

### Effects of Intimate Partner Violence on Victims

#### Physical Effects

- Almost half of victims sustain physical injury, including<sup>1</sup>:
  - Bruises
  - Cuts, scratches, or burns
  - Fractures or broken bones
  - Internal injuries or miscarriage
- Injury can be severe<sup>1</sup>:
  - Can require professional medical attention, including hospital treatment.
  - Can require victim to take time off from everyday activities.
- Long term victimization can result in poorer physical health<sup>1</sup>.

#### Emotional Effects

- Almost all female victims, especially women who experience the most serious forms of abuse and sustain injury, can also suffer from emotional consequences<sup>1</sup>
  - Upset
  - Confusion
  - Frustration
  - Anger
  - Fear
  - Heightened fear of being home alone
  - Emotional detachment<sup>2</sup>

#### Psychological Effects<sup>2</sup>

- Psychological effects on victims of intimate partner violence can include:
  - Poorer mental health
  - Elevated levels of everyday stress
  - Low life satisfaction
  - Low self-esteem

- Risky behaviours (e.g., unhealthy eating, high-risk sexual behaviours, substance abuse)
- Depression
- Anxiety
- Sleep disturbances
- Suicidal thoughts and behaviour
- Replaying assault in your mind
- Flashbacks
- Posttraumatic stress disorder (PTSD)

## Interpersonal Effects<sup>2</sup>

- Interpersonal effects of intimate partner violence include:
  - Inability to trust
  - Fear of intimacy
  - Isolation

*This is not an all-inclusive listing. Victims may experience effects other than those listed here.*

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<sup>1</sup> Sinha, M. (Ed.). (2013). *Measuring violence against women: Statistical trends*. (Catalogue no. 85-002-X). Retrieved from Statistics Canada website: <http://www.statcan.gc.ca/pub/85-002-x/2013001/article/11766-eng.pdf>

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<sup>2</sup> American Psychological Association. (2012). *Intimate Partner Violence Facts and Resources*. Washington, DC. Retrieved from American Psychological Association website: <http://www.apa.org/topics/violence/intimate-partner-violence.pdf>