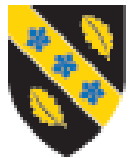


Module: Introduction to Research
Module code: BMHP5005
Student: Ferline dos Santos Danqua
Student ID: 2030736
Lecturer: Rachel Cohen



University of Wales
Trinity Saint David
LONDON

Assessment 2: Viva Voce

**Experiences of domestic
violence on women's mental
health and its impacts**

Introduction

This research is crucial to understand what domestic violence is, what causes it, and how it affects victims' mental health and the society.

Domestic violence is a complex and mostly unknown subject. It has been defined as a wide spectrum of harms to people who are or have been intimate partners, including physical, emotional, sexual, and financial harms (Keeling et al., (2016)

The rationale of this research is to raise awareness in society, particularly among women, so that they are not afraid to come forward and report the abuse they experience

The aim of this research is to investigate the impact of domestic violence on women's mental health that went through it

Methods

Type of Research:

Interviews and
questionnaires

Analysis:

Secondary research,
Qualitative research

Keywords:

Domestic violence, women's
health, domestic abuse,
mental health, public health,
older women, coping

Databases:

ProQuest Central, Oxford
Academic Journals, EBSCO
Host and PubMed

Inclusion Criteria:

Young and older women

Exclusion Criteria:

Women with personality
disorders, women with a
long-term illness or disability,
pregnant women

Literature review

Author(s), title, and year of publication	Aim of study	Methods, Sample size and characteristics	Summary of main findings
1 Help-seeking amongst women survivors of domestic violence: a qualitative study of pathways towards formal and informal support Maggie A. Evans and Gene S. Feder 2016	The aim of this qualitative study to investigate their pathways to assistance and their experiences with barriers and facilitators to disclosure and help seeking.	Over the course of five months, 31 women who sought assistance from specialised DVA agencies in the UK were interviewed twice. The women in the sample ranged in age, ethnicity, socioeconomic background, work position, and type of support received.	This study demonstrates that women who had no access to help stayed in abusive, controlling relationships for a long time. When faced with a crisis, such as an assault or homelessness, access to resources was more likely to occur; nevertheless, women who had better access to housing and informal networks frequently found it more difficult to get in touch with a specialist.
2 Jan Bostock, Maureen Plumpton, Rebekah Pratt Domestic Violence Against Women: Understanding Social Processes and Women's Experiences; 2009	The aim is to investigate the effects of domestic violence on older women, particularly in light of the availability of health and social services. Additionally, it aims to draw attention to the specific knowledge and comprehension gaps that exist from the perspective of policy and care delivery.	Twelve women age between 21 and 56 years old Interview which lasted 1h Participants were asked open-ended questions in order	The twelve participants all spoke about the violence and abuse they had endured, and an analysis of their accounts revealed four key themes: dealing with the abuse outside of the romantic relationship, commonalities and contradictions in the experience of abuse, how women dealt with it, how systems either supported or opposed it.

Literature review (cont.)

	Author(s), title, and year of publication	Aim of study	Methods, Sample size and characteristics	Summary of main findings
3	Cathy Humphreys and Ravi Thiara Mental Health and Domestic Violence: 'I Call it Symptoms of Abuse'; 2003	Investigate the issues that women and children face when they leave a violent relationship, including their interactions with legal, health, and welfare professionals, and consult with women and children who use domestic violence outreach services about the specific role of outreach services in helping and being helped.	Questionnaires and interviews Four black and minority ethnic women were among the twenty women interviewed, out of all the women.	The study's main finding was that domestic violence is directly linked to severe mental distress in women such as depression, post-traumatic stress disorder, and self-harm, despite the fact that most professionals and health services ignore it.
4	June Keeling, Debbie Smith and Colleen Fisher A qualitative study exploring midlife women's stages of change from domestic violence towards freedom; 2016	This study aimed to explore midlife women's journeys away from domestic violence.	Semi structured interview 15 women aged between 40-55	Women in their middle years appear to exit violent relationships more quickly and internally reclaim power than younger women do
5	Anne Lazenbatt, John Devaney, Aideen Gildea Older women living and coping with domestic violence; 2013	Aim of this study is to learn more about the effects of domestic violence on older women and how they cope with it.	Sampling and recruitment 18 older women who are currently, or had been in a long-term abusive relationship were recruited.	According to research, older women who experience domestic violence may experience severe anxiety and depression as a result, which is extremely detrimental to their wellbeing.

Results

There are three key findings of the present researches. First, Although Keeling et al. (2016) found that after leaving violent relationships, mid age women recover quicker than young women

Second, Humphreys and Thiara (2003) and Lazenbatt et al.(2013) highlighted that domestic violence can cause depression, anxiety and post-traumatic disorders on women wellbeing

Third, McGarry et al. (2010) argues that accessing services and receiving appropriate support is even more difficult for older women. Humphreys and Thiara (2003) further argues that most professionals and health services ignore women's symptoms of domestic abuse

Discussion

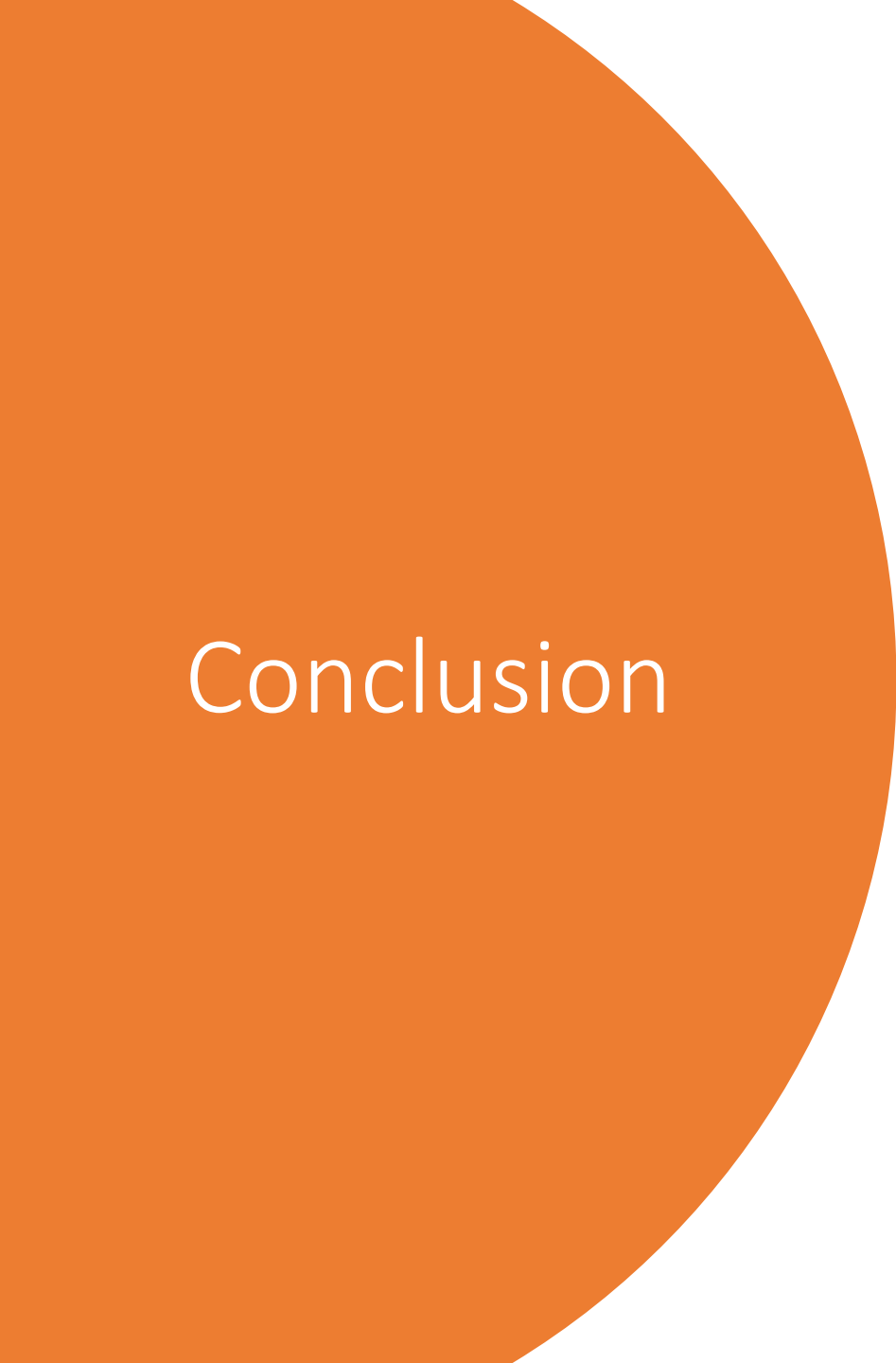
In my view, the most compelling explanation for the present set of findings is that domestic violence is a major public health concern for women around the world which consequently affects their mental health.



Furthermore, family and friend support was limited, and professional response was poor.



The results strongly imply that health professionals must receive appropriate knowledge and skill training in order to effectively deal with women who have been abused.



Conclusion

The purpose of this study was to gain a better understanding of how domestic violence has a significant impact in women's mental health

Women in middle age exit abusive relationships more quick than young women

Women who had no access to help stayed in abusive, controlling relationships for a long time

To conclude, the results of this research provide supporting evidence that women who experienced domestic violence suffered depression, anxiety, post-traumatic stress disorder and faced difficulties in accessing services and receiving the right support

References

Bostock, J., Plumpton, M. and Pratt, R. (2009) 'Domestic violence against women: Understanding social processes and women's experiences', *Journal of community & applied social psychology*, 19(2), pp. 95–110. Available at: <https://doi.org/10.1002/casp.985>.

Evans, M.A. & Feder, G.S. 2016, "Help-seeking amongst women survivors of domestic violence: a qualitative study of pathways towards formal and informal support", *Health Expectations*, vol. 19, no. 1, pp. 62-73.

Humphreys, C. and Thiara, R. (2003) 'Mental Health and Domestic Violence: "I Call it Symptoms of Abuse"', *The British journal of social work*, 33(2), pp. 209–226. Available at: <https://doi.org/10.1093/bjsw/33.2.209>.

Keeling, J., Smith, D. and Fisher, C. (2016) 'A qualitative study exploring midlife women's stages of change from domestic violence towards freedom', *BMC women's health*, 16(13), pp. 13–13. Available at: <https://doi.org/10.1186/s12905-016-0291-9>.

Lazenbatt, A., Devaney, J., and Gildea, A. (2013). Older women living and coping with domestic violence: The Journal of the Health Visitors' Association. *Community Practitioner*, **86**(2), pp. 28-32.

McGarry, J., Simpson, C. and Hinchliff-Smith, K. (2010). The impact of domestic abuse for older women: a review of the literature. *Health & Social Care in the Community*, [online] 19(1), pp.3–14. doi:10.1111/j.1365-2524.2010.00964.x.