



Co-funded by
the European Union



Work Package 2: Psychological impact of THB and consequences for stakeholders' interactions and interventions

Activity 2.2.1: Data collection on the psychological impact on victims and on the impact of stakeholders' interactions and interventions on their psychological health

- Participant number:
- Age:
- Place:
- Date:
- Interviewer:

INFORMED CONSENT FORM
PARTICIPATION TO A RESEARCH STUDY AS PART OF A EUROPEAN PROJECT

Main researcher of the project: Dr. Markus González Beilfuss

Coordination of the project:

Law School – University of Barcelona
Avinguda Diagonal 684
08034 Barcelona
Phit.project@ub.edu
+34 93 40 24 397

Ethical committee:

Bioethics and Law Observatory of the University of Barcelona
Avinguda Diagonal 684
08034 Barcelona

The objective of this form is to offer all the information necessary for you to be able to freely and voluntarily decide if you want to participate in that study.
Please read carefully and feel free to ask any question at any time.

Presentation

Various partners among which two Universities, various NGOs and the Catalan Government, are carrying out a study to know better the psychological impact of Trafficking for sexual exploitation on women, with the financial support of the European Commission. This is an academic research project which aims at improving knowledge on how Trafficking in Human Beings impacts on the survivors' health. As such, this study is subject to professional secrecy and confidentiality.

What does your participation to the project imply?

We ask for your participation to the PHIT study because your contribution may bring essential information to the research, which aim is to study the psychological impact of Trafficking in Human Beings to improve the assistance provided to THB female survivors. You were selected as participant to this study because you have experienced a trafficking and sexual exploitation situation. Your participation is voluntary. If you agree, you will be one more participant of this academic study.

The research will be carried out based on various questionnaires, in order to know your health condition and the impact that might have had the experience of trafficking, and on one or various interviews, to collect information about your life story. As part of the study, we will collect information from numerous women in Spain and in the Netherlands in order to know better their experiences and how THB has affected them. This will allow us to highlight the psychological consequences of THB and to develop a better approach to this psychological impact.

Right to know more about the study

You are entitled to ask any questions about the study at all times, through the interview or during the project. You will be informed of any new result that may occur during the project if you request it. During or after the study, if you wish to talk about your participation to the study, your rights as a participant or any concern about it, or if you feel pressured to participate or to keep participating to the research project, we encourage you to express it to us.

Risks

Participation to this study does not represent any risk for the participants regarding their health and their well-being. Still, we have organized trainings with the person that will conduct the interviews in order to guarantee that these meetings are as comfortable and respectful as possible. In that sense, you can stop the interview, stop your participation to the study or decide not to respond to any questions whenever you want. Please feel free to express at all times how you feel. We wish to improve the assistance provided to women who have been trafficked and that is why it is essential that this improvement starts with these interviews. You are the protagonist of this study and therefore you will be the one who will set the pace of the interview and who will assess the appropriateness of what we propose or ask.

You are also aware that we can have access to the relevant official records.

This study has received the relevant authorizations from the NGOs which take part in the project, and from the entities and institutions that support it. The study was positively assessed by the Bioethics and Law Observatory of the University of Barcelona.

Benefits

Participation to this study must be decided on a voluntary and basis. The results of this study can help to improve the assistance provided to trafficked women: thanks to the knowledge gathered about the mental health consequences of trafficking in human beings for sexual exploitation we will be able to improve the approach and the assistance to those survivors.

Participation rejection or withdrawal

Participation to this study is completely voluntary. If you decide to participate, you can change your mind or drop the study at any time without being affected by it in any way. If you wish to drop the study please let us know explicitly at any time. Similarly, the interviewer can decide to withdraw your participation for any of the following reasons: if you do not meet the minimum requirements of the study or if, for any reason, the study is interrupted.

Personal data protection

The exploitation of your data will be made in compliance of the content of current Law 15/1999 of 13 December on the protection of personal data (LOPD) and Royal Decree 1720/2007 of 21 December, which approves the regulation of development of the Law 15/1999 (RLOPD), requires. This Law 15/1999 adapted to the Spanish law the provisions of the Directive 95/46/EC of the European Parliament, and of the Council of October 24, 1995, on the protection of individuals with regard to the processing of personal data and on the free movement of such data.

Data collection

The information that you will provide to the interviewer can be collected during one or several meetings, and your statement will be audio-recorded. In practice, our team of interviewers will focus on how you feel, how your health condition is and how was your life story.

The interview is composed of three parts: one questionnaire on your sociodemographic data, one questionnaire about your psychological state and one questionnaire about your life story. You will participate to one or several sessions of personal and biographical data collection. Your participation will consist in providing to the interviewer personal information related to your personal state of well-being, your general health condition, and some aspects of your work, family and economic situation.

Moreover, we will ask you about your religion, but you are entitled not to provide this information.

The personal data provided during this activities of the project will be incorporated in the file titled “Research, development and innovation projects with high level personal data”, owned by the University of Barcelona, in order to manage this research project. The body responsible for the file is the General Secretary.

Such information will always be collected ensuring a very strict confidentiality of your statement.

If you agree on participating to this project, you will authorize your statement to be recorded that your statement or any extracts of them, anonymized beforehand, can be reproduced by the research team when carrying out the analysis and writing the corresponding investigation report.

Storage and security

All the women who agree on participating to this study will be assigned a random number that will allow us to preserve the confidentiality of her personal details. If you request it, the random number will be linked to a false name, in order to maximize your anonymity and your security. The interviewer will gather all the information (questionnaires, audio files and notes) in a file that will only be identified with a code composed of random numbers. The identification number associated with your name will be kept and archived in a separate file with restricted access. The correlation between the number and the database will only be in the hands of the NGO carrying out the interview.

While the study is carried out, your personal data will be exclusively and confidentially used by the research team of the project. All the digitalized data will be saved secured and encrypted platform administered by the University of Barcelona.

The exploitation of your data will be made in compliance with the security measures required by LOPD and RLOPD.

Use of the personal data and publication of results

The collected information will only be used for the research project’s purposes.

Some extracts of the study results may be published in specialized books or journals or may be used for didactic purposes, and some anonymized extracts will be published in scientific reports. However, your name or any other identifier will never be used in publications and materials.

Retention and destruction

Once finalized the study, the personal data will be canceled. The cancellation will result in the blocking of the data, retaining solely at the disposal of the public administrations, judges and courts, for the attention of the possible responsibilities born of the processing, during the period of prescription of these.

Exercise of the rights of access, rectification and cancellation

In any case, you can exercise the rights of access, rectification and cancellation by means of a written communication, attaching a photocopy of the DNI or other identification document, addressed to the General Secretary of the University of Barcelona, Gran Via de les Corts Catalanes 585, 08007 Barcelona, or by e-mail to the following address: secretaria.general@ub.edu.

Acceptance of participation to the study

Informed consent

Name of the project: *Psychological Health Impact of THB for sexual exploitation on female victims (PHIT)*

Please read carefully and answer the following questions. Please mark the answer that you consider to be the correct one.

Have you read or have you been read all the information that was provided to you regarding this project?	YES / NO
Were you able to ask questions or make a comment about the project?	YES / NO
Have you received enough information about the project?	YES / NO
Have you received satisfactory answers to all your questions?	YES / NO
Which professional has informed you about the project?	
Do you understand that you can put an end to your participation to this study without any prejudice?	YES / NO
<i>At any time</i>	YES / NO
<i>Without having to give any explanation</i>	YES / NO
Do you understand the potential risks related to your participation to this project?	YES / NO
Do you accept to participate to this project?	YES / NO
Will you receive any economical compensation for your participation?	YES / NO
Have you been informed of the conditions of the processing that will be made to your personal data?	YES / NO
Do you accept that your personal data will be processed for this project?	YES / NO
Have you understood in front of the body who you can exercise your ARCO rights?	YES / NO

Date:.....

Participant number:.....

Signature

The undersigned declares having explained the purpose of the investigation project, the method used in the study, the possible risks and inconveniences that may arise.

Date:.....

Name of the professional conducting the interview:.....

Signature

For further information or any question on the project or if you wish to end your participation to the study, please contact with:

Markus González Beilfuss
Law School – University of Barcelona
Avinguda Diagonal 684
08034 Barcelona
Phit.project@ub.edu
+34 93 40 24 397

Place, date and signature of the principal investigator:.....

The Informed consent form filled-in and signed by the participant must be sent by ordinary mail to the following address:

Maelle Lebon
Facultad de Derecho – Universidad de Barcelona
Avinguda Diagonal 684
08034 Barcelona

INTERVIEW PACKAGE

Instructions:

- If the interviewed woman does not wish to answer or cannot remember, the interviewer should write **“no information”** next to the corresponding question. By no means should the interviewee be forced to answer any question if she does not wish to respond.
- If the answer provided to a question does not seem credible, the interviewer should write **“not relevant”** next to the corresponding question.
- If the answer to some questions are already in the file of the interviewee, interviewers are allowed to use it in order not to ask for this information again.
- Participants profile:
Women who will participate to interviews as part of PHIT study should meet the following criteria:
 - she is currently over 18
 - the exploitation occurred in the last 5 years
 - the exploitation has ended
 - the victim has been recognized by the NGO or by the police

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SOCIODEMOGRAPHIC DATA QUESTIONNAIRE

First I will ask some questions about your current situation, some personal details and questions about your family.

1. **BIRTHPLACE:**
2. **AGE:**
3. **NATIONALITY:**
4. **MOTHER TONGUE:**
5. **OTHER LANGUAGES:**

6. **LEGAL STATUS**
 - Irregular without a residence permit
 - Residence permit without work permit
 - Residence permit with work permit
 - Asylum seeker in process
 - EU Nationality

7. **PERIOD OF RESIDENCE IN THE NETHERLANDS / SPAIN (MONTHS):**
8. **PERIOD OF TIME SINCE SHE LEFT THE COUNTRY OF ORIGIN (MONTHS):**
.....
9. **HIGHEST LEVEL OF STUDIES COMPLETED:**
 - None
 - Primary school (until 12)
 - Secondary school (12-16)
 - High school (16-18)
 - Professional training
 - University degree

10. **CURRENT EMPLOYMENT SITUATION:**
 - Employed (specify:)
 - Student (specify:)
 - Unemployed
 - Other:

11. **CURRENT ECONOMIC SITUATION:**
Do you consider that you receive an amount of money that is sufficient for you to live?:
.....

12. **CURRENT CIVIL STATUS:**
 - Single
 - Married
 - In a relationship
 - Separated / divorced
 - Widow
 - Other:

13. RESIDENTIAL SITUATION :

- Shelter housing
- Living on my own
- Living with partner
- Living with my family
- Homeless

14. CHILDREN:

Total number of children:

Age of the children:

With whom are they living?:

- With her
- With relatives (grandparents, aunt, father...) in the same country
- With relatives (grandparents, aunt, father...) in the country of origin
- With relatives (grandparents, aunt, father...) in another country, namely:
- In an institution
- Missing or kidnapped
- Other:

If the respondent has more children living with different persons, please fill out this question for each child:

Child 1 is living with:

Child 2 is living with:

Child 3 is living with:

Child 4 is living with:

Child 5 is living with:

Abortion(s):

Death(s) of child(ren):

15. RELIGION (please remind the respondent that she is entitled not to divulgate her religion, according to the article 7 of the Spanish Data Protection Law).

- None
- Buddhism, Hinduism
- Protestantism
- Catholicism
- Islam
- Judaism
- Syncretism
- Animism
- Other:

Do you practice your religion?:

- Yes
- No

16. OBSERVATIONS

.....
.....
.....
.....
.....
.....
.....
.....

INTERVIEW

0. GENOGRAM:

I. FIRST SECTION: BEFORE BIRTH

1.1 Country and city of origin:

Contextual situation:

- Armed conflict
- Extreme economic vulnerability
- Migrations
- Lack of opportunities for the future
- Other:

Comments:

1.2 Extended family and family environment:

- Good
- Average
- Conflicting

Comments:

1.3 How would she define the nuclear family life? (Parents, children...):

- Good
- Average
- Conflicting

Comments:

1.4 Mother's pregnancy:

- Good
- Average
- Bad

Comments:

1.5 Family structure of the respondent (brothers, sisters...):

1.6 Support received from her environment (family...): yes/no

Comments:

1.7 Relationship with her mother: Good

- Bad
- Non-existing
- She does not know her mother

Comments:

1.8 Relationship with her father:

- Good
- Bad
- Non-existing
- She does not know her father

Comments:

1.9 Has her mother suffered from abuse?:

Yes

No

¿If yes, by whom?:

Comments:

1.10 Has her father suffered from abuse?:

Yes

No

¿If yes, by whom?:

Comments:

1.11 Addictions or diseases of her mother:

- Drugs
- Alcohol
- Medication
- Other:

Comments:

1.12 Addictions or diseases of her father:

- Drugs
- Alcohol
- Medication
- Other:

Comments:

1.13 Socio-economic situation of her family:

- Good
- Average
- Bad

Comments:

II. SECOND SECTION: EARLY CHILDHOOD (0 – 4)

2.1 Place where it took place – rural or urban environment: name of the village/city and country:

2.2 Childbirth:

Easy

Complicated

Where did it take place?:

At home

In a hospital

Other:

Comments:

2.3 Age of her mother and her father when she was born:

Comments:

2.4 ¿With whom were she living?:

Her parents

Her grandparents

Alone

Other:

Comments:

2.5 Family reactions to her birth (good reception, mother's displacement, negative consequences...):

2.6 How would she define the relationship between her parents?

Good

Average

Conflicting

Comments:

2.7 Relationship with her father: Good Average Bad

Comments:

2.8 Relationship with her mother: Good Average Bad

Comments:

2.9 Relationship with her guardian (if applicable): Good Average Bad

Comments:

2.10 Child health:

Good

Average with minor ailments and/or sicknesses

Bad

Other: If bad, which health problems did she have at that time?:

Comments:

2.11 Did she receive any kind of support, and/or medical / psychological care?

PARTICIPANT NUMBER: / 8

Yes: Which ones? How would she assess them?:

No: Why not? Does she think she would have needed it?:

2.12 Important memories: yes / no

Yes: Which ones?:

2.13 Has she experienced a traumatic event?: yes / no

Yes: What happened?

What does she remember of it?

How does she think it affected her?

2.14 How would her relatives and peers define her during that period?

2.15 How would she define that period?

2.16 From 1 (unhappiness) to 10 (happiness), how would she define her level of happiness during that period?

Summary:

- **Risk factors** (ex: being in need, context, family, any element that could put at risk her development)

- **Protective elements** (ex: key figures, school... positive elements in her environment)

III. THIRD SECTION: CHILDHOOD (4 – 12)

3.1 Place where it took place (rural or urban environment: name of the village/city and country):

3.2 With whom were she living?

- Her parents
- Her grandparents
- Alone
- Other:

Comments:

3.3 Socio-economic situation (economic resources, accomodation, access to other resources):

3.4 Schooling, academic performance:

3.5 Family relationships and environment:

- Good
- Average
- Conflicting

Comments:

3.6 Relationships with peers (classmates, children in the neighborhood...):

- Good
- Average
- Conflicting

Comments:

3.7 Health:

- Good
- Average with minor ailments and/or sicknesses
- Bad
- Other: If bad, which health problems did she have?

Comments:

3.8 Addictions (who introduced her to drugs, which substances and for how long?):

- Alcohol
- Drugs
- Medication

Comments:

3.9 Did she suffer from violent situations?: Yes / no

3.9.1 Which type?

- Physical violence (punishments, aggressions...)
- Psychological violence (threats, insults, psychological abuse)
- Sexual violence (sexual abuse, non-consensual or forced sexual intercourse)

3.9.2 From whom?

- Her mother
- Her father
- Her grandparents
- Her brothers
- Her uncles/aunts
- Her neighbours
- Her friends
- Other: Was it:
 - Punctual
 - Continuous

Comments:

3.9.3 Did she talk to someone about it?: Yes / no

To whom?:

3.9.4 Did her relatives, friends react?: Yes / no

How?:

Comments:

3.9.5 How did it end?

3.10 Has she experienced other traumatic events?: Yes / no

What happened?

- Death(s)
- Forced migrations
- Armed conflicts
- Violence towards other persons
- Other:

3.11 If she answered **NO** to question 3.9 and 3.10, you may skip question 3.11. If she answered **YES** to question 3.9 and/or 3.10: How did it affect her psychological health?

▪ **Anxiety:**

- Fearful
- Tense or keyed up
- Terror/panic spells
- Restlessness
- Nervousness or shakiness inside
- Heart rate increase
- Breathing difficulties

Comments:

▪ **Depression**

- No interest in things
 - Hopelessness about the future
 - Worthlessness feelings
 - Suicidal thoughts / lack of will to live
 - Suicide attempts
 - Sadness
- Comments:

▪ **Hostility**

- Urges to beat, injure or hurt someone
 - Urges to break or smash things
 - Annoyed/irritated easily
 - Temper outbursts that cannot be controlled
- Comments:

▪ **Post-traumatic disorders**

- Sleep disorder
- Flashbacks (recurring images)
- Avoid doing some things
- Does not recall some facts
- Insensitiveness or difficulties to have loving or caring feelings
- Irritable or angrier
- Scared or hypervigilant
- Other:

3.12 Did she receive any kind of support, and/or medical / psychological care?

Yes: Which ones? How would she assess them?:

No: Why not? Does she think she would have needed it?:

3.13 Important memories: Yes / no

Yes: which ones?:

3.14 Coping strategies:

What would make her feel good?

Where would she look for emotional shelter?

What helped her moving forward?

3.15 How would she define that period?

3.16 How would she define herself during that period?

3.17 From 1 (unhappiness) to 10 (happiness), how would she rate her level of happiness during this period?

Summary:

- **Risk factors** (ex: being in need, context, family, any element that could put at risk her development)

- **Protective elements** (ex: key figures, school... positive elements in her environment)

IV. FOURTH SECTION: ADOLESCENCE AND EARLY YOUTH (12 – 20)

4.1 Place where it took place (rural or urban environment: name of the village/city and country):

4.2 With whom were she living?

- Her parents
- Her grandparents
- Alone
- Other:

Comments:

4.3 Academic performance:

What did she study?

Why did she drop her studies? (if applicable)

4.4 Work:

How old was she when she started working?

In which sector were she working?

Comments:

4.5 Family relationships and environment:

- Good
- Average
- Conflicting

Comments:

4.6 Relationships with peers (classmates, children in the neighbourhood...):

- Good
- Average
- Conflicting

Comments:

4.7 Couple relationship(s):

Did she get married?: Yes / No

Was it a forced marriage?: Yes / no

Was it an abusive relationship?: Yes / no

4.8 Pregnancy:

Number of pregnancies:

Were they wanted or unwanted pregnancies?

Did she get abortions?: Yes / no

- Forced abortions
- Voluntary abortions

4.9 Maternity:

At what age?

How did she experience it?

4.10 Health:

- Good
- Average with minor ailments and/or sicknesses
- Bad
- Other: If bad, which health problems did she have?

Comments:

4.11 Addictions (who introduced her to drugs, which substances and for how long?):

- Alcohol
- Drugs
- Medication

Comments:

4.12 First sexual intercourse:

- Unwanted
- Wanted

If it was an unwanted intercourse, who forced her?:

- A friend
- A relative
- A stranger
- Other:

Comments:

4.13 Did she suffer from violent situations?: Yes / no

4.13.1 Which type?

- Physical violence (punishments, aggressions...)
- Psychological violence (threats, insults, psychological abuse)
- Sexual violence (sexual abuse, non-consensual or forced sexual intercourse)

4.13.2 From whom?

- Her mother
- Her father
- Her grandparents
- Her brothers
- Her uncles/aunts
- Her neighbours
- Her friends
- Other: Was it:

- Punctual
- Continuous

Comments:

4.13.3 Did she talk to someone about it?: Yes / no

To whom?:

4.13.4 Did her relatives, friends react?: Yes / no

How?:

Comments:

4.13.5 How did it end?

4.14 Has she experienced other traumatic events?: Yes / no

What happened?

- Death(s)
- Forced migrations
- Armed conflicts
- Violence towards other persons
- Other:

4.15 If she answered **NO** to question 4.13 and 4.14, you may skip question 4.15. If she answered **YES** to question 4.13 and/or 4.14: How did it affect her psychological health?

▪ **Anxiety:**

- Fearful
- Tense or keyed up
- Terror/panic spells
- Restlessness
- Nervousness or shakiness inside
- Heart rate increase
- Breathing difficulties

Comments:

▪ **Depression** No interest in things

- Hopelessness about the future
- Worthlessness feelings
- Suicidal thoughts / lack of will to live
- Suicide attempts
- Sadness

Comments:

▪ **Hostility**

- Urges to beat, injure or hurt someone
- Urges to break or smash things
- Annoyed/irritated easily
- Temper outbursts that cannot be controlled

Comments:

▪ **Post-traumatic disorders**

- Sleep disorder
- Flashbacks (recurring images)
- Avoid doing some things
- Does not recall some facts
- Insensitiveness or difficulties to have loving or caring feelings
- Irritable or angrier
- Scared or hypervigilant
- Other:

4.16 Did she receive any kind of support, and/or medical / psychological care?

Yes: Which ones? How would she assess them?:

No: Why not? Does she think she would have needed it?:

4.17 Important memories: Yes / no

Yes: which ones?:

4.18 Coping strategies:

What would make her feel good?

Where would she look for emotional shelter?

What helped her moving forward?

4.19 How would she define that period?

4.20 How would she define herself during that period?

4.21 From 1 (unhappiness) to 10 (happiness), how would she rate her level of happiness during this period?

Summary:

- **Risk factors** (ex: being in need, context, family, any element that could put at risk her development)

- **Protective elements** (ex: key figures, school... positive elements in her environment)

V. FIFTH SECTION: EARLY ADULTHOOD (20 – 35)

5.1 Place where it took place (rural or urban environment: name of the village/city and country):

5.2 With whom were she living?

- Her parents
- Her grandparents
- Alone
- Other:

Comments:

5.3 Academic performance:

What did she study?

Why did she drop her studies? (if applicable)

5.4 Work:

How old was she when she started working?

In which sector were she working?

Comments:

5.5 Family relationships and environment:

- Good
- Average
- Conflicting

Comments:

5.6 Relationships with peers (classmates, children in the neighbourhood...):

- Good
- Average
- Conflicting

Comments:

5.7 Couple relationship(s):

Did she get married?: Yes / No

Was it a forced marriage?: Yes / no

Was it an abusive relationship?: Yes / no

5.8 Pregnancy:

Number of pregnancies:

Were they wanted or unwanted pregnancies?

Did she get abortions?: Yes / no

- Forced abortions
- Voluntary abortions

5.9 Maternity:

At what age?

How did she experience it?

5.10 Health:

- Good
- Average with minor ailments and/or sicknesses
- Bad
- Other: If bad, which health problems did she have?

Comments:

5.11 Addictions (who introduced her to drugs, which substances and for how long?):

- Alcohol
- Drugs
- Medication

Comments:

5.12 Did she suffer from violent situations?: Yes / no

5.12.1 Which type?

- Physical violence (punishments, aggressions...)
- Psychological violence (threats, insults, psychological abuse)
- Sexual violence (sexual abuse, non-consensual or forced sexual intercourse)

5.12.2 From whom?

- Her mother
- Her father
- Her grandparents
- Her brothers
- Her uncles/aunts
- Her neighbours
- Her friends

Other: 5.12.3 Was it:

- Punctual
- Continuous

Comments:

5.12.4 Did she talk to someone about it?: Yes / no

To whom?:

5.12.5 Did her relatives, friends react?: Yes / no

How?:

Comments:

5.12.6 How did it end?

5.13 Has she experienced other traumatic events?: Yes / no

What happened?

- Death(s)
- Forced migrations
- Armed conflicts
- Violence towards other persons
- Other:

5.14 If she answered **NO** to question 5.12 and 5.13, you may skip question 5.14. If she answered **YES** to question 5.12 and/or 5.13: How did it affect her psychological health?

▪ **Anxiety:**

- Fearful
- Tense or keyed up
- Terror/panic spells
- Restlessness
- Nervousness or shakiness inside
- Heart rate increase
- Breathing difficulties

Comments:

▪ **Depression** No interest in things

- Hopelessness about the future
- Worthlessness feelings
- Suicidal thoughts / lack of will to live
- Suicide attempts
- Sadness

Comments:

▪ **Hostility**

- Urges to beat, injure or hurt someone
- Urges to break or smash things
- Annoyed/irritated easily
- Temper outbursts that cannot be controlled

Comments:

▪ **Post-traumatic disorders**

- Sleep disorder
- Flashbacks (recurring images)
- Avoid doing some things
- Does not recall some facts
- Insensitiveness or difficulties to have loving or caring feelings
- Irritable or angrier
- Scared or hypervigilant
- Other:

5.15 Did she receive any kind of support, and/or medical / psychological care?

Yes: Which ones? How would she assess them?:

No: Why not? Does she think she would have needed it?:

5.16 Important memories: Yes / no

Yes: which ones?:

5.17 Coping strategies:

What would make her feel good?

Where would she look for emotional shelter?

What helped her moving forward?

5.18 How would she define that period?

5.19 How would she define herself during that period?

5.20 From 1 (unhappiness) to 10 (happiness), how would she rate her level of happiness during this period?

Summary:

- **Risk factors** (ex: being in need, context, family, any element that could put at risk her development)

- **Protective elements** (ex: key figures, school... positive elements in her environment)

VI. SIXTH SECTION: ADULTHOOD (35 - ...)

6.1 Place where it took place (rural or urban environment: name of the village/city and country):

6.2 With whom were she living?

- Her parents
- Her grandparents
- Alone
- Other:

Comments:

6.3 Academic performance:

What did she study?

Why did she drop her studies? (if applicable)

6.4 Work:

How old was she when she started working?

In which sector were she working?

Comments:

6.5 Family relationships and environment:

- Good
- Average
- Conflicting

Comments:

6.6 Relationships with peers (classmates, children in the neighbourhood...):

- Good
- Average
- Conflicting

Comments:

6.7 Couple relationship(s):

Did she get married?: Yes / No

Was it a forced marriage?: Yes / no

Was it an abusive relationship?: Yes / no

6.8 Pregnancy:

Number of pregnancies:

Were they wanted or unwanted pregnancies?

Did she get abortions?: Yes / no

- Forced abortions
- Voluntary abortions

6.9 Maternity:

At what age?

How did she experience it?

6.10 Health:

- Good
- Average with minor ailments and/or sicknesses
- Bad
- Other: If bad, which health problems did she have?

Comments:

6.11 Addictions (who introduced her to drugs, which substances and for how long?):

- Alcohol
- Drugs
- Medication

Comments:

6.12 Did she suffer from violent situations?: Yes / no

6.12.1 Which type?

- Physical violence (punishments, aggressions...)
- Psychological violence (threats, insults, psychological abuse)
- Sexual violence (sexual abuse, non-consensual or forced sexual intercourse)

6.12.2 From whom?

- Her mother
- Her father
- Her grandparents
- Her brothers
- Her uncles/aunts
- Her neighbours
- Her friends

Other: 6.12.3 Was it:

- Punctual
- Continuous

Comments:

6.12.4 Did she talk to someone about it?: Yes / no

To whom?:

6.12.5 Did her relatives, friends react?: Yes / no

How?:

Comments:

6.12.6 How did it end?

6.13 Has she experienced other traumatic events?: Yes / no

What happened?

- Death(s)
- Forced migrations
- Armed conflicts
- Violence towards other persons
- Other:

6.14 If she answered **NO** to question 6.12 and 6.13, you may skip question 6.14. If she answered **YES** to question 6.12 and/or 6.13: How did it affect her psychological health?

▪ **Anxiety:**

- Fearful
- Tense or keyed up
- Terror/panic spells
- Restlessness
- Nervousness or shakiness inside
- Heart rate increase
- Breathing difficulties

Comments:

▪ **Depression** No interest in things

- Hopelessness about the future
- Worthlessness feelings
- Suicidal thoughts / lack of will to live
- Suicide attempts
- Sadness

Comments:

▪ **Hostility**

- Urges to beat, injure or hurt someone
- Urges to break or smash things
- Annoyed/irritated easily
- Temper outbursts that cannot be controlled

Comments:

▪ **Post-traumatic disorders**

- Sleep disorder
- Flashbacks (recurring images)
- Avoid doing some things
- Does not recall some facts
- Insensitiveness or difficulties to have loving or caring feelings
- Irritable or angrier
- Scared or hypervigilant
- Other:

6.15 Did she receive any kind of support, and/or medical / psychological care?

Yes: Which ones? How would she assess them?:

No: Why not? Does she think she would have needed it?:

6.16 Important memories: Yes / no

Yes: which ones?:

6.17 Coping strategies:

What would make her feel good?

Where would she look for emotional shelter?

What helped her moving forward?

6.18 How would she define that period?

6.19 How would she define herself during that period?

6.20 From 1 (unhappiness) to 10 (happiness), how would she rate her level of happiness during this period?

Summary:

- **Risk factors** (ex: being in need, context, family, any element that could put at risk her development)

- **Protective elements** (ex: key figures, school... positive elements in her environment)

VII. SEVENTH SECTION: TRAFFICKING AND/OR SEXUAL EXPLOITATION SITUATION

Now we would like to ask you some questions about your experience of trafficking and exploitation. If this is too difficult or sensitive for you or you do not want to answer certain questions please feel free to say that or simply say; I do not want to answer this question.

We will start with some questions about the process of recruitment, how you ended up in the situation of exploitation and then about the exploitation itself.

Nota: We will study here any type of sexual exploitation, be it for commercial or non-commercial purposes.

7.1 How long has it been since the exploitation stopped?

7.2 How long did the exploitation last?

7.3 Trafficking:

2.3.1 Who contacted you?

A friend

A relative

A stranger

A neighbour/acquaintance

Other:

Comments:

2.3.2 What did they offer you?

Work

What kind of work?:

Money

A future together / relationship

Protection / safety

Other:

Comments:

7.4 What were your expectations (aspirations, representations) when you accepted the offer (in case you did accept it)?

7.5 Travel and funding:

7.5.1 If travelled from abroad how did you travel and which are the transit countries?

In those transit countries:

a. Did you experience violent situations? Yes / no

From whom?:

Authorities

Members of the criminal group

Other women travelling with her

Other:

b. Did you witness violent situations? Yes / no

If yes, which?

- Aggressions
- Deaths
- Abuses
- Other:

7.5.2 What were the travelling conditions?

- Price:
- Means of transportation:
- Duration:
- Group:
- Conditions:
- Departure country:

Comments:

7.5.3 Debt:

- Did you have to pay for your journey? Yes/no
- Did you make any debts before starting the journey? Yes/no
- Was the cost of your journey included in your debt? Yes/no
- Which amount of debt in euros did you have at the beginning?:
- Did the debt increase in time? Yes / no
Yes - how?:
- Did you entirely pay back her debt? Yes / no
Yes – What happened once it was paid back?:

7.6 Arrival in the destination country:

- Did you know that you were going to Spain / the Netherlands? Yes / no
- Did you know this country? Yes / no
- How did you feel when you arrived from 1 (very sad) to 5 (very happy)?

7.7 Who was exercising control over you during the recruitment and transportation?

- A criminal group
- A smuggler
- A trafficker
- An individual with whom you had an emotional bond, namely:
- Other:

Comments:

7.8 Forms of control during the recruitment and transportation:

- Use of physical violence
- Use of sexual violence (rapes)
- Psychological control (threats towards you and your family)
- Use of various rituals (e.g. voodoo)
- Locked up
- Passport was taken away
- No control was exercised at that stage
- Other:

Now we would like to ask you some questions about the period you were exploited in Spain/the Netherlands. If at any time you feel uncomfortable answering these questions please let me know or simply say you don't want to answer that question

7.9 Start of the sexual exploitation situation:

At what moment did you realize you could not make your own decisions?

When did you realize you were in a situation of exploitation and/or trafficking?

7.10 Who was exercising control over you during the exploitation/trafficking?

- The same person(s) as in question 2.7
- A criminal group
- A trafficker
- An individual with whom you had an emotional bond, namely:
- Other:

Comments:

7.11 Forms of control during the exploitation / trafficking:

- Use of physical violence
- Use of sexual violence (rapes)
- Psychological control (threats towards you and your family)
- Use of various rituals (e.g. voodoo)
- Locked up
- Passport was taken
- Other:

7.12 Place where you were sexually exploited?

- Brothel/club
- Window prostitution
- Street prostitution
- Ordinary flat or house
- Other:

What were the conditions of the exploitation regarding:

Number of hours you had to work per day:

Where did you sleep?

Where you able to contact other people?

Where you able to go out e.g. to a shop?

Was she sharing the space with other women? yes/no

Use of violence: yes/no

yes: which kind?

- aggressions
- psychological violence
- sexual violence
- other violence:

7.13 Interventions during exploitation

- Did you ask for help?: Yes / no

To whom?:

- Client(s)

Professional working in support services

Police

Other:

Comments:

- Did anyone offer you any help? Yes/no

Yes – Who?

Friend

Client(s)

Professional

Family

Other:

- What kind of help did you receive?

financial support

legal support

healthcare resources

they helped her contacting with the police

other:

Comments:

- If you did not receive any help – why not?

- Relationship with the exploiters: were you in a couple relationship with the trafficker? Yes / no

- While in exploitation, did she know the resources and support services where to ask for help? Yes / no
Yes – which ones?:

- Did she go to one of those support services? Yes / no
Yes – which ones?:

- There, did she explained her situation? Yes / no
Yes – how did they react?

they helped her

they did not help her

- Was it useful? Yes / no

Comments:

7.14 Coping strategies during exploitation:

What did make you feel good even while you were in the exploitative situation?

Where did you look for emotional shelter while in the situation of exploitation?

What helped you moving forward?

Now we would like to ask you some questions about how the exploitation ended and the consequences of the trafficking/exploitation.

7.15. How did the sexual exploitation end? :

You escaped the situation

You were taken by the police during controls

You were helped by your family

You paid the debt and the trafficker let you go

Other:

7.16 Trafficking and sexual exploitation consequences: physical, psychological, emotional, sexual symptomatology.

7.16.1 Physical and sexual health: which of the following problems have you experienced as a consequence of the sexual exploitation?

1. fatigue and weight loss

easily tired

weight loss

loss of appetite

other

2. sleep disorder

difficult to sleep

insomnia

other

3. neurological symptoms

headaches

dizzy spells

difficulty remembering

fainting

other

4. gastrointestinal symptoms

stomach or abdominal pain

upset stomach, vomiting, diarrhoea, constipation

other

5. sexual and reproductive health symptoms:

pelvic, vaginal or urination pain

Gynaecological infections

STIs

HIV

Induced abortions

Unwanted pregnancies:

Abortions (forced or voluntary)

other

6. cardiovascular symptoms

chest/heart pain

breathing difficulty

other

7. musculoskeletal symptoms

back pain

- fractures/sprains
- joint or muscular pain
- tooth pain
- facial injuries
- chronic pain
- other

8. eyes

- vision problems
- other

9. skins problems

- rashes, itching, sores
- other

10. addictions

- drugs
- alcohol
- medication
- other

Comments:

7.16.2 Psychological health:

▪ **Anxiety:**

- Fearful
- Tense or keyed up
- Terror/panic spells
- Restlessness
- Nervousness or shakiness inside
- Heart rate increase
- Breathing difficulties

Comments:

▪ **Depression**

- No interest in things
- Hopelessness about the future
- Worthlessness feelings
- Suicidal thoughts / lack of will to live
- Suicide attempts
- Sadness

Comments:

▪ **Hostility**

- Urges to beat, injure or hurt someone
- Urges to break or smash things
- Annoyed/irritated easily

Temper outbursts that cannot be controlled

Comments:

▪ **Post-traumatic disorders**

Sleep disorder

Flashbacks (recurring images)

Avoid doing some things

Does not recall some facts

Insensitiveness or difficulties to have loving or caring feelings

Irritable or angrier

Scared or hypervigilant

Other:

7.17 [instruction: the interviewer should ask an open question and then tick the answer(s) in the list of needs below] What were your needs:

7.17.1 Right after coming out of the trafficking situation?

- rest/sleep
- safety for myself
- Safety for my family
- accommodation
- disentangle from the trafficker/exploiter
- satisfying my addiction to alcohol/drugs/pils
- rehabilitation from addiction
- psychological support
- health care
- financial support
- information about my legal position
- information about the criminal procedure
- information about medical assistance and access to health care
- information about compensation
- recognition as trafficking victim
- being believed and being taken seriously
- correct treatment by police
- work
- education
- trauma treatment
- other, namely

7.17.2 Currently?

- rest/sleep
- safety for myself
- Safety for my family
- accommodation
- disentangle from the trafficker/exploiter
- satisfying my addiction to alcohol/drugs/pils

- rehabilitation from addiction
- psychological support
- health care
- financial support
- information about my legal position
- information about the criminal procedure
- information about medical assistance and access to health care
- information about compensation
- recognition as trafficking victim
- being believed and being taken seriously
- correct treatment by police
- work
- education
- trauma treatment
- other, namely

7.18 Did you receive any kind of support, and/or medical / psychological care? Yes / no

7.18.1 If yes:

- From whom?
- What kind of support?
 - financial support
 - legal support
 - healthcare resources
 - they helped her contacting with the police
 - other:
- Comments:

- To what extent did the support meet your needs?
- Where did the support failed?

7.18.2 If no support was received:

- What was/were the reason(s) why you did not receive support?
- What is the consequence for you that you did not receive support?
- What should be improved to meet the needs of victims of trafficking for sexual exploitation?

7.19 Did you feel safe after the trafficking / exploitation ended? Please grade from 1 (not safe) to 5 (very safe)
Which experiences/situations lead to this assessment?

7.20 Did you report your exploiters or cooperate otherwise with the authorities?:

- Yes
 - To which authorities?
 - How did you cooperate with the authorities?
 - What is your experience on how they treated you?
 - What are your experiences with (please grade using the following: 1=bad, 2=regular, 3=good):
 - ✓ The police
 - ✓ The prosecutors

- ✓ The judges
- ✓ Other authorities: who?
- What could be improved in the treatment of victims of trafficking during the criminal procedure?

No: why not?:

- Because of reprisals
- Because of a lack of knowledge of the judicial system
- Because of a lack of confidence in the justice system
- In fear of not being believed
- Other:

7.21 Did you feel safe during the criminal investigation and proceedings? 1 (not safe) to 5 (very safe)

Which experiences/situations lead to this assessment?

7.22 Coping strategies after exploitation:

What would make you feel good?

Where would you look for emotional shelter?

What helped you moving forward?

Summary [instruction for interviewer; fill out not ask the questions]:

- **Risk factors** (ex: being in need, context, family, any element that could put at risk her development)

- **Protective elements** (ex: key figures, school... positive elements in her environment)

VIII. EIGHTH SECTION: PRESENT TIME

8.1 Does she receive any kind of support, or medical /psychological care at the moment?

Yes: which ones? How would she assess them?:

No: why? Does she think that she would need them?:

8.2 If you were to grade your life, what would be the grade? 1 (unhappy) to 5 (maximum of happiness):

8.3 What worries you? What is your main concern?

8.4 What are you missing (unmet needs)?

8.5 What would you need to be happy/happier?

8.6 What achievements/accomplishments are you proud of?

8.7 What helps you moving/move? forward in you life?

8.8 Future prospects, personal or professional projects:

8.8.1 How do you see yourself in 5 years from now?

8.8.2 How would you like your future to be?

8.9 What is your idea of happiness?:

8.10 Would you like to add something?:

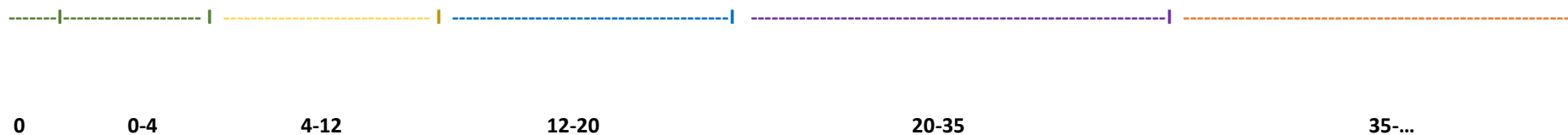
Summary:

- **Risk factors** (ex: being in need, context, family, any element that could put at risk her development)

- **Protective elements** (ex: key figures, school... positive elements in her environment)

LIFE HISTORY CALENDAR

Distribution of life stages by age bracket and corresponding to the interview sections:



****Symbols:**

X Present time

↓ Traumatic event

Sexual exploitation situation

END OF THE INTERVIEW

Thank the person for participating and for her courage and bravery

Remind her that this study is carried out to help other girls or women who might be experiencing or have experienced the same situation.

Remind her the fact of “giving” – giving gratitude.

NOTES

