

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

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Appendix 1: Summary of selected studies

Author/study	Source type	Country	Study population: • Number of participants • Gender and age • Ethnicity	Aim	Methodology: Type of design	Resilience-enabling process/protective systems
Archer ¹	MA dissertation	South Africa	<ul style="list-style-type: none"> • $n = 1$ • Girl; 16 years old • White South African 	To explore resilience phenomenon with a South African child survivor of sexual abuse.	Qualitative <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • $n = 324$ • Young women; 18–21 years old • Mixed ethnicity 	To examine if attachment serves as a moderator in child sexual abuse (CSA) for psychopathology.	Quantitative <ul style="list-style-type: none"> • Standardised questionnaires 	Attachment security in adult, peer and parental relationships
Collings ³	Journal article	South Africa	<ul style="list-style-type: none"> • $n = 223$ • Young women; mean age = 19.9 years • Mixed ethnicity 	To examine resilience in long-term effects of child sexual abuse.	Quantitative <ul style="list-style-type: none"> • Standardised questionnaires 	Meaning making: cognitive appraisal of the abuse
Daigneault et al. ⁴	Journal article	Canada	<ul style="list-style-type: none"> • $n = 30$ • 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 <ul style="list-style-type: none"> • 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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Daigneault et al. ⁵	Journal article	Canada	<ul style="list-style-type: none"> • $n = 16$ • Girls; 13–17 years old • Mixed ethnicity 	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.)	Quantitative 1-year follow-up study <ul style="list-style-type: none"> • Clinical interviews using standardised tests • Document review 	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)
Denov and MacLure ⁶	Journal article	Sierra Leone	<ul style="list-style-type: none"> • $n = 40$ • Girls; 14–21 years old • Black African 	To examine the experiences of girls involved in the Sierra Leone conflict.	Qualitative <ul style="list-style-type: none"> • Individual interviews • Focus groups 	Supportive female relationships Individual agency
Edmond et al. ⁷	Journal article	USA	<ul style="list-style-type: none"> • $n = 99$ • Girls; 15–18 years old • 58% youth of colour; 42% white 	To examine differences between girls in the foster care system who are identified as having resilient profiles with those who are experiencing problems.	Quantitative <ul style="list-style-type: none"> • Individual structured interviews using standardised tests 	Future educational plans Future orientation Peers
Himelein and McElrath ⁸	Journal article	USA	<ul style="list-style-type: none"> • $n = 20$ • Young women; mean age = 18.2 years • Mixed ethnicity (95% white) 	To examine cognitive strategies associated with resilience in a sample of CSA survivors.	Mixed methods <ul style="list-style-type: none"> • Standardised questionnaires • Face to face interviews 	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
Phasha ⁹	Journal article	South Africa	<ul style="list-style-type: none"> • $n = 3$ • Girls; 16–23 years old • Black African 	To investigate educational resilience of black African girls who have experienced child sexual abuse.	<ul style="list-style-type: none"> • Qualitative • Case studies • In-depth interviews • Focus groups 	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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Spaccarelli and Kim ¹⁰	Journal article	USA	<ul style="list-style-type: none"> • <i>n</i> = 43 • Girls; 10–17 years old • Mixed ethnicity 	To examine correlates of resiliency.	Quantitative • Self-administered standardised tests	Level of abuse stressors Parental support (specifically of non-offending parent)
Stark et al. ¹¹	Journal article	Uganda	<ul style="list-style-type: none"> • <i>n</i> = 12 • Girls; 13–17 years old 	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.	Qualitative Longitudinal • Interviews	Supportive family and friends in mediating against stigma and providing emotional support and fostering recovery

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