**FLE Proposal**

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Intimate partner violence (IPV) is complex and includes numerous categories of violence. Although IPV is an umbrella term for many types of violence and abuse, psychological/ emotional abuse has detrimental effects that many people do not address. Psychological violence is often hard to notice which makes it difficult to treat and learn about, but that does not discredit the severity of it. Both men and women can experience psychological abuse from their partner or significant other, yet like IPV in general, more women fall victim to psychological and emotional violence and abuse. A fact sheet or information graphic on psychological Intimate Partner Violence would be helpful for women, but specifically, young adults ranging from 18-30 years old. This age group is believed to be the most vulnerable to psychological violence because of the possibility that they lack general knowledge. Hopefully, with more information, this population of individuals will understand they are not alone and that they can get help. With this in mind, the goal of a fact sheet or an organized infographic will present information such as general statistics on psychological IPV, definitions, risk factors for psychological IPV, long-term effects of psychological IPV, and the steps clinicians should take to help decrease these rates.

**Definitions and Characteristics**

The proposed fact sheet or information graphic will include key components of intimate partner violence. This includes starting with definitions and highlighting characteristics as well. Part of the product's purpose was stated as to explain the severity of the Intimate Partner Violence and research by Cho et al. (2020) does that by explaining in their research that women are more likely than males to be victims of IPV. Moreover, to continue to highlight the real impact of IPV on women and to demonstrate to the audience that this could impact them, the fact sheet will bring in the statistic found by Ragusa (2012) that one in three women are affected by IPV on a global scale. Ragusa (2012) also describes the key types of IPV as physical, emotional, psychological, and economic abuse which will be stressed in the final product. From this, the fact sheet/ infographic will leeway into focusing on the topic of psychological IPV and how it affects young adult women (ages 18-35). This age group was picked because of the research by MacMillian et al. (2020) emphasizing that intimate partner violence is most common among women of reproductive age. After clarifying to the audience in the fact sheet/ infographic, the focus will be on defining and characterizing psychological IPV. The research by Shortt et al. (2013) provides an excellent definition which can be summarized as emotional abuse and behavior that can be offensive and degrading in its nature leading to harm toward a partner. This can include acts such as threats, ridicule, and withhold of affection. Another characteristic to emphasize is that it should not be confused for a negative form of communication or poor management of conflict (Shortt et al., 2013). Reed et al. (2006) also mentions that psychological abuse is also about unequal power distribution and that 72% of victims report these detrimental effects having a greater impact than any physical abuse. This type of violence includes acts such as threats of harm, ridicule, criticism, jealousy control, the threat of abandonment, withholding information, and purposefully ignoring (Reed et al., 2006). Together these sources offer general characteristics, statistics, and definitions that will serve as a baseline of information for the fact sheet/ infographic.

**Risk Factors and Effects**

The fact sheet/ information graphic will also include information about the risk factors and effects that are associated with psychological intimate partner violence. Different types of risk factors and effects can impact an IPV survivor differently. As stated in the study discussed by Cho et al. (2020), demographic factors effects can be associated with IPV and women being a primary victim of IPV (Cho et al., 2020). In another study, Holmes et al. (2020) mention that women are affected by being ten times more likely to perpetrate against their partner which can then result in an even greater amount of violence on both sides of the relationship. The perpetration was concluded to be a likely correlation to being victimized; meaning, those who are victimized are more likely to perpetrate abuse back onto their perpetrator as a result. Another factor that was found by Holmes et al. (2020), is women of minority groups and socioeconomic status are more likely to become victims of IPV, making this an intersectional issue. The same study also discusses how the effects of IPV can be associated with adverse physical and mental health (Holmes et al., 2020). These mental health effects include depression, anxiety, PTSD, low self-esteem, learned helplessness, resentment to abusers and they all persist long after the relationship potentially ends (Reed et al., 2006). Moreover, those who experience psychological abuse are more likely to develop an alcohol use disorder as a result (Holmes et al., 2020). There are additional effects that come out of IPV as well; for instance, Weston's (2008) research article called attention to the toll IPV has on relationship quality and relationship satisfaction. Both satisfaction and quality decrease as violence and verbal aggression increase (Westin, 2008). Although this seems like an obvious connection, many women may believe they are alone in this feeling, but that is where the proposed fact sheet and infographic will come in to provide all this information.

**Decreasing the Rates of IPV**

The final information included in the fact sheet/ infographic will be ways to decrease the high rates of IPV, explicitly, psychological violence. This includes addressing the reasons why victims do not actively seek help, and ways clinicians could assist. As stated, the goal of the fact sheet/ infographic is to aid those seeking help which is why it is important to address the problem areas such as that many IPV incidents remain unreported to authorities. Ragusa (2012) explains that most individuals seek a form of informal help compared to formal help which means going to friends and family instead of the authorities. However, people should be advised that psychological IPV can worsen due to stress from friends and as a result can worsen the effects of IPV and other relationships (Shortt et al., 2013). There are ways to combat this and help victims, for example, therapy and advocacy services. For instance, Reed et al. (2006) provide detail on a form of therapy called Forgiveness Therapy (FT) and its benefits. Specifically, Reed’s study covered the effects Forgiveness Therapy had on mental health compared to standard therapy (AT). After multiple screenings and surveys, Reed et al. (2006) was able to conclude that FT fostered far greater psychological improvement than AT. The mean number of symptoms dropped from nine to two mental health syndromes demonstrating the significance that Forgiveness Therapy has on IPV victims. The Forgiveness Therapy that Reed et al. (2006) researched is similar to the tasks outlined by the World Health Organization to guide clinicians in helping IPV victims. MacMillan et al. (2020) cited the World Health Organization's five tasks, Listen, Inquire, Validate, Enhance Safety, and Support as steps clinicians can use to help victims of violence. The fact sheet/ infographic will inform the audience that clinicians are mandatory reporters and that is to not scare them off, but instead, it should encourage them to seek help because they are equipped and trained on steps such as the one above. MacMillan’s article also highlights clinicians' responsibilities including supporting patient autonomy, providing individualized services, and connecting them with advocacy groups. The knowledge of clinicians' roles will likely help the intended audience of young women feel more supported and gain a better understanding of clinicians before they go to them for support.

**Conclusion**

The proposed fact sheet/ infographic again is intended to educate young women and provide them with the reassurance that they are not alone and that there are resources. A fact sheet/ infographic is easily accessible and can be distributed in many different ways. For instance, it can be put in doctors' offices, campus health centers, free clinics, and it can constantly be modified with new information to best help other women. MacMillan et al. (2020) noted in their article that women prefer IPV to be addressed in a manner that does not make them feel forced to disclose information, but also in a way that they feel supported. Although a fact sheet/ infographic is not as personal it still provides information without overwhelming someone. Intimate Partner Violence victims should feel as though they are supported without feeling pressured, so by providing information to them at their fingertips they can do things at their own pace.

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