

## The Relationship between Marginalization and Mental Health Symptoms in Abused Women: 5<sup>th</sup> year data in a 7-year Study

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## Research Team for Study:

Outcome effectiveness of shelters and civil protection orders in helping abused women and children transition to safety: Evidence for Practice & Policy

**Bold = team members on this presentation**

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## Overview

- Background/Significance
- Purpose
- Methods
- Results
- Discussion and Conclusions
- Implications for Practice

## Background & Significance

- Globally intimate partner violence (IPV) affects 1 in 3 women. WHO, 2013
- Marginality brings about social isolation which has negative consequences for mental health  
Koci, 2012; Symes, McFarlane, Nava, Gilroy, Maddoux, 2013.

## Background & Significance

- Anxiety, depression and PTSD are adverse mental health symptoms that increase the risk for suicide.
- In a Swedish national cohort study (2001-2008) mental health disorders were strong risk factors for suicide with depression the strongest risk factor (greater than 15-fold risk among women)  
Crump, Sundquist, Sundquist, & Winkleby, 2014.



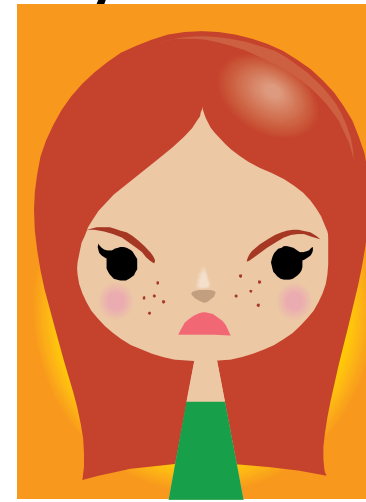
k3886431 www.fotosearch.com



Accounts for 4.3% of the global burden of disease.

Among the largest single cause of disability worldwide, particularly for women.

50% higher for females than males.



## **The World Health Organization's Sustainable Development Goal 3**

**By 2030:**

- To ensure healthy lives and promote well-being for all at all ages
- To reduce premature mortality from suicide.

## Purpose

- To examine the link between marginalization and mental health symptoms among women with known histories of intimate partner violence.



## Methods

**Design:** 5 year data of a 7-year prospective study to examine the clinical outcomes of women seeking support through either a safe shelter or the DA's office for the first time following a violent relationship (n=279).

Interviewed q 4 months for 5 years.

**Instruments:** Koci Marginality Index (KMI), Brief Symptom Inventory, & a PTSD screening measure.

## Methods

**Participants:** 279 abused women, 93% retention at yr 5, median age: 30 y/o, range 18-52 y/o  
79% Hispanic, 37% immigrant status.

**Data analysis:** Multiple linear regressions conducted to predict mental health outcomes (depression, somatization, anxiety, PTSD) from current levels of marginalization, controlling for entry levels of marginalization

## Results

In this sample of abused women:

- Marginalization significantly associated with higher levels of Global Distress, Depression, Anxiety, Somatization, & PTSD symptoms.
- Results consistently demonstrated that higher levels of marginalization were associated with higher levels of mental health symptoms.

## Results

Summary of Regression Analyses Predicting Mental Health Symptoms from Marginalization

	beta*
Global Distress	.319
Depression	.349
Anxiety	.294
Somatization	.197
Posttraumatic Stress Symptoms	.366

Note. \* Standardized beta when controlling for baseline marginalization

## Discussion/Conclusions

- Findings revealed a positive relationship between marginality and adverse mental health outcomes
- The more marginalized woman suffers more deeply with mental health symptoms of depression, anxiety, somatization, and PTSD symptoms .
  - Findings concur with previous research (Koci, 2004) that marginality of women contributes to social isolation and deterioration of mental health.

## Discussion/Conclusions

- The World Health Organization's Sustainable Development Goal 3 is to ensure healthy lives and promote well-being for all at all ages and to reduce premature mortality from suicide.
- Understanding marginality and its impact on mental health may aid in reducing mortality from suicide.

## Implications for Practice

- Serves as an alert to healthcare providers to the possibility of long-term abuse-related sequelae in their practice.
- Contributes to the knowledge of marginality as a social determinant of health.

## Implications for Practice

- Policymakers need to be cognizant of the role of marginality in females and its potential adverse impact on their mental health.
- Understanding the impact of marginality may aid in development of healthcare agendas at all levels of government.



## Acknowledgements

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- Administrators and staff of 5 shelters (USA)
- Chief and staff of Harris County District Attorney's Office, Family Criminal Law Division.
- 300 women who take emotional and physical risks to record their survival journey, pain and recovery and their children who journey with them.

## Website for resources

### Websites with information re: IPV

National Resource Center on Domestic Violence <http://www.nrcdv.org/>

World Health Organization Violence Against Women  
<http://www.who.int/mediacentre/factsheets/fs239/en/>

## Thank You for your kind attention!

### Questions?

