

IMPACT OF DOMESTIC VIOLENCE



Domestic violence can have a negative impact on the physical, psychological and spiritual wellbeing of victims and survivors. Some common effects include:

PHYSICAL

- Serious injury (bruises, sprains, fractures), miscarriage, and in severe cases death
- Chronic health problems due to the stress caused by abuse compromising the immune system
- High blood pressure
- Chronic fatigue
- Muscle tension
- Shortness of breath
- Vaginal bleeding or pelvic pain in cases of marital rape



MENTAL

- Anxiety
- Depression
- Post-Traumatic Stress Disorder (PTSD), which includes symptoms of flashbacks, hypervigilance, numbness, avoidance, nightmares
- Low self esteem
- Suicidal thoughts and attempts
- Insomnia
- Self-destructive or sabotaging thoughts or behaviors.



SPIRITUAL

- Questioning and doubting faith (Especially when the abuser is using religion as a control tactic)
- Feeling abandoned by God (For example, praying for the abuse to stop and it doesn't)
- Feeling betrayed when religious leaders don't hold Perpetrators accountable and blame the victim
- Feeling unworthy
- Inability to trust
- Hopelessness
- Interpreting the abuse as punishment or as a sign of being a "bad" Muslim

