



Learned Helplessness and Intimate Partner Violence

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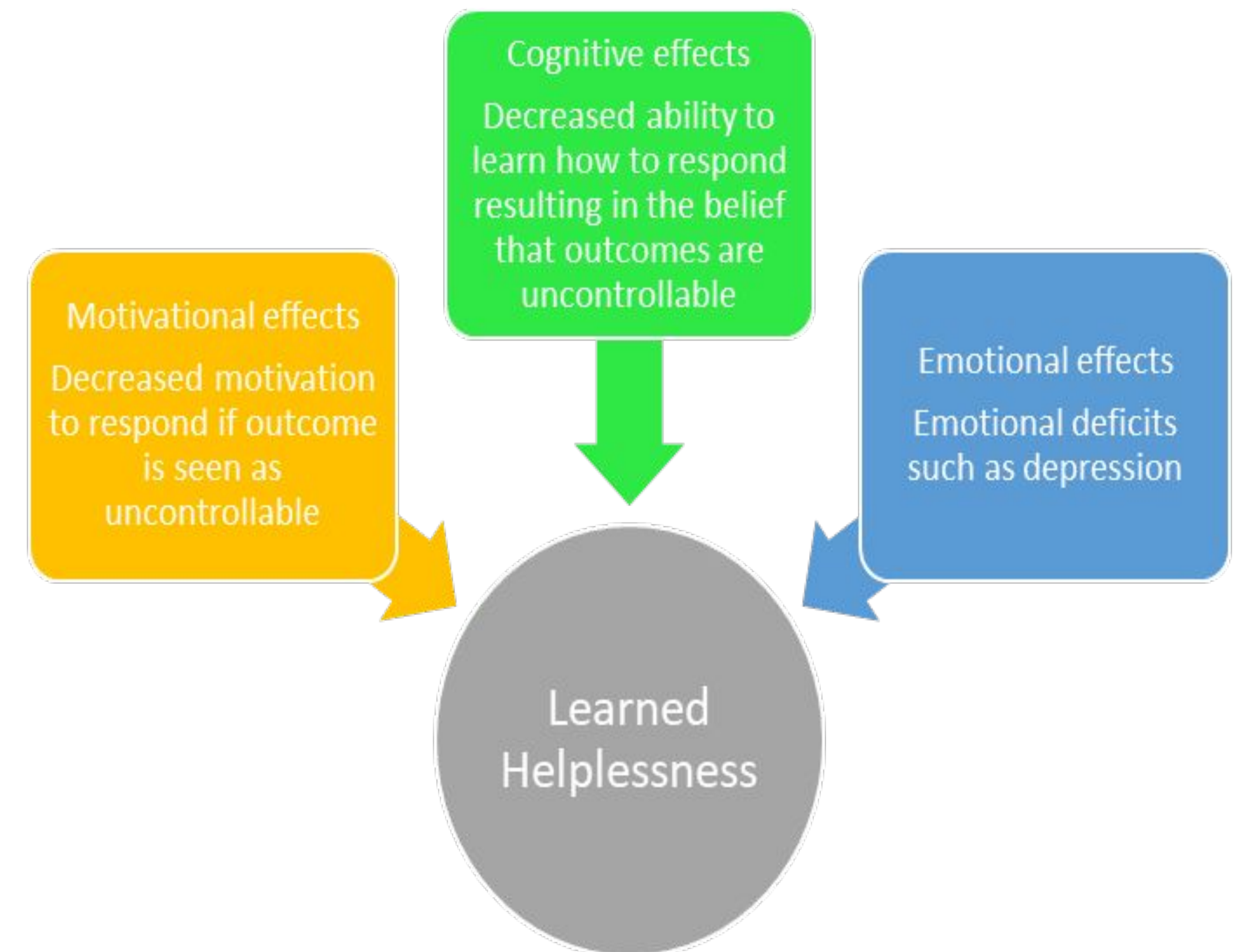
Introduction

- Learned helplessness (LH) is the condition of a human or animal where they believe that actions do not control outcomes. (Morgan, 2013, pgs. 1147-1148).
- LH has been previously supported to be a symptom of intimate partner violence (IPV) (Redd, 2019). LH is a growing theory that aides in explaining why victims of IPV remain with their abusive partner (Chattoraj, 2022).
- There are many factors that add to learned helplessness including financial dependence, children in the household, or fear of safety once detached from the relationship (Heron, 2022; Baptista, 2022).
- Around 25-30% of women have reported abuse by an intimate partner (Patro-Hernandez, 2017; Gracia, 2004) which shows why women have been reported more likely to suffer from LH, rather than men (Myhill 2015).
- LH is a symptom that can be categorized with depression, PTSD, and other common trauma symptoms that prevail in domestic violence cases (Boland, 2022; Ackerman, 2018).
- The purpose of this study is to evaluate the relationship between LH and IPV and how it affects the victims of IPV.

Results

The researchers are still currently reviewing the 424 results from the search. They are planning to upload the findings and utilize the resources found on Covidence. Covidence is an online software that simplifies the process of multiple forms of review. The main objective of Covidence is allowing people from any distance to collaborate on analyzing reviews. In this program, there are tools to filter search reviews, find risk of bias, highlight important studies, and check for correct citations. The purpose of Covidence is to be able to collaborate with other researchers around the world and have all of your findings in a singular place. It mainly focuses on literature-based research projects. The abstracts are currently on review and the next step is pulling the articles that give mention do a diverse population and the LHQ. The researchers have remarked that certain studies touch upon varied diverse populations. Those populations can be based on race, ethnicity, age, location, and gender.

Motivation & Emotion Book Graph



Methods

- One research database was used in this literature review: FSU One Search. FSU One Search has over 700 research databases, and the most useful for articles pertaining to this project were JSTOR, Academic Search Complete, and EBSCOHost.
- The searches began in November of 2022 and finished in February of 2023.
- The goal for this search, was looking into LH, specifically experimental studies that used the Learned Helplessness Questionnaire (LHQ).
- The search used was “learned helplessness” AND “learned helplessness questionnaire” AND “domestic violence OR intimate partner violence” which yielded 3,344 results. After removing dissertations, book chapters, books, newsletter articles, and reviews, also filtering the creation year to range from 2013-2023.
- The last step was to check all of the subjects that were deemed important throughout the article such as: “Psychology”, “Female”, “Mental health” and “Family violence”.
- These filters compiled, gave 424 results which were then reviewed.

Discussion

The main articles researched were discovered to help understand the relationship of Learned Helplessness and other mental health factors that are usually found in IPV victims. Overall, most articles supported the idea that LH is a significant factor found in victims of domestic abuse. They also accept that LH can be tied to anyone who experienced severe trauma in their life including veterans, people living in poverty, and people who witnessed domestic violence during childhood. LH can interfere with other disorders such as PTSD and depression, which helps in explaining the hesitance for victims to reach out for help. The articles aided in explaining different elements that go into a person developing LH and how it changes their perspective on their situation and the outside world.

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