


RESEARCH ARTICLE			Violence Against Women: A Clinical Psychological Analysis of Its Psychological Dimensions and Effects on Personality		
Ahlem Sakhri		Phd.	University of Bouira- Algeria		
		Algeria	Email: a.sakhri@univ-bouira.dz		
		Prof.	University of Bouira- Algeria		
Kamila Sider		Algeria	Email: k.sider@univ-bouira.dz		
		Doi Serial			https://doi.org/10.56334/sei/8.10.13
		Keywords	Violence Against Women, Clinical Psychological Analysis, Psychological Dimensions, Effects of Violence, Personality.		
Abstract This article addresses the impact of violence against women from the scope of clinical psychology, emphasizing the psychological dimensions of this phenomenon and its profound effects on women's psychological and personal health. Violence against women is a complex social and psychological issue presented in many forms such as physical, psychological, sexual, and economic violence, and leaves long-term negative impacts on women's mental health, such as depressive disorders, anxiety, and post-traumatic stress disorder (PTSD).					
Citation. Sakhri A. Sider K. (2025). Violence Against Women: A Clinical Psychological Analysis of Its Psychological Dimensions and Effects on Personality. <i>Science, Education and Innovations in the Context of Modern Problems</i> , 8(10), 121-131. https://doi.org/10.56352/sei/8.10.13					
Issue: https://imcra-az.org/archive/384-science-education-and-innovations-in-the-context-of-modern-problems-issue-10-vol-8-2025.html					
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Received: 10.04.2025		Accepted: 15.06.2025		Published: 01.08.2025 (available online)	

Introduction:

Violence against women is a complex social and psychological phenomenon that affects multiple aspects of women's lives, including their mental and physical health. Global statistics show that violence against women is one of the most prominent issues faced by societies, including physical, psychological, sexual, and economic violence. The growing awareness of the impact of this violence on women has made it a key focus of psychological and sociological research worldwide. From this perspective, studying violence against women from a clinical psychology standpoint plays a pivotal role in understanding how such traumatic experiences impact women's mental health and contribute to psychological and behavioral disorders that affect their personal and social lives.

This topic is particularly significant, given its major impact in modern societies. Violence against women is not only limited to legal and social issues, but also affects women's mental health, hence the need to shed light on the psychological dimensions of this phenomenon.

Accordingly, this article aims to provide an insightful psychological analysis on violence against women and its psychological effects on personality and other psychological functions, focusing on how to address these effects within the framework of clinical psychology.

Problematic:

Violence against women is a global phenomenon that deeply impacts the lives of women in various societies, whether in developing or developed countries. Violence against women encompasses various aspects such as

physical, psychological, sexual, and economic violence, and has severe psychological effects on victims. As a complex issue with both social and psychological dimensions, its impact ranges from mental health deterioration to low self-esteem, hindrance of personal growth, and challenges in social interaction. In this context, it is important to study violence against women from a clinical psychology perspective, in order to better understand the resulting psychological effects and the therapeutic approaches needed to address them.

Women subjected to violence face significant psychological challenges such as Anxiety, Depression, Post-Traumatic Stress Disorder (PTSD), and eating disorders. The effects of violence on personality can lead to lower self-esteem, resulting in a negative perception of oneself and their social relationships with others. These psychological challenges can last for years, hindering women's ability to maintain healthy social interactions, thus deteriorating their overall quality of life.

Violence against women can lead to long-term biological and psychological alterations in the brain, resulting in chronic memory and emotional impairment (Cohen & Collier, 2018). Multiple researches have shown that women who experience violence have difficulty restoring their self-confidence or establishing new relationships after stepping out of the cycle of violence (Walker, 2015).

Despite this psychological suffering, most women subjected to violence don't have the proper support to cope with these implications.

In this context, several questions require answers; How does violence against women affect mental health in the long term? What are the psychological mechanisms that contribute to explaining the effects of violence on personality? Do the psychological impacts of violence differ according to its type (physical, psychological, sexual)? What are the social and cultural factors that may aggravate these psychological impacts? How can clinical psychology contribute to providing the necessary psychological support and treatment for women who have been victims of violence?

These questions mark a starting point towards understanding the relationship between violence against women and mental health from a clinical psychology lens, and contribute to exploring psychological and practical solutions to help women recover from these profound traumas.

Study objectives:

Based on the questions raised in the study question regarding the impact of violence against women on mental health from the scope of clinical psychology, the following objectives are defined:

- **Analysis of the impact of violence against women on mental health:**

This study aims to explore the way violence against women affects their mental health over the short and long term, including the progression of psychological disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD).

- **Studying the psychological mechanisms associated with the impacts of violence on personality:**

This study aims to understand the psychological mechanisms that explain the way violence affects personality development, by examining alterations in self-esteem, self-confidence, and negative thought patterns that may lead to lasting personality changes

- **Exploring the relationship between the type of violence and its psychological effects:**

The study aims to determine whether there are distinctions in the psychological effects of different types of violence (physical, psychological, sexual), and how women may react differently to each of these types of violence.

- **Analyzing the socio-cultural factors that influence the psychological effects of violence:**

This study highlights the role that social and cultural factors play in increasing the severity of the psychological effects of violence against women, such as socialization, economic levels, and societal attitudes towards women.

- **Achieve a deeper understanding of psychological treatment and support:**

The research showcases the way violence against women affects their response to psychological therapy, and examines the most effective clinical approaches for treating the psychological effects of violence. This includes studying the role of cognitive-behavioral therapy (CBT) and trauma therapy in enabling women to overcome their psychological suffering.

- **Establishing guidelines to improve psychological support for women subjected to violence:**

This study presents practical guidelines to improve the psychosocial support provided to women who have been affected by violence, in order to enhance their ability to recover and reintegrate into society.

All these objectives provide a thorough understanding of the effects of violence against women through the clinical psychology perspective, thus helping to develop effective strategies to limit this phenomenon and provide appropriate psychological therapy and support to the affected women.

Terms definition:

Violence against women:

Violence against women is defined as any violent act or threat that occurs within a private relationship or the community, encompassing multiple forms of physical, psychological, sexual, and economic violence. Violence against women is a complex social and psychological phenomenon that affects women all over the world, and may be committed by partners, family members, or even strangers. (World Health Organization [WHO], 2017)

Clinical Psychoanalysis

Clinical psychoanalysis is an approach that is based on evaluating individuals' behavioral and emotional symptoms by examining a person's past experiences, feelings, and psychological motives to provide an accurate diagnosis and effective treatment. Psychological analysis is used within the framework of violence against women to understand the depth of psychological impacts such as anxiety disorders, depression, and Post-Traumatic Stress Disorder (PTSD) as a result of violent experiences (Freud, 1920).

Psychological dimensions:

Psychological dimensions refer to the mental and emotional health aspects affecting an individual, including thinking, emotion, and behavior. Within the context of violence against women, psychological dimensions involve the effects that violent experiences have on women's psychological well-being such as feelings of anxiety, guilt, and fear, as well as the impacts of violence on self-esteem, social relationships, and the ability to engage with society (Campbell, 2002).

Effects of violence:

The effects of violence refer to the psychological and physical consequences resulting from an individual's exposure to violent experiences. For abused women, these effects include a range of psychological disorders that interfere with their ability to interact with others and function socially or professionally. Violence can lead to psychological disorders such as depression, anxiety, PTSD, and behavioral disorders. It is also accompanied by feelings of isolation and persistent fear for personal safety (Tolin & Foa, 2006).

Personality:

Personality refers to the set of psychological and behavioral traits that distinguish an individual and shape the way they interact with others and the surrounding world. Violent incidents, for instance, may lead to low self-esteem, excessive feelings of fear and anxiety, and social withdrawal. These effects can alter patterns of thinking and behavior, affecting a woman's ability to cope with her daily life (Briere, 1992).

The conceptual framework:

1- Types of violence against women:

Violence against women is a global issue that greatly impacts women around the world, and it manifests itself in various forms that can leave devastating psychological and physical impacts. There are various types of violence to which women are exposed, and each type has specific impacts on their psychological and physical health. Here are the main types of violence against women:

- Physical violence:

Physical abuse is the most obvious form of violence and includes hitting, kicking, strangling, and physical assault with sharp or harmful objects. This type of violence may result in visible physical injuries such as bruises and cuts, and may lead to permanent physical disability. According to the World Health Organization (2017), women who experience physical violence are more likely to develop chronic health issues such as headaches, back pain, and movement disorders.

- Psychological violence:

Psychological or emotional abuse includes acts intended to undermine a woman's self-esteem, such as insults, threats, constant shaming, ignoring, and demeaning. This type of violence also includes psychological and emotional manipulation that puts the woman in a constant state of fear and self-doubt. As a result, psychological violence can lead to a significant decline in mental health, including increased levels of anxiety and depression (Cohen & Collier, 2018).

- Sexual violence:

Sexual violence involves sexual assaults such as rape, sexual harassment, and sexual abuse. This violence often occurs within a marital or family relationship, where the victim is forced to engage in sexual activities without their consent. Sexual violence has devastating psychological effects that result in post-traumatic stress disorder (PTSD) and psychiatric disorders such as depression and anxiety (Beck, 2016).

- Economic violence:

Economic violence refers to the control of a woman's financial resources, such as preventing her from working, controlling her salary, or restricting her access to money. This type of violence limits a woman's economic autonomy, reinforcing her dependence on her abusers. Such violence leads to feelings of helplessness and loss of control, which aggravates women's psychological state and makes them more vulnerable to repeated violence.

- Social violence:

Social violence involves actions that aim to exclude women from society or minimise their ability to interact with others. This includes controlling her social relationships and preventing her from communicating with family or friends. This type of violence can make women withdraw from their social support network, increase their psychological suffering and trap them in a cycle of silence and constant psychological stress.

- Cyber violence:

With the rise of technology and social media, digital violence has become a growing and increasingly harmful form of abuse against women. It includes online threats, harassment, and defamation, such as posting private photos or information intended to harm, intimidate, or violate a woman's privacy. This type of violence can have serious psychological consequences, often leaving victims in a constant state of fear, anxiety, and vulnerability to online abuse and public humiliation (World Health Organization, 2018).

2- Psychological Effects of Violence Against Women:

The psychological impacts of violence against women include a wide range of mental and emotional disorders that significantly affect their daily lives. These effects influence women's self-perception, social behaviors, and

interpersonal relationships. The consequences may be short-term or extend to cause long-term mental health issues. Women's response to violence varies according to the type of violence they have experienced, its environment, and the extent of social support provided to them. Here are the main psychological effects of violence against women:

- **Post-Traumatic Stress Disorder (PTSD):**

PTSD is one of the most prominent psychological effects that women face after experiencing violence, especially sexual and physical abuse. Many women who have been exposed to violence experience a state of constant panic and fear, and find difficulty overcoming the traumatic experiences. (Said, 2017). Abused women experience intense flashbacks, nightmares, social withdrawal, and tend to avoid places or people that trigger memories of the undergone violence. They also suffer from high rates of PTSD, which affects their quality of life and reduces their ability to socialize (Al Jassim, 2018).

- **Depression:**

Depression is a key psychological consequence of violence against women. Women who experience physical or psychological abuse are more likely to suffer from depression, manifesting through persistent sadness, loss of interest in daily activities, and loss of hope in life (Hassan, 2019). Depression caused by violence leads to poor quality of life and worsen social and family issues. Al-Najjar's (2020) study revealed that more than 60% of women who have experienced violence have a background of severe depression, which hinders their chances of obtaining appropriate psychological support.

- **Anxiety:**

Anxiety is a persistent feeling of fear or stress resulting from abuse. abused women experience higher levels of anxiety, which interferes with their ability to interact with others or manage their daily lives. In several cases, violence results in developing chronic anxiety disorders, such as social anxiety or generalized anxiety, which affect mental health and social relationships (Saleh, 2018). Al-Faraj's (2021) study shows that women exposed to violence experience a persistent state of fear or stress as a result of their experiences, which affects their ability to interact with others or manage their day-to-day lives.

- **Social Isolation:**

Social isolation is another psychological effect of violence against women. Many survivors withdraw from social relationships due to feelings of shame or embarrassment. Both psychological and physical abuse can damage a woman's social support network, leaving her in a state of isolation worsening her psychological suffering (Al-Otaibi, 2020). Therefore, social isolation can lead to feelings of loneliness and depression, further intensifying the emotional harm experienced by women.

- **Low self-esteem:**

Abused women often suffer from low self-esteem believing that do not deserve a better life and that they are of no value in society, which triggers feelings of guilt and helplessness. According to Al-Jassem (2018), psychological and physical abuse significantly damages a woman's self-image, which impacts her daily life and ability to make important personal decisions. This psychological state increases their vulnerability to further violence or other psychological issues.

- **Psychological and emotional stress:**

Abused women are exposed to constant psychological and emotional stress, worsening their ability to cope with their emotions. This stress affects their ability to perform daily tasks, both at home and in the workplace, and may result in romantic or family relationship issues. According to the study of Al-Said (2019), long-term exposure to violence depletes women's ability to cope with life challenges thus, worsening their psychological well-being.

3- Impact of violence on personality:

Violence against women is considered a key factor in shaping their personality. Violence leaves a deep impact regarding women's psychological and emotional development which influences the way they perceive themselves and others. The impact of violence often alters their self-image and diminishes their confidence in building healthy social relationships.

This impact is not limited to a single aspect of personality but extends to several psychological and emotional life dimensions. Below are some of the key personality changes that may result from a woman's exposure to violence:

- **Low self-esteem:**

Low self-esteem is one of the most significant psychological impacts on personality after experiencing violence. Physically or emotionally abused women tend to lose their confidence in themselves and their abilities. Women constantly exposed to violence often perceive themselves as weak or unworthy of love or respect, leading to feelings of unworthiness and helplessness (Ibrahim, 2018). This low self-esteem is reflected through women's personal and professional lives, and might expose them to more violence or toxic relationships.

- **Feeling helpless:**

Helplessness in the face of life's challenges is one of the major psychological impacts that effect personality. Violence fosters a feeling of weakness and apathy, making women feel unable to change or improve their situations. This feeling of helplessness hinders personal growth and limits women's ability to make effective life decisions. According to the study of (Al-Said, 2019), women who have experienced violence often show a reduced ability to cope with psychological stress, which in turn weakens their independence in decision-making.

- **Dependency:**

Constant exposure to violence often leads to psychological and emotional dependence on the abuser. Abused women may become psychologically dependent on the abuser when making daily decisions and sense of security. This constant dependency can erode personal autonomy and deepen women's attachment to the abusive relationship, negatively influencing their personality. According to the study of Al-Jassem (2018), women who have experienced violence in marital relationships are often excessively dependent on their abusive partners, which undermines their sense of independence.

- **Guilt and shame:**

Abused women often live with feelings of guilt and shame, thinking that the abuse they experience is a result of their own actions and choices, leading to a deterioration in personality. Women blame themselves for the traumatic situations they have experienced, which negatively reflects on their self-perception and relationships with others. Guilt intensifies women's emotional suffering and reduces their ability to seek help or engage with their community in a healthy way (Heise, 1998).

- **Personality disorders:**

Constant exposure to violence often leads to personality disorders in some women. For instance, some of them suffer from disorders such as Dependent Personality Disorder manifesting in difficulty making decisions and a constant need for others to maintain emotional stability (Said, 2017). In other cases, Borderline Personality Disorder may emerge, characterized by intense emotional fluctuations and unstable behaviors, often rooted in traumatic experiences related to abuse.

- **Lack of trust in others (trust issues):**

Exposure to violence can lead to a lack of trust in others, whether family, friends, or society in general. Victims of violence often develop a sense of suspicion and doubt about people's intentions, affecting their ability to build healthy and stable relationships in the future. Constantly abused women are often less likely to trust others, adding to their feeling of social isolation (Walker, 2015).

- **Isolation and Introversion:**

Violence often fosters isolation and introversion in women. Abused women often tend to avoid any social interactions due to their fear of being triggered or feeling ashamed of their situation. Introversion enhances loneliness and social isolation, leading to increased anxiety and depression. According to Al-Faradj (2021), women exposed to violence are more likely to develop psychological disorders due to the lack of social support.

4- Psychological Theories Explaining Violence Against Women:

Several psychological theories have been developed to explain violence against women and to understand the underlying psychological factors that may drive both men and women to engage in such behavior. These theories are fundamental in understanding the psychological dynamics behind violence against women. These theories have contributed to developing therapeutic strategies to reduce violence and promote behavioral change. In this context, the main psychological approaches to understanding violence against women can be categorized into several main schools of thought, including:

- **Freudian Psychoanalysis:**

Founded by Sigmund Freud, psychoanalytic theory was one of the first theories to attempt to explain violence against women by shedding light on the unconscious psychological factors that may drive an individual to commit acts of violence. Violence against women, in a domestic context, might stem from early disturbances within familial relationships, such as traumatic experiences with parents. According to this theory, men may resort to violence to cope with repressed anger or vulnerability toward maternal figures in their lives, thus affecting their relationships later on (Brown, 2011).

- **Social Learning Theory - Bandura:**

According to Albert Bandura, aggressive and violent behaviors are learned by observing and imitating the behaviors of others, especially when positive consequences or rewards accompany them. In this regard, violence against women can be interpreted as an acquired behavior that is learned through observation and repetition. Men who have been raised in environments where women were abused tend to subconsciously pick up this behavior, thus becoming a part of how they treat women as adults (Bandura, 1973). For instance, men may assume that violence against women is an effective way to control women or to cope with feelings of anger and psychological distress.

- **Learned Helplessness Theory:**

This theory, developed by Martin Seligman (1975), suggests that individuals subjected to persistent violence may develop a psychological state of helplessness, in which they believe they are incapable of changing or controlling their environment. In the matter of abused women, prolonged exposure to violence can lead to emotional numbness, as women believe that it is impossible for them to escape or change their situation. This state of learned helplessness worsens the cycle of abuse, as the chances of resisting or seeking ways to escape are low (Seligman, 1975). Thus, violence against women is perceived as a result of accumulated psychological trauma pushing women to submit to their current circumstances.

- **Behavioral Theory:**

This theory focuses on the way praise and punishment shape the individual's behavior. Violence against women can be interpreted as a behavior fostered either positively or negatively. In some cases, the abuser may get positive feedback when violence leads to desired outcomes, such as gaining control over women or asserting power.

Violence, in other cases, can be implicitly praised in the absence of punishment, namely an unpunished abuser, or a woman who doesn't reject abuse, resulting in the persistence of violence (Skinner, 1953). Such behavior, learned through past experiences or social situations, becomes more likely to be repeated over time.

- **Psychopathology Theory:**

This theory focuses on personalities that may be characterized by psychological disorders contributing to violence. According to this theory, psychological disorders affecting the perpetrator may be the cause of violence against women, such as a narcissistic personality disorder or antisocial personality disorder. People suffering from these disorders might lack empathy, leading them to use violence as a tool to control others. On the other hand, violence can be a result of unresolved emotions such as deep-seated anger or psychological distress, thus expanding our understanding of violence as a manifestation of the abuser's mental instability who, owing to their psychological state, may not be able to control their aggressive behaviors (Kuehn, 2014).

- **Attachment Theory:**

According to Bowlby, emotional attachment patterns formed in childhood influence the behavior of the individual in adulthood. If a person is raised in an environment marked by neglect or emotional abuse, there is a possibility to develop insecure attachment patterns, which can increase the possibility of repeating violence patterns in later relationships. In violence against women, the abuser may exhibit aggressive behaviors as a result of insecure attachment and an inability to deal with feelings of anxiety or anger (Bowlby, 1969). Abused women may also be victims of insecure attachment impacts thus, compromising their ability to respond effectively or make independent decisions.

5- Long-term impact on mental health:

Violence against women can not only lead to immediate psychological impacts, but can also lead to long-term mental health issues that affect their daily lives and lead to a gradual deterioration of their overall quality of life. These impacts can persist for decades, affecting their ability to build healthy relationships or succeed in their professional lives.

- **Mood Disorders:**

Long-term violence against women is often related to higher rates of depression and mood disorders. Depression is one of the most common psychological symptoms among abused women. The constant violent environment affects women's emotions fostering sadness and hopelessness. Women subjected to violence usually feel anxious and frustrated, which can manifest as a loss of interest in the things they used to enjoy, leading to a significant decrease in their quality of life (Coker et al., 2002).

A study of (Tolin & Foa, 2006) has shown that women who have experienced domestic abuse suffer greatly from mood disorders including severe depression.

- **Post-Traumatic Stress Disorder (PTSD):**

PTSD is one of the long-term impacts of violence against women. This condition arises when women experience persistent traumatic violence, resulting in nightmares, intrusive memories of the attacks and constant sense of threat. According to (Herman, 1992) study, the result proved that women who have been subjected to domestic abuse probably suffer from PTSD exhibiting symptoms such as confusion, hypervigilance and sleeping difficulties. If left untreated, this disorder can carry on for an extended period, severely impacting women's mental health and well-being.

- **Deterioration of Social Relationship:**

Violence against women can lead to a decline in the quality of their social relationships. Abused women tend to isolate themselves, which worsens their psychological suffering. Violence has a significant influence on the way women interact with others, both in the workplace and society, resulting in withdrawal from social activities. Such isolation might increase feelings of loneliness and reduce their chances of receiving necessary psychological and social support (Coker et al., 2002). Family relationships also become distorted, and women may struggle to establish healthy emotional connections in the future due to the trauma of past violence exposure.

- **Emotional Dependency:**

Violence against women can lead to a state of chronic emotional dependency, where the victim is unable of leaving the abusive relationship despite the harm she endures. She may feel emotionally attached to abuser and even develop a fear of abandonment or an inability to live independently.

According to a study by Walker (2015), women subjected to prolonged violence sometimes feel that they are unable to leave the relationship due to their fear of loneliness or helplessness which eventually worsens their psychological suffering.

- **Substance Abuse:**

Owing to the significant psychological stress experienced by abused women, some of them may turn to drugs or alcohol as a coping mechanism for their psychological pain caused by violence. Abused women face more serious problems with substance or alcohol while attempting to escape depression, anxiety and trauma (Miller & Van Der Merwe, 2017). Hence why substance abuse may become a chronic condition if not effectively treated.

- **Eating Disorders:**

Violence against women and eating disorders such as anorexia or bulimia are highly connected as abused women struggle to cope with anger or stress which can lead them to try and gain control over their lives through food. According to (Tse et al., 2019), abused women show extreme eating behaviors as a way to relieve the psychological stress associated with violence.

- **Long-term psychological impacts on children:**

The psychological impacts of violence against women are not only limited to women but extends to their children. Children who witness domestic violence may suffer from stress, depression and sleeping disturbances, and are more likely to develop aggressive behaviors later in life. According to (Margolin & Gordis, 2000), children raised in violent environments are at high risk of becoming future victims or abusers.

Conclusion:

In conclusion, violence against women is considered as one of the most complex social and psychological issues facing modern societies. Its impacts not only do they attain physical dimensions, but they expand to the psychological impacts that are more damaging and last for longer periods of time after the abuse has ended. Studies have shown that women subjected to violence often suffer from psychological disorders such as Depression, Anxiety, and Post-Traumatic Stress Disorder (PTSD), in addition to social isolation and lack of psychological support, that hinders their ability to fully heal.

It is essential for society as a whole to proceed with raising community awareness regarding violence against women and to provide appropriate psychological support to affected women. Clinical psychologists play a key role in providing psychotherapy and support to overcome the long-term psychological impacts of violence.

Addressing violence against women requires comprehensive strategies encompassing violence prevention, emotional and social support, as well as psychotherapy to help minimize the negative effects on women's mental health. In this regard, it is crucial to develop effective programs that provide holistic support to abused women, whether through therapy or social counseling, to ensure their ability to establish a stable and violence-free life. The persistence of violence against women within the absence of adequate support reflects, in fact, a lack of awareness and intervention strategies. This showcases the urgent need for collective efforts to fight this phenomenon and to promote women's rights and well-being in society.

Recommendations:

Based on the previously discussed psychological effects of violence against women its long-term impacts, a set of recommendations can be suggested in order to reduce this phenomenon and provide support for affected women. This includes the preventive and therapeutic aspects, and targets the whole society as well as those involved in social and psychological support.

- **Enhancing community awareness about violence against women:**

It is essential to work on raising awareness regarding the dimensions of violence against women, especially its psychological impact. It is also crucial for media, educational institutions and society to intensify efforts to raise awareness about domestic violence, identify its various forms, and highlight its negative consequences. Individuals should be sensitized on how they can recognize signs of violence and how to provide support to affected women.

- **Providing psychological support to abused women:**

It is necessary to provide therapeutic and psychological support specifically for women who have experienced violence, focusing on offering consistent emotional and social support. These programs should include psychological therapy sessions, and group and individual counseling, as well as providing specialized teams of qualified mental health counselors to be able to deal with abused women.

- **Providing shelter and refuges for abused women:**

It is necessary to establish shelters for abused women who may be at risk from their abusers. These shelters should provide protection, medical care, psychological and social support, as well as empowering women to regain their financial and social independence.

- **Training professionals to work with victims of violence:**

It is essential to provide training programs for professionals in the fields of psychiatry, clinical psychology, and social work in order to enable them to effectively and professionally deal with victims of violence. This training should include ways to provide psychological support, address the impacts of violence on mental health, and assist women to overcome their feelings of guilt and fear.

- **Strengthening legislation and policies to fight violence against women:**

Governments are called to improve laws related to violence against women and ensure the execution of legislations that protect women from abuse. It is essential to enhance legal procedures to grant women swift access to justice and provide legal protection for victims of violence.

- **Engaging the local community in violence prevention efforts:**

Local communities, including religious and social leaders, should be encouraged to take an active role in preventing violence against women. Community education can be of major help in altering behavioral patterns and reducing societal tolerance towards domestic violence.

- **Encouraging scientific research on violence against women:**

It is essential to support and promote scientific research and studies that focalizes on better understanding the psychological impacts of violence against women, including its long-term effects on mental health. These studies can provide significant insights for developing effective programs to treat victims of violence.

- **Strengthening the role of media in addressing violence against women:**

Media can be used as an effective tool in fighting violence against women by highlighting issues related to domestic violence, and encouraging society to take a firm stand against this phenomenon. Media must showcase positive cases of women who have overcome abuse, and shed light on the available support resources.

- **Shifting toward preventing violence before it occurs:**

It is crucial to implement preventive programs that mitigate the factors leading to violence against women. These programs should include premarital education, educating children and youth on healthy relationships, the importance of mutual respect, as well as non-violent way to deal with negative emotions.

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