



CHARISMA

Healthy Relationship Assessment Tool (abridged)



Healthy Relationship Assessment Tool

READ With the first set of statements, I would like to understand how you feel about the kind of roles that men and women should have in their everyday lives. Please

answer as honestly as you can. If the statement is not clear, I can repeat it. These questions will help us to consider how much or how little support you might receive from this partner.

TRADITIONAL VALUES		DISAGREE			AGREE			Score
		A Lot	Some	Little	Little	Some	A Lot	
1	I think that a woman cannot refuse to have sex with her husband.	1	2	3	4	5	6	
2	I think that if a man has paid lobola* for his wife, he owns her.	1	2	3	4	5	6	
3	A woman should always listen and abide by the word of her husband without questions.	1	2	3	4	5	6	
4	A man should have the final word about decisions in his home.	1	2	3	4	5	6	
5	A real man produces a male child.	1	2	3	4	5	6	
6	I think that if a man has paid lobola for his wife, she must have sex when he wants it.	1	2	3	4	5	6	
7	I think that a man should have the final say in all family matters.	1	2	3	4	5	6	
8	A woman should accept her partner's wishes – even when she disagrees - to keep the family together.	1	2	3	4	5	6	
9	I only think I am attractive if other people think I am.	1	2	3	4	5	6	
*bride price		TOTAL SCORE (Range=9-54)						

READ With the next set of statements, I would like to get a better sense about your relationship in general with the partner we have just identified. Do you have that partner in mind? Please answer as honestly as you can. If the

statement is not clear, I can repeat it. These questions will help us to consider how much or how little support you might receive from this partner.

PARTNER SUPPORT		DISAGREE			AGREE			Score
		A Lot	Some	Little	Little	Some	A Lot	
1	My partner is as committed as I am to our relationship.	1	2	3	4	5	6	
2	In general, my relationship has a lot of tension.	6	5	4	3	2	1	
3	I feel trapped or stuck in our relationship.	6	5	4	3	2	1	
4	Arguments with my partner result in me feeling down or bad about myself.	6	5	4	3	2	1	
5	My partner does what he wants, even if I do not want him to.	6	5	4	3	2	1	
6	I feel safe in my current relationship.	1	2	3	4	5	6	
TOTAL SCORE (Range=6-36)								

READ *In this next section, I would like to ask you some questions about how your partner treats you. Some of these questions might be difficult to answer. Please respond as honestly as you can.*

PARTNER ABUSE AND CONTROL		DISAGREE			AGREE			Score
		A Lot	Some	Little	Little	Some	A Lot	
1	My partner slaps, hits, kicks, or pushes me.	1	2	3	4	5	6	
2	My partner does things to scare or intimidate me on purpose.	1	2	3	4	5	6	
3	My partner makes fun of me or humiliates me.	1	2	3	4	5	6	
4	My partner makes most of the decisions about how the household finances are used.	1	2	3	4	5	6	
5	I feel frightened by what my partner says or does.	1	2	3	4	5	6	

READ *The next two questions ask how you feel in general about decisions you make.*

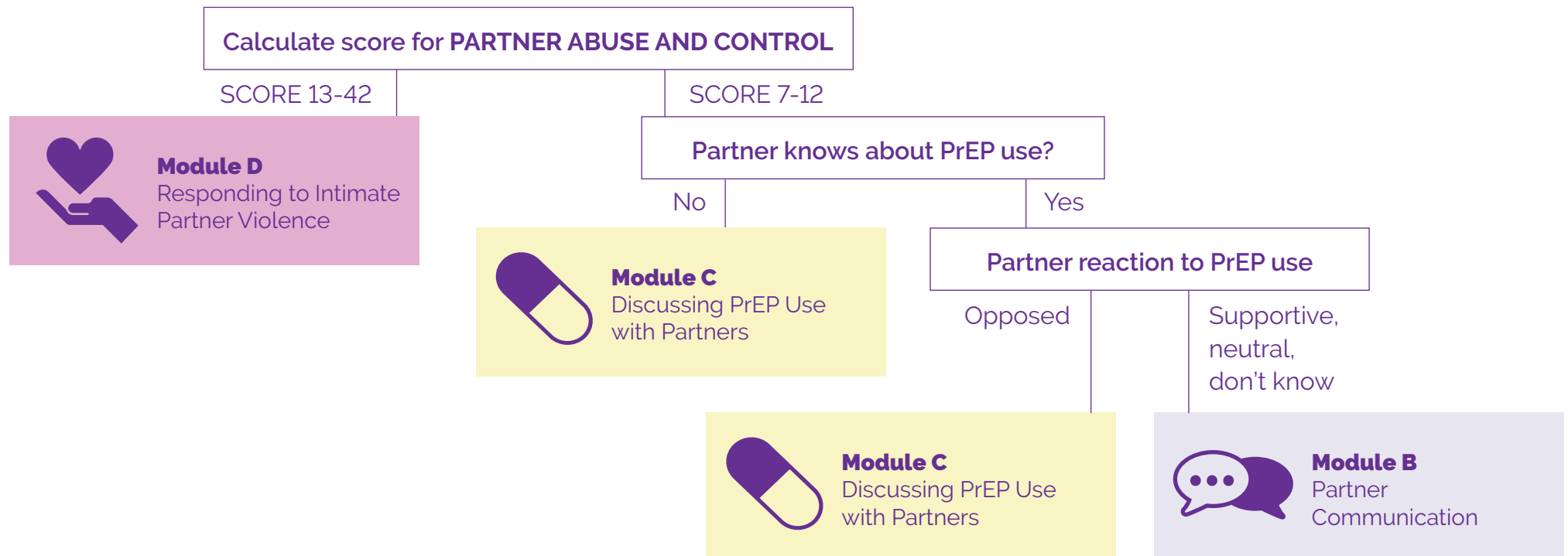
6	I can't seem to make good decisions about my life.	1	2	3	4	5	6	
7	I do not trust myself to make good decisions about my life.	1	2	3	4	5	6	
TOTAL SCORE (Range=7-42)								

Instructions for Scoring the Healthy Relationship Assessment Tool on Paper

If a tablet/laptop is not available, use these instructions to score the assessment and determine which counseling module to offer the client.

1. **Complete the 'Traditional Values,' 'Partner Abuse and Control' and 'Partner Support' sections of the HEART on paper.**
2. **Make sure the client has answered every question** in those three sections (none can be skipped when completing the scoring on paper).

3. **Add the numbers in the last column (SCORE) to** obtain a TOTAL SCORE for each section of the HEART. This number should fall within the range that is provided next to the TOTAL SCORE label.
4. **Use the figure below and the instructions on the next page to determine which counseling module to offer the client.**
5. If the total score for Partner Abuse and Control is 13-42, **Responding to Intimate Partner Violence (Module D)** is recommended for this client.



6. If the total score for Partner Abuse and Control is 7-12 AND the client's response to the question "Partner knows about PrEP use?" was:
- a. NO (her partner does not know that she is taking PrEP) then **Discussing PrEP Use with Partner (Module C)** is recommended for this client.
 - b. YES (her partner knows she is taking PrEP for HIV prevention), AND the "Partners reaction to PrEP use" was:
 - i. Opposed, then **Discussing PrEP Use with Partner (Module C)** is recommended for this client
 - ii. Supportive, neutral or she doesn't know, then **Partner Communication (Module B)** is recommended for this client.
 - c. If the total score for Partner Abuse and Control is less than 13 but the client discloses some form of partner abuse or control to the counselor, the counselor can decide to offer **Responding to Intimate Partner Violence (Module D)**.

Note: If time is limited, at a minimum, complete the Partner Abuse and Control section

Final selection of a counseling module

If you complete the scoring on a tablet or laptop, the laptop/tablet program will tell you what counseling module is recommended. If you complete the scoring on paper, the scoring guide shows you which module is recommended. However, in all cases the final decision about which module to use (B, C, or D) will be made after you complete Module A. Your discussion with the client during Module A may reveal additional information about her relationship that will help you decide which counseling module (B, C, or D) to use.

If the HEART recommends Discussing PrEP Use with Partners (Module C) or Partner Communication (Module B) but the client talks about abusive or controlling behaviors by her partner during Module A, you can decide to offer Responding to Intimate Partner Violence (Module D) instead.

Modification if time is limited

If you are completing the assessment and scoring on paper but time is limited, at a minimum, complete the Partner Abuse and Control section.

