

## Health-Related Effects of Violence

Just as there are many forms of violence and abuse, there are many different ways that individuals can be affected by violence. Regardless of whether the perpetrator is an intimate partner, employer, family member or peer, violence may have wide-reaching, damaging effects on the health and well-being of individuals who have been victimized. The impacts of violence are not limited to just the physical effects. There are also emotional, psychological, sexual and psychiatric impacts of violence.

<p><b>Physical health</b> consequences of violence include, but are not limited to, the following:</p>	<ul style="list-style-type: none"> <li>• Broken bones</li> <li>• Bruises</li> <li>• Burns</li> <li>• Cuts</li> <li>• Scars</li> <li>• Bite marks</li> <li>• Stab wounds</li> <li>• Sprains</li> <li>• Concussions</li> <li>• Internal injuries</li> <li>• Lost or broken teeth</li> <li>• Gunshot wounds</li> <li>• Irritable bowel syndrome</li> <li>• Headaches</li> <li>• Palpitations</li> <li>• Hypertension</li> <li>• Hyperventilation</li> <li>• Substance abuse</li> <li>• Poor overall health</li> <li>• Death</li> </ul>
<p><b>Sexual health</b> consequences of violence include, but are not limited to, the following:</p>	<ul style="list-style-type: none"> <li>• Detailed knowledge of sexual behaviour that is age inappropriate</li> <li>• Age-inappropriate sexual behaviour</li> <li>• Painful intercourse</li> <li>• Sexually transmitted infections</li> <li>• Pelvic, genital or uterine pain</li> <li>• Vaginal or urinary infection</li> <li>• Bruising or tearing of the vagina or anus</li> <li>• Unwanted pregnancy</li> <li>• Infertility</li> <li>• Early hysterectomy</li> <li>• Sexually addictive behaviour</li> <li>• Sexual aversion</li> </ul>

<p><b>Psychological</b> consequences of violence include, but are not limited to, the following:</p>	<ul style="list-style-type: none"> <li>• Low self-esteem</li> <li>• Self-degradation</li> <li>• Self-abuse</li> <li>• Feelings of guilt and shame</li> <li>• Feelings of helplessness</li> <li>• Social withdrawal</li> <li>• Acute anxiety</li> <li>• Panic attacks</li> <li>• Fearfulness</li> <li>• Uncontrolled anger and/or aggression</li> <li>• Sudden onset of phobias</li> </ul> <ul style="list-style-type: none"> <li>• Chronic stress</li> <li>• Flashbacks</li> <li>• Insomnia</li> <li>• Problems sleeping</li> <li>• Nightmares</li> <li>• Repetitive nightmares</li> <li>• Inappropriate boundaries</li> <li>• Passivity</li> <li>• Memory loss</li> <li>• Loss of concentration and productivity</li> </ul>
<p><b>Psychiatric</b> consequences of violence include, but are not limited to, the following:</p>	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Suicidal thoughts</li> <li>• Dissociation</li> <li>• Post-traumatic stress disorder</li> <li>• Eating disorders</li> </ul> <ul style="list-style-type: none"> <li>• Adjustment disorder</li> <li>• Depressed mood</li> <li>• Obsessive compulsive disorder</li> </ul>
<p><b>Interpersonal</b> consequences of violence include, but are not limited to, the following:</p>	<ul style="list-style-type: none"> <li>• Insecure attachments to parents and caregivers</li> <li>• Difficulty trusting others</li> <li>• Relationship problems</li> </ul> <ul style="list-style-type: none"> <li>• Losing faith in oneself and the world around you</li> <li>• Chronic dissatisfaction with adult relationships</li> <li>• Fear of intimacy</li> </ul>