



Effects of Interpersonal Violence

Interpersonal violence can have profound and multifaceted effects on individuals, impacting both their physical and mental wellbeing, as well as their social and economic circumstances.

Physical Health Effects:

Injuries: Physical injuries can range from bruises and cuts to broken bones and more severe trauma

Chronic Pain: Physical abuse can lead to chronic pain conditions and long-term physical health issues

Sexual Health: Sexually transmitted infections (STIs) and reproductive health complications

Mental and Emotional Health Effects:

Post-Traumatic Stress Disorder (PTSD): Symptoms such as flashbacks, nightmares, and severe anxiety

Depression: Feelings of hopelessness, worthlessness, and persistent sadness

Anxiety: Constant fear, hypervigilance, and panic attacks

Low Self-Esteem: Emotional abuse and constant criticism can erode self-confidence and self-worth

Social Effects:

Isolation: Seclusion from friends, family, and support networks increase feelings of loneliness and helplessness

Stigmatization: Some may face stigma or judgment from those who do not understand the complexities

Strained Relationships: Struggling to maintain connections with family, friends, and coworkers

Economic Effects:

Financial Control: Abusers may control finances, making it difficult to access money or maintain employment

Loss of Income: Job loss or reduced work performance can lead to financial instability

Legal Expenses: Costs related to seeking legal protection, divorce, or custody battles

Long-Term Effects:

Inter-generational Impact: Children who witness or suffer from violence may experience long-term emotional and psychological consequences, perpetuating a cycle of violence

Health Consequences: Chronic stress and trauma from IPV can contribute to long-term health issues such as cardiovascular disease, gastrointestinal disorders, and autoimmune conditions

The impact of interpersonal violence in the home, workplace, or community can be brutal and far-reaching. If you or someone you know is struggling, reach out to the EAP or visit EAP4YOU.com to access resources, learn more, and find support.