

Using Delphi Technique in Developing Strategies for Preventing Violence in the Egyptian Community

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Abstract:

The Aim of This Study: was to use Delphi Technique in Developing Strategies for Preventing Violence in the Egyptian Community and categorize these strategies.

Background: Preventing violence is a public health priority. The Delphi method is a structured communication technique, originally developed as a systematic, interactive forecasting method which relies on a panel of experts. The Delphi method provided a framework that enabled the collection and analysis of expert knowledge on the subject of violence.

Design: qualitative study using Delphi Technique.

Method: Delphi Technique using expert panel consisted of forty (40) experts from eight different groups from academic professors, experts and professional staff of governmental organizations in Egypt assigned to the prevention of violence were included in this study. This study used a series of three step questionnaires through three rounds. The first round asked an open ended question: What are the appropriate strategies for preventing violence in the Egyptian community? In the second round, panel members were asked to determine degree of agreement to the responses summarized by the researchers from the first round. During the third round, panel members were asked to revise their judgments and if they agree or disagree about the results of the second round.

Results: panel members identified 44 strategies which were revised to 40 strategies which can preventing violence in the Egyptian community. These strategies were categorized to seven categories by the researchers after the third round into family strategies, school & university strategies, media strategies, security and Legal aspects strategies, community strategies, strategies preventing violence against women and religious strategies.

Conclusion & Recommendations: preventing violence in Egypt is a public health priority. There is a need for recognition of this problem at the national level. Developing National Action Plans and interventional maps should be made in the society in collaboration with health team members, religious and societal leaders, non-governmental organizations, police department and people from other similar groups. A lot of programs should be implemented to meet this plan with strong political and governmental support.

Keywords: Violence, Delphi Technique, Strategies, Egypt.

I. Introduction:

No country or community is untouched by violence. There is a dramatic worldwide increase in the incidence of intentional injuries affecting people of all ages and both sexes. Images and accounts of violence pervade the media; it is on our streets, in our homes, schools, workplaces and institutions. Violence threatens the life, health and happiness of all of us. Each year, more than 1.6 million people worldwide lose their lives because of violence. For everyone who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems ⁽¹⁾.

According to the World Health Organization, violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development, or deprivation ⁽²⁾.

Violence is a serious public health problem in the United States. It affects people in all stages of life from infants to the elderly. In 2010, over 16,250 people were victims of homicide and over 38,360 took their own life. In 2011, more than 700,000 young people aged 10–24 years were treated in emergency departments for nonfatal injuries sustained from assaults. In the same year, 1,570 children died from abuse and neglect and 681,000 children were found to be victims of maltreatment. Violence also erodes communities by reducing productivity, decreasing property values, and disrupting social services (CDC, 2014) ⁽³⁾.

The report of the World Health Organization and United Nations Office on Drug and Crime 2014, indicated that 1 in 4 children has been physically abused, 1 in 3 women has been a victim of physical/sexual intimate partner violence in her lifetime and 17 older people has been abused in one month in the same year. The report indicated also that, violence has severe and life-long consequences as: injuries and disability, non communicable diseases (e.g. cancer, cardiovascular diseases), mental health and substance use disorders (e.g.

alcohol and drug dependence, depression and anxiety), and sexual and reproductive health problems (e.g. unintended pregnancy, HIV and other sexually transmitted infections). Hundreds of thousands of young victims of violence receive emergency medical care each year⁽⁴⁾.

In Egypt, according to homicides report (2011), the rate of homicides increased to 4.36/100 000 compared to 2/100 000 in (2010). The reported homicides mechanisms are: (Firearm 67%, Sharp force 23%, Strangulation 4%, Blunt force 1%, Burn 1%, and others 4%)⁽⁵⁾. Ministry of Interior also enforced in another report that, there is increase in crimes rates by 130% in 2013. The forced stall increased by 350%, and the cars' stall by 500% from 2011 to 2012. The National council of social and criminal researches reported that the percentage of registered criminiers increased by 55% to be 92 thousands and 680 persons according to data from Ministry of Interior⁽⁶⁾.

Risk factors of violence according to the ecological model used by the CDC, includes four levels; individual, relationship, community, and societal level. The levels are interdependent, so changes in one level can contribute to or reinforce changes in another level. Individual Level: these are personal factors or characteristics and biological factors that are related to violent behavior. Relationship/Interpersonal Level: individuals and their behaviors are influenced by their interactions with family, peers, and other important people in their lives. Community Level: community level factors also greatly influence a person's beliefs and behaviors and can set a standard for how people are supposed to behave. These influences include one's workplace, school, various government entities, and neighborhood. Societal Level: societal, in this sense, refers to the broader workings of a culture, including norms about gender roles, religious beliefs, and the balance of power between certain groups⁽⁷⁾.

Preventing violence is a public health priority. So, raising awareness of the fact that violence can be prevented is, however, only the first step in shaping the response to it. CDC reported that the Public Health Approach to dealing with violence prevention or other health problems that affect populations is a four-step process. The first step, is to define and monitor the extent of the Problem, the second step, is to identify risk factors and causes of the problem, the third step, is to develop and test prevention strategies, the fourth step, is to apply widely the measures that are found to work^(1, 8).

Find resources and strategies to help reduce violence in the community is a priority concern for any country. Creating and maintaining a safe, nonviolent community is an important part of supporting children, youth, and families in preventing child abuse and neglect. The world health organization determined a set of recommendations for violence prevention. These recommendations are: 1) Strengthening national commitment and action, 2) Promoting primary prevention, 3) Involving the education sector, 4) Strengthening the health sector response, 5) Supporting women living with violence, 6) Sensitizing criminal justice systems, and 6) Supporting research and collaboration^(9, 10).

The Delphi method is a structured communication technique, originally developed as a systematic, interactive forecasting method which relies on a panel of experts. The Delphi method provided a framework that enabled the collection and analysis of expert knowledge on the subject of violence. The Delphi technique as a research method, aims to structure and distil large amounts of unpublished information. This method allows subjective judgment on a collective basis to address the problem. Assessing consensus amongst a panel of experts checked the validity of data analysis and increased the reliability of findings presented^(11, 12).

The Delphi technique is a widely used and accepted method for gathering data from respondents within their domain of expertise. The technique is designed as a group communication process which aims to achieve a convergence of opinion on a specific real-world issue. The Delphi process has been used in various fields of study such as program planning, needs assessment, policy determination, and resource utilization to develop a full range of alternatives, explore or expose underlying assumptions, as well as correlate judgments on a topic spanning a wide range of disciplines. The following key characteristics of the Delphi method help the participants to focus on the issues at hand and separate Delphi from other methodologies: Structuring of information flow, Regular feedback, and Anonymity of the participants^(12, 13).

In Delphi technique, the experts answer questionnaires in two or more rounds. The experts are encouraged to revise their earlier answers in light of the replies of other members of their panel. It is believed that during this process the range of the answers will decrease and the group will converge towards the "correct" answer. Finally, the process is stopped after a pre-defined stop criterion (e.g. number of rounds, achievement of consensus, or stability of results)⁽¹⁴⁾.

Aim of the study:

The main objectives of this study are to

- 1- Using Delphi technique in developing strategies for preventing violence in the Egyptian community.
- 2- Categorize and prioritize the accepted and sustainable violence preventing strategies into a working model.

II. Materials and Methods

Study Design: -

This qualitative study used Delphi technique to identify appropriate strategies for preventing violence in the Egyptian community. This method was originally developed by the RAND Corporation to forecast technological developments (Linstone and Turoff, 2002). The advantages of the method are that it allows a group of experts to be consulted without having face to face meetings and the effects of powerful or dominant individuals in groups are reduced (Powell, 2003). It also allows people to change their ideas, and consider new ideas in the light of feedback from the responses of others and therefore promotes ownership of shared ideas and produces consensus (Hasson et al., 2000).

Subjects:-

Expert panel consisted of academic professors, experts and professional staff of governmental organizations in Egypt assigned to the prevention of violence. The total number of experts was 40 experts who were selected based upon their old experience and position. They were chosen from eight different groups; 5 experts from each group were included in this study. These groups are:-

1. Professors of Psychology, Faculty of Education.
2. Professors of Sociology, Faculty of Literature.
3. Professors of Criminal law, Faculty of Law.
4. Professors of Community Health and Public Health, Faculty of Nursing and Medicine.
5. Staff of National Council for Women.
6. Staff of Motherhood and Childhood National Council.
7. Staff of National Council for Human Rights.
8. Staff of the Crimes of Violence against Woman Combating Unit, affiliated to Ministry of Interior.

Collection of the data:-

The researchers used a series of three step questionnaires (Three rounds). The first round asked an open ended question: What are the appropriate strategies for preventing violence in the Egyptian community from your perspective? This question was used to generate an array of responses that were used to produce items for a second round questionnaire; the participants in this stage were all the forty (40) experts (a response rate is 100%). In the second round, items (responses) summarized by the researchers based on the information provided in the first round were put into a list of 44 characteristics. Expert Panel members were asked to rate each of the 44 characteristics identified in the first round using a five point likert type scale (1=Strongly Disagree, 2= Disagree, 3=Uncertain, 4= Agree, 5= Strongly Agree). The participants in this stage decreased to 35 experts with a response rate 87.5%.

From the results of the second round and comments listed by respondents, a third round was developed that separated the list of 44 factors. The third round sought to arrive at consensus. During this round panel members were presented individual results from the second round and asked to revise his/her judgments and indicate if they agreed or disagreed with each of the 44 statements. The researchers set the agreement level a priori at 70%. All items which did not receive agreement from 70% of the panel respondents were removed from the list of factors. Consensus was achieved on 40 of the factors at this level, therefore, no further rounds were deemed necessary. To produce more usable results, the 40 factors were divided by the researchers into seven categories.

III. Results

The first objective of this study sought to find out appropriate strategies for preventing violence in the Egyptian community from experts' perspective using Delphi technique. Forty four factors were identified from the 40 respondents of the first round with a response rate 100% (see Table 1).

Table1. Round one: Strategies for violence prevention (n= 40)

Rank	Strategies	Responses
1.	Conduct social development programs for children and adolescents to develop social skills, stress management, conflict resolution and moral.	35
2.	Activate social development programs to prevent bullying.	33
3.	Family counseling to move style of beating children away from methods of upbringing in the family.	33
4.	Partners counseling on good treatment of the wife and children to create a man preserve the women and children and improve the emotional bonds between parents and their children.	32
5.	Conduct awareness programs in different institutions emphasize the condemnation of all kinds of violence in society.	32
6.	Conduct general awareness campaigns using the media to target entire communities.	31
7.	Conduct awareness programs in schools stressing on holding good moral and commitment in clothing and behavior	31

	among girls and boys to prevent sexual harassment.	
8.	Improve or activate laws against sexual violence and violence by intimate partners, or against physical abuse of children in the home or at school or in other places.	31
9.	Tighten the screening of films and soap operas, which are filled with scenes of violence.	30
10.	Broadcast sermons calling for moderation and create a temperate climate away from violence.	30
11.	Put mandatory laws for reporting of child abuse, as well as elder abuse; to deal with cases of domestic and sexual violence.	30
12.	Conducting religious programs in schools and university stress on avoidance of violent behaviors.	30
13.	Focus on the role of different religions in spreading love, tolerance and affection	30
14.	Assuring the right of families to discuss freely the problem of liberalization and sexual assault on boys and girls through family programs.	28
15.	Reconstruction of school curriculums to include healthy behaviors and ethics subjects in different stages.	25
16.	Tighten security presence in the Egyptian street to curb violent crime.	20
17.	Tighten security presence in means of transportation to curb harassment and assault offenses	20
18.	Conduct awareness campaigns to change customs, traditions and beliefs about violence against the wife not to consider as a natural thing on individual and group level.	19
19.	Activating family programs to improve communication and interaction between members of the family, avoid elderly maltreatment as well as teaching problem solving skills to help parents and children.	19
20.	Conducting and activating awareness programs on to preschool and school age on liberalization, sexual assault and child abuse and importance of referral of occurrence of any of these actions.	22
21.	Addressing sexual violence against girls and boys must occupy the forefront of public health programs and planning efforts.	20
22.	Promote gender equality to prevent violence against women.	18
23.	Increase religious programs which urge ethics and non violence.	18
24.	Training teachers to use the style of debate, dialogue and understanding in education.	16
25.	Give teachers training courses on how to deal with different personalities.	15
26.	Train Teacher to be a role model in dealing with students', using direction guidance and advice rather than using the style of oppression.	15
27.	The media chatter work with couples who do not use violence with their wives and do not accept it so that the rest of the men knew that this thing is unacceptable and that this act is a crime.	14
28.	Adult health programs and reproductive health programs should focus on avoidance violence against women.	14
29.	Providing a safe environment for women and girls in places that abound with crimes of violence against women, such as providing adequate lighting in the streets and increased security presence.	13
30.	Prohibiting carrying firearms in public places without license.	12
31.	Taking of international treaties and agreements that are consistent with national legislation, our customs and traditions for the prevention of violence.	11
32.	Health care programs especially premarital care program must concentrate on child upbringing and equal treating to both genders.	10
33.	Directing psychosocial programs for the treatment of depression and other mental disorders in people exposed to harm themselves or others.	10
34.	Conduct home visits education programs by health and social Specialists to families need support or where there is a risk, especially child abuse to give advice, training and referral to specialists.	10
35.	Conduct modifications to the physical environment, such as improved street lighting, and create safe ways to children and youth on their way to and from school.	10
36.	Activation of extracurricular activities for young people, such as sports, drama, art and music.	9
37.	Activation of anti-drug and alcohol programs as responsible factors in increasing the incidence of violence factors.	9
38.	Establish protocols for personnel training in education and health sector to know the types and signs of violence on the child and family and to guide the family to the medical, social and psychological services.	9
39.	Implementation of the disarmament and limit access to guns, knives and pesticides.	8
40.	Changes in policies to reduce poverty and inequality, and improve support for families and conduct social and economic development and work schemes and job opportunities.	6
41.	Efforts to change social and cultural norms to address the issues of gender and racial or ethnic discrimination and harmful traditional practices.	6
42.	The community police work to create partnerships between the police and a variety of people categories.	4
43.	Activate literacy programs and motivate students to complete secondary education, and vocational training for disadvantaged youth.	4
44.	Conduct policies to restrict or ban toxic substances and enactment of laws to criminalize their use.	1

In the second round, panel members were asked to rate each of the 44 characteristics identified in the first round using a five point Likert type scale ; 1= Strongly disagree; 2= Disagree; 3= Uncertain; 4= Agree, 5= Strongly agree. Thirty five of the 40 panel members responded in round two for a response rate of 87.5%. Results of round two are displayed in (Table 2).

Table 2.Round Two: Mean & SD of agreement degree with strategies for violence prevention (n= 35)

Rank	Strategies	Mean	Stander Deviation
		M	SD
1.	Family counseling to move style of beating children away from methods of upbringing in the family.	4.5500	.75915
2.	Partners counseling on good treatment of the wife and children to create a man preserve the women and children and improve the emotional bonds between parents and their children.	4.7500	.44426
3.	Assuring the right of families to discuss freely the problem of liberalization and sexual assault on boys and girls through family programs.	4.5500	.51042
4.	Conduct awareness campaigns to change customs, traditions and beliefs about violence against the wife not to consider as a natural thing on individual and group level.	4.6000	.50262
5.	Activating family programs to improve communication and interaction between members of the family, avoid elderly maltreatment as well as teaching problem solving skills to help parents and children.	4.5500	.51042
6.	Reconstruction of curriculums to include healthy behaviors and ethics subjects in different stages.	4.5000	.51299
7.	Conduct social development programs for children and adolescents to develop social skills, stress management, conflict resolution and moral.	4.4000	.75394
8.	Conducting and activating awareness programs on to preschool and school age on liberalization, sexual assault and child abuse and importance of referral of occurrence of any of these actions.	4.5000	.51299
9.	Training teachers to use the style of debate, dialogue and understanding in education.	4.9000	.30779
10.	Give teachers training courses on how to deal with different personalities.	4.6000	.50262
11.	Train Teacher to be a role model in dealing with students', using direction guidance and advice rather than using the style of oppression.	4.6500	.48936
12.	Conduct awareness programs in schools stressing on holding good moral and commitment in clothing and behavior among girls and boys to prevent sexual harassment.	4.7500	.44426
13.	Conduct general awareness campaigns using the media to target entire communities.	4.3500	.87509
14.	Tighten the screening of films and soap operas, which are filled with scenes of violence.	4.5000	.68825
15.	Broadcast sermons calling for moderation and create a temperate climate away from violence.	4.6000	.50262
16.	The media chatter work with couples who do not use violence with their wives and do not accept it so that the rest of the men knew that this thing is unacceptable and that this act is a crime.	4.6000	.50262
17.	Tighten security presence in the Egyptian street to curb violent crime.	.4000	.68056
18.	Tighten security presence in means of transportation to curb harassment and assault offenses.	4.6500	.48936
19.	Implementation of the disarmament and limit access to guns, knives and pesticides.	4.6000	.50262
20.	Prohibiting carrying firearms in public places without license.	4.6000	.50262
21.	Create or improve laws against sexual violence and violence by intimate partners, or against physical abuse of children in the home or at school or in other places.	4.8500	.36635
22.	Put mandatory laws for reporting of child abuse, as well as elder abuse; to deal with cases of domestic and sexual violence.	4.6000	.59824
23.	Taking of international treaties and agreements that are consistent with national legislation, our customs and traditions for the prevention of violence.	4.7000	.73270
24.	Conduct awareness campaigns in different institutions emphasize the condemnation of all kinds of violence in society.	4.7500	.71635
25.	Activate social development programs to prevent bullying.	4.7500	.44426
26.	Health care programs especially premarital care program must concentrate on child upbringing and equal treating to both genders.	4.7500	.44426
27.	Directing psychosocial programs for the treatment of depression and other mental disorders in people exposed to harm themselves or others.	4.8000	.41039
28.	Conduct home visits education programs by health and social Specialists to families need support or where there is a risk, especially child abuse to give advice, training and referral to specialists.	4.7000	.47016
29.	Conduct modifications to the physical environment, such as improved street lighting, and create safe ways to children and youth on their way to and from school.	4.6000	.75394
30.	Activation of extracurricular activities for young people, such as sports, drama, art and music.	4.6500	.48936
31.	Activation of anti-drug and alcohol programs as responsible factors in increasing the incidence of violence factors.	4.6000	.50262
32.	Establish protocols for personnel training in education and health sector to know the types and signs of violence on the child and family and to guide the family to the medical, social and psychological services.	4.7000	.57124
33.	Changes in policies to reduce poverty and inequality, and improve support for families and conduct social and economic development and work schemes and job opportunities.	4.8500	.36635
34.	Adult health programs and reproductive health programs should focus on avoidance violence against women.	4.2500	.91047
35.	Providing a safe environment for women and girls in places that abound with crimes of violence against women, such as providing adequate lighting in the streets and increased security presence.	4.7000	.47016
36.	Addressing sexual violence against girls and boys must occupy the forefront of public health programs and planning efforts.	4.6000	.50262
37.	Promote gender equality to prevent violence against women.	4.6000	.68056

38.	Increase religious programs which urge ethics and non violence.	4.6500	.74516
39.	Conducting religious programs in schools and university stress on avoidance of violent behaviors.	4.7000	.50262.
40.	Focus on the role of different religions in spreading love, tolerance and affection	4.3000	.57124
41.	The community police work to create partnerships between the police and a variety of people categories.	3.4000	.97872
42.	Activate literacy programs and motivate students to complete secondary education, and vocational training for disadvantaged youth.	3.6000	.57016
43.	Conduct policies to restrict or ban toxic substances and enactment of laws to criminalize their use.	3.6500	.70262
44.	Efforts to change social and cultural norms to address the issues of gender and racial or ethnic discrimination and harmful traditional practices	4.6500	.74516

1= Strongly disagree; 2= Disagree; 3= Uncertain; 4= Agree, 5= Strongly agree.

Based upon responses in the second round, panel members were asked whether they agreed or disagreed with each of the identified factors. Percentage of agreement was calculated as indicated in (Table 3). The table shows that panel members identified 40 strategies which can prevent violence in the Egyptian community. All of the respondents agreed on the following strategies as being the best strategies preventing violence in the Egyptian community: Conduct social development programs for children and adolescents to develop social skills, stress management, conflict resolution and moral, activate social development programs to prevent bullying, stress on family counseling to move style of beating children away from methods of upbringing in the family, partners counseling on good treatment of the wife and children to create a man preserve the women and children and improve the emotional bonds between parents and their children, and conducting general awareness campaigns using the media to target entire communities.

The majority of the experts also agreed upon the following strategies to prevent violence: conduct awareness campaigns in different institutions emphasize the condemnation of all kinds of violence in society, conduct awareness programs in schools stressing on holding good moral and commitment in clothing and behavior among girls and boys to prevent sexual harassment, improve or activate laws against sexual violence and violence by intimate partners, or against physical abuse of children in the home or at school or in other places and tighten the screening of films and soap operas, which are filled with scenes of violence.

Broadcast sermons calling for moderation and create a temperate climate away from violence, putting mandatory laws for reporting of child abuse, as well as elder abuse; to deal with cases of domestic and sexual violence, conducting religious programs in schools and university stress on avoidance of violent behaviors and focusing on the role of different religions in spreading love, tolerance and affection are also strategies which agreed by the majority of the experts to prevent violence in the Egyptian community.

Table 3.Round Three: Level of Agreement with violence preventing strategies (n=35)

Rank	Strategies	Agree (%)
1.	Conduct social development programs for children and adolescents to develop social skills, stress management, conflict resolution and moral.	100
2.	Activate social development programs to prevent bullying.	100
3.	Family counseling to move style of beating children away from methods of upbringing in the family.	100
4.	Partners counseling on good treatment of the wife and children to create a man preserve the women and children and improve the emotional bonds between parents and their children.	100
5.	Conduct general awareness campaigns using the media to target entire communities	100
6.	Conduct awareness campaigns in different institutions emphasize the condemnation of all kinds of violence in society.	97.14
7.	Conduct awareness programs in schools stressing on holding good moral and commitment in clothing and behavior among girls and boys to prevent sexual harassment.	97.14
8.	Improve or activate laws against sexual violence and violence by intimate partners, or against physical abuse of children in the home or at school or in other places	97.14
9.	Tighten the screening of films and soap operas, which are filled with scenes of violence	97.14
10.	Broadcast sermons calling for moderation and create a temperate climate away from violence.	94.28
11.	Put mandatory laws for reporting of child abuse, as well as elder abuse; to deal with cases of domestic and sexual violence.	94.28
12.	Conducting religious programs in schools and university stress on avoidance of violent behaviors.	94.28
13.	Focus on the role of different religions in spreading love, tolerance and affection.	94.28
14.	Assuring the right of families to discuss freely the problem of liberalization and sexual assault on boys and girls through family programs.	88.57

15.	Reconstruction of curriculums to include healthy behaviors and ethics subjects in different stages.	88.57
16.	Tighten security presence in the Egyptian street to curb violent crime.	88.57
17.	Tighten security presence in means of transportation to curb harassment and assault offenses	88.57
18.	Conduct awareness campaigns to change customs, traditions and beliefs about violence against the wife not to consider as a natural thing on individual and group level.	88.57
19.	Activating family programs to improve communication and interaction between members of the family, avoid elderly maltreatment as well as teaching problem solving skills to help parents and children.	88.57
20.	Conducting and activating awareness programs on to preschool and school age on liberalization, sexual assault and child abuse and importance of referral of occurrence of any of these actions.	88.57
21.	Addressing sexual violence against girls and boys must occupy the forefront of public health programs and planning efforts.	85.71
22.	Promote gender equality to prevent violence against women.	85.71
23.	Increase religious programs which urge ethics and non violence.	85.71
24.	Training teachers to use the style of debate, dialogue and understanding in education.	85.71
25.	Give teachers training courses on how to deal with different personalities.	85.71
26.	Train Teacher to be a role model in dealing with students', using direction guidance and advice rather than using the style of oppression.	85.71
27.	The media chatter work with couples who do not use violence with their wives and do not accept it so that the rest of the men knew that this thing is unacceptable and that this act is a crime.	85.71
28.	Adult health programs and reproductive health programs should focus on avoidance violence against women.	82.85
29.	Providing a safe environment for women and girls in places that abound with crimes of violence against women, such as providing adequate lighting in the streets and increased security presence.	82.85
30.	Prohibiting carrying firearms in public places without license.	80
31.	Taking of international treaties and agreements that are consistent with national legislation, our customs and traditions for the prevention of violence.	80
32.	Health care programs especially premarital care program must concentrate on child upbringing and equal treating to both genders.	80
33.	Directing psychosocial programs for the treatment of depression and other mental disorders in people exposed to harm themselves or others.	80
34.	Conduct home visits education programs by health and social Specialists to families need support or where there is a risk, especially child abuse to give advice, training and referral to specialists.	80
35.	Conduct modifications to the physical environment, such as improved street lighting, and create safe ways to children and youth on their way to and from school.	77.14
36.	Activation of extracurricular activities for young people, such as sports, drama, art and music.	77.14
37.	Activation of anti-drug and alcohol programs as responsible factors in increasing the incidence of violence factors.	77.14
38.	Establish protocols for personnel training in education and health sector to know the types and signs of violence on the child and family and to guide the family to the medical, social and psychological services.	77.14
39.	Implementation of the disarmament and limit access to guns, knives and pesticides.	74.78
40.	Changes in policies to reduce poverty and inequality, and improve support for families and conduct social and economic development and work schemes and job opportunities.	71.40

The second objective of the study sought to categorize the strategies for preventing violence in the Egyptian community into a working model. In this model, strategies identified in round three were categorized into seven categories (as mentioned in table 4) which were identified as appropriate strategies for preventing violence in the Egyptian community. These strategies are: family strategies, school & university strategies, media strategies, security and Legal aspects strategies, community strategies, strategies preventing violence against women and religious institution strategies.

Table 4: Categorized Strategies for preventing violence in the Egyptian community

Strategies	Category
Family strategies	<ol style="list-style-type: none"> 1. Family counseling to move style of beating children away from methods of upbringing in the family. 2. Partners counseling on good treatment of the wife and children to create a man preserve the women and children and improve the emotional bonds between parents and their children 3. Assuring the right of families to discuss freely the problem of liberalization and sexual assault on boys and girls through family programs. 4. Conduct awareness campaigns to change customs, traditions and beliefs about violence against the wife 5. Activating family programs to improve communication and interaction between members of the family and avoid elderly maltreatment
Schools & University strategies	<ol style="list-style-type: none"> 1. Reconstruction of curriculums to include healthy behaviors and ethics subjects in different stages. 2. Conduct social development programs for children and adolescents to develop social skills, stress management, conflict resolution and moral. 3-Conducting and activating awareness programs on to preschool and school age on liberalization, sexual assault and child abuse and importance of referral of occurrence of any of these actions. 4. Training teachers to use the style of debate, dialogue and understanding in education. . 5. Train Teacher to be a role model in dealing with students', using direction guidance and advice rather than using the style of oppression.

	6. Conduct awareness programs in schools stressing on holding good moral and commitment in clothing and behavior among girls and boys to prevent sexual harassment.
Media strategies	<ol style="list-style-type: none"> 1. Conduct general awareness campaigns using the media to target entire communities. 2. Tighten the screening of films and soap operas, which are filled with scenes of violence. 3. Broadcast sermons calling for moderation and create a temperate climate away from violence. 4. The media chatter work with couples who do not use violence with their wives and do not accept it.
Security and Legal aspects strategies	<ol style="list-style-type: none"> 1. Tighten security presence in the Egyptian street curb violent crime. 2. Tighten security presence in means of transportation to curb harassment and assault offenses. 3. Implementation of the disarmament and limit access to guns, knives and pesticides. 4. Prohibiting carrying firearms in public places without license. 5. Create or improve laws against sexual violence and violence by intimate partners, or against physical abuse of children in the home or at school or in other places 6. Put mandatory laws for reporting of child abuse, as well as elder abuse; to deal with cases of domestic and sexual violence. 7. Taking of international treaties and agreements that are consistent with national legislation, our customs and traditions for the prevention of violence.
Community strategies	<ol style="list-style-type: none"> 1. Conduct awareness campaigns in different institutions emphasize the condemnation of all kinds of violence in society. 2. Activate social development programs to prevent bullying 3. Health care programs especially premarital care program must concentrated on child upbringing and equal treating to both gender. 4. Directing psychosocial programs for the treatment of depression and other mental disorders in people exposed to harm themselves or others 5. Conduct home visits education programs by health and social Specialists to families need support or where there is a risk, especially child abuse to give advice, training and referral to specialists needed 6. Conduct modifications to the physical environment, such as improved street lighting, and create safe ways to children and youth on their way to and from school. 7. Activation of extracurricular activities for young people, such as sports, drama, art and music. 8. Activation of anti-drug and alcohol programs as responsible factors in increasing the incidence of violence factors 9. Establish protocols for personnel training in education and health sector to know the types and signs of violence on the child and family and to guide the family to the medical, social and psychological services 10. Changes in policies to reduce poverty and inequality, and improve support for families and conduct social and economic development and work schemes and job opportunities.
Strategies Preventing violence against women	<ol style="list-style-type: none"> 1. Adult health programs and reproductive health programs should focus on avoidance violence against women 2. Providing a safe environment for women and girls in places that abound with crimes of violence against women, such as providing adequate lighting in the streets and increased security presence 3. Addressing sexual violence against girls and boys must occupy the forefront of public health programs and planning efforts. 4. Promote gender equality to prevent violence against women.
Religious Institution strategies	<ol style="list-style-type: none"> 1- Increase religious programs which urges ethics and non violence 2- Conducting religious programs in schools and university stress on avoidance of violent behaviors. 3- Focus on the role of different religions in spreading love, tolerance and affection

IV. Discussion

Violence is a public and widespread health problem in both developed and developing countries. Egypt is one of the developing countries which suffer from increasing violence rate. The first step in preventing violence is to understand it. It is not enough to know the magnitude of violence as a public health problem. It is important to understand what factors put people at risk for experiencing or perpetrating violence, such factors help to identify where prevention efforts need to be focused. So that, awareness programs must address violence risk factors to be avoided and aggravating all forms of violence actions ^(1, 5, 6).

It is more important to direct the concerns toward violence prevention. The last decades have seen a rapid growth in the awareness that violence can be prevented. There has been a clear increase in governments' activities which concern with developing violence prevention policies that address social aspects of violence and implementing programs informed by the kinds of evidence. Evidence based approach used in program planning and designing prevention programs includes research data and findings from needs assessments, community surveys, stakeholder interviews, and focus groups ⁽⁸⁾.

The first objective of this study was to identify the appropriate strategies for preventing violence in the Egyptian community. Forty strategies were finally recognized from expert panel perspectives which were revised from 44 strategies. Conduct social development programs for children and adolescents to develop social skills, stress management, conflict resolution and moral and activate social development programs to prevent bullying are most important preventing strategies that suggested by most of expert panel members in the first round and agreed by all of them during the third one.

Evidence shows that the life skills acquired in social development programs (which are aimed at building social, emotional, and behavioral competencies) can prevent youth violence, while preschool enrichment programs (which provide children with academic and social skills at an early age) appear promising. Life skills help children and adolescents effectively deal with the challenges of everyday life. Such programs that target children early in life and can last into adult can prevent aggression, reduce involvement in violence, boost educational achievement and improve job prospects. Social development programs promote pro social behavior such as anger management, moral development, empathy, developing and maintaining healthy relationships, problem-solving and conflict resolution. Those programs can be universal or target at-risk groups⁽¹⁵⁻¹⁷⁾. In our study, conduct awareness and religious programs in schools and universities stressing on holding good moral and on avoidance of violent behaviors are preventive strategies of violence suggested and agreed by the majority of panel members. This can highlight the importance of applying such programs in preschools, schools, and universities as an important institutions having great role in violence prevention.

Child maltreatment is a particular risk for families that experience difficulties creating safe, stable and nurturing relationships. Lack or disruption of such relationships in early childhood can have severe and long-lasting effects and is related to a variety of problems from childhood through to adulthood. These include anxiety and depression, poor communication skills, low self-esteem, difficulties in forming peer relationships, anti-social behavior, poor educational attainment and economic productivity and being a perpetrator or victim of violence^(18, 19). In the present study, family counseling to move the style of beating children away from methods of upbringing in the family and partners counseling on good treatment of the wife and children to create a man preserve the women and children and improve the emotional bonds between parents and their children is also an important preventive strategy that suggested by most of panel members and agreed by all of them.

A number of factors are thought to increase the effectiveness of parenting programs, including: Offering services in more than one setting (e.g. office and home); Providing both group and individual services (rather than just one); Having nurses, social workers, or other professionals (rather than non-professionals); and Training in positive interactions between parents and children. Emotional communication, responding consistently to children's behavior and providing sessions for parents to practice new skills with their own children are also recommended in parenting programs⁽²⁰⁻²²⁾. All these factors can affect positively on the relationship between all family members and help in violence prevention which are suggested by all or most the expert members in this study.

Conducting awareness programs in different institutions emphasize the condemnation of all kinds of violence in society and tighten the screening of films and soap operas, which are filled with scenes of violence, are suggested and agreed by the majority of the expert panel members as violence preventive strategies in this study. Mass media campaigns convey messages that effect change within society to broad populations via television, radio, the Internet, newspapers, magazines and other printed materials. They aim to increase knowledge, challenge attitudes and modify behavior. Media interventions can also alter social norms and values (e.g. the belief that masculinity is associated with aggression) through public discussion and social interaction. Media campaigns have proven successful in increasing knowledge of intimate partner violence and influencing attitudes towards gender norms⁽²³⁻²⁵⁾.

All the expert panel members in this study agreed that conducting general awareness campaigns using the media to target entire communities is one of the most important strategies of violence prevention in the Egyptian community. This could be applied by studying the applicability and the extent of successful of media programs used by other countries. One of the best-known and most carefully evaluated media programs is Soul City in South Africa⁽²⁶⁾. This uses a series of radio and television episodes to highlight intimate partner violence, date rape and sexual harassment, among other social problems. The series is accompanied by information booklets that are distributed nationally. An evaluation of the fourth series, which focused on gender-based violence, used a random sample of the national population and conducted two sets of interviews, eight months apart: before and after the intervention. The study reported an association between exposure to the Soul City series and changes in knowledge and attitudes towards intimate partner violence⁽²⁷⁾.

Media interventions program can help parents to manage aggressive behavior in their child⁽²⁷⁾. In Australia, meanwhile, the effectiveness of a 12-episode television series, "Families" (part of a Triple P parenting program; was evaluated using a randomized controlled study, which assessed participants before and after watching the series. The series offered guidelines for parenting strategies that deal with common behavioral

problems compared with members of the control group (who did not see the TV series), participants were reported feeling greater efficacy as parents after viewing the series ⁽²⁸⁾.

Regarding reducing aggressive behavior in children, in the Australian intervention “Families”, 43% of children in the intervention were in the clinically elevated range for disruptive child behavioral problems before the program started and immediately after the series, this fell to 14% and, six months later, fell to 10%. Although those is often costly to implement, media interventions are accessible to a large proportion of the population and may allow parents to recognize and address early warning signs of behavioral problems in children before they develop ⁽²⁹⁾. In Egypt, we need actual and assertive evaluation of all media works which can serve as a director to prevent aggressive behaviors regarding all family members. This can be applied by giving scientific recommendations from health, education, and concerning experts in this field.

Improve or activate laws against sexual violence and violence by intimate partners or against physical abuse of children in the home or at school or in other places is also an important preventive strategy agreed by most of the expert panel members in this study. Laws and policies Legislation can be a key tool in changing behavior and perceptions of cultural and social norms. Countries differ in the laws applied to violent behavior. While nearly all countries have laws that criminalize most forms of homicide, only some countries have laws in place to protect women from intimate partner violence, or children from caregiver maltreatment. However, there has been a recent move internationally towards the enactment and implementation of such laws; particularly for intimate partner violence where there has been increased international activity to promote women’s rights. For example, laws on domestic violence have been implemented in Brazil (2006), Ghana (2007), India (2006) and Zimbabwe (2006) ⁽³⁰⁾.

In the United States and other developed countries, initiatives have been developed to reduce dating violence and sexual abuse among teenagers and young adults that incorporate components to change cultural and social norms. These norms include gender stereotypes, beliefs about masculinity and aggression or violence and ideas that violence within an intimate or dating relationship is normal. Some initiatives deal specifically with male peer groups, for example, Men of Strength clubs. Others target both men and women, for example, Men against Violence and Mentors in Violence Prevention ^(31- 33).

In Egypt, women exposing to daily sexual harassment is increased. The absence of legislation criminalizing sexual harassment and inadequate legal definitions of the various forms of sexual assault create confusion as to the type and gravity of the offence. There are several consequences of the absence of legal definitions. Civil society groups working on raising awareness about sexual harassment report that women are often unsure what constitutes harassment. Finally, although the implementation of laws may have an effect on behavior through fear of punishment, changes in deeply held beliefs that justify such behavior may take far longer to occur.

V. Conclusion & Recommendation

Violence is a serious public health problem in Egypt. It affects people in all stages of life. Preventing violence becomes a public health priority. This study use Delphi technique to determine the most appropriate strategies for preventing violence in the Egyptian community. The Delphi technique is an appropriate method to use where the opinions of a large group of “experts” are needed with a move towards agreement. **Expert panel** in this study consisted of forty (40) experts from eight different groups as: academic professors, experts and professional staff of governmental organizations in Egypt who assigned to violence prevention. The researchers used a series of three step questionnaires through three rounds to collect the needed data. In this model, seven categories were identified as appropriate strategies for preventing violence in the Egyptian community. These categories are:1) family strategies, 2) school & university strategies, 3) media strategies, 4) security and Legal aspects strategies, 5) community strategies, 6) strategies preventing violence against women and 7) religious Institution strategies.

Therefore, based on the findings of this study, we **recommended** that, there is a need of recognition to the importance of violence prevention at the national level. This can be done through:-

- Developing a national plan of action for preventing violence in the society in collaboration with health team members, religious and societal leaders, non-governmental organizations, police department and people from other similar groups.
- A lot of programs should be implemented in different sectors to meet this plan and preventing violence including; awareness programs stress condemnation of all kinds of violence, family parenting programs stress proper parent child relationship, behavioral modification programs in schools, universities stress avoidance of antisocial behavior, public health programs addressing sexual violence and religious programs addressing ethics and morals among different institutions.
- Strong political support is recommended from the highest levels of government to ensure that the plan is implemented and that programs are maintained.

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