Psychological Abuse

WHAT IS PSYCHOLOGICAL ABUSE?
Psychological abuse includes:
- Humiliating the victim
- Controlling what the victim can/cannot do
- Withholding information from the victim
- Deliberately doing something to make the victim feel diminished/embarrassed
- Isolating the victim from friends/family
- Denying the victim access to money or other basic resources
- Stalking

WHY IT MATTERS
Psychological abuse involves trauma to the victim caused by acts, threats of acts, or coercive tactics. Psychological abuse frequently occurs prior to or concurrently with physical or sexual abuse. While psychological abuse increases the trauma of physical and sexual abuse, a number of studies have demonstrated that psychological abuse independently causes long-term damage to a victim’s mental health.

DID YOU KNOW?
- 48.4% of women and 48.8% of all men have experienced at least one psychologically aggressive behavior by an intimate partner.
- 4 in 10 women and 4 in 10 men have experienced at least one form of coercive control by an intimate partner in their lifetime.
- 17.9% of women have experienced a situation where an intimate partner tried to keep them from seeing family and friends.
- 18.7% of women have experienced threats of physical harm by an intimate partner.
- 95% of men who physically abuse their intimate partners also psychologically abuse them.
- An employed woman with an unemployed partner is more than twice as likely to be psychologically abused by her partner.
- Women who earn 65% or more of their household’s income are more likely to be psychologically abused.

IF YOU NEED HELP,
DIAL THE NATIONAL DOMESTIC VIOLENCE HOTLINE AT:
1-800-799-SAFE
EFFECTS OF PSYCHOLOGICAL ABUSE

- 7 out of 10 psychologically abused women display symptoms of PTSD and/or depression.\(^5\)
- Women experiencing psychological intimate partner violence are significantly more likely to report poor physical and mental health and to have more than 5 physician visits in the last year.\(^6\)
- Psychological abuse is a stronger predictor of PTSD than physical abuse among women.\(^7\)

REFERENCES