

DEPRESSION ASSOCIATED WITH DOMESTIC VIOLENCE AMONG WOMEN: A SYSTEMATIC REVIEW

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Abstract

Introduction

Violence is a leading cause of disability, resulting in poor health, a terrible quality of life, and a significant reliance on health services. Violence is related to various physical and mental concerns and problems and can some time lead to suicidal attempts and death. A serious and common mental illness Depression (major depressive disorder), prevailing across world, negatively affects the health of individual, both physically and mentally. Depression among women is common in developing countries. There is significant association between depression and domestic abuse. Domestic abuse is a widespread issue for women, with depression being the most common negative mental health effect.

Methodology

Review was done on published research works from data base of Pub Med, Web med, pop line and Google scholar using the key words (depression, domestic violence). Inclusion Criteria was the studies conducted with title either having depression or/and domestic violence or violence and the study subjects were female living with their partners. Exclusion Criteria was studies in which other mental conditions such as mania, bipolar disorders were also excluded.

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Patients with congenital or other physical disorders studies were also excluded. A total of 36 Articles available in the open access journals were retrieved and accessed based on the required information regarding depression and domestic violence. The other 22 articles were discarded on the basis of exclusion criteria as mentioned and finally 14 papers were included as per inclusion criteria in this review.

Results

The 14 studies included in this review, the findings revealed that large number of women have been victim of violence. Domestic violence significantly associated with depression among women. As the studies results of Niaz (Niaz U 2013), Bachman, R, Saltzman, L E (2013) shows the incidence reports of depression and anxiety was found to be high as 60 %, prevalence of abuse and violence of 34%, violence in females 70 and 46.9 % respectively. The overall articles findings show domestic violence significantly associated with depression.

Conclusion

The result of review indicates that the majority of the women were experiencing many forms of domestic violence at the same time, difficult to evaluate each form distinctly. Domestic violence whether verbal, physical and emotional has strongly effects the mental health. Further researches should be conducted in the relevant field to assess its prevalence. In addition, certain effective interventions and seminars are needed to promote awareness related to current issue to prevent violence against women.

Key Words: Depression, Domestic violence, violence

Introduction

Depression (major depressive disorder) is a severe and common medical condition that affects feelings, thoughts, and behaviors. Depression is one of the most prevalent psychological disorder effecting peoples globally and causes loss

of interest in activities, feeling of sadness, and low mood.(DSM-5 2013) Depression among women is common in developing countries. Due to domestic violence, women are more vulnerable to mental health problems and depression is major illness resulting from violence.(NIMH 2013) Violence is a leading cause of disability and death among women, resulting in poor health and a terrible quality of life. Death rate, disability, low quality of life, poor health conditions correlates with violence which in return causes physical and mental health problems.

United Nation defines violence against women as “a gender-based act which results in physical, psychological or sexual harm or which leads to threats or suffering to women whether happening in personal or public life”.(UNGAR 2005) As reported by World health organization (WHO), domestic violence or emotional, physical or sexual abuse by intimate partner ranged high from 20% to 50% in 1997.(Heise L, Bachman R) Globally, one report shows that 1 out of 3 woman abused in terms of forced sex, and beaten in her lifetime. According to United Kingdom reports, prevalence of domestic violence is ranging from 39 to 60% against women (McGibbon1990) one of the findings of a community survey described that, 23% of women have ever been physically assaulted by a partner or former partner, with 4% experiencing violence in the previous 12 months.(Stanko E, Crisp H 2011) According to recent primary care research conducted outside the United Kingdom, rates of lifetime domestic abuse experience range from 12 percent to 46 percent, (Mirrless-Black2010 FreundKM1996) with a frequency of 28 percent in the past 12 months.(Marais A, Johnson, M 2011) Domestic violence is defined and explained in many ways in term of its prevalence in different studies. Some researches put emphasizes on physical abuse or violence while other considers the broader range of abusive behaviors like physical and emotional abuse. Although these definitions explained violence but they lack capability to capture the nature of violence, its complexities of abusing women by

men privileges in society. (McCauley J 2008) Domestic violence is not so far considered a major problem in Arab and other Islamic nations, regardless of its increasing occurrence and deadly repercussions. It is also reported that one out of three women suffered from physical abuse by her husband's in Palestine, Egypt, Tunisia and Israel. (Dennerstein L 2009) In a nearby nation like India, almost 25% of women experience physical abuse at some point in their lives. Furthermore, 18 to 45% married men in Utter Pardes (India) admitted that they were abusing their wives physically. (Burge SK2009)

Domestic violence prevailing across the world as different countries have reported the prevalence of domestic violence. a one study reports from Cambodia that 16 percent of women are physically mistreated by their husbands or partners (Wagner PJ1998) In Thailand, however, 20% of husbands admitted to physically abusing their wives at least once during their marriage. (Belhadi A2003) Now a day's domestic violence is considered as a primary public health issue and human rights problem in this modern era. The most concerning factors are emotional, sexual and reproductive health among women. Domestic violence distresses whole families, including children, as Taft et al. point out, making the statistics all the more shocking. (Naryana G 2008).

Domestic abuse is regarded as a private family concern in Pakistani society. A one study in Pakistan done with suicidal patients shows that suicidal rate was higher among married women. The findings of study also reveal that the reason behind suicidal attempts was conflict with husband (80%) and in-laws (43%). (Hoffman K et al2005) According to a study conducted in Karachi, verbal, physical, and emotional abuses against women are prevalent, resulting in intimidation, emotional damage, ongoing depression, and the incapacity to make even slight decisions, and violence against women is reported to be higher than 70% (Sheikh MA2000, Taft A) According to Niaz's (Niaz U 2003) research, the

prevalence of depression and anxiety is as high as 60 percent and 65 percent, respectively.(Khan MM1998) Another study by Fikree and Bhatti, estimated that nearly 34% of married pregnant women have experienced abuse(Ali, B 2002) During pregnancy violence is increased (to as high as 24.9%), while nonconsensual sex was reported by 46.9% of women interviewed. (Fikree F 2012). The aim of the review is to assess the level and relationship between domestic violence and depression among women.

Methodology

Review was done on published research works from data base of Pub Med, Web med, pop line and Google scholar using the key words (depression, domestic violence). Inclusion Criteria was the studies conducted with title either having depression or/and domestic violence or violence and the study subjects were female living with their partners. Exclusion Criteria was studies in which other mental conditions such as mania, bipolar disorders were also excluded. Patients with congenital or other physical disorders studies were also excluded. A total of 36 Articles available in the open access journals were retrieved and accessed based on the required information regarding depression and domestic violence. The other 22 articles were discarded on the basis of exclusion criteria as mentioned and finally 14 papers were included as per inclusion criteria in this review.

Results

The 14 studies included in this review, the findings revealed that large number of women have been victim of domestic violence had fulfilled the criteria of depressive symptoms association between depression and domestic violence, women experience high level of depression as compared to men. Accumulated differences for women accounted due to the poverty, stressful life events, abuse,

violence, sex discrimination and differential social roles. Domestic violence significantly associated with depression among women. As the studies results of (Niaz U 2013) , (Bachman,R, Saltzman,L E 2013) shows the incidence reports of depression and anxiety was found to be high as 60 %, prevalence of abuse and violence of 34%, violence in females 70 and 46.9 % respectively. The most psychological response reported by female victims due to partner abuse was the depression The overall articles findings show domestic violence significantly associated with depression.

Discussions

Review reports of different articles shows that majority of the victims of domestic violence had fulfilled the criteria of depressive symptoms. In regards to association between depression and domestic violence, women experience high level of depression as compared to men. Women who experienced high level of domestic violence and survive developed high level of depression (Robert K 2004). Another study conducted by Barclay L et al found that domestic violence as a social factor is significantly correlated factor with depression. The finding of the study that verbal, physical and emotional and domestic violence has a strong positive relationship with depression however stress is consistent with other studies. (Barclay L 2004) Domestic violence also leads to serious harm, sexual abuse and problems with mental wellbeing (Solomon, 1995) Accumulated differences for women accounted due to the poverty, stressful life events, abuse, violence, sex discrimination and differential social roles. (Arshad, 2007) The most psychological response reported by female victims due to partner abuse was the depression (Claudia, & Sheehan, 1998).

Several studies measured only experiences of physical violence, whereas others included sexual and psychological abuse within their definition of domestic violence. The connection between domestic violence victimization Meta-analysis

of various scientific researches on mental health issue of women in relation with the violence associated with their husbands showed that half of women were the patients of clinical depression.(Sheehan DV et al) (Tiaden, 1993) In a study of Cascardi et al., it is estimated that 56% of women who had experienced physical abuse, diagnosed with major depressive disorder (Sobia Haqqi et al., 2010) and pursuing marital counseling while other study by Stein & Kennedy shows that due to intimate partner violence, co-morbidity of depression and PTSD was higher among women enlisted from community medical clinics and agencies of domestic violence (Thoennes, 2003) (Gleason, W). Even after controlling for social factors linked with depression, the link between depression and partner abuse in women presenting to their general practitioners is strong (Carcardi M.Stein MB2001). This confirmed the findings from all other articles viewed shows 62% females to be suffered from depression however further statistical analysis would be required that might assess the association of severity of depression. And also that women experiencing current or past abuse by a partner are diagnosed with depression.

Conclusions

Domestic violence is common in the society and is even more common in rural part of the society because of illiteracy , poor mental health awareness and lack of knowledge laws implementation regarding violence We observed that most victim of domestic violence also experience depression in their life. The review result of different studies (Longitudinal cross-sectional studies and meta-analysis) tells us that majority of women in their lives experienced some form of domestic violence in different ways. In the light of above results it is important to investigate domestic violence and its consequences and there is a need of effective interventions to promote the necessary individual and societal changes to tackle the current cases of domestic violence effectively and to promote new ones.

Recommendations:

Domestic violence is a major factor in women. Government should take steps to reduce it by creating awareness, legislations and detecting cases of domestic violence through treating. Healthcare workers be trained to recognize and support the women who are vulnerable to violence and depression. Policies to be developed at national and global levels to tackle these issues. While developing policies, local cultural variations should be kept in mind and the option which addresses the issue in the most culturally acceptable way should be chosen. It is very difficult to assess women separately on each form of violence because multiple form of domestic violence prevailing in our country. To further clarify this, further studies need to be conducted, assessing different type of violence and further investigation and researches required to promote the mental health of women by using effective interventions and awareness programs to make society peaceful for women.

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