

Effects of Intimate Partner Violence on Victims

Physical Effects

- Almost half of victims sustain physical injury, including¹:
 - Bruises
 - Cuts, scratches, or burns
 - Fractures or broken bones
 - Internal injuries or miscarriage
- Injury can be severe¹:
 - 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 health¹.

Emotional Effects

- Almost all female victims, especially women who experience the most serious forms of abuse and sustain injury, can also suffer from emotional consequences¹
 - Upset
 - Confusion
 - Frustration
 - Anger
 - Fear
 - Heightened fear of being home alone
 - Emotional detachment²

Psychological Effects²

- 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 Effects²

- 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.

¹ 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>

² 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>