

# Preventing Intimate Partner Violence (IPV)



## Contributions of Behavioral and Social Sciences Research (BSSR)

### The Public Health Problem

**1 in 4 women**

Approximately 1 in 4 women and 1 in 10 men experience IPV during their lifetimes; most IPV occurs after the age of 18, but approximately 22% of women and 15% of men who experience IPV do so before this age.<sup>1,2</sup>

**1 in 10 men**

**43%**

Up to 43% of LGBTQ+ adolescents and 6% to 10% of heterosexual adolescents experience IPV each year.<sup>3</sup> Rates of IPV may be more common in LGBTQ+ populations than heterosexual populations because of ongoing stigma, sexual minority stressors, and internalized homophobia.<sup>4</sup>

**\$3.6 trillion**

A 2014 review of 43 million U.S. adults with a history of IPV victimization estimated that the total financial costs of IPV, summed over their collective lifetimes, equaled approximately \$3.6 trillion; these costs resulted largely from impaired health, lost productivity, and criminal justice costs.<sup>5</sup>

IPV has significant impacts on survivors' health and well-being that can persist throughout their lifetimes, including increased risk for the following:

- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)
- Eating disorders
- Sleep disturbances
- Suicide
- Chronic pain
- Hypertension
- Sexually transmitted infections (STIs)
- Diabetes
- Poor pregnancy outcomes

## BSSR Health Impacts

### Social-Emotional Learning Programs for Youth

School-based programs can promote healthy relationship strategies by helping teens build conflict resolution, positive communication, and anger management skills. One high school-based program reduced reported incidents of physical and sexual violence by more than 50% at 4-year follow-up, and results were consistent across gender and race.<sup>6</sup>



### Healthy Relationship Programs for Couples

BSSR-based healthy relationship skills programs can prevent IPV. Couples who completed a Prevention and Relationship Enhancement Program<sup>7</sup> reported up to 90% reductions in physical aggression through a 10-month follow-up compared to couples who received a placebo.<sup>8,9</sup>



### Men and Boys as Allies Programs

Men and boys as allies programs—such as Coaching Boys into Men—educate men and male teens in order to reduce their own chances of perpetrating IPV and to promote their intervention in violent relationships around them.<sup>10</sup> These programs can significantly reduce perpetration of teen dating violence and prevalence of negative bystander behaviors, such as laughing or encouraging abuse.<sup>11</sup>



### Risk Reduction for Trauma Survivors

Some survivors of interpersonal trauma are more likely to experience future IPV than the general population. This increased risk may be due to emotional numbing, a PTSD and depressive symptom cluster that can reduce responses to signals of risk. Trauma survivors who undergo Cognitive Behavioral Therapy (CBT) have reduced PTSD and depressive symptoms and are less likely to experience IPV through a 6-month follow-up.<sup>12</sup>



### Family-Focused Programs

Programs to improve family communication, problem solving, and positive parenting skills can facilitate parent/caregiver involvement in prevention of teen dating abuse and can reduce children's risk of perpetrating or experiencing IPV later in life.<sup>13</sup>



## References and Definitions

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- 4 Rollè, L., Giardina G., Caldarera A.M., Gerino E., & Brustia P. (2018). [When intimate partner violence meets same sex couples: A review of same sex intimate partner violence](#). *Frontiers in Psychology*, 9, 1506. [\[Back\]](#)
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- 6 Niolon, P.H., Kearns, M., Dills, J., Rambo, K., Irving, S., Armstead, T., & Gilbert, L. (2017). [Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies, and Practices](#). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. [\[Back\]](#)
- 7 PREP uses principles of CBT to teach couples communication and problem solving skills that help them work as a team, including ground rules for handling conflict, forgiveness, and speaking/listening techniques.  
– Description adapted from the American Psychological Association [\[Back\]](#)
- 8 Niolon, P.H., Kearns, M., Dills, J., Rambo, K., Irving, S., Armstead, T., & Gilbert, L. (2017). [Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies, and Practices](#). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. [\[Back\]](#)
- 9 Brathwaite, S.R. & Fincham, F.D. (2014). [Computer-based prevention of intimate partner violence in marriage](#). *Behavioral Research and Therapy*, 54:12-21. [\[Back\]](#)
- 10 The Coaching Boys into Men program trains and motivates high school coaches to teach young male athletes to adopt healthy relationship skills and not to equate violence with strength.  
– Description adapted from Coaching Boys into Men [\[Back\]](#)
- 11 Niolon, P.H., Kearns, M., Dills, J., Rambo, K., Irving, S., Armstead, T., & Gilbert, L. (2017). [Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies, and Practices](#). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. [\[Back\]](#)
- 12 Iverson, K.M., Gradus, J.L., Resick, P.A., Suvak, M.K., Smith, K.F., Monson C.M. (2012). [Cognitive-behavioral therapy for PTSD and depression symptoms reduces risk for future intimate partner violence among interpersonal trauma survivors](#). *Journal of Consulting and Clinical Psychology*, 79(2), 193-202. [\[Back\]](#)
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