



Consequences of different types of domestic violence

Section 2 , 1 ECTS

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Introduction

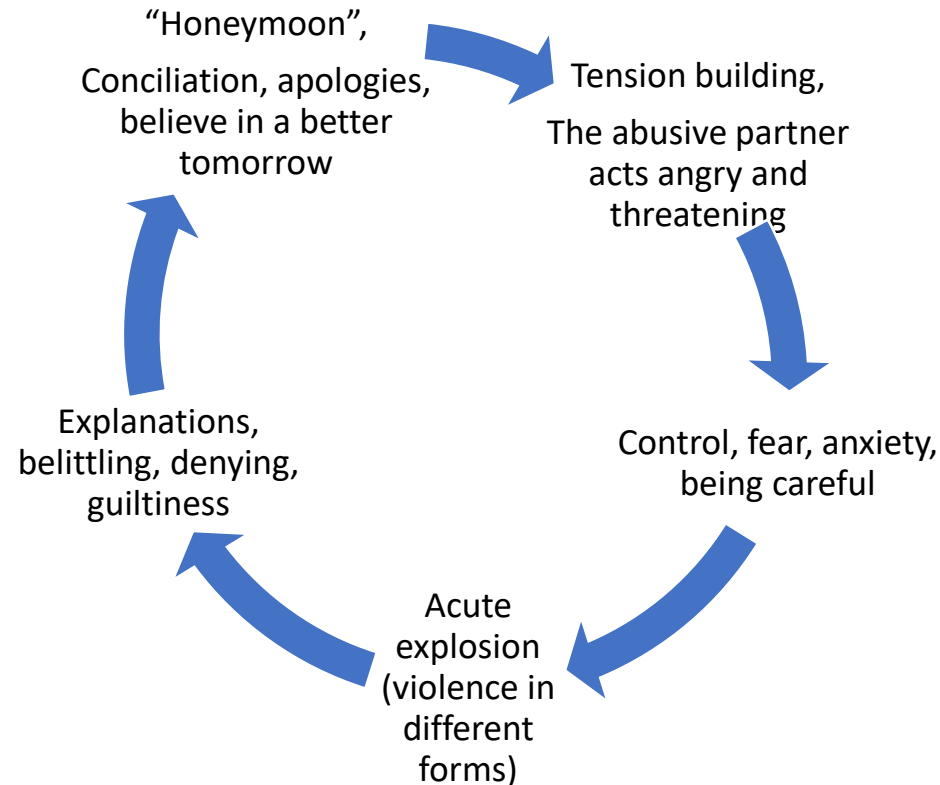
- Domestic violence, also known as domestic abuse, family violence and intimate partner violence.
- There are different forms of domestic violence, which can result in injuries and serious physical, mental and social consequences.
- Domestic violence is not always visible outside, and others may not be aware of it since it takes place inside the home.
- It is described as a hidden crime, which effects on the well-being of the whole family in all socioeconomic and education levels.
- Domestic violence is largely perpetrated against women, but a victim can be a friend, a neighbor, a co-worker regardless of gender, age, occupational group or income level.

Introduction /Argument vs violence

- There is difference between argument and violence.
- Arguments are part of family life. They occur in every relationship sometimes.
- The difference between an argument and violence may be small. All actions that hurt, threaten or scare constitute violence.
- There are situations in which people have the right to feel anger or sadness, but violence is never part of arguing.

Introduction – The violence wheel

The process of domestic violence usually proceeds as shown in the figure, “The violence wheel”:



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Different types of domestic violence

- **Physical violence.** Intentional violation of the integrity of the body. E.g.: Hitting, slapping, punching, kicking, burning, strangulation, damaging personal property, refusing medical care, controlling medication, use of weapons (e.g. firearms, knives).
- **Psychological violence.** Intentional harm to mental and emotional well-being. E.g.: Subjugation, criticism, naming, contempt, nullification, disregard, contempt, control, restriction of social life, strong jealousy, isolation, threat of suicide.
- **Sexual violence.** Intentional violation of sexual integrity and self-determination or sexual abuse. E.g.: Rape or attempted rape, coercion into sexual intercourse, sexual humiliation, prohibition of contraception, exposure the person younger than the age of consent to sexuality or sexualized atmosphere
- **Financial violence.** Intentional violation or limitation of self - determination in economic matters. E.g.: Preventing the use of money independently, prohibiting participation in financial decision-making, forcing one's own money to be made available to another.



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Different types of domestic violence

- **Cultural or religious violence.** Intentional violation or control of the right to self-determination related to culture, belief or religion. E.g.: Coercion of belief, banning the practice of a religion, using violence in reference to a religion or culture.
- **Stalking.** Repeated and intentional intimidation, observation and persecution. E.g.: Repeated, unsolicited contacts, following, surveillance, dissemination of false information.
- **Technological violence.** Violation that includes the use of technology to stalk or control another person. E.g.: Hacking into a partner's email and personal accounts, using tracking devices to monitor the location, phone calls and messages, monitoring interactions via social media, demanding to know partner's passwords.
- **Chemical violence.** Intentional violation to physical or mental well-being caused by drugs, intoxicants, chemicals or solvents.



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Consequences of domestic violence

- Domestic violence is a traumatic experience, which is known to have various effects on the health and well-being of victims.
- Various adverse health outcomes cause victims to use health care services significantly more often than the general population.
- Domestic violence has high economical costs.
- It is estimated that annually global costs of domestic violence are approximately 1.3 billion euros, which means almost 2 % of Global GDP (Gross Domestic Product).



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Consequences of domestic violence

- More than half of the victims of domestic violence suffer **physical injuries** (e.g. bruises, scratches, or pain, with other common injuries including swelling and redness).
- Acute physical injuries are in smaller proportion than **somatic problems** such as decreased functional and self reported health, back, head and stomach pain, sleep disorders and gynecological disorders.
- Domestic violence is also associated with **chronic diseases**, e.g. cardiovascular disease.
- **Mental health problems** (e.g. depression, anxiety, post-traumatic stress disorder) are common among victims of domestic violence
- Victims of domestic violence have more addictions and substance abuse, and suicidal behavioral.

Consequences of domestic violence

- *Adverse childhood experiences (ACE)* are traumatic and difficult childhood experiences such as physical, mental, sexual abuse or violence in the family.
- Adverse childhood experiences appear in adult health long after experience.
- A human carries in the body traces of everything that has happened in their life. Traces may not appear visible but are nervous ways to react in different situations. Some of the responses are innate and some are learned. Healthy nervous system responses involve a great deal of flexibility and restore the body to a state of safety relatively quickly after a stressful situation.
- Adverse childhood experiences and poorer health in adulthood are strongly related.



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