

INTIMATE PARTNER VIOLENCE

Survivors experience and wellbeing and perpetrators' personality traits

I was too fat I made him angry Difficult childhood
"You are so boring" "This is normal!" "You are just
too sensitive" Difficult times now in his life
Difficult times in the past Under a lot of pressure
Children were too loud I made him angry Aggression
"you did not pick up the phone" I was a slut I
made him a smaller man "You made me do this..." "It
was your fault" I challenged him He got such a bad
upbringing He felt so bad Angry for his
upbringing He felt so bad I was so stupid and
made him angry Everyone are so mean to him

- Examples of perpetrators' excuses



The Women's Shelter would like to thank all the women who took part in this survey and hence made this project possible.

Intimate partner violence; Survivors experience and wellbeing, and perpetrator's personality traits.

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Intimate partner violence; Survivors experience and wellbeing, and perpetrator's personality traits.

Summary

Data collection for this survey was carried out through social media and The Women's Shelter's website during September 13th – 17th, 2018.

An introduction letter was prepared, offering participation as well as explaining the aims, method and product of the project. We offered women at the age of 18 or more to take part, the study aim for now was women who have experience of intimate relationships with men, cohabiting or not.

Participants were asked to answer questions about their own feelings and what they experienced in terms of their partners personality traits. There were two groups; research group, with women who had experience of intimate partner violence (IPV) and control group; with women with no experience of IPV. In total, we received 326 answers; 202 women in the research group (62% of respondents) of which 6.5% were still in the relationship and 124 in control group (38% of respondents) of which 85% were still in the relationship.

Please note that results should be interpreted and applied with caution. For an example, even though majority of women who have a history of intimate partner violence experience their partners to be jealous, not all jealous men are perpetrators in violence against their partner.

Here we only demonstrate and interpret answers from this survey. When summarizing each answer we state if one or both groups received the question.

Advantages and disadvantages: Online data collection can be an advantage as some women might find it easier to reply online as opposed to telephone surveys. Possibly more women from rural areas were able to participate as opposed to being offered to have a face to face interview. Perhaps women who took part are homogeneous as they might be more interested in the topic than women in general in Iceland. However, the fact of homogeneous participants might make generalization more reliable.

Disadvantages might be that we did not use a stratified random sampling from national registry, hence the distribution from the population is not equal. We did not correct for the unequal distribution of women who are no longer in the relationship, hence we have an overrepresentation of women with IPV experience who are no longer with their partner and underrepresentation of women who do not have IPV experience and are no longer with their partner. Other disadvantages are that the list was only in Icelandic and only accessible online.

Next steps: It would be interesting to adapt the questionnaire to violence within same sex relationships, violence against women of foreign origin, women with disabilities and women's violence against men.

This project was partly funded by the Ministry of Welfare.

Participant's background		Experience of IPV	No experience of IPV
Number of participants		202 women (62%)	124 women (38%)
Ex partner		189 (93.5%)	17 (14.2%)
Current partner		13 (6.5%)	103 (85.8%)
Information missing		0	4
Residency	Capital area	75.7%	75.0%
	Rural area	19.80%	18.50%
	Abroad	4.50%	6.50%
Age	Between 18-30	17.30%	25.0%
	Between 31-40	43.60%	35.50%
	Between 41-50	28.70%	24.20%
	Between 51-60	7.40%	12.10%
	61 or more	3.00%	3.20%
Origin	Icelandic	98.50%	100%
	Foreign	1.50%	
Highest level of education	Finished elementary school	11.40%	5.60%
	Finished college	13.90%	10.50%
	Finished vocational school	10.40%	8.90%
	Finished university	61.90%	73.40%
	Other	2.40%	1.60%
Employment	Full time job	58.0%	63.40%
	Student	16.0%	19.50%
	Disability benefits	14.9%	6.50%
	Part time job	12.2%	17.90%
	Other	4.8%	1.60%
	Maternity leave	3.7%	5.70%
	Unemployed	3.2%	0%
	Work at home	2.1%	1.60%
	Pensioner	0.5%	0%

Table 1. Participant's background

Women with experience of IPV got the question: "Do you have a child?" A total of 83% of respondents had a child, of which 62% with the perpetrator. Women who did not have IPV experience did not get this question.

Partner's background

		Partners of women with experience of IPV	Partners of women with no experience of IPV
Age	Between 18-30	11.90%	18.50%
	Between 31-40	36.80%	36.30%
	Between 41-50	36.30%	25.80%
	Between 51-60	11.40%	11.30%
	61 years or more	3.50%	8.10%
Status of Employment	Full time job	73.50%	85.50%
	Student	2.70%	8.90%
	Disability benefits	4.90%	1.60%
	Part time job	2.20%	5.60%
	Other	13.0%	1.60%
	Paternity leave	0%	2.40%
	Unemployed	6.50%	1.60%
	Work at home	0%	0%
	Pensioner	1.10%	0%

Here we asked: "What is your status of employment? (Where do you get financial support)"
 *note that the total distribution rate is higher than 100% as it is possible to tick more than one option of employment.

Table 2. Partner's background

About the violence

We will now look at the answers from women who have experience of IPV. Later we look at answers from women who do not have an experience of IPV.

In total, 202 women had experience of IPV, note that the total distribution rate is higher than 100% because participants can experience more than type of violence.

This is the question and response options women from the research group got:

Type of violence

If you have experienced more than one violent relationship please answer here regarding the last violent relationship.

Please mark all response options which you find to be relevant to your experience.

- Psychological violence (for example controlling, oppression, belittling, threatening suicide, isolation)*
- ...of which death threats*
- Sexual violence (f.ex. forced to take part in sexual acts, pressure/threaten regarding sexual acts, wake up to the rape/"sex")*
- Physical violence (f.ex. shove, push, hit, hold down, punch, kick, burn, drown, suffocate, bite)*
- ...of which strangulation – regardless of losing consciousness or not*
- Financial violence (f.ex. damage your belongings, causes you financial harm, takes wages from you, disables your access to money)*
- Digital violence (f.ex. abuse of social media in your name, threats thru social media)*
- ...of which digital sexual violence (f.ex. threaten to send digitally private pictures of you)*
- Stalking (f.ex. constant messages, phone calls, follows you, uses location device to watch you, unwanted visits to your home or workplace)*
- If relevant: direct and/or indirect violence against children (f.ex. physical, mental and/or sexual)*
- Other*

In the figure below we can see how the answers were distributed.

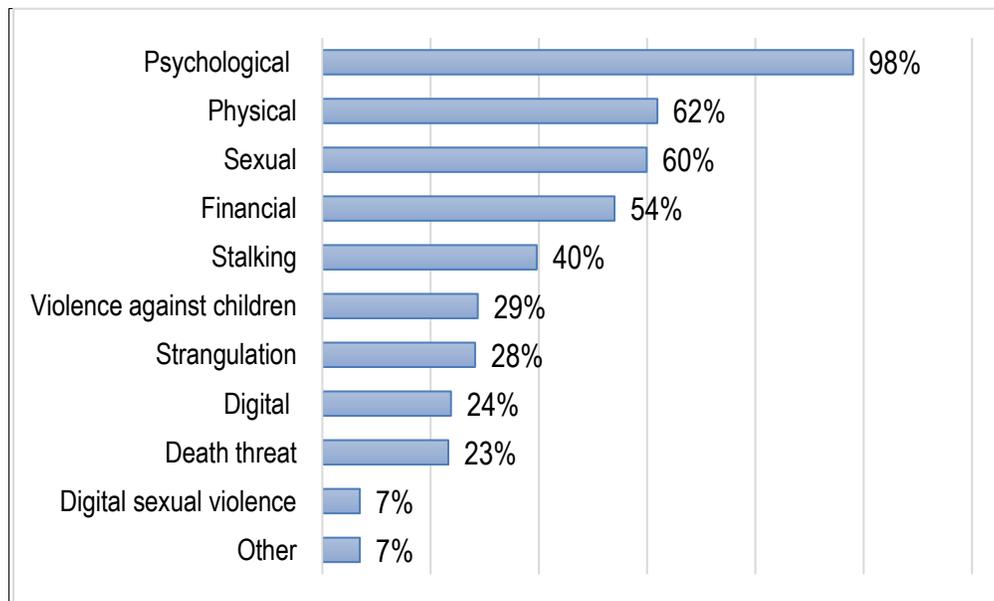


Figure 1. Type of violence

As seen on figure 1 almost all women (98%) had experienced psychological violence, however 62% also had experience of physical violence and 60% had experience of sexual violence.

Death threats were common and 23% of women had received death threats from their current or ex partner.

More than half of participants reports financial violence (54%) and 24% report digital violence. Forty percent of women have experienced their partner as a stalker and 7% report digital sexual violence. A third of women taking part in this survey (29%) had experienced their ex or current partner being abusive towards their children.

Frequency of violence

The prevalence of violence is split by types and in order to only look at the answers from women who had the experience of the specific type of violence we subtracted the “not applicable”. Note that we

state by each question how many women replied to each question. Furthermore please note that it can be difficult for survivors to keep track on the prevalence of violence as the prevalence might change between days, weeks and over the years. Another example of possible different interpretation is if f.ex. the partner takes the women's salary every 1st of every month, it monthly financial abuse or every day?

1) Psychological violence

Of the 202 women who had IPV experience 200 women replied to the question on the frequency of psychological violence.

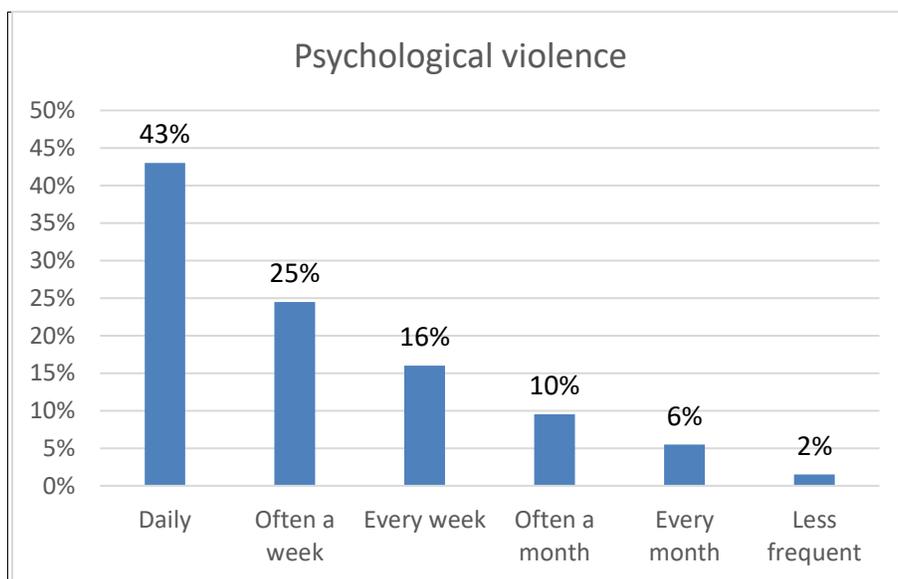


Figure 2. Distribution of the frequency of psychological violence.

On figure 2, we see that over 40% of women who experienced psychological violence on behalf of their partner did so every day. If we add together the percent of women who reported weekly violence, often per week and every day we get 84%. Hence we can say 84% of women experienced psychological violence every week or more frequently.

2) Physical violence

Of the 202 women who had IPV experience 120 women replied to the question on the frequency of physical violence. We use the 120 answers to display the results in figure 3.

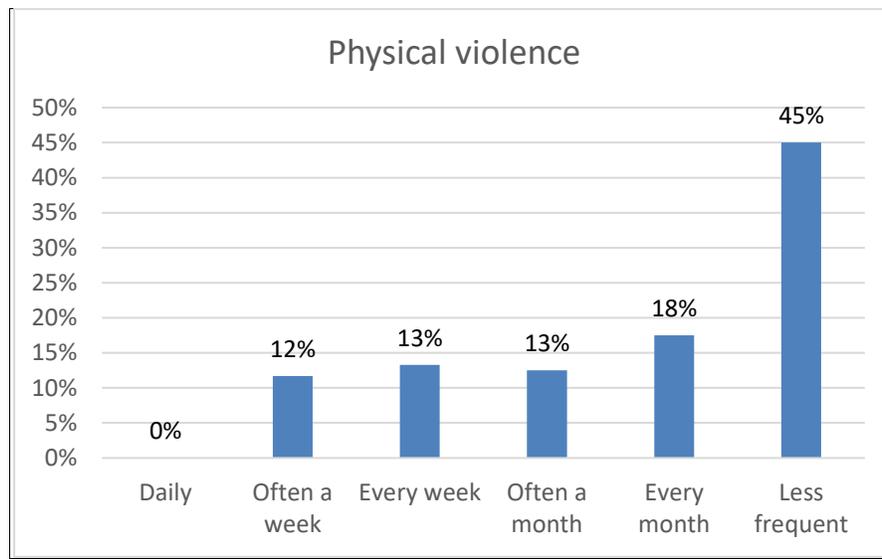


Figure 3. Distribution of the frequency of physical violence.

If we add the percentage of women who reported physical violence every week, often per week and daily we get 25% of women who experienced physical violence every week or more frequently.

3) Financial violence

Of the 202 women who had IPV experience 119 women replied to the question on the frequency of financial violence. We use the 119 answers to display results in figure 4.

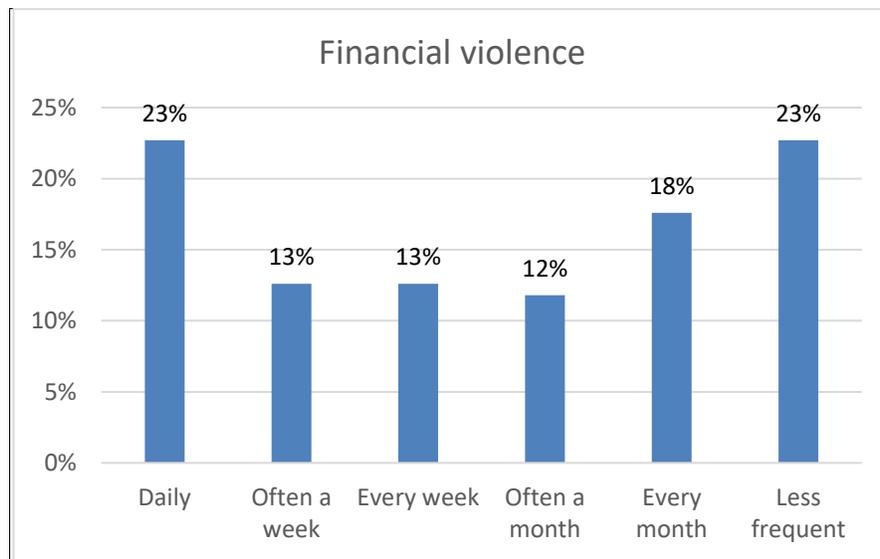


Figure 4. Distribution of the frequency of financial violence

If we add the percentage of women who reported financial violence every week, often per week and daily we get 49% of women who experienced financial violence every week or more frequently.

4) Sexual violence

Of the 202 women who had IPV experience 118 women replied to the question on the frequency of sexual violence. We use the 118 answers to display results in figure 5.

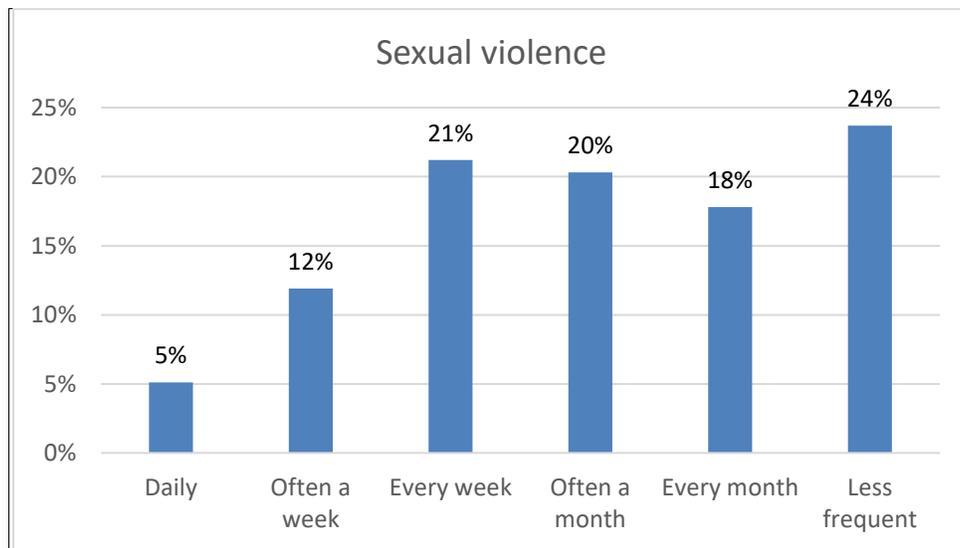


Figure 5. Distribution of the frequency of sexual violence

If we add the percentage of women who reported sexual violence every week, often per week and daily we get 38% of women who experienced sexual violence every week or more frequently.

5) Digital violence

Of the 202 women who had IPV experience 46 women replied to the question on the frequency of digital violence. We use the 46 answers to display results in figure 6.

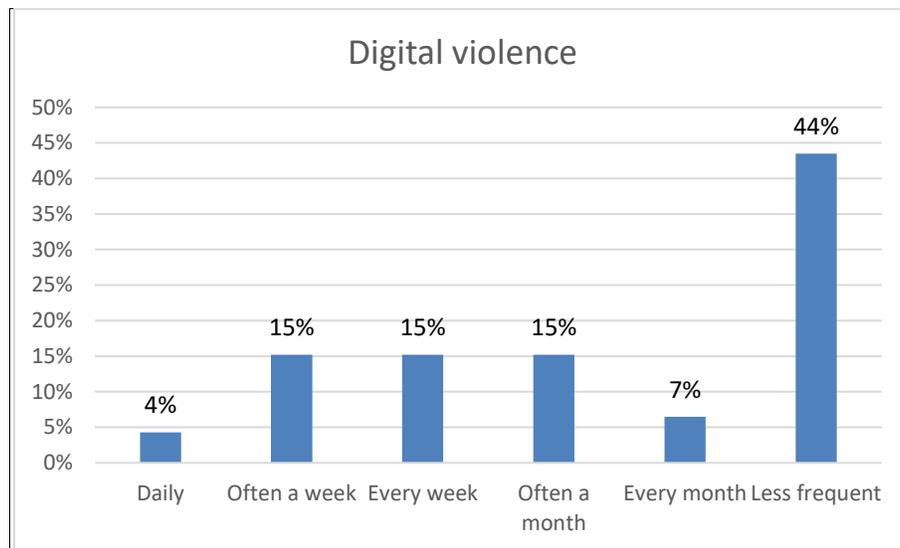


Figure 6. Distribution of the frequency of digital violence

If we add the percentage of women who reported digital violence every week, often per week and daily we get 34% of women who experienced digital violence every week or more frequently.

6) Violence against children

Of the 202 women who had IPV experience 57 women replied to the question on the frequency of digital violence. We use the 57 answers to display results in figure 7.

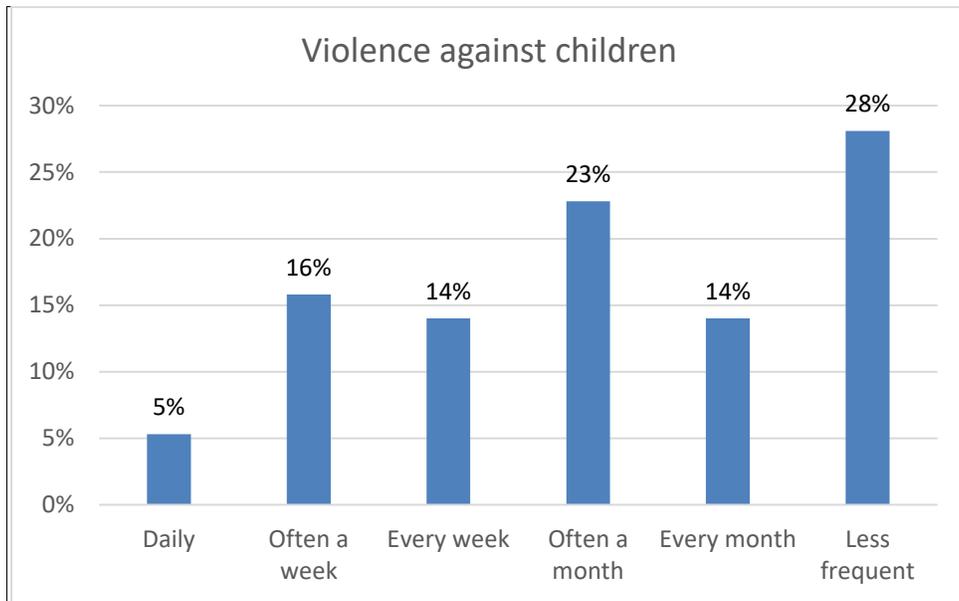


Figure 7. Distribution of the frequency of violence against children

Around 5% of women report daily violence against children on behalf of ex or current partner. If we add the percentage of women who reported violence against children every week, often per week and daily we get 35% of women who experienced violence against children every week or more frequently. Note that one woman can be answering for more than one child, hence more than 57 children might be representing these figures.

The summary below is describing the frequency of different types of violence, when we have added the answers of women who reported that the frequency of violence was daily, often per week and every week.

- Psychological violence: 84%
- Physical violence: 25%
- Financial violence: 49%
- Sexual violence: 38%
- Digital violence: 34%
- Violence against children: 35%

Nature of relationship – No IPV experience

In this part we summarize the answers of women who report they have not had any experience of IPV. The questions were phrased differently as the women here were asked to describe the nature of their relationship.

If you have experienced more than one relationship please answer here regarding the last relationship. *Please mark everything relevant.*

If one or more options apply to your relationship, please mark the line, even if not all of the options apply.

Does any of the following apply to your relationship, have you experienced that he was/is...

- Controlling, oppressed you, belittled you, threatening self-harm or suicide to control you and/or isolated you?
- ...has threatened to kill you?
- Forced you to take part in sexual acts, pressured/threatened in relation to sexual acts, did you ever wake up to the rape/"sex"?
- Shoved you, pushed you, hit you, held you down, punched, kicked, burned, drowned, suffocated or bitten you?
- ...has strangled you – regardless of you losing consciousness or not?
- Damage your belongings, caused you financial harm, taken wages from you or disabled your access to money?
- Abused social media in your name, threatened you through social media?
- ...of which threatened to send digitally private pictures of you?
- Constantly sent you messages, called you, followed you, used location device to follow you, appeared unexpectedly at your or workplace?

Only 16 women (13%) of the 124 women who had no IPV experience responded to this question. In figure 8 we can see the distribution of their answers

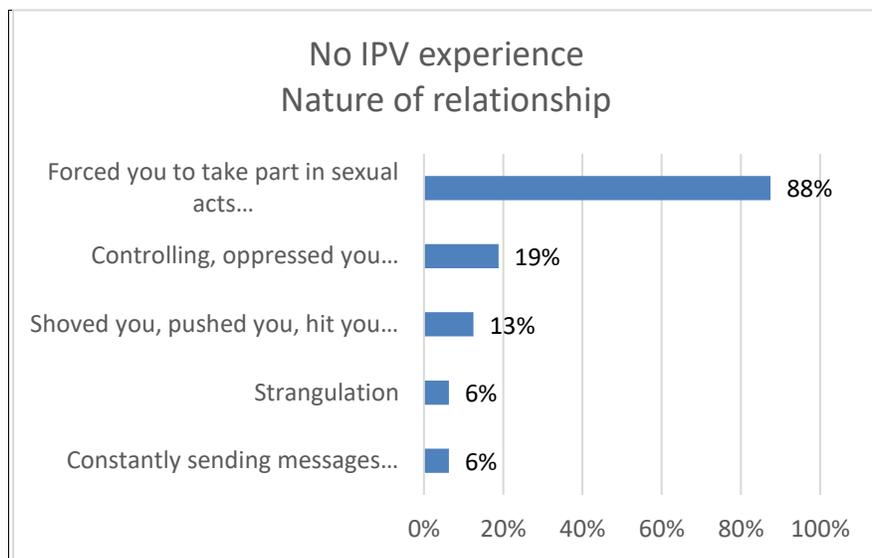


Figure 8. Nature of the relationship – no IPV experience.

It is interesting that 14 women of the 124 who have no IPV experience have experienced one or more of the following; *being forced to take part in sexual acts, their partner has pressured or threatened them in relation to sexual acts, or the women have woken up while their partner is raping them*. However they do not categorize that as “having experience of IPV”.

Partner's reaction to the violence

- **Blaming for the violence**

Only women who had experience of IPV got the question:

“Did he blame you for the violence?” (f.ex. “you make me so angry”, “if you were not always saying this or that..”)

The reply options were: Yes, No, Not relevant/Do not want to answer. We subtracted the Not relevant/Do not want to answer replies from the answers and only look at the distribution of answers from women saying yes or no.

Of the 202 women who took part in this survey and had experience of IPV, 197 answered this question. Of which 90.9% said their partner blamed them for the violence but only 9.1% said they did not blame her for the violence.

- **Promise this will never happen again**

Only women who had experience of IPV got the question:

“Did he promise this would never happen again?”

The reply options were: Yes, No, Not relevant/Do not want to answer. We subtracted the Not relevant/Do not want to answer replies from the answers and only look at the distribution of answers from women saying yes or no.

Of the 202 women who took part in this survey and had experience of IPV, 194 answered this question. Of which 67% said their partner promised it would not happen again but only 33% said they did not promise that.

According to the question on blaming the woman for the violence, it is interesting that the perpetrators can then promise not to use violence again. How can they promise not to do something which is not their fault?

- Making excuses for the violence
--

Only women who had experience of IPV got the question:

“Did he try to make excuses for the violence?”

The reply options were: Yes, No, Not relevant/Do not want to answer. We subtracted the Not relevant/Do not want to answer replies from the answers and only look at the distribution of answers from women saying yes or no.

Of the 202 women who took part in this survey and had experience of IPV, 195 answered this question. Of which 79% said their partner tried to make excuses for the violence but only 21% said they he did not try to do make excuses for the violence.

Examples of excuses

Only women with IPV experience got this question.

“If yes to the question above, can you please give me examples of the most common excuses he would give for his violence?”

Here is a shortened list of excuses:

1. He has no control over himself
2. It was my fault
3. I was too skinny
4. I was too fat
5. I made him angry
6. Difficult childhood
7. “You are so boring”

8. "This is normal!"
9. "You are just too sensitive"
10. Difficult times now in his life
11. Difficult times in the past
12. Under a lot of pressure
13. Children were too loud
14. I made him angry
15. Aggression
16. "you did not pick up the phone"
17. I was a slut
18. I made him a smaller man
19. "You made me do this..."
20. "It was your fault"
21. I challenged him
22. He got such a bad upbringing
23. He felt so bad
24. Angry for his upbringing
25. He felt so bad
26. I was so stupid and made him angry
27. Everyone are so mean to him
28. Girlfriends should not be getting any messages from other men
29. I was so difficult and challenging and he had to hold me down in order for me to listen
30. I misunderstood

We decided to categorize the examples women gave into themes. In the table below we see the themes.

Categorized examples of excuses perpetrators gave for their behavior	%
My fault	48%
His feelings now or condition/disorder	11%
I was mentally ill/it was my imagination/ I was too sensitive/I misunderstood	7%
His upbringing and youth	6%
He was having a hard time at the moment/pressure	5%
He did not have control	5%
Alcohol/drugs	5%
"This is normal"	4%
"I love you"	3%
I deserved this	2%
Something in the environment now	2%
This was not my (perpetrators) fault	2%

Table 1. Perpetrators excuses for their violence – Themes.

The main point here seems to be that perpetrators do not think or feel or experience that they are responsible when they choose to use violence against their partners. Perpetrators explain their behavior with the factors such as the environment, their upbringing, pressure at work, drugs, they normalize their behavior or blame the woman. They do not seem to sense that they decide to use violence.

Accusations of cheating

Here we compare the answers from women with IPV experience to answers from women who do not have IPV experience.

The question was phrased: *“Did he accuse you on cheating?”*

The reply options were on a 10 point scale from 1 = no, never to 10= yes, very often

Of the 202 women who had experience of IPV, 199 replied to this question. Of the women who had IPV experience the distribution of their answers was as shown in figure 9.

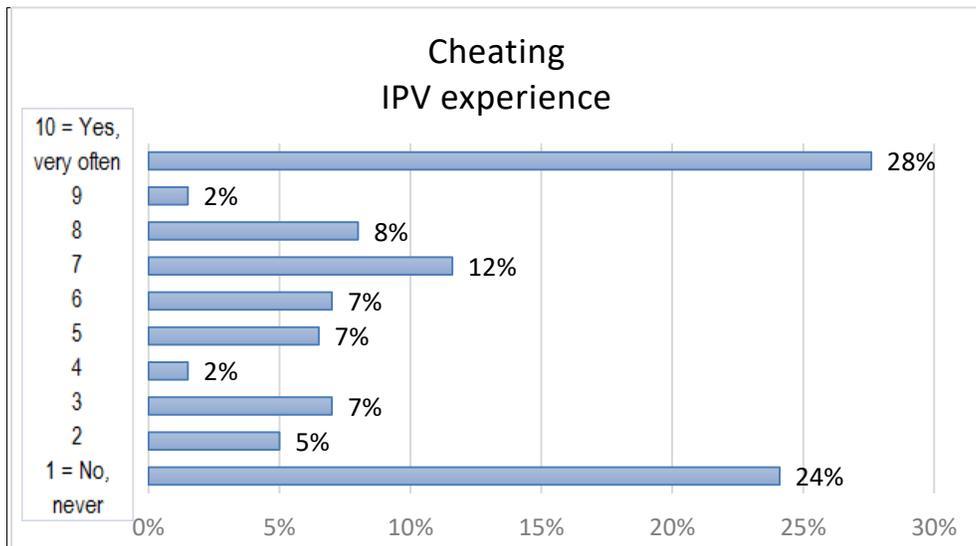


Figure 9 – Cheating – IPV experience

If we add the percentage of women who marked “8”, “9” and “10” and assume they were often or very often accused of cheating on their partner, we get a total 38% of women who have been accused of cheating.

122 women of 124 women who had no IPV experience answered this question. The distribution of their answers is shown in figure 10.

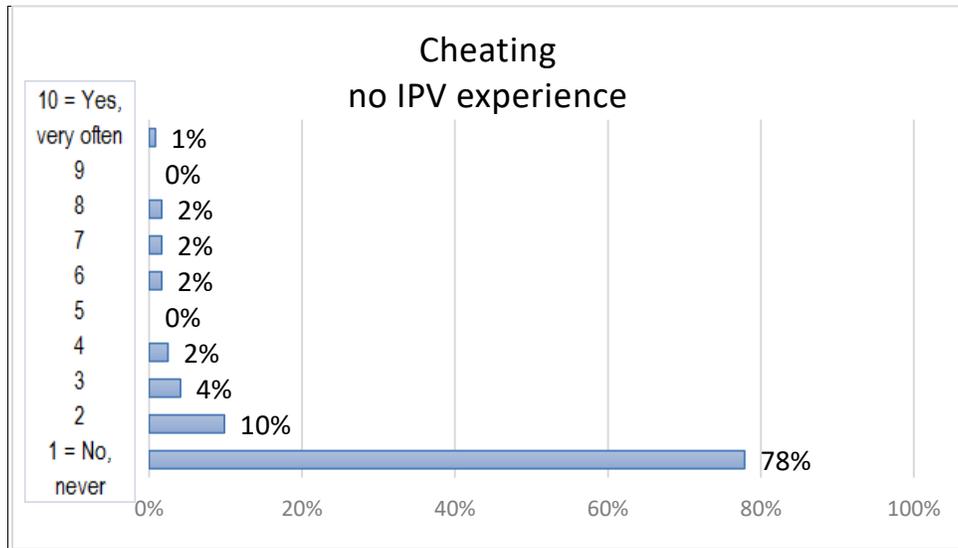


Figure 10 – Cheating/adultery – non IPV experience

There seems to be a difference in the two groups as much fewer women who do not have experience of IPV have been accused very often of adultery. Only 1% compared to 28% in the IPV experience group.

If we add the answers of women who reported their partner accused them often or very often on adultery the added percentage is 3% compared to 38% in the IPV experience group.

Knowing exactly where you are and with whom

We compare the answers from women with IPV experience to answers from women who do not have IPV experience.

The question was phrased: *“Did he often want to know exactly where you were going, with whom and/or how long you were going to be?”*

The reply options were “yes” or “no”

Of the 202 women who had experience of IPV, 189 replied to this question. Of the women who had IPV experience the distribution of their answers was as shown in figure 11.

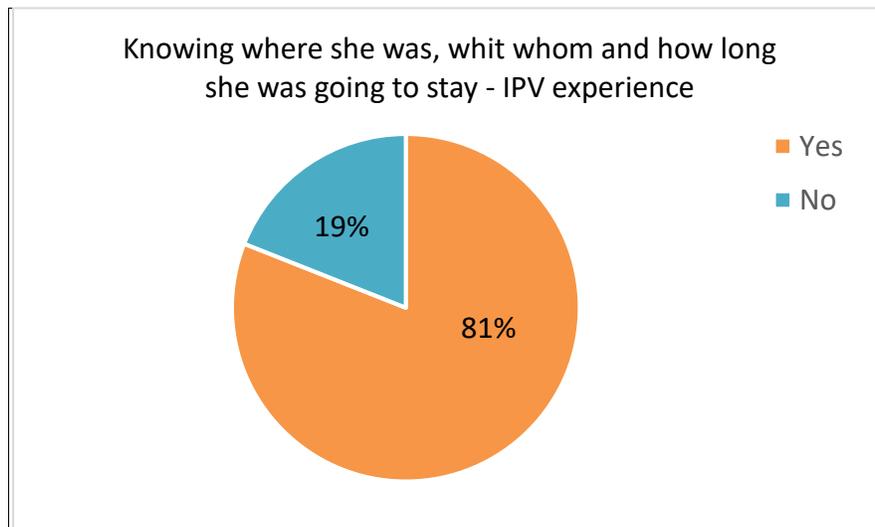


Figure 11 – Knowing where she was, with whom, and how long – IPV experience

It seems to be common that women who have a history of IPV experience that their partner needs to know exactly where she was, with whom and for how long she was going to stay out, as 81% of IPV women said “yes” to this option.

Of the 124 women who took part in this survey and did not have experience of IPV 113 women answered this question.

The distribution of their answers is in figure 12.

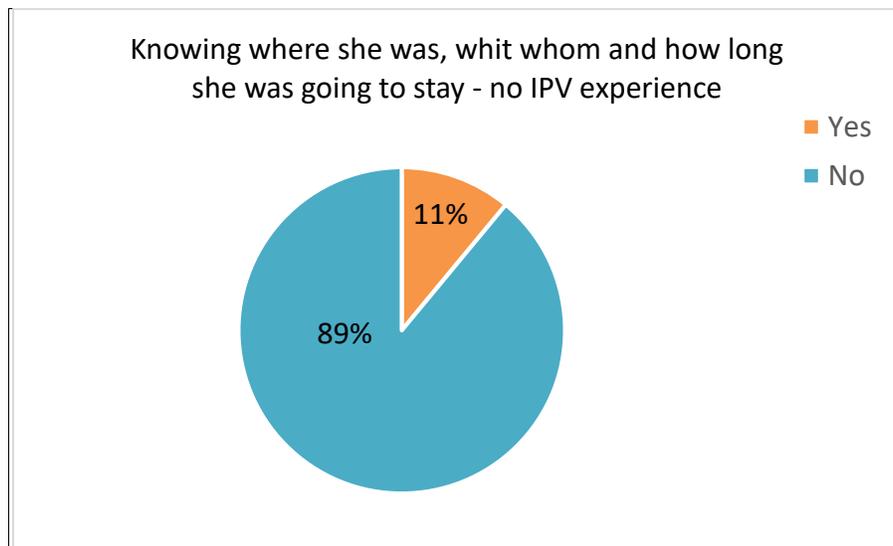


Figure 12 - Knowing where she was, with whom, and how long – no IPV experience

If we compare figure 11 and figure 12 we can see that majority of women with IPV experience (81%) say "yes" to the question *my partner wanted to know where I was with whom and for how long*, as opposed to women in the no IPV group where only 11% say "yes" to that question.

Others are “idiots and fools”

Women in both groups got this question:

“Did he often speak as if others around you were “idiots and fools”?”

The reply options were “yes” or “no”

194 of 202 women with IPV experience answered this question and in figure 13 we can see their answers.

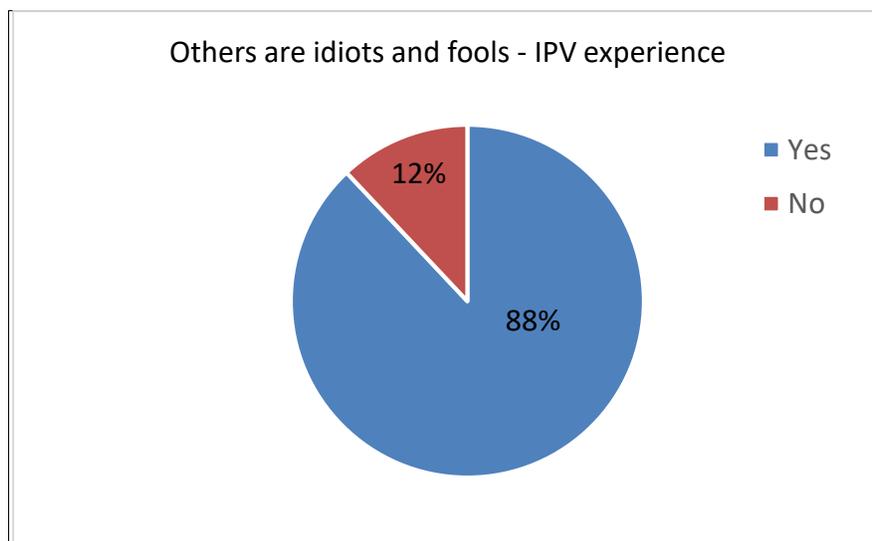


Figure 13 – Others are idiots and fools – IPV experience

Majority of women with IPV experience said “yes” to the question.

Only 12% said they did not experience that attitude from their partner.

Of the 124 women who did not have IPV experience 114 answered this question and their answers distributed as shown in figure 14

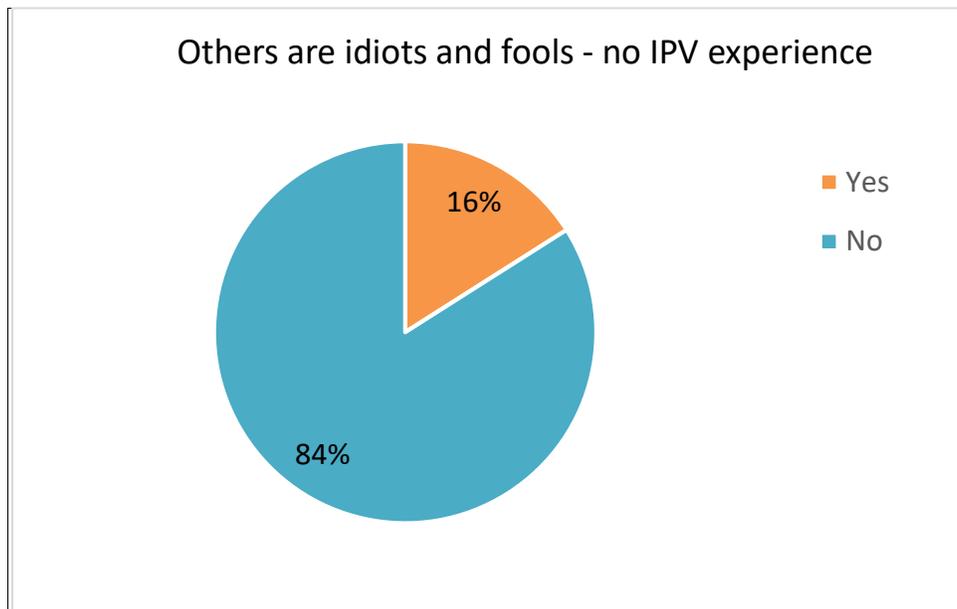


Figure 14 – Others are idiots and fools – no IPV experience

Looking at their answers, only 16% have experienced this kind of attitude from their partner. Majority (84%) of women with no IPV experience said “no” to that question.

Ex-partners are “mentally ill” and you should not be taken seriously

Both groups (IPV experience and no IPV experience) got this question:

“Did he often talk about his ex-partner(s) were “mentally ill” and should not be taken seriously”?

These were the reply options:

- No
- Yes, “mentally ill”
- Yes, should not be taken seriously
- Yes both, “mentally ill” and should not be taken seriously

Of the 202 women with IPV experience, 197 answered this question. Of the 124 women with no IPV experience 123 answered this question. Their answers are shown in figure 15.

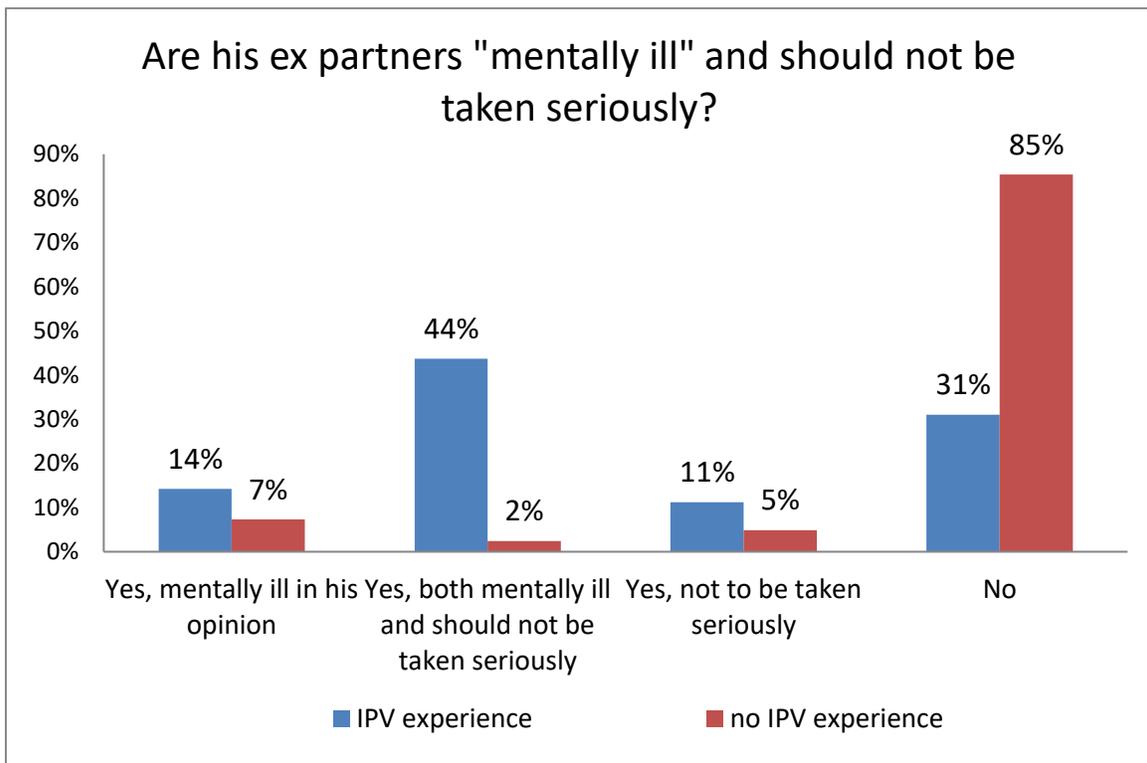


Figure 15. Ex-partners are “mentally ill” and should not be taken seriously

Interesting to look at the outcome in “yes, both mentally ill and should not be taken seriously”. In total 69% of women who have experience of IPV report their partner claimed his ex were mentally ill and should not be taken seriously.

However, 85% of women who do not have IPV experience do not report their partner claiming his ex-partner/s were mentally ill and should not be taken seriously.

Did he ever injure you?

Both groups got this question:

"If relevant, did he ever injure you?"

The response options were:

- Yes
- No
- Not relevant / do not want to answer

Of the 202 women with IPV experience 201 women replied to this question. In the no IPV group 121 women out of 124 replied to this question. Their answers are compared and shown in figure 16.

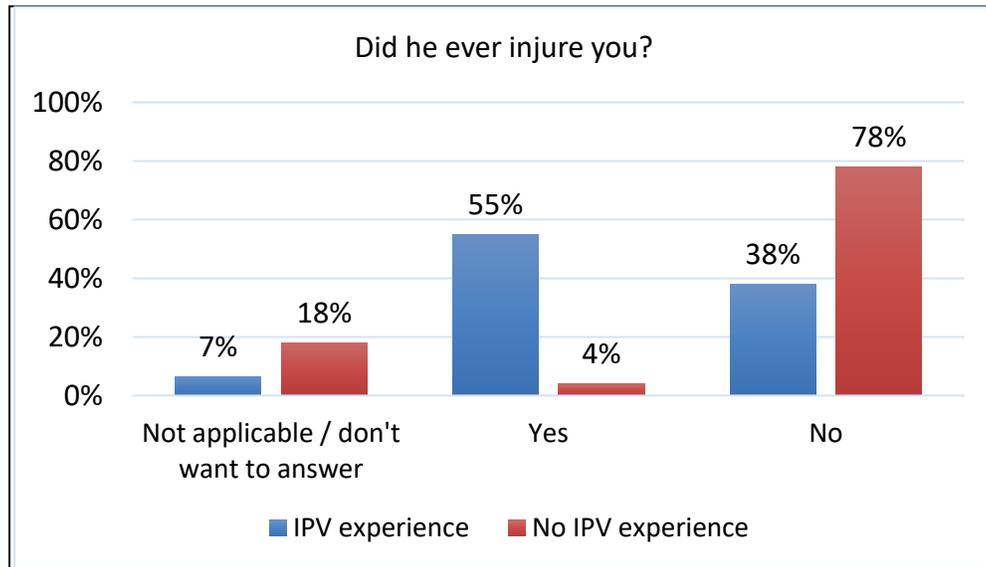


Figure 16. Did he ever injure you?

More than half of women with IPV experience (55%) have been injured by their partner. Note that of the women who do not report they have experience of IPV, 4% have been injured by their partners.

Women's experience of their partner's personality

The response options are on a ten point scale, where 1 = strongly disagree and 10 = strongly agree. In order to interpret women's answers in the chapter on women's experience of their partner's personality, we will add the answers of "8", "9" and "10" and assume these women agree or strongly agree to the given statement. We will also assume that if women marked "1", "2" or "3" they disagree or strongly disagree to the given statement

In general we can sum up the results and say: when looking at women who have IPV experience and positive statements such as being understanding, proud of partner, positive, patience and supportive, their answers pile up on the "strongly disagree" side. Similarly when we look at women with IPV experience and negative statements such as jealousy, controlling, critical, isolating, suspicious, impatient and negative, their answers pile up on the "strongly agree" side.

Jealousy

Women from both groups received the same statement to answer.

“I experienced him to be jealous”

All women in the IPV experience group replied to this statement. 122 of 124 women in the no IPV experience group answered this statement.

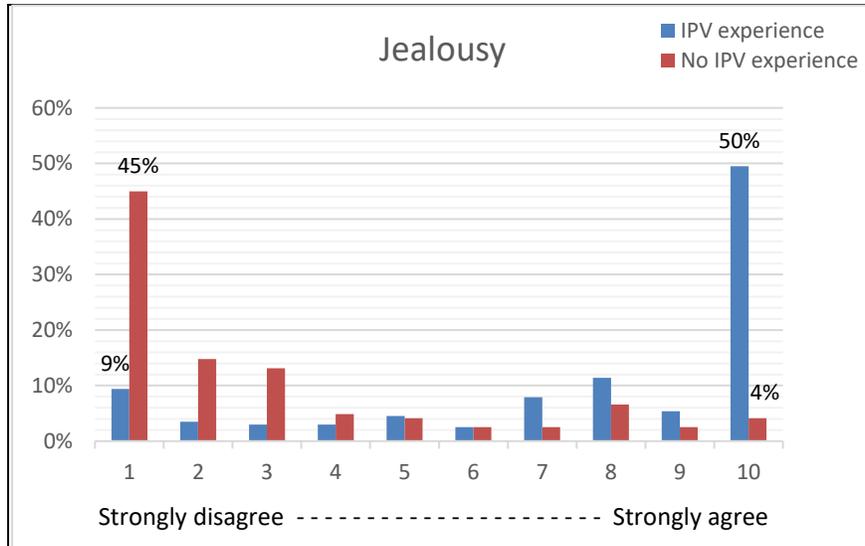


Figure 17. Jealousy

Of women who had IPV experience, 50% said they strongly agree to have experienced their partner to be jealous but only 4% of women in the no IPV group reported to strongly having experienced jealousy from their partner.

To look at it in another way we add the answers of “8”, “9” and “10” and assume these women agree or strongly agree to the statement they experienced their partner to be jealous. If we add the answers we get a total of 66% of women in the IPV experience group who agree or strongly agree they experienced their partner to be jealous.

However if we look at the answers from women who have no IPV experience and we assume that if women marked “1”, “2” or “3” are reporting they disagree or strongly disagree to the given statement,

we get a total of 73% of women in that group who disagree or strongly agree that they experienced their partner to be jealous.

Understanding

Women from both groups received the same statement to answer.

“I experienced him to be understanding. Both towards me and others”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

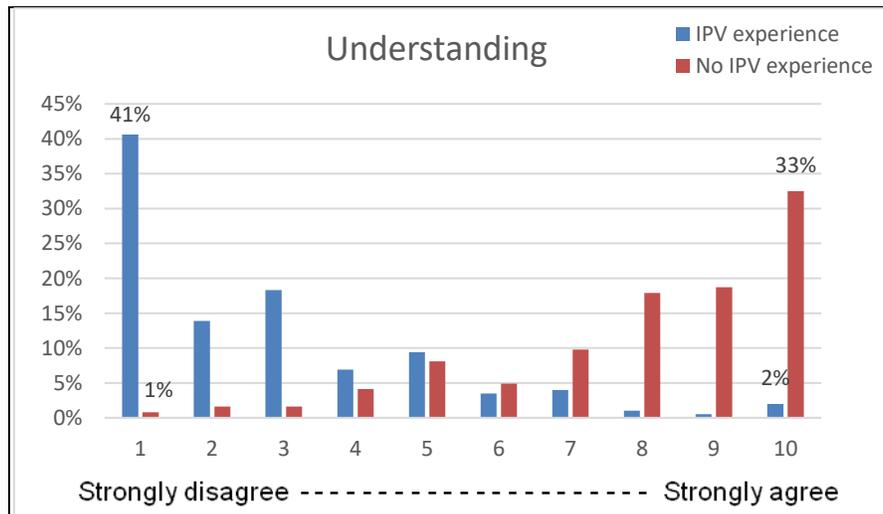


Figure 18. Understanding

Of women who had IPV experience, 73% said they disagree or strongly disagree agree to have experienced their partner was understanding, compared to 4% of women who did not have IPV experience.

When looking at women who did not have IPV experience; in total 69% of respondents agree or strongly agree that their partner was understanding, compared to 3% of women who had experience of IPV.

Proud of me

Women from both groups received the same statement to answer.

“I experienced that he was proud of me“

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree. All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

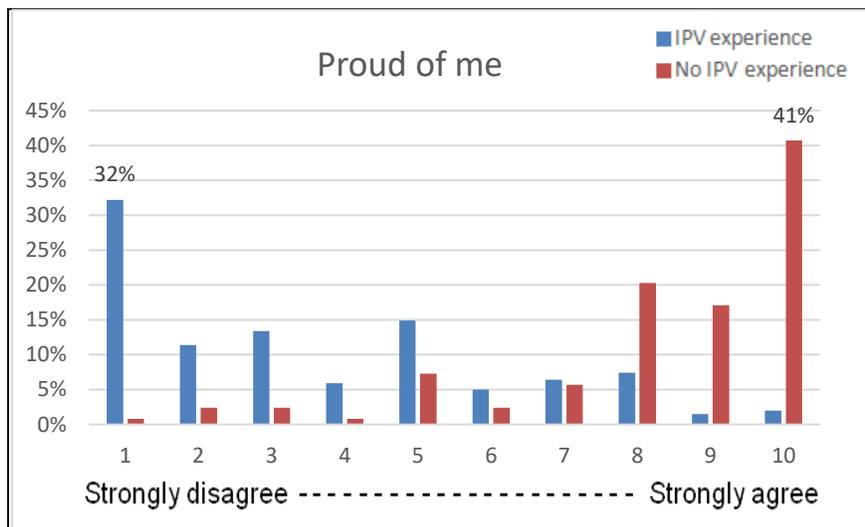


Figure 19. Proud of me.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 78% of women with no IPV experience who agree or strongly agree to have experienced their partner to be proud of them, compared to 11% of women who had experience of IPV.

Of women who had IPV experience, 57% said they disagree or strongly disagree to the statement they experienced their partner to be proud of them, compared to 5% of women who did not have IPV experience.

Manipulative

Women from both groups received the same statement to answer.

“I experienced that he was manipulative”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree. All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

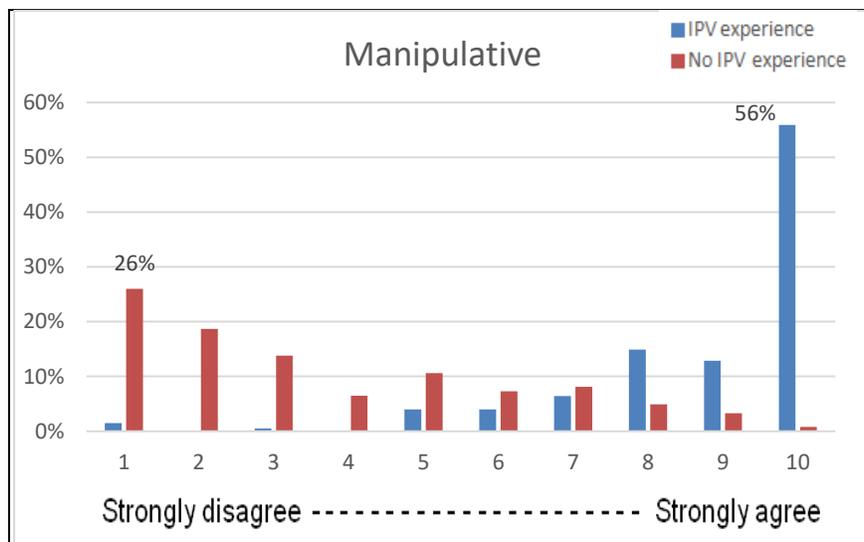


Figure 20. Manipulative.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 9% of women with no IPV experience who agree or strongly agree to have experienced their partner to be manipulative, compared to 84% of women who had experience of IPV.

Of women who had IPV experience, 3% said they disagree or strongly disagree to the statement they experienced their partner to be manipulative, compared to 59% of women who did not have IPV experience.

Criticizing

Women from both groups received the same statement to answer.

“I experienced that he was critical towards me“

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

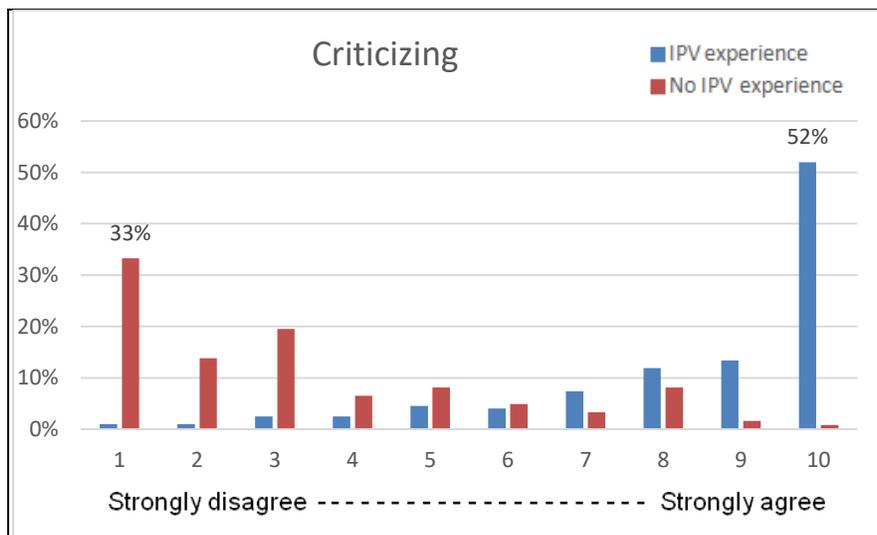


Figure 21. Criticizing.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 11% of women with no IPV experience who agree or strongly agree to have experienced their partner to be criticizing towards them, compared to 77% of women who had experience of IPV.

Of women who had IPV experience, 5% said they disagree or strongly disagree to the statement they experienced their partner to be criticizing towards them, compared to 67% of women who did not have IPV experience.

Skepticism

Women from both groups received the same statement to answer.

“I experienced that he was skeptical towards me“

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

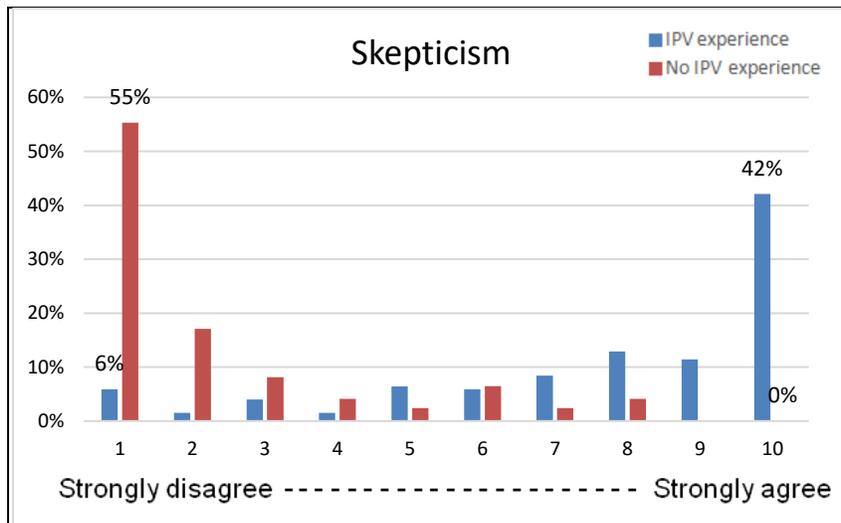


Figure 22. Skepticism.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 4% of women with no IPV experience who agree or strongly agree to have experienced their partner to be skeptical towards them, compared to 66% of women who had experience of IPV.

Of women who had IPV experience, 11% said they disagree or strongly disagree to the statement they experienced their partner to be skeptical, compared to 81% of women who did not have IPV experience.

Positive

Women from both groups received the same statement to answer.

“I experienced that he was positive”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

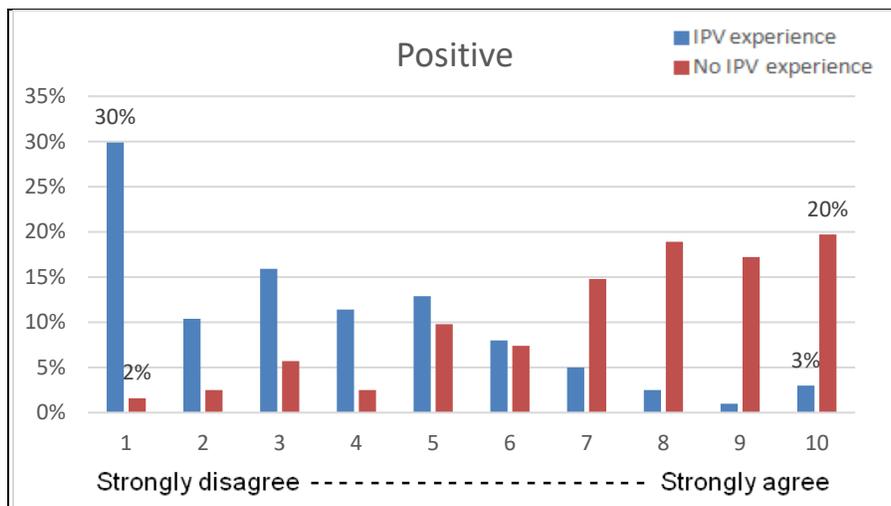


Figure 23. Positive.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 56% of women with no IPV experience who agree or strongly agree to have experienced their partner to be positive, compared to 7% of women who had experience of IPV.

Of women who had IPV experience, 56% said they disagree or strongly disagree to the statement they experienced their partner to be positive, compared to 10% of women who did not have IPV experience.

Negative

Women from both groups received the same statement to answer.

“I experienced that he was negative”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

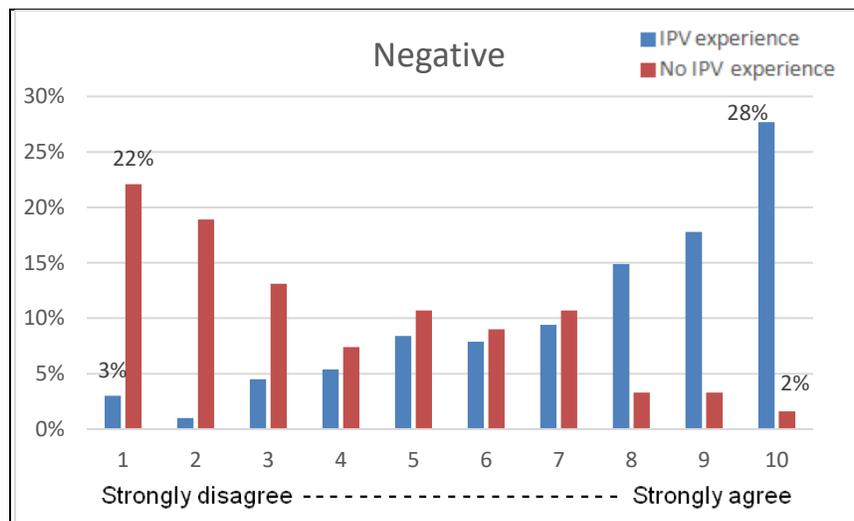


Figure 24. Negative.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 8% of women with no IPV experience who agree or strongly agree to have experienced their partner to be negative, compared to 60% of women who had experience of IPV.

Of women who had IPV experience, 9% said they disagree or strongly disagree to the statement they experienced their partner to be negative, compared to 54% of women who did not have IPV experience.

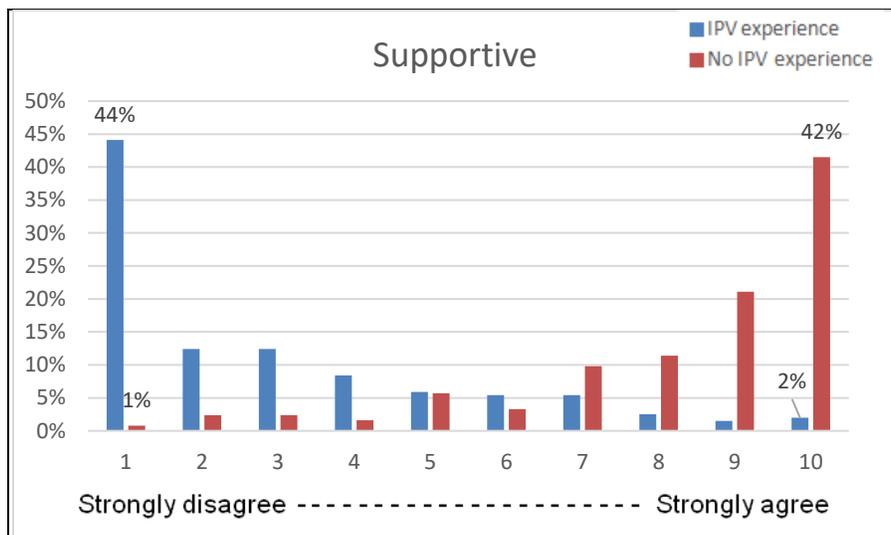
Supportive

Women from both groups received the same statement to answer.

“I experienced that he was supportive”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.



“Figure 25. Supportive

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 74% of women with no IPV experience who agree or strongly agree to have experienced their partner to be supportive, compared to 6% of women who had experience of IPV.

Of women who had IPV experience, 69% said they disagree or strongly disagree to the statement they experienced their partner to be supportive, compared to 5% of women who did not have IPV experience.

My friends are not good enough for me

Women from both groups received the same statement to answer.

“I experienced that he did not find my friends good enough for me”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

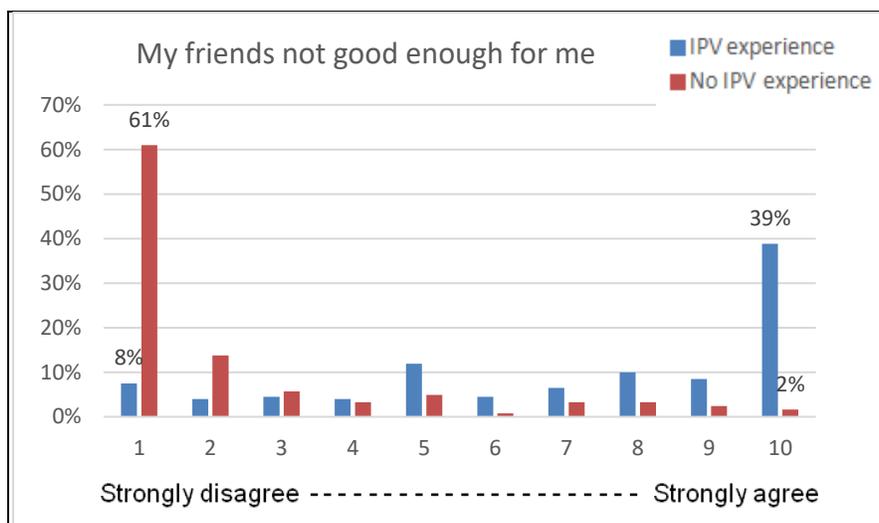


Figure 26. Friends are not good enough for me.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 7% of women with no IPV experience who agree or strongly agree to have experienced their partner thinking her friends were not good enough for her, compared to 57% of women who had experience of IPV.

Of women who had IPV experience, 16% said they disagree or strongly disagree to the statement they experienced their partner to be supportive, compared to 81% of women who did not have IPV experience.

Isolation

Women from both groups received the same statement to answer.

“I experienced that he isolated me from my friends and family”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

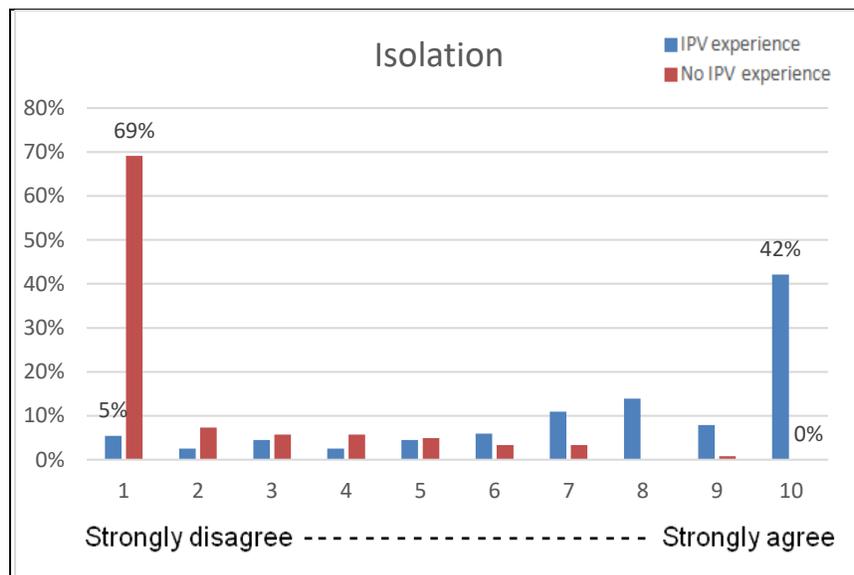


Figure 27. Isolation.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 1% of women with no IPV experience who agree or strongly agree to have experienced their partner isolated them from friends and family, compared to 64% of women who had experience of IPV.

Of women who had IPV experience, 12% said they disagree or strongly disagree to the statement they experienced their partner isolated them, compared to 82% of women who did not have IPV experience.

Wanting to control me

Women from both groups received the same statement to answer.

“I experienced that he wanted to control me”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 122 of 124 women in the no IPV experience group answered this statement.

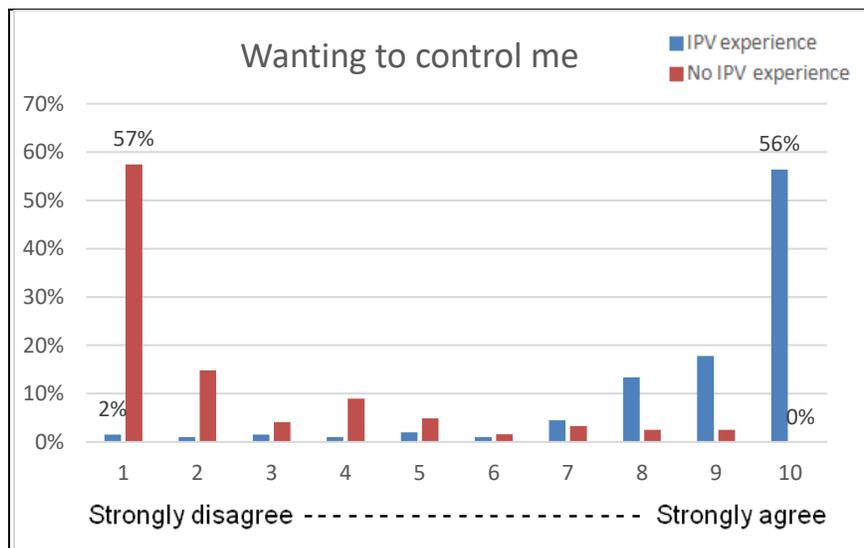


Figure 28. He wanted to control me

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 6% of women with no IPV experience who agree or strongly agree to have experienced their partner wanted to control them, compared to 88% of women who had experience of IPV.

Of women who had IPV experience, 4% said they disagree or strongly disagree to the statement they experienced their partner wanted to control them, compared to 76% of women who did not have IPV experience.

Good relationship with his family

Women from both groups received the same statement to answer.

“I experienced that he had a good relationship with his family”

The response options were on a ten point scale where 1 = strongly disagree and 10 = strongly agree.

All women in the IPV experience group replied to this statement. 123 of 124 women in the no IPV experience group answered this statement.

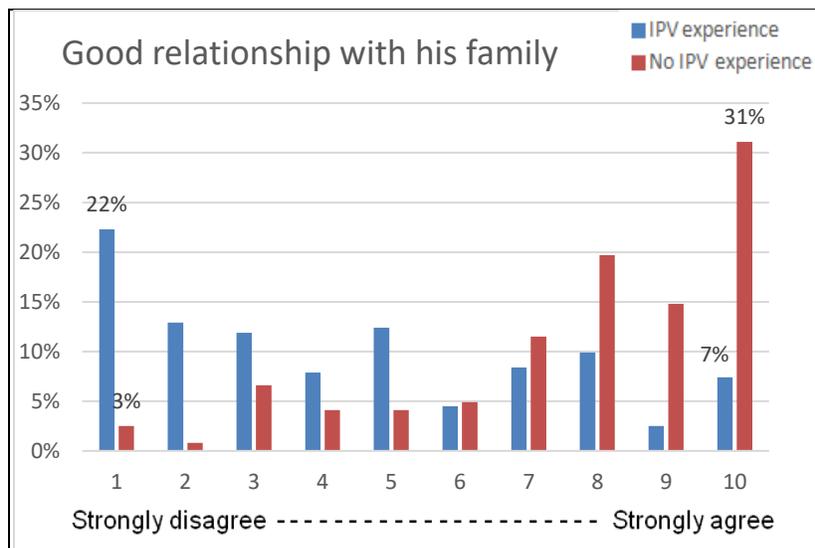


Figure 29. Good relationship with his family.

When looking at women who did not have IPV experience and adding the 8+9+10 options, we get a total of 66% of women with no IPV experience who agree or strongly agree to have experienced their partner wanted to control them, compared to 20% of women who had experience of IPV.

Of women who had IPV experience, 47% said they disagree or strongly disagree to the statement they experienced their partner wanted to control them, compared to 10% of women who did not have IPV experience.

Positive personality traits describing his personality best

Of the 202 women with IPV experience 162 (80%) responded to this question.

Can you write down three positive words which describe his personality the best?

We categorized their answers in order to see which descriptions/verbs are the most common ones. Words such as “smart”, “intelligent” and “clever” were grouped together in one box. As well as words like “charming”, “attractive” and “likable”.

Of the 124 women with no IPV experience 98 (79%) responded to this question.

Can you write down three positive words which describe his personality the best?

Again, we categorized their answers in order to try to see a trend or at least create boxes with similar meaning of the words.

See summary of women’s answers in table 2.

IPV experience	%	Non-IPV experience	%
Efficient/Hardworking/Empowering/ Resilient	12%	Solid/Stability/Responsible/Reliable	15%
Funny/Humorist	11%	Good	10%
Charming/Attractive/Likable	10%	Thoughtful/Caring/Considerate/ A Good Heart/Caring/Loving/Helpful	9%
Smart/Intelligent/Clever	9%	Efficient/Hardworking/Empowering/ Resilient/Selfless	7%
Thoughtful/Caring/Considerate/ A Good Heart/Helpful	5%	Fun/Humorist/Amusing	7%

Table. 2. Partners positive personality traits

Negative personality traits describing his personality best

Of the 202 women with IPV experience 177 (88%) responded to this question. And in the non IPV experience 93 women (75%) of the 124 answered this question.

Can you write down three negative words which describe his personality the best?

The results of women's answers is in table 3.

IPV experience	%	Non-IPV experience	%
Controlling	14%	Insecure/Low confidence/Feeling inferior/ Closed	11%
Self-centered/Selfish/Inconsiderate	11%	Stubborn	10%
Bad tempered/Angry/Stormy	10%	Unreliable/Careless/Poor timekeeping	8%
Jealous	8%	Negative/Pessimistic	7%
Liar/Designing/Tricking/False/ Unfaithful/Dishonest	7%	Impatient/Irritable	6%

Table 3. Partners negative personality traits

Note that women wrote down in total over 2000 words describing their partner's positive and negative personality traits. Here we only reflect on the words that most frequently occurred.

Your feelings at the beginning and at the end of the relationship

Participants were asked to describe themselves when the relationship began and when it ended. Here were categorized respondents responses by (1) IPV experience - not with him anymore, (2) IPV experience – in a relationship with him now and (3) never been in an IPV relationship.

The group with IPV experience but is no longer with their perpetrator got the following questions:

- A) How would you describe yourself when your relationship began? (sometimes it is good to think how do you think others described you)
- B) How would you describe yourself when your relationship was coming to an end or was over? (sometimes it is good to think how do you think others described you)

All women in this group replied to the question.

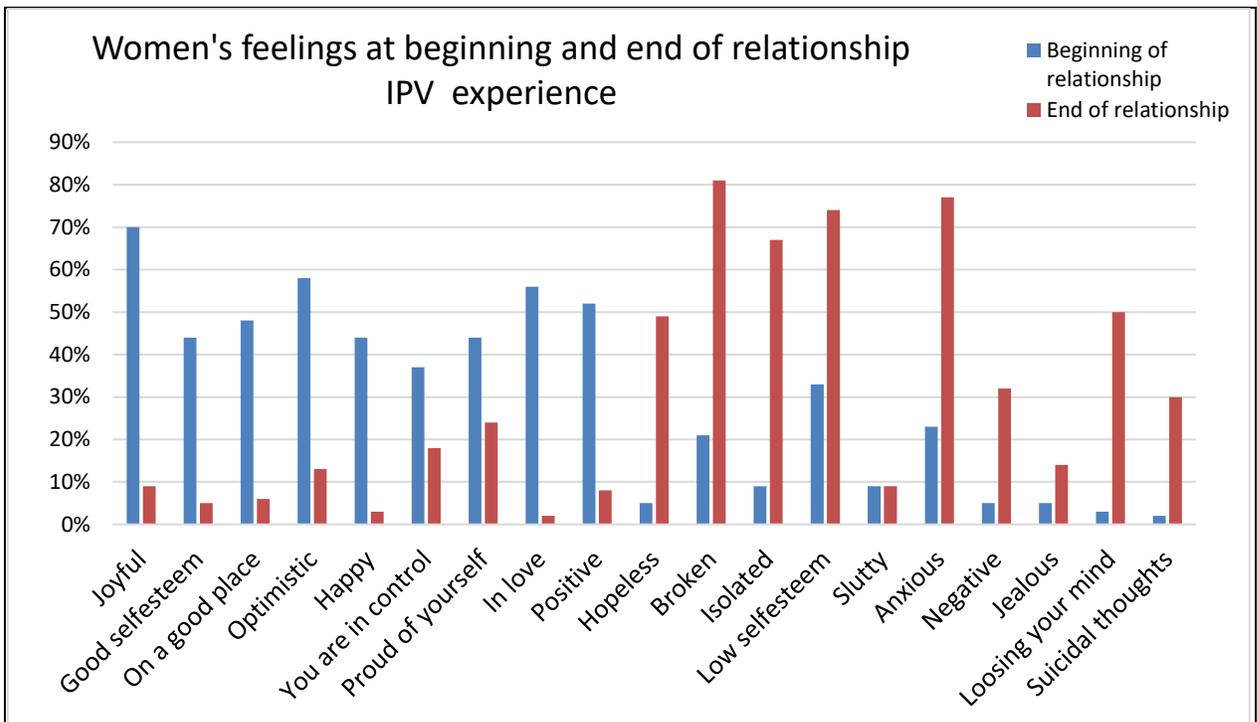


Figure 30. Women's feelings at the beginning and end of the relationship – IPV experience

The first nine questions are positively charged questions (joyful, good self-esteem, on a good place, optimistic, happy, in control, proud of myself, in love, positive). The following ten questions are negatively charged (hopeless, broken, isolated, low self-esteem, slutty, anxious, negative, jealous, losing my mind, suicidal thoughts).

Perhaps the difference in responses can partly be explained by the fact that respondents in this group are no longer with their partner and hence they might be more negative, but that is not certain. However, in general, women with IPV experience report to be more on the negative side of the spectrum at the end of their relationship compared with the beginning of the relationship.

Next group is the women who are in a IPV when they responded to the questionnaire. They got these questions:

- A) How would you describe yourself when your relationship began? (sometimes it is good to think how do you think others described you)
- B) How would you describe yourself now? (sometimes it is good to think how do you think others described you)

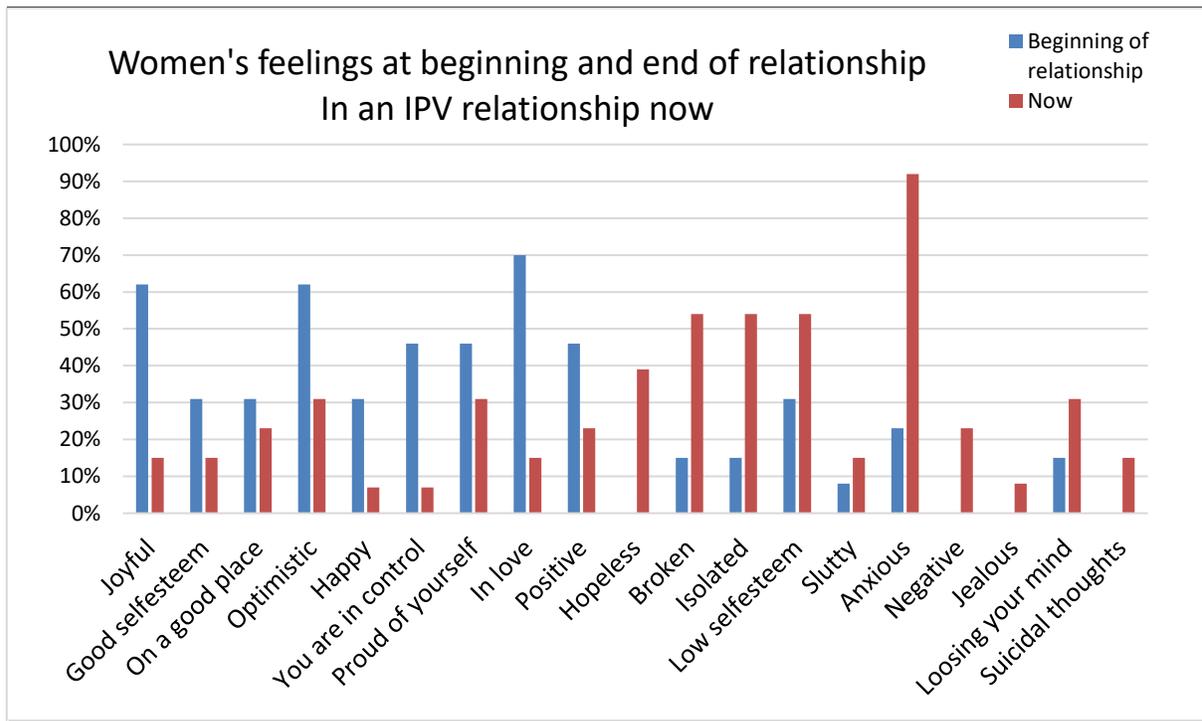


Figure 31. Women's feelings at the beginning and end of the relationship – in an IPV relationship now

The most difference is reported when we look at anxiety. 23% of women in this group report anxiety at the beginning of their relationship whereas 92% report anxiety now.

In general women in this group do not feel good about themselves. Only 7% report to be happy, only 15% report they are in love. Over half of respondents state they are broken, isolated and have low self-esteem. A third (31%) of them thinks they are losing their mind and 15% have suicidal thoughts.

The third group is women with no IPV experience. They got these questions:

- A) How would you describe yourself when your relationship began? (sometimes it is good to think how do you think others described you)
- B) How would you describe yourself today/ when your relationship was coming to an end or was over? (sometimes it is good to think how do you think others described you)

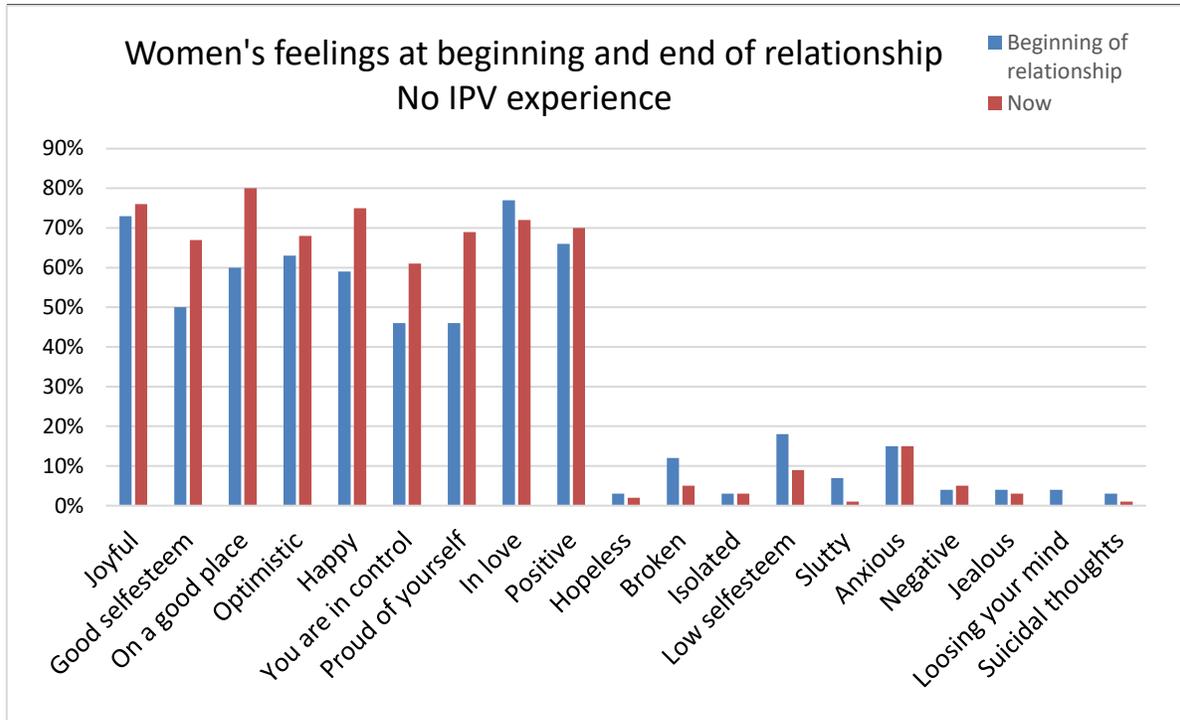


Figure 32. Women's feelings at the beginning and end of the relationship – no IPV experience

As seen on figure xx there is not as great shift in women's feelings from beginning to the status today / the end of the relationship. Note that majority of women in this group are still with their partner, and perhaps that influences their answers.

The positively charged questions get a high score for both beginning and now/end of relationship.

Myths – are they?

Changes in behavior

We asked both women with IPV experience and women with no IPV experience the same question:
Was there a major change in his behavior soon in the relationship?

The options were “yes”, “no” and “do not want to answer/not applicable”

Of women with IPV experience:

75% said yes – 19% said no. 6% did not want to answer/not applicable.

Of women with no IPV experience:

4% said yes – 84% said no. 12% did not want to answer/not applicable.

Threaten to kill himself to get what he wants

We asked both women with IPV experience and women with no IPV experience the same question:
Has he threatened to kill himself in order to get what he wants?

The options were “yes”, “no” and “do not want to answer/not applicable”

Of women with IPV experience:

50% said yes.

Of women with no IPV experience:

0.8% said yes.

Try to fix things

We asked both women with IPV experience and women with no IPV experience the same question:
Would you say you were always trying to fix the relationship to find again the person you were fascinated by in the beginning?

The options were “yes”, “no” and “do not want to answer/not applicable”

Of women with IPV experience:

79% said yes. 21% said no.

Of women with no IPV experience:

9% said yes. 91% said no.

“No other man will ever love you”

We asked both women with IPV experience and women with no IPV experience the same question:
Did he ever say to you: “No other man will ever love you”

The options were “yes”, “no” and “do not want to answer/not applicable”

Of women with IPV experience:

62% said yes.

Of women with no IPV experience:

0.8% said yes.

Is he a good father?

We only asked the women who had children this question. This was the question:

Would you say he is a good father?

Response options were; "yes", "no", "not applicable"

Of women with IPV experience:

31% said yes. 69% said no.

Of women with no IPV experience:

99% said yes. 1% said no.

The red lights

All women who had experience of IPV (202) answered this question. This was the question:

If you look at your relationship in general, were there any "red lights/warning signs"?

Of the 202 women 97% said "yes" but only 3% said "no".

Furthermore, women were asked to give examples of red lights/warning signs. Below is a list of only a few examples women gave:

1. Lies. Immediately in the relationship.
2. Controlling and crazy temper.
3. He drank a lot
4. Wanted to know exactly where I was, I had to come home if he was home alone
5. His ex-girlfriends were mentally ill and insane. All of them.
6. Quite early in the relationship he found me to be very difficult and impossible to deal with.
7. Ignored me when we were in public.
8. Told me I was not smart enough.
9. Jealous and very controlling

10. Isolated me immediately and criticized me a lot.
11. Everything happened so quickly. He had unusual opinions on women.
12. Prohibited me to do things. Called constantly. Yelled at me
13. He drank a lot. Endless interrogations on where I was and with whom.
14. Repeated rapes while I was sleeping.
15. Ignored me in order to be in control
16. Threatened me, isolated me. Very jealous.
17. Jealous towards my friends and even towards my family
18. Spoke in a negative manner towards his ex, told me I was a slut as well as all my friends.
19. Everything bad happening to him, was my fault.
20. Often "joked" about how hopeless and faulty I was. If I was upset it was just because I was so sensitive and so tender and did not have any sense of humor
21. He drank a lot
22. He was obsessed with rape fantasies
23. Blamed me for everything.
24. He drank a lot.
25. Jealousy, even towards my friends. Made a big deal out of nothing such as forgetting a purse at the house, then his day would be ruined

Advice for women who are in violent relationship and would like to get out.

We asked women with IPV experience to tell us what would have helped them to get out sooner. The recurring theme seemed to be that women would have like to know more about the violence, what is normal, how would you describe violence. They also mentioned they would have liked to realize they were not able to “save him”, that they would have liked to realize that what they experienced was in fact violence. They were afraid of their children and worried about financial matters. Many women mentioned that they would have liked to leave sooner.

Here are a few examples.

1. I needed more information. Mainly on the mind and behavior of perpetrators. I have a university degree in psychology but it did not cross my mind he was a violent person.
2. I was afraid. I often tried to leave. He told me I would never be ok alone with the children. I believed that and hoped everything would get better.
3. This was my fault.
4. Realize he was not going to change. I should have dared to leave sooner. I was afraid and felt I was alone.
5. I would have liked to get a warning. Would have liked to know more, read more about domestic violence and violent perpetrators.
6. I would have liked to understand that I could not save anybody. Would have liked to know the red lights.
7. The violence was subtle, I was young, don't know what exactly would have helped.
8. I would have liked to know the signs of violence.
9. I wish I would have dared to let people know.
10. I should have listened to my people.
11. I wish I would have left him when I tried the first time. I did not know immediately this was violence, I just did not realize.
12. I wish I would have noticed the pattern in his relation to women.
13. I thought this was the way it should be. It was my first relationship.

14. I wish I had not focused so much on fixing him, but focus more on me. It is the little parts who make this so complicated, it is not A-B-C boom – punched – this is so subtle. It took me such a sad long time. Wish I would have known more about violence and been able to connect to it.
15. More open discussion – like it is today
16. I thought all men were violent and obsessed for sex. I did not have good role models.
17. I thought I was not financially stable enough to leave
18. I wish I would have known sooner this was violence.
19. There are worse things than being alone.
20. The little incidents count. They are enough to leave.

We asked women with IPV experience what advice they would give to other women in an IPV relationship.

To sum up participant's advice other women to speak to professionals, listen to others, get support, tell others about the violence and how they feel, educate yourself about violence and perpetrators and remember "you are not alone".

Here are a few examples:

1. Let people know what is going on.
2. Plan. Plan everything well.
3. Get knowledge.
4. Seek help from professionals. Press charges. I practiced by visualizing me alone shopping and living alone. I got an emergency button from the police.
5. Leave as soon as possible.
6. You have to realize it is not going to change. Even if you believe he is adorable and all the problems are your fault.
7. Go to the Women's Shelter.
8. Hide money, prepare.
9. Don't listen to the bullshit "I cannot cope without you" and "this won't happen again"
10. Ensure physical security. Break the silence. Let people know what is going on, read about violence, seek assistance from others. You are not mentally ill.

11. Seek help from professionals, friends and family. You have been brainwashed that nobody will believe you or wants to be around you. That is not correct, you just need to dare to let people know what is going on.
12. You are not alone in the world. If you do not have any family there are groups online for an example, the support comes from the most unlikely places when you ask for it.
13. Dare to ask for help.
14. Listen to your people. Dare to look yourself in the eyes. Don't get accustomed to an unhealthy relationship where the power is unequal.
15. Go to professionals. Celebrate the small victories, this will take time.
16. Talk about your feelings. Seek support.
17. Get help.
18. It is better to be alone than with someone who treats you bad. A relationship should not be work.
19. Talk to the Women's Shelter or Bjarkarhlíð. It does not start with him breaking your bones. Their steps are little and subtle. Unintentionally you change your own boundaries.
20. You cannot save anyone. You are not alone. Talk to your friends and family.

Finally we asked the women to tell us if there is anything their family/friends or professional should have said or done in order to help you get out of the relationship.

The theme was that the women hid the violence, they had to see what was going on themselves, don't judge and be there if someone needs you.

Here are a few examples.

1. To call it the right names. His family always took his part, also when I told them what was going on.
2. Someone could have told me I would not lose my children, I was very afraid of seeking help at child protection or police because I thought my children would be taken from me.
3. I forgot I was the child of my parents, but I was with him for the children. When I finally left everything was much better and actually it was the best thing I did for the children.
4. He will not change and this is not my fault.
5. If only people would have supported me when I wanted to leave, not just get angry.

6. No, I had to see this for myself.
7. I felt that I had chosen the wrong thing by choosing him and there was a huge shame having to have to take that back. It would have helped if people would have said they are there for me and if they would have said, I can see you are not feeling very well.
8. No I had to dare to leave
9. Yes, be nosy.
10. Tell me that I deserved better.
11. Point out to me the red lights.
12. I excused his behavior without realizing, someone should have pointed out to me that his behavior was obviously not ok. Tell me I was better than this.
13. My family could have discussed with be, that they worried.
14. No, I had to realize myself and decide when I had had enough.
15. More public discussion would have helped.
16. No I would have gotten all defensive and lied.
17. No you have to see this for yourself.
18. My people, my family and friends saved me. They pointed out to me softly but firmly that this was not ok.
19. The Women's Shelter helped me a lot. Also friends and family.
20. Perhaps say it more directly. Get yourself out of this relationship.

What did participants think of the questionnaire?

We asked women what they thought about the aim of the questionnaire: Estimating nature and prevalence of communication in a close relationship, participant's wellbeing during the relationship and partner's personality traits.

Of the women in the IPV group:

45% said "very good"

44% said "good"

9% said "neither nor"

2% said "not good or not good at all"

Of the women in the non IPV group:

33% said "very good"

43% said "good"

20% said "neither nor"

4% said "not good or not good at all".