



Norwegian Centre for Violence
and Traumatic Stress Studies

The Importance of Research in Prevention and Elimination of Violence against Women and Domestic Violence.

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How do you solve a problem?

First step: Realising that you have a problem.

- Violence against women and domestic violence not recognised as a problem
- Attention first raised by the women's movement in the 1970's
- First Norwegian population survey in 1982
- Denial from local authorities – no domestic violence in our community

Violence and rape in Norway (2014)

- Severe physical violence from partner: 9,2 %
- Rape from partner: 3,8 %
- Lifetime rape: 9,4 %

Second step: studying the consequences

Violence is a serious threat to ill-health

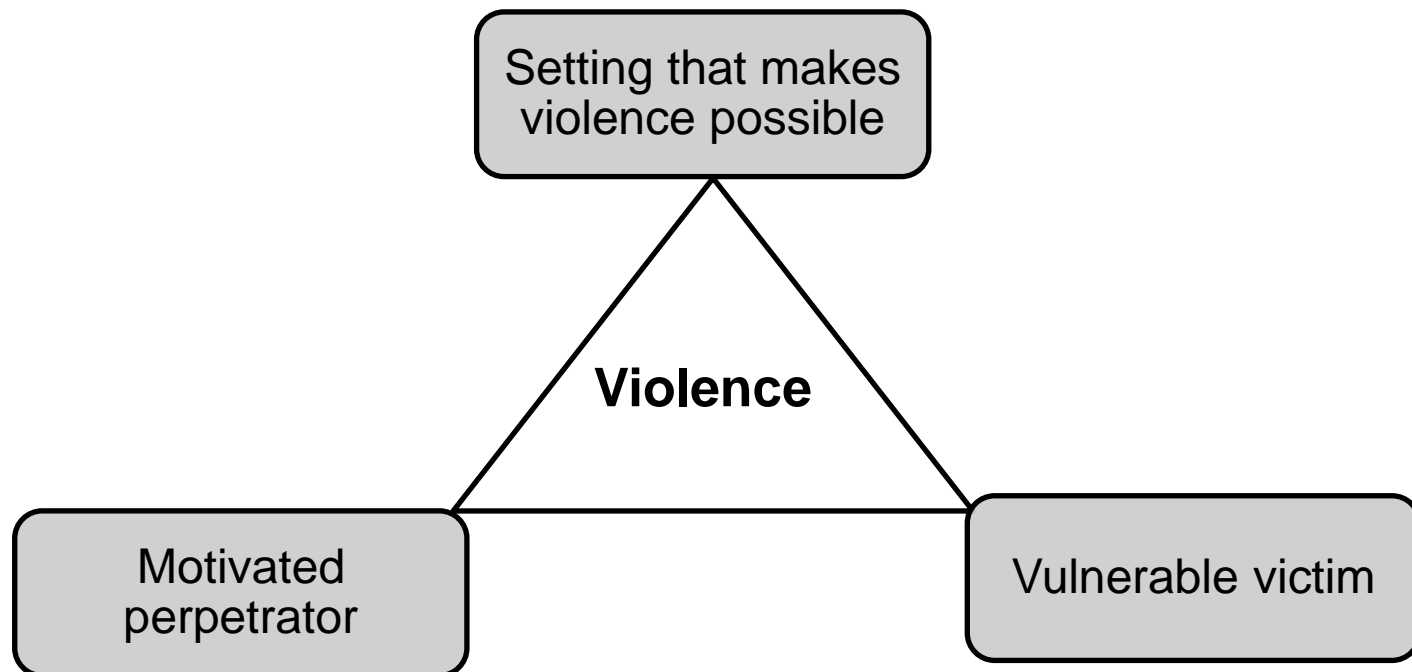
- Psychological problems
 - Anxiety
 - Depression
 - PTSD
- Somatic illness
 - Severe headaches,
 - Fibrosis and muscle pains
 - Asthma
 - Bronchitis
 - Angina pectoris

Emotional and social consequences

- Shame
- Guilt
- Social isolation
- Alcohol and drug abuse

**Realising that you have a problem
does not in itself solve the problem.**

Necessary conditions for violence to occur



What motivates the perpetrator?

1. Values, norms and ideas about masculinity and femininity. “Defending their rights”.
2. Individual traits and characteristics
 - Personal history of child abuse
 - Psychological problems and pathologies
 - Alcohol and drug abuse

Patients in treatment program for men abusing their female partners

- 80 % victims of violence in their childhood
- 70 % at least one psychiatric diagnosis
- 50 % thinking about killing themselves
- 50 % had drinking problem

Patients in treatment program for men abusing their female partners

- Patriarchal ideas about their rights and privileges as men
- Blaming the women for the abuse

Assisting and protecting vulnerable victims

- Develop tools for assessing individual victims
- Study the most important risk factors for being victimised

Violence and abuse are «secret crimes».

- 10 % of raped women and 24 % of female victims of severe physical violence had ever sought medical assistance
- 10 % of raped women and 26 % of female victims of severe physical violence had ever reported to the police

Victimisation risk-factors

- Earlier victimisation

		Rape as adult	Severe violence	Severe partner violence
Rape before 18	yes	5 %	10 %	8 %
	no	32 %	32 %	22 %
Severe physical violence in family	yes	5 %	10 %	8 %
	no	19 %	30 %	25 %

Situations and settings that make violence possible

- **Feminist research and theory:** main focus on the gender-based uneven distribution of power in society
 - Domestic violence = men's violence against women
 - Confirm supremacy over women
- **Sociological theories of families:** main focus on the family as an arena of conflict.
 - Both men and women use violence
 - Result of conflicts developing into fights

Two different types of domestic violence

- Intimate terrorism
 - Based on power-differences and maintaining control
- Common couple terrorism
 - Based on conflicts



Changed methods of family counselling

Supporting victims

Projects aimed at:

- Protection: Developing shelters
- Develop assistance to immigrant and ethnic minority women
- Support children in shelters
- Heal psychological trauma

Disseminating the knowledge

- Good communication pathways
- Dialog and networking
- Developing guidelines
- Education

Conclusion

Research is not only important – but absolutely necessary in preventing and eliminating violence against women and domestic violence