

Preliminary Item Pool for Psychometric Evaluation: Barriers and Facilitators to Sexual Assault Service-Seeking

The items below represent a preliminary pool developed through cognitive interviewing and intended for forthcoming psychometric evaluation. They do not constitute a validated or finalized measure.

Facilitators

1. I thought services could help me.
2. I wanted justice.
3. I wanted to feel safe.
4. I knew that I had immediate needs.
5. I knew I couldn't address problems all by myself.
6. I worried I would harm myself if I didn't get help.
7. I was worried I would harm others if I didn't get help.
8. I knew what happened to me was not okay.
9. I needed someone to listen to me.
10. I knew I could choose the services that were best for me.
11. It was clear that I did not need to report to law enforcement to receive the service.
12. I knew the services were confidential.
13. I felt safe accessing the service.
14. I felt respected when I first contacted the service.
15. I thought the service provider would believe me.
16. A friend or family member told me they were worried about me.
17. I knew if my friends, family or partner found out they would support me.
18. I had friends or family to accompany me to services.
19. I could bring a support person to my appointments.
20. I heard from someone I knew that services had helped them.
21. I trust providers and systems to help me heal.
22. I thought the provider would help connect me to other services.
23. I thought the provider would take the time to explain my options.
24. Providers had training relevant to my identities/experiences.
25. Providers had similar identities or lived experiences to me.
26. I saw evidence of the provider's commitment to my cultural, ethnic, or identity group.
27. It seemed like providers would have time for me.
28. It seemed like providers would trust me to make my own decisions.
29. I received a follow-up phone call, email, or text about resources and how to access them.
30. I attended a training, program, or event where I learned about services.
31. I had job flexibility to take time off to seek services.

32. I had been helped by accessing services in the past.
33. The service had a virtual option.
34. Services were located together.
35. The service was accessible outside of business hours.
36. Childcare was available so I could seek services.
37. Transportation was available so I could seek services.
38. The services were low or no cost.
39. Services were covered by my insurance.
40. Services had hours that were compatible with my schedule.
41. Crisis helpline or emergency services were able to provide me with relevant resources.
42. I received a list of resources in writing.
43. There were easy-to-use websites that helped me find information.
44. I saw advertisements or public service announcements about services.
45. I could access a service without having to wait.

Barriers

46. I wasn't sure where to get services.
47. I wasn't sure what services would be helpful for me.
48. I felt like I had too many needs.
49. I didn't know where to start or what number to call first.
50. I didn't think services could help.
51. I didn't think services would help.
52. I didn't think what happened was that serious.
53. I thought I could handle problems myself.
54. I didn't want to talk about it.
55. I didn't want to think of myself as a victim.
56. I didn't want to be judged.
57. I have so many other responsibilities that I had no time to get services.
58. I felt ashamed.
59. I felt embarrassed.
60. My mood was so low that I could not push myself to get services.
61. I felt overwhelmed.
62. I felt alone.
63. I was too exhausted.
64. I felt scared.
65. I needed to focus on my day-to-day needs.
66. It was not worth the emotional strain.
67. It was not worth the physical strain.

68. I didn't think I would be believed.
69. I was worried I would be blamed.
70. I did not want the person who caused harm to get in trouble.
71. I wanted to move on.
72. I was afraid my partner would leave me if they found out I was assaulted.
73. I was afraid my partner would leave me if they found out I sought services for an assault.
74. I didn't think providers would take me seriously.
75. I knew I would be treated differently because I have a previous victimization (as a child or adult).
76. I was worried about being pressured into receiving services that I didn't want.
77. I was concerned that the person who caused harm would find out.
78. I was concerned that the person who caused harm would cause problems for me.
79. Someone in a position of power or authority discouraged me from seeking services.
80. The person who caused harm prevented me from accessing resources.
81. I had to go to many different agencies to get help.
82. I've seen people experience harm when seeking services and didn't want that for me.
83. I worried that I would lose support from my family, friends and/or community if I sought services.
84. My family, friends, and/or community would judge me for seeking services.
85. My family, friends, and/or community actively discouraged me from seeking services.
86. I didn't have someone explain services to me.
87. I didn't think agencies would take me seriously.
88. I had to tell my story over and over to different people to get my needs met.
89. I was afraid personal information about me would become common knowledge.
90. I would be treated differently because I don't have many resources including insurance.
91. I was worried about my immigration status.
92. I was worried that I might be deported if I sought help.
93. I knew I would be treated differently because of who I am (for example, because of my mental health, race, ethnicity, language, sexual orientation, gender, substance use, disability, or other identity or experience).
94. I was worried Child or Adult Protective Services would get involved.
95. I was worried that my kids would be taken from me if I sought help.
96. I was afraid that I would lose important resources like my job, finances, or health insurance if someone found out.
97. I was worried I would be arrested or get in trouble when seeking help.
98. I was worried that I might be pressured to report the situation to the police.
99. Services did not offer the kind of care that I wanted [e.g., spiritual care, non-Western healing / medicine (e.g., ayurveda, reiki, talking to a spiritual leader), or complementary care such as acupuncture or art therapy].

100. Services offered by people who have experienced what I have experienced weren't available.
101. Professionals from my own ethnic, cultural, or identity group were not available.
102. The structure of Western services (e.g., 15-minute time blocks for medical providers, 50-minute time blocks for therapists) didn't appeal to me.
103. Services were not available in the language(s) that I speak.
104. The services available did not reflect an understanding of my specific cultural and personal context.
105. I didn't have any positive examples for how to seek services.
106. I was afraid I would be blackmailed.
107. Services were too far away.
108. I didn't have transportation to get to services.
109. I couldn't afford services.
110. My insurance didn't cover the services I needed.
111. Services weren't open when I needed them to be (after work/school, on weekends).
112. I was put on a waitlist.