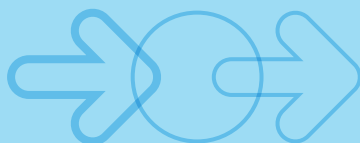


Recovery of women in situations
of male partner violence:
description and instrumentation

BCN

Applied
research

Results



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What has involved applied research?

The research responds to two needs:

- ⇒ Precision and systematization of knowledge about recovery of women in situations of male partner violence covering the many aspects of this complex phenomenon. This need has been expressed both in professional forums as in scientific research.
- ⇒ Provide tools for the diagnosis of women, for the evaluation of the intervention and for research on basic factors and recovery processes.

Consequently, the research was designed with the following objectives:

- ⇒ Describe the process of recovery of women at different stages. This description assumes a perspective that doesn't victimize women.
- ⇒ Provide a multidimensional model of systematic evaluation of the process of liberation and recovery of women.
- ⇒ Validate reliable instruments to measure recovery. Ensure that these instruments incorporate the psychological dimension, and the dimension of health and social inclusion.

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What have been the results of the research

The research offers three types of results:



It defines what the release process and psychosocial recovery of women living in male partner violence are. The definition includes psychosocial, gender and process perspectives.

The *release and psychosocial recovery* of women in situations of intimate partner violence is a final state in which the woman does not receive any kind of violence in the relationship, nor from the family of his or from others close to the woman. She reconstructs and controls her personal, social and family life, enjoys economic independence, social inclusion and a good physical and mental health, while is able to detect new situations of violence upon their reappearance.



It defines a comprehensive model of release and recovery phases of women living in male partner violence.

Seven stages are described from the integration of the previous models and empirical testing: *Bonding, Resistance, Conflict and ambivalence, Questioning, Confrontation and breaking up, Preserve freedom and Reconstruction of the future in freedom.*

The recovery and freedom from violence process begins with **Bonding**. This first phase establishes the relationship of attraction, love and projection of the partnership and / or family. At this time the balance is tipped toward the growth of the positive aspects of the relationship. The next phase is the phase of **Resistance** against the increase and strengthening of violence. At this stage, the woman is caught between occultation, safeguarding her safety and the safety of her family and the confusion between dissatisfaction and the restoration of good previous relationship. But this dissatisfaction continues to grow, and in the next phase, **Ambivalence, conflict** is expressed via demands and hopes for change to end violence. Anyway, this process of liberation and recovery is not yet mature enough.

In the phase of **Questioning**, the violence continues. The woman begins to identify internal and external violence; she gets empowered and reevaluates both the relationship and her vital project. When this phase takes hold, comes the next, **Confrontation and breaking up**, in which she faces the abuser, she rejects the relationship and works on its autonomous survival. The woman then enters the phase devoted to **Preserve freedom**, where she fights for survival, for her safety and that of her children and takes care of her health and social relationships. In the last stage of **Reconstruction of the future in freedom**, she gives new meaning to her experience, sets new projects of life and she deals with the consequences of violence on their children.



This phase model allows a deeper understanding of this process by guiding the exploration, diagnostic assessment and planned intervention, contributing decisively to greater efficiency and quality of care -care provided by both social services and all the services involved in the fight against male violence (health, justice, police, judiciary, etc.- .



It provides a set of instruments that measure four dimensions: Violence, Separation, Health and Social Inclusion. Several of these instruments are newly created and pose a significant innovation in the field of attention to women living male partner violence. Others come from the adaptation of scales used internationally.

These tools help the group of professionals to objectify their initial diagnostic assessments, process and outcome, also allow to evaluate interventions and provide useful information in decision-making in the management of cases as in the definition of public policies.

>> See table on next page

Battery of evaluation instruments for the recovery of women in situations of male violence

| Dimensions | Sub dimensions | |
|-------------------------|--------------------------------------|---|
| Violence | Current violence | <ul style="list-style-type: none"> Psychological Physical Sexual Economic Substance abuse Immediate harassment Indirect harassment |
| | Past violence | <ul style="list-style-type: none"> Psychological Physical Sexual Economic Immediate harassment Indirect harassment |
| Separation | Psychosocial separation | <ul style="list-style-type: none"> Reaction to violence Control of one's life Assessment of the relationship |
| | Physical and legal separation | <ul style="list-style-type: none"> Degree of contact |
| Health | Psychological health | <ul style="list-style-type: none"> Anxiety and depression Esteem PTSD Hopelessness Psychopathological diagnosis |
| | Physical health | <ul style="list-style-type: none"> Physical consequences Sexual and reproductive sequelae |
| Social Inclusion | Socioeconomic capital | <ul style="list-style-type: none"> Own income level Employment Precariousness of income Degree Autonomous access to housing |
| | Relational capital | <ul style="list-style-type: none"> Social support Citizenship Participation |
| | Social and health capital | <ul style="list-style-type: none"> Illness and addictions Access to health care Physical disabilities and mental disorders |

Scale of intimate partner violence (EVPexP) -

Neus Roca Cortés, Clara Porrúa García and Montserrat Yepes Baldó

Scale of psychosocial separation of women in intimate partner violence (SPS-VP v1c) -

Neus Roca Cortés, Clara Porrúa García, Montserrat Yepes Baldó and Núria Codina Mata

Index of physical and legal separation of women in intimate partner violence

(SFL-VP) - *Neus Roca Cortés and Soledad Ruiz Saiz*

HAD (short version for VP). Reduced scale (by *Mireia Martínez Artola, Neus Roca Cortés and Montserrat Yepes Baldó*) of the **anxiety and depression scale** (*Anthony Zigmon and Philip Snaith*)

AUTEST- SPS (short version for VP). Reduced scale (by *Neus Roca Cortés, Mireia Martínez Artola and Clara Porrúa García*, of the **self-esteem scale** (*Marshall Rosenberg*)

EPT (short version for VP). Reduced scale (by *Mireia Martínez Artola, Neus Roca Cortés and Montse Yepes Baldó*) of the **trauma scale** (*Jonhatan Davidson*)

EDESP (short version for VP). Reduced and adapted scale (by *Mireia Martínez Artola, Neus Roca Cortés and Soledad Ruiz Saiz*) of the **hopelessness scale** (*Martha Cordova, José C. Rosales and Luz Eguiluz*)

Psychopathological diagnosis and addictions Register (DIAG PSICOPAT-ADD) -

Neus Roca Cortés

Index of physical health in women in intimate partner violence (ISF-VP)- *Mireia*

Martínez Artola and Neus Roca Cortés

Index of social inclusion of women in situations of intimate partner violence
(INCLS index-VP) - *Neus Roca Cortés*

Scale of social support for women in situations of intimate partner violence
(ESS-VP) - *Clara Porrúa García, Neus Roca Cortés and Soledad Ruiz Saiz*

Who has been involved?

The Area of Quality of Life, Equality and Sports of the Barcelona City Council under the Plan of Knowledge Management promotes collaborative projects with universities (specifically applied research on issues of strategic interest to the City of Barcelona).

The Women's Affairs Directorate prioritizes and promotes applied research as a basic tool in any process of continuous improvement of both the knowledge and understanding of the phenomenon of violence against women, and the quality and effectiveness of the intervention of public social services.

The Women's Care Team (EAD) is an outpatient service to women and their children who live male violence. Since January 2014 it has become the Care, Recovery and Shelter Service (SARA).

The Health and Community Foundation as operator of the Women's Care Team (EAD) and current SARA.

The research is conducted by:

⇒ Dr. Neus Roca Cortés of PSICOsaó Consolidated Research Group of the Universitat de Barcelona



Stakeholders are:

- ⇒ EAD management team and professional services
- ⇒ Health and Community Foundation
- ⇒ Women's Affairs Directorate of the Quality of Life, Equality and Sports Area.
- ⇒ Research Group Line -Gender GGC, Groups and psychosocial Change of the PSICOsao Consolidated Group of the Universitat de Barcelona

With the collaboration of:



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