work research (future research)

Inferring from the literatures as well as the experiences of the mothers as shown from the findings of this study, besides the active subjects of the abuse, the trauma suffered by significant others are very serious after the disclosure of the abuse which needs to be accentuated under study. However, having such insight exploring secondary victimization in general would be a valuable area to be addressed by social workers with additional future research, as little exists on the impact that sexual assault has on those that surround the victim. Addressing how sexual assault influences the lives of other members of the family and significant others of the victim would help to figure out what kind experiences they pass after someone they love had been abused.

As the finding of this study shown, sometimes mothers they themselves are victims of sexual violence case. This indicates for social work researchers to see a new beneficial research area to conduct further research into how mothers who have a history of

THE LIVED EXPERIENCES OF MOTHERS...

victimization themselves react and cope with the victimization of their child. This population may “do mother” in a different way than mothers who have not been victimized. As of it was evidenced on this current study, there have been two respondents who revealed that they themselves had been victims of sexual violence. And they asserted that it affects their mothering ability when they realize that their child also becomes a victim as like of their previous experience. Their reaction was very intense after the disclosure of the abuse compared to those not been victimized before. However, this finding was not something that was fully explored in this study. Though, it needs further research by the social work professionals.

Implication for social work policy makers

Social work policy maker’s better designs effective strategies, guidelines and programs on support mechanisms for the mothers and caregivers of sexually abused children. Additionally, the development of policies which promotes the social workers response and involvements in the area of child sexual abuse working in the hospital setting across the interdisciplinary teams needs to be taken as a prior concern.

5.3.Recommendations

Drawing on the findings of this research, the following recommendations are offered for consideration by the government, policy makers, non-governmental community service organizations and other concerned bodies:

- Professional staffs such as social workers who are well trained, skilled and aware of the particulars of sexual abuse and its consequences on the victims as well as their immediate care providers and significant others in settings such as one-stop centers and other sexual abuse related response intervention areas should be assigned or employed by the responsible body. And these professionals should critically assess

THE LIVED EXPERIENCES OF MOTHERS...

the secondary victimization of the mothers as a result of their child's abuse in order to provide the necessary supportive services for them.

- Professionals working in the field of child sexual abuse needs to be aware of the initial shock and deep emotional pain that the disclosure of sexual abuse has on the mother and be cognizant of the fact that the mothers needs support along with their child.
- The researcher strongly recommends that agencies working with sexually abused children (any governmental or non-governmental organizations) should also provide mothers with an individual therapy and counseling to deal with their immediate concerns.
- A support group needs to be initiated by the concerned body to the mothers that will help them to improve their ability to cope with their challenges after the disclosure while it accelerates their healing process from the suffering as well as boosting their care provision ability towards their child's recovery.
- At the time of data collection, one of the very challenge the researcher faced from the one-stop center was getting the profile of the abused children as well as their family's background. It shows that there is a poor documentation and record keeping system that prevails within the center (every documentations are done manually with lack of disaggregated information and are not kept in a safe and protective ways) which by implication the researcher suggests the concerned body to have a serious attention and investment on the area to modernize the system.
- Exploring secondary victimization in general would be a valuable area to be addressed with additional future research, as little exists on the impact that sexual assault has on those that surround the victim such as the family members and significant others who are near to the abused child.

THE LIVED EXPERIENCES OF MOTHERS...

- Conducting further research into how mothers who have a history of victimization themselves react and cope with the victimization of their child could be beneficial. Since such mothers experience the feelings and they react in a different way to the abuse than women who have not been victimized. For instance in this current study, two women mentioned in their interview that they had experienced sexual violence in the past and that this affected the reaction and feelings regarding to dealing with the post disclosure experience. However, such findings was not something that was fully explored in this research.

THE LIVED EXPERIENCES OF MOTHERS...

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THE LIVED EXPERIENCES OF MOTHERS...

APPENDICES

Appendix A

Informed Consent for Mothers' Interview

Introduction and Purpose

First of all I would like to thank you for responding to the invitation for your inclination to participate in this study. You are invited to participate in a research study that will undertake by **Getamesay Kinf**. I am a master candidate specializing on Child, Youth and Family concentration area in the school of Social Work at Addis Ababa University. I am conducting this research as part of the requirements for my Master's degree. The purpose of this study is to explore the experiences of mothers whose children were exposed to sexual abuse and it tries to examine how the day to day life of mothers changed since they found out about the sexual abuse of their child in the aftermath of such an experience.

This form explains what you will be asked to do if you decide to participate in this study.

Please read it carefully and feel free to ask any questions you like before you make a decision about the participation. You should know that your participation on this study and the information you give will have a higher contribution for the success of the study objectives.

Description of Study Procedures

You will be interviewed for this study at least one time, with the possibility of a second or third interview. You will be interviewed by **Getamesay Kinf** and the interviews will be audio-recorded and then transcribed. The initial interview will take up to one or two hours of your time. You will be asked about the current situation of your child's report of sexual abuse, such as how you learned about it and how you first reacted when you learned about it. You will also be asked about who were the perpetrator how it looks like your relationship with the alleged perpetrator. You will be asked about how the disclosure affects your relationship with your child, husband or close family member. Also you will be asked about the available source of support you have and you need and also the attempts you made

THE LIVED EXPERIENCES OF MOTHERS...

to cope up with your challenges. And, finally, you will be asked in general about in what ways life has changed for you in the aftermath of finding out what happened to your child.

Risks of Participation

Any risk to participating in this study is minimal. Since the topic is a sensitive one, during the interview somehow some questions may be upsetting to you but efforts will be made by the researcher to minimize discomfort throughout the interview and if you feel that you are not able to commence with it, since your participation on this study is voluntary your decision to withdraw from the interview at any stage will be respected without question. In the event of a need for a deeper counselling support, I (the researcher) will refer you to the concerned professional within the center otherwise moderate counseling support could be provided by the researcher himself in order to calm down your condition. There is also a risk of loss of confidentiality that may need a report for the concerned body, as may be required by law (see below: Confidentiality of Records).

Benefits of Participation

The study might not directly benefit or affects you. But, by participating in this study, you can help professionals such as Social Workers and Counsellors to understand how mothers think and react to their child's report of sexual abuse, the challenges you may face in providing the caregiving for their child, your support needs and the like. So with the information which is gained from your experience the finding will help to develop support programs that may be able to then help other mothers and children.

Costs

There will be no costs to you for participating in this study (other than any gas expenses you may have).

Confidentiality of Records

All the information collected in this study will be kept strictly confidential. The audio-recording of your interview will be transcribed, using a code number and a pseudo name and

THE LIVED EXPERIENCES OF MOTHERS...

your data will not be made public. Once it is transcribed, the original audio-recording will be kept in a safe place in a locked computer files and will only be heard by me. I will use the information you provide to write a thesis, and it may also be used in articles for publication in scientific journals, and a media release without exposing your identity.

The only exception to keeping confidentiality is that if the researcher, has reason to believe that your child may be at risk of child abuse or other threats or that you may be at risk of immediate harm to yourself or to others, he is required by law to make a report to the concerned body, child welfare or law enforcement agency.

Contact Persons

If you have any questions or concerns pertaining to the study, you may contact me, Getamesay Kinfu (on +251-920-46-38-10) or my Advisor Dr. Demelash Kassaye (on +251-911-11-12-99).

I _____ confirm that:

- I have read the information sheet that forms part of this document
- I was given an opportunity to ask questions
- All my questions were satisfactorily answered
- I understand this information
- No pressure is being put on me to participate and I realize that I can withdraw at any time
- I agree that the research gathered for the study may be published, provided I am not identifiable, and
- I voluntarily sign the consent form

Participant Signature: _____

Date: _____

Printed Name: _____

Witness: _____

THE LIVED EXPERIENCES OF MOTHERS...**Contact Information****Name:** _____ **Telephone:** _____

Mailing Address: _____**I am willing to participate in a 2nd interview, if needed:** ____yes ____no

This information will be held in strict confidence and will not be released. It is for the purpose of future contact only, should additional information be needed.

Thank you for your time and information.

Please retain this information sheet for your own records

THE LIVED EXPERIENCES OF MOTHERS...

Appendix B

Interview guideline for Mothers of Sexually Abused Children

Since the entire work of this study is through the utilization of qualitative research method, the data will collect via semi-structured interview technique. Clarifying and probing questions will used to gain detailed insight into about the mothers' thoughts, feelings, and experience after the disclosure. The interview questions will sequenced in a manner that can assists the respondents to tell their story as stated in the following section.

Participants are encouraged via open-ended questions to explore issues associated with the impact of disclosure on various relationships, caregiver concerns and support needs, and coping strategies. The questions are formulated with the aim of understanding relational and contextual factors that may impact the mother's experience.

1. To get us started, please tell me about yourself and your family. Anything else?
2. Can you tell me why you agreed to take part in this study? What you felt may have motivated you to take part?
3. How did you first learn about your child's report of sexual abuse? Can you please tell me everything that came to your mind and your heart on the day you heard about the incident?
4. What were your initial reactions? Describe your very first reaction upon hearing about the allegation.
5. Who were the perpetrator? Explain the relationship or level of intimacy you have with the person who sexually abused your child.
6. Can you describe some of your thoughts and feelings towards the perpetrator?
7. How has your day-to-day life changed since you found out about the sexual abuse of your child? Tell me everything that happened to you after the disclosure till now.
8. How did the sexual abuse of your child affect your relationship with your husband or other member of the family?

THE LIVED EXPERIENCES OF MOTHERS...

- feelings - trust, anger, love, jealousy, helplessness
 - feelings about sex
 - any other changes (positive/negative)
9. Were you able to talk freely with your husband or other family members about the abuse?
 10. How has your relationship with your child been affected by what has happened? Explain
 11. How do you think this whole experience has been for you and your child?
 12. What sources of support were available to you? What things did you find helpful/unhelpful?
 13. What have been some of your needs?
 14. In what ways has life changed for you in the aftermath of finding out what happened?
 15. What have been some of the things you have done or tried in order to cope?
 16. Who is the one person who is most helpful to you during this time?

Is there anything I have not asked you about, which you feel is important for me to know in understanding your situation?

THE LIVED EXPERIENCES OF MOTHERS...

አባሪዎች

አባሪ 1:

በቃለ-መጠይቅ ላይ የሚሳተፉ እናቶች የፍቃደኝነት መግለጫ ቅፅ

መግቢያ

በቅድሚያ በዚህ ጥናታዊ ፅሁፍ ላይ ለመሳተፍ ፍቃደኛ ሆነው ስለመጡ የከበረ ምስጋናዬን ላቀርብልዎ እወዳለሁ። እርስዎ እንዲሳተፉበት የተጋበዙት ይህ ጥናታዊ ፅሁፍ የተዘጋጀው በእኔ ተማሪ ጌታ መሳይ ክንፈ ሲሆን እራሴን ለማስተዋወቅ ያክል እኔ በአዲስ አበባ ዩንቨርሲቲ የሶሻል ወርክ የትምህርት ክፍል ውስጥ የመጨረሻ ዓመት የድህረ-ምረቃ ተማሪ ስሆን በትምህርት ክፍሉ በህፃናት፣ ወጣቶችና ቤተሰብ የትምህርት ዘርፍ ላይ እስፔሻላይዝ ለማድረግ እየተማርኩ እገኛለሁ። ሆኖም በአሁኑ ሰአት የመመረቂያ ጥናታዊ ፅሁፌን በመስራት ላይ የምገኝ ሲሆን የመመረቂያ ጥናታዊ ፅሁፌ የትኩረት በታም የወሲባዊ ጥቃት የደረሰባቸውን ህፃናት የሚያሳድጉ እናቶች ላይ ነው። ይህንንም መሰረት አድርጎ ጥናቴ በዋናነት ሊዳስሰው የሚሞክረው ጉዳይ እናቶች ልጆቻቸው ላይ የወሲባዊ ጥቃቱ መድረሱን ካወቁበት እላት አንስቶ ምን አይነት የአኗኗር ለውጦች በህይወታቸው ላይ እንደመጣባቸው ማወቅ ነው።

ሆኖም እርስዎ በዚህ ጥናት ላይ ለመሳተፍ ፍቃደኛ ሆነው ከኔጋ ለመቀጠል ካሰቡ በሚከተለው ቅፅ ላይ ከጥናቱ ጋር በተያያዘ በእርስዎና በኔ በኩል ምን ምን ነገሮች ሊኖሩ እንደሚችሉ የሚገልጽ ዝርዝር መረጃዎች የተቀመጡ ሲሆን በጥናቱ ላይ ለመሳተፍ ከመወሰንዎ በፊት እባክዎትን በቅፁ ላይ የተዘረዘሩትን ፍሬ ሃሳቦች ለማንበብና በጥልቀት ለመረዳት ይሞክሩና ጥያቄ ካለዎት ለእኔ ማቅረብ ይችላሉ።

ሊያውቁት የሚገባዎ ነገር እርስዎ የሚሰጡት ምላሽ በግብአትነት ተይዞ ለጥናቱ ውጤታማነት ይረዳል። ስለሆነም ይህ መጠይቅ የሚካሄደው በእርስዎ ሙሉ ፈቃደኝነት ላይ ተሞርኩዞ ነው።

THE LIVED EXPERIENCES OF MOTHERS...

በመሆኑም መጠይቁን ለመመለስ ፈቃደኛ ከሆኑ በመረጃ መስጫ ወረቀቱ ላይ ፈርማዎትን

እንዲያስቀምጡ እጠይቅዎታለሁ።

በጥናቱ ላይ ከመሳተፍ ጋር በተያያዘ

በጥናቱ ላይ ሲሳተፉ ከአእርስዎ ላይ የሚወሰደው መረጃ በቃለ-መጠይቅ መልኩ ይሆናል።

ቃለ-መጠይቁ የሚደረግልዎት ጥናቱን በሚያካሂደው ተማሪ ጌታመሳይ ክንፈ ሲሆን በጥናቱ ላይ እንደሁኔታው ከአንድ ግዜ በላይ ለቃለ መጠይቅ ሊጋበዙ ይችሉ ይሆናል። በመጀመሪያው የቃለ-መጠይቅ ጊዜዎ ምናልባትም በግምት ከአንድ ሰአት እስከ አንድ ሰአት ተኩል ያህል ከእኔ ጋር የቆይታ ጊዜ ሊኖርዎት ይችላል። በቃለ-መጠይቁ ላይ የጥናቱ ባለቤት መቅረፀ-ድምፅ የሚጠቀም ሲሆን ከአእርስዎ የተገኘው መረጃ ትንተና ለመስራት እንዲያገለግል በጽሁፍ መልክ ወደ ወረቀት የሚሰፍር ይሆናል።

በቃለ-መጠይቁ ላይ ከልጅዎ ወቅታዊ የወሲባዊ ጥቃት ሰለባነት ጋር በተያያዘ የመሚከተሉትን መሰል ጥያቄዎች ሊጠየቁ ይችላሉ። ለምሳሌ እንዴት ስለልጅዎ መደፈር ሊያውቁ ቻሉ? የመጀመሪያውን ክስተት በሰሙበት ወቅት ምን አይነት ስሜት ተሰማዎት? ማነው የጥቃቱ አድራሽ የነበረው? ምን አይነት ዝምድና ነበረዎት ከጥቃት አድራሹ ጋር? የልጅዎን የጥቃት ሰለባነት ካወቁበት ቀን አንስቶ ከልጅዎት፤ ከባለቤትዎ እንዲሁም ደግሞ ከቅርብ ቤተሰብ ወይም ዘመድዎት ጋር ያለዎት ማህበራዊ መስተጋብር ጋር በተያያዘ የሰሙት ነገር በምን አይነት ሁኔታ ግንኙነትዎ ላይ ተጽእኖ ፈጥሯል?

እንዲሁም ከድጋፍ ጋር በተያያዘ ያሉበትን ሁኔታ ለመረዳት ከመሞከር አኳያ በቅርብ የሚያግዝዎት ሰዎች አሉ? ምን ምን አይነት ድጋፎችን ማግኘት ስትው ያውቃሉ/ይፈልጋሉ? ከጥቃቱ ጋር በተያያዘ ለሚያጋጥምዎት ፈተናዎች ምን አይነት የመቋቋሚያ ዘዴዎችን ተጠቅመው ያውቃሉ/ይጠቀማሉ?

እንደጥቅል በልጅዎት ላይ የደረሰውን የመደፈር ጥቃት ከሰሙበት ግዜ ጀምሮ በአኗኗርዎ ወይም በህይወትዎ ላይ ምን አይነት ለውጦች ተከስተዋል የሚሉትን ጥያቄዎች ሊጠየቁ ይችላሉ።

THE LIVED EXPERIENCES OF MOTHERS...

በጥናቱ ላይ ሲሳተፉ ሊኖሩ የሚችሉ ስጋቶች

በዚህ ጥናት ላይ መሳተፍዎ በጣም ዝቅተኛ የሆነ ስጋት ነው ሊኖረው የሚችለው። ይህም ሊሆን የሚችለው አብዛኛው የጥናቱ ስራ ውስጣዊ ስሜትን ሊኮረኩሩ የሚችሉ ነገሮችን ሊዳስስ የሚችልበት ሁኔታ ስላለ አንዳንዴ በቃለ-መጠይቁ ላይ የእርስዎን ስሜት ሊያናድዱም ሆነ ጥሩ ያልሆነ ስሜት ሊያጭሩ የሚችሉ ጥያቄዎች ሊነሱ ይችላሉ ይሆናል። ሆኖም እንዲ አይነት ስሜቶች በሚፈጠሩበት ሰአት ላይ አንደኛ በዚህ ጥናታዊ ፅሁፍ ላይ መሳተፍዎ በእርስዎ በጎ ፈቃደኝነት ላይ የተመረኮዘ ስለሆነ በማንኛውም ሁኔታ ያልተመቸዎት ሰአት ላይ ያለምንም ጥያቄ ቃለመጠይቁን የማቋረጥ መብትዎ የተጠበቀ ነው። በሌላ በኩል እንደ አስፈላጊነቱ ያሉበት የስሜት ሁኔታ የስነ-ልቦና ባለሙያን ድጋፍ የሚያስፈልግ ሆኖ ሲገኝ ጥናቱን በሚያካሂደው ባለሙያ በኩል አስፈላጊውን የምክር አገልግሎት መስጠት የሚችል ባለሙያ ማግኘት እንዲችሉ የሚደረግ ይሆናል። በተጨማሪም ከእርስዎ የሚገኙት መረጃ ከህግ ጋር በተያያዘ ለሚመለከተው አካል ሪፖርት ማድረግን የሚፈልጉ ሆነው ሲገኙ ከእርስዎ የሚገኘው መረጃ ሁሉ በሚስጥርነት ተጠብቀው ላይኔዱ ይችላሉ ይሆናል (በዚህ ቅፅ ውስጥ ሚስጥርን ከመጠበቅ አኳያ ከተቀመጠው መስፈርት አንፃር)

በጥናቱ ላይ መሳተፍዎ ያለው ጠቀሜታ

በዚህ ጥናት ላይ መሳተፍዎ በቀጥታ ተጠቃሚ የሚያደርግዎት ነገር ባይኖርም ነገር ግን እርስዎ እንደ ግብአት ሆነው የተሳተፉበት ይህ ጥናት እርስዎ በሚሰጡት መረጃ በመደገፍ ነገ ይዘት የሚመጣው ውጤት ለሶሻል ወርክ ባለሙያዎችና እንዲሁም ደግሞ ለምክር አገልግሎት ባለሙያዎች የወሲብ ጥቃት የደረሰባቸው ልጆችን የሚያሳድጉ እናቶች በልጆቻቸው ላይ የደረሰውን ሁኔታ ካወቁ በኋላ ልጆቻቸውን ለማሳደግ ስለሚጋጥሟቸው ፈተናዎች መረዳት እንዲችሉ እና እንዲሁም ደግሞ ምን አይነት ድጋፍን ሊሹ እንደሚችሉ ለማወቅ እና የድጋፍ እቅዶችን ለመቅረጽ እንዲችሉ ያስችላቸዋል። በዚህም ምክንያት የእርስዎን መሰል ልምድ ያላቸው ሰዎች ተገቢውን ድጋፍ ወደፊት ማግኘት እንዲችሉ እድሉን ያመቻችላቸዋል።

THE LIVED EXPERIENCES OF MOTHERS...

ከክፍያ ጋር በተያያዘ

ጥናቱን የሚያካሂደው ተማሪ ምንም እንኳን ሌላ የተለየ የገንዘብ ክፍያ የሚያደርግልዎት ነገር ባይኖርም ነገር ግን በወቅቱ ካለው ሁኔታ አንፃር ለትራንስፖርት መሸፈኛ ያገለግልዎት ዘንድ ለቃለ-መጠይቅ ለተሳተፉበት አንድ መቶ ሃምሳ (150) ብር የሚያስብልዎት መሆኑን ይገልጻል።

ሚስጥርዎን ከመጠበቅ አንፃር

በዚህ ጥናት ላይ ተሳትፈው የሚሰጡት እያንዳንዱ መረጃ በጣም ጥብቅ በሆነ ሁኔታ በሚስጥር የሚያዝ ይሆናል። በድምፁ-መቅረጽ የሚቀዳው መረጃዎ ማንነትዎን በማይገልጽ መልኩ ወይም ሌላ የስያሜ ኮድ ተሰጦት ለትንተና በሚመች መልኩ ወደ ወረቀት የሚገለበጥ ሲሆን ዋናው በድምፁ-መቅረጽ የተቀዳው ድምጽዎ ደግሞ ድብቅና ደህንነቱ በተጠበቀ መልኩ በኮምፒውተር መረጃ መያዣ ውስጥ ተቆልፎበት የሚቀመጥ ይሆናል መረጃዎንም እንደ አስፈላጊነቱ እኔ ብቻ ማግኘት የምችለው ይሆናል። መረጃዎም ለህዝብ ወይን ለሚዲያ በምንም ምክንያት የሚወጣበት ክስተት አይኖርም።

ለተጨማሪ ሃሳብ

ከጥናቱ ጋር በተያያዘ ግልጽ ያልሆነ ነገር ካለ ወይም ተጨማሪ ሃሳብ አለኝ ብለው ካሰቡ በግል አድራሻዬ በ 0920463810 ላይ ጌታመሳይ ክንፈ ብለው ወይም የቅርብ አማካሪዬ የእጅ ስልክ በ 0911111299 ላይ ኮማንደር ደመላሽ ካሳዬ ብለው ይደውሉ እና ጥያቄዎትን ማንሳት ይችላሉ።

እኔ _____ የተባልኩ ላረጋግጠው የምችለው

- ስምዎን ሰነዱ እንደ አንድ የጥናት መስሪያ መረጃዎችን በቅፁ ላይ በተገቢው ሁኔታ ማካተቱን ማንበብ ችያለሁ።፤
- ጥያቄዎችን በአግባቡና በምፈልገው መልኩ መጠየቅ እንድችል እድሉን ተሰጦኛል።
- ጥያቄዎቼንም አግባብብነት ባለው መልኩ በተገቢው ሁኔታ ተመልሶልኛል።
- በቅፁ ላይ የሰፈሩትን መረጃዎች ግልጽ በሆነ ሁኔታ ተረድቻለሁ።

THE LIVED EXPERIENCES OF MOTHERS...

- በመጠይቁ ላይ ስሳተፍ ያለማንም ተፅእኖና ግፊት ሲሆን በመጠይቁ ላይ ያለኝን ተሳትፎም በማንኛውም ሰዓት ማቋረጥ እንደምችል ተረድቻለሁ።
- ከኔ የተሰበሰበው የጥናት መረጃ የኔን ማንነት ይፋ በማያወጣ መልኩ ሊታተም እንደሚችል አምኜ ተስማምቼበት ገብቻለሁ።
- በመጨረሻም በራሴ የግል ፈቃድ የስምምነት ሰነዱን ፈርሜያለሁ።

የተሳታፊ ፊርማ: _____

ቀን: _____

የሚስጥር ልዩ ስም: _____

እማኝ: _____

ለአስፈላጊ ሁኔታ የመገናኛ መረጃ

ስም: _____

ስልክ: _____

የኢሜል አድራሻ: _____

ለሁለተኛ ግዜ ለቃለ-መጠይቅ መጋበዝ አስፈላጊ ሆኖ ከተገኘ በድጋሚ ለመሳተፍ ፈቃደኝነቴን

እገልጻለሁ

አዎ

አይደለም

ማስታወሻ: ይህ ከላይ የተገለጸውን አድራሻ መያዝ ያስፈላገበት ምክንያት ተጨማሪ መረጃ አስፈላጊ ሆኖ ሲገኝ ከእርስዎ ጋር በድጋሚ ለመገናኘት እንዲያስችል ሲሆን የአድራሻ መረጃዎም በጣም ጥብቅ በሆነ ሚስጥራዊ ቦታ የሚቀመጥ ይሆናል።

ለሚሰጡኝ መረጃና ግዜዎትን ሰውተው ከእኔ ጋር ለመቆየት ፈቃደኛ ስለሆኑ ለመሰግንዎት እወዳለሁ!

THE LIVED EXPERIENCES OF MOTHERS...

አባሪ 2፡

በቃለ-መጠይቁ ላይ ለሚሳተፉ እናቶች የተዘጋጁ መጠይቆች

1. ለመግባቢያ እንዲሆንን ያገለግል ዘንድ እባክዎትን ስለራስዎ ማንነት እና ስለ ቤተሰብዎ ሁኔታ ቢገልጹልኝ። ሌላ የሚገልጹልኝ ካለ መጨመር ይችላሉ።
2. በዚህ ጥናት ላይ ለመሳተፍ እንዲስማሙ ያረገዎትን ወይም በጥናቱ ላይ ለመሳተፍ ሲያስቡ ውስጥዎ ምን እንተሰማዎት ሊገልጹልኝ ይችላሉ?
3. ስለ ልጅዎ የአስገድዶ ጥቃት ሰለባ መሆን እንዴት ሊሰሙ ቻሉ? ስለ ክስተቱ በመጀመሪያ የሰሙበት እላት ላይ ምን ነበር በተቀዳሚነት አይምሮዎ ውስጥ የመጣው የነበረው? በሰሙበት እላት በወቅቱ የነበረዎትን ሁኔታ ሊያብራሩልኝ ይችላሉ?
4. በወቅቱ የነበረዎትን ስሜት ያስታውሱታል? ምን አይነት ቁጥዎችን ወይንም ስሜቶችን ነበረ በመጀመሪያ በውስጥዎ በሰዓቱ ያስተናገዱት?
5. ማን ነበረ የጥቃት አድራሻ? ጥቃቱን ያደረሰው ግለሰብ ከእርስዎም ጋር ሆነ ከቤተሰብዎ ጋር ያለው ቅርርብ ወይም ዝምድና ምን ይመስል ነበረ?
6. ልጅዎ ላይ ጥቃቱን ስለደረሰው ግለሰብ ምን አይነት እሳቤ ወይንም ስሜቶች በውስጥዎ ይመላለሳሉ?
7. በልጅዎ ላይ ጥቃት መድረሱን ይፋ ሆኖ ካወቁበት ግዜ አንስቶ ባኗኗርዎ፣ በህይወትዎ እንዲሁም በእላት ተእላት እንቅስቃሴዎ ላይ ምን አይነት ለውጦችን ይዞ መጧል? እባክዎ ስላለው ነገር በዝርዝር ሊያብራሩልኝ ይችላሉ?
8. ከማህበረሰብ መስተጋብርዎ ጋር ወይም ተግባቦዎት ጋር በተያያዘ ስለ ልጅዎ ጥቃት ካወቁበት ግዜ አንስቶ ከባለቤትዎ ወይም ከቅርብ ቤተሰብዎ ጋር ያለዎት ግንኙነት ምን ይመስላል? ምን አይነት ለውጦችን ይዘብዎት መጧል ለምሳሌ፤

THE LIVED EXPERIENCES OF MOTHERS...

- ስሜት ከመረበሽ ጋር፤ የቁጣ ስሜቶችን ከማሳየት ጋር፤ ተስፋ ከመቁረጥ ጋር፤ ፍቅርንና እምነትን ከማጣት ጋር፤ የሚረዳ ወይም ድጋፍ የሚሰጥ ሰው ከማጣት ጋር በተያያዘ
 - ከባለቤትዎ ጋር ካለው ጾታዊ ተራክቦ ጋር በተያያዘ
 - ሌሎች ተያያዝ ነገሮች ለውጦች ካሉ ቢገልጹልኝ
9. ስለ ጥቃቱ ከባለቤትዎ ወይም ከቅርብ የቤተሰብ አባላት ጋር ስለጉዳዩ በግልጽ ለመወያየት እና ለመነጋገር ሞክረው ያውቃሉ? ምንስ ይመስል ነበረ ያለው ሁኔታ?
 10. ጥቃቱን ከደረሰባት ልጅዎትስ ጋር ያለዎት ግንኙነት እና ተግባቦት ምን ይመስላል ከክስተቱ በኋላ?
 11. ምንስ ያስባሉ ስለዚህ ሁሉ ክስተት በልጅዎት ላይም ሆነ በራስዎት ላይ ይዘት ከመጣው ነገር አንፃር?
 12. ምን አይነት የድጋፍ ምንጮች በአቅራቢያዎ ነበሩ ከዚህ ክስተት ለማገገም የሚረዱ? ምንስ ነበሩ ጥሩ ያልሆኑ ሁኔታዎች?
 13. ምን ምን ነገሮችስ ይቸገሩ ነበረ ጥቃቱ ልጅዎት ላይ ከደረሰ ጀምሮ ልጅዎን በማሳደግ ሂደት ውስጥ? ምን ምን ነገሮች ያስፈልግዎት ነበረ?
 14. በምን አይነት መልኩ ህይወት ተቀይራለች ከክስተቱ በኋላ?
 15. ከክስተቱ ጋር በተያያዘ የሚያጋጥምዎትን ፈተናዎችንም ሆነ ችግሮች ለመቋቋም ምን ምን ነገሮችን ሞክረው ያውቃሉ?
 16. ማን ነበረ በዚህ ሁሉ ፈተና እና ሁኔታዎች ውስጥ ሆነው በቅርብ በረምብ ሊረዱዎት እና ከጎንዎ አለሁ የሚልዎት?