### Supplementary material to: Haffejee and Theron. S Afr J Sci. 2017;113(9/10), Art. #2016-0318, 9 pages.


### Appendix 1: Summary of selected studies

<table>
<thead>
<tr>
<th>Author/study</th>
<th>Source type</th>
<th>Country</th>
<th>Study population:</th>
<th>Aim</th>
<th>Methodology: Type of design</th>
<th>Resilience-enabling process/protective systems</th>
</tr>
</thead>
</table>
| Archer¹     | MA dissertation | South Africa | • n = 1  
• Girl; 16 years old  
• White South African | To explore resilience phenomenon with a South African child survivor of sexual abuse. | Qualitative  
• In-depth narrative interviews | Belief in self/agency  
Spirituality and faith, belief in God  
Future planning  
Education  
Engaging in activities, like sports |
| Aspelmeier et al.² | Journal article | USA | • n = 324  
• Young women; 18–21 years old  
• Mixed ethnicity | To examine if attachment serves as a moderator in child sexual abuse (CSA) for psychopathology. | Quantitative  
• Standardised questionnaires | Attachment security in adult, peer and parental relationships |
| Collings³ | Journal article | South Africa | • n = 223  
• Young women; mean age = 19.9 years  
• Mixed ethnicity | To examine resilience in long-term effects of child sexual abuse. | Quantitative  
• Standardised questionnaires | Meaning making: cognitive appraisal of the abuse |
| Daigneault et al.⁴ | Journal article | Canada | • n = 30  
• Girls; 13–17 years old  
• Mixed ethnicity | To describe the multiple expressions of resilience and trauma in a sample of sexually abused adolescents and to look at the relationship between a number of risk and protective factors and the differences in CSA outcome as measured by a standardised instrument. | Quantitative  
• Clinical interviews using standardised tests, including the MTRR-99  
• Document review | Presence of symptoms as well as resilience  
High meaning making and high integration of memory and affect associated with disclosure and associated with the ability to maintain relationships |
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<tbody>
<tr>
<td>Daigneault et al.⁵</td>
<td>Journal article</td>
<td>Canada</td>
<td>• number of participants</td>
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<td></td>
<td></td>
<td></td>
<td>• gender and age</td>
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<td></td>
<td></td>
<td></td>
<td>• ethnicity</td>
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<tr>
<td>Denov and MacLure⁶</td>
<td>Journal article</td>
<td>Sierra Leone</td>
<td>• n = 40</td>
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<tr>
<td>Edmond et al.⁷</td>
<td>Journal article</td>
<td>USA</td>
<td>• n = 99</td>
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<td></td>
<td></td>
<td></td>
<td>• gender; 15–18 years old</td>
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<tr>
<td>Himelein and McElrath⁸</td>
<td>Journal article</td>
<td>USA</td>
<td>• n = 20</td>
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<tr>
<td>Phasha⁹</td>
<td>Journal article</td>
<td>South Africa</td>
<td>• n = 3</td>
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</tbody>
</table>

### Study population:
- Number of participants
- Gender and age
- Ethnicity

### Aim
- To investigate ways to assess complex traumatic adaptations to CSA and explore recovery status and symptomology in a 1-year follow up of sexually abused girls in child protection services (follow up to Daigneault et al.)
- To examine the experiences of girls involved in the Sierra Leone conflict.
- To examine differences between girls in the foster care system who are identified as having resilient profiles with those who are experiencing problems.
- To examine cognitive strategies associated with resilience in a sample of CSA survivors.
- To investigate educational resilience of black African girls who have experienced child sexual abuse.

### Methodology:
- Type of design
- Clinical interviews using standardised tests
- Document review
- Qualitative
- Individual interviews
- Focus groups
- Mixed methods
- Standardised questionnaires
- Face to face interviews
- Qualitative
- Case studies
- In-depth interviews
- Focus groups

### Resilience-enabling process/protective systems
- Greater integration of meaning at follow up. Increase in domains of self-esteem and self-cohesion at follow up.
- Presence of spiritual/cultural attributions (among group of Haitian participants)
- Supportive female relationships
- Individual agency
- Future educational plans
- Future orientation
- Peers
- Cognitive illusion and reappraisals; these include disclosure and discussing, minimising impact of CSA, positive reframing and decision to move forward
- Support of others when disclosing
- Meaning making; experience viewed as temporary
- Lack of feelings of self-blame
- Importance of education and future aspirations
- Understanding event in terms of religion/belief in something
- Supportive others
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<td>• Ethnicity</td>
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<tr>
<td>Spaccarelli and Kim</td>
<td>Journal article</td>
<td>USA</td>
<td>• n = 43</td>
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<td></td>
<td>• Girls; 10–17 years old</td>
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<td></td>
<td></td>
<td></td>
<td>• Mixed ethnicity</td>
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<tr>
<td>Stark et al.</td>
<td>Journal article</td>
<td>Uganda</td>
<td>• n = 12</td>
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<td>• Girls; 13–17 years old</td>
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**Aim**

- To examine correlates of resiliency.
- To understand experiences of a sample of adolescent survivors of sexual violence to explore the role of informal networks in contributing to healing and recovery.

**Methodology: Type of design**

- Quantitative
- Self-administered standardised tests
- Qualitative
- Longitudinal
- Interviews

**Resilience-enabling process/protective systems**

- Level of abuse stressors
- Parental support (specifically of non-offending parent)
- Supportive family and friends in mediating against stigma and providing emotional support and fostering recovery

**References**