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Effects of psychological violence on the lives of women who have experienced abusive relationships: a review of the national scientific literature.

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Effects of psychological violence in the lives of women who have experienced abusive relationships: a review of national scientific literature

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ABSTRACT

Psychological violence against women is a complex phenomenon, frequently characterized by practices of control, humiliation, manipulation, threats, disqualification, and isolation, with significant repercussions for mental health and social relationships. This study aimed to analyze the main emotional, psychological, social, and relational effects of psychological violence on adult women who have experienced abusive relationships, according to national scientific literature. This is a bibliographic research, of the integrative literature review type, with a qualitative approach and exploratory-descriptive character, carried out using national scientific publications between 2016 and 2026. The selected studies were analyzed using Thematic Content Analysis, considering the manifestations of psychological violence, its emotional and psychological repercussions, the social and relational impacts, and the factors associated with the recognition and coping with violence. The results showed an association between psychological violence and psychological distress, common mental disorders, anxiety, depression, post-traumatic stress disorder, fear, guilt, shame, low self-esteem, and impaired autonomy, as well as social isolation, weakened support networks, and difficulties in seeking help. It is concluded that psychological violence produces broad and cumulative repercussions in women's lives, making it necessary to strengthen multidisciplinary and intersectoral actions, psychological support, protection networks, and the training of professionals for the early identification and appropriate care of situations of violence.

KEYWORDS: psychological violence; violence against women; intimate partner violence; mental health; psychology.

ABSTRACT

Psychological violence against women is a complex phenomenon, often characterized by controlling behaviors, humiliation, manipulation, threats, devaluation, and social isolation, with significant repercussions for mental health and social relationships. This study aimed to analyze the main emotional, psychological, social, and relational effects of psychological violence among adult women who have experienced abusive relationships, according to the national scientific literature. This is a bibliographic study conducted as an integrative literature review, using a qualitative approach and an exploratory-descriptive design, based on national scientific publications published between 2016 and 2026. The selected studies were analyzed using Thematic Content Analysis, considering the manifestations of psychological violence, its emotional and psychological repercussions, its social and relational impacts, and factors associated with the recognition of and coping with violence. The results demonstrated an association between psychological violence and psychological distress, common mental

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disorders, anxiety, depression, post-traumatic stress disorder, fear, guilt, shame, low self-esteem, and impaired autonomy, as well as social isolation, weakened support networks, and difficulties in seeking help. It is concluded that psychological violence has broad and cumulative repercussions on women's lives, making it necessary to strengthen multidisciplinary and intersectoral actions, psychological support, protection networks, and professional training for the early identification and appropriate care of situations involving violence.
KEYWORDS: Psychological Violence; Violence Against Women; Intimate Partner Violence; Mental Health; Psychology.

1 INTRODUCTION

Violence against women is a complex and multifaceted social phenomenon that It can manifest itself in different ways, including physical, sexual, financial, and moral violence. and psychological. In the context of affective and marital relationships, psychological violence presents This is particularly relevant because it involves practices that can occur continuously and progressively. often without producing visible physical marks, but with the potential to generate consequences. significant for the mental health, autonomy, and social relationships of women who they experience.

According to Hirigoyen (2006), this type of violence can be understood as a a process of domination and control that seeks to limit women's autonomy and establish or maintaining an unequal power relationship, manifesting itself through behaviors such as humiliations, disqualifications, manipulations, threats, embarrassment and other forms of control that affects their subjectivity. In this sense, Pimentel (2011) highlights that these practices can compromise a woman's autonomy and well-being, producing consequences that... They accumulate over time. Unlike physical violence, which can be identified... Favored by the presence of physical marks, psychological violence can persist. rendered invisible, even to the woman who experiences it.

In abusive relationships, different forms of violence can intertwine and become interconnected. to develop gradually, contributing to the maintenance of relationships marked by inequality of power and the reduction of women's autonomy (Hirigoyen, 2006). Thus, Coercive control constitutes a relevant dimension of domestic violence, as it involves systematic practices of domination exercised by the partner (Aguiar; Queiroz, 2025).

The effects of psychological violence can reach different dimensions of people's lives. women. In the emotional and psychological realm, Brazilian studies point to associations between Experiences of intimate partner violence and mental health problems. In a cohort study. conducted with adult women, Mendonça and Ludermir (2017) attest that psychological violence It has been associated with the occurrence of common mental disorders, even in the absence of violence.

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physical or sexual. Literature reviews cited by De Mello; Zamora (2024) also infer
Psychological consequences associated with experiencing psychological violence, highlighting impacts.
about well-being
emotional and mental health in women. Among the consequences described in the
literature are anxiety, depression, low self-esteem, psychological distress, fear,
insecurity and impairments related to autonomy and self-perception.

National studies have identified associations between psychological violence by a partner.
intimate and various emotional, psychological, social, and relational repercussions, including
psychological distress, impaired self-esteem and autonomy, and weakening of support networks.
support (MENDONÇA; LUDERMIR, 2017; DE MELLO; ZAMORA, 2024). The scope of these
The repercussions highlight the need to understand psychological violence beyond...
individual manifestations, considering their effects on different dimensions of life.
women.

In the Brazilian context, the topic takes on even greater relevance given the legal framework that
recognizes the seriousness of psychological violence, especially after the advances promoted by
Maria da Penha Law (Law No. 11.340/2006) and the classification of psychological violence as a crime in
Article 147-B of the Penal Code.

Recent data indicate a 6.3% increase in the rate of reported cases of psychological violence in Brazil, with more than 51,866 cases in 2024, highlighting the persistence and seriousness of the phenomenon in the national context (BRAZILIAN PUBLIC SECURITY FORUM, 2025,
p. 169).

Despite advances in the social, legal, and scientific recognition of violence
psychologically, it remains relevant to deepen the understanding of its effects on the lives of
adult women who have experienced abusive relationships. Although the scientific literature
Consider studies on violence against women, domestic violence, and partner violence.
intimate, different studies may approach the phenomenon from distinct perspectives, making
It is necessary to systematize the knowledge produced specifically about the
Emotional, social, and relational consequences of psychological violence.

In this sense, conducting a review of the national scientific literature is justified.
due to the need to broaden the understanding of the repercussions of psychological violence in
Women's lives, considering not only the impacts on mental health, but also their
consequences for autonomy, social relationships, and daily life. Furthermore, the
Systematizing available knowledge can contribute to the improvement of
understanding the phenomenon and offering theoretical support for professionals working in the field.

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welcoming, supporting, and addressing violence against women, especially in
The field of Psychology and policies for the protection of women.

In this context, the research problem is established as: what are the main effects
emotional and social aspects of psychological violence in adult women who have experienced
What are abusive relationships, according to national scientific literature?

2 METHOD

This is a bibliographic research, of the integrative literature review type, of
A qualitative approach and exploratory-descriptive character. The integrative review makes it possible to gather and
to synthesize knowledge from different studies about a particular phenomenon,
promoting a broader understanding of the object of investigation and allowing the identification of
convergences, divergences, and gaps in scientific production (MENDES; SILVEIRA; GALVÃO,
2008). This type of review proved suitable for the objective of the present study because
to enable the articulation of different methodological approaches regarding psychological violence.
against women in intimate relationships and their emotional and psychological repercussions,
social and relational.

2.1 Guiding Question

The guiding question was developed from the need to understand the
repercussions of psychological violence on different dimensions of women's lives. Thus,
The following question was posed: What are the main emotional and psychological effects?
social and relational aspects of psychological violence in adult women who have experienced
What are abusive relationships, according to national scientific literature?

2.2 Search strategy

The bibliographic search was conducted in the Scientific Electronic Library database.
Online (SciELO), Latin American and Caribbean Literature in Health Sciences (LILACS),
Electronic Journals in Psychology (PePSIC) and PubMed/MEDLINE, considering publications
conducted between 2016 and 2026. The selection of these databases considered their relevance to the
areas of Psychology, Public Health, Nursing and Health Sciences, fields related to
object under investigation.

Descriptors and keywords related to psychological violence were used.
Intimate partner violence, domestic violence, violence against women, relationships

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Abuse and mental health. The terms were combined using the Boolean operators AND.
OR and O, respecting the specific characteristics of each database.

Among the combinations used, the following stood out: "psychological violence" AND woman; “psychological violence” AND “violence by an intimate partner”; “psychological violence” AND "abusive relationship"; "intimate partner violence" AND "mental health" AND women; and “psychological violence” AND “mental health” AND women.

After identifying the studies, a screening process was carried out by reading the titles and abstracts, followed by the exclusion of duplicate records. Subsequently, the texts considered Potentially eligible candidates were read in full. The final selection was made through an application process. based on previously established inclusion and exclusion criteria and verification of the relationship of studies with the guiding question.

2.3 Inclusion and exclusion criteria

The inclusion criteria were established as follows: scientific articles published between 2016 and 2026; full texts available; publications in Portuguese; studies developed in the Brazilian context; studies that addressed adult women; research related to psychological violence perpetrated by an intimate partner or occurring in marital or intimate relationships; and studies that presented results related to emotional, psychological, social, or relational repercussions of violence.

Duplicate studies and papers published outside the established period were excluded. studies without full text available, publications that did not present a direct relationship with the guiding question and studies that exclusively addressed physical or sexual violence without Establishing an interface with psychological violence. Documents were also excluded from exclusively normative, legislative, or methodological in nature that did not present data or discussion directly related to the phenomenon being investigated.

2.4 Data extraction and organization

The selected articles underwent analytical reading, considering the main points. results linked to psychological and social impacts. The data analysis was carried out. using the Thematic Content Analysis technique advocated by Bardin (2016), allowing The categorization of findings into central thematic areas: Concepts and manifestations of violence. psychological; emotional and psychological repercussions; social and relational repercussions; and factors Associated with and barriers to recognition. As for the results, these will be interpreted and articulated critically with the supporting theoretical literature in the field of Psychology and

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Gender studies, highlighting knowledge gaps and providing resources for practice.
professional and public policies.

3. RESULTS AND DISCUSSION

No.	Author(s)	Year	Title (summarized)	Study type	Main outcome
1	Mendonça; Ludermir	2017	Partner Violence intimate and common mental disorder	Cohort study	Association between intimate partner violence and higher incidence of common mental disorders.
2	Bini; Silva	2023	Violence against women from a psychological perspective.	Systematic review	The psychological and social impacts of violence.
3	Clark; Silva; Andrade	2018	Psychological violence against women	Literature review	Control, emotional damage, and low self-esteem.
4	Hoepers; Tomanik	2021	Domestic violence against women and affections	Qualitative	Fear, guilt, shame, and isolation.
5	Baragatti et al.	2018	Critical Route of women experiencing violence from intimate partners.	Qualitative study of the	It highlights the different paths women take in their search for help and the obstacles they encounter within the support network.
6	Magnus; Heinen; Falcke	2025	Psychotherapy with for women experiencing violence from an intimate partner.	Systematic review	The importance of psychotherapy in women's healthcare.
7	Neves; Coutinho	2024	Gender, violence and abusive relationships	Qualitative	Difficulties in recognizing violence

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8	Oliveira et al.	2021	Psychological violence perpetrated by an intimate partner.	Transversal	Psychological violence perpetrated by an intimate partner.
9	Pontes et al.	2021	Support networks for women experiencing violence.	Qualitative	The importance of support networks
10	Portela	2021	Psychological violence and emotional bonds	Theoretical	difficulties in breaking off violent relationships
11	Rock; Galeli; Of Antoni	2019	The social and emotional support network of women who experienced domestic violence	Qualitative	Isolation and weakening of the support network
12	Saints; Monteiro	2018	Mental disorders in women in violated put intimate partner	Integrative review	Depression and PTSD among the main repercussions.
13	Souza; Bernardes	2023	Psychological violence in intimate relationships	Body Review Control,	humiliation, manipulation and isolation
14	Souza; Rezende	2018	Violence against women: professional concepts and practices	Qualitative	Challenges in recognizing and responding to situations of violence.

3.1 Manifestations, normalization, and recognition of psychological violence

Violence against women is a social phenomenon related to inequalities.
Gender-based violence can manifest in various ways, including physical and psychological violence.
sexual, moral, and patrimonial (Souza; Rezende, 2018). The studies analyzed converge in pointing out
that these manifestations do not necessarily occur in isolation, and may be articulated in
in the context of affective and marital relationships. In this sense, Bini and Silva (2023) identified in
The literature analyzed revealed the frequent presence of current or former intimate partners as authors of the...

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Aggressions, in addition to the association between physical violence and other forms of violence, especially The psychological and the sexual.

The proximity between victim and perpetrator is a relevant aspect for understanding. of abusive relationships. Studies indicate that violence can be embedded in everyday dynamics of relationships, involving behaviors of control, domination, humiliation, threats and other forms of violence (Souza; Rezende, 2018; Bini; Silva, 2023). This insertion into the emotional bond can hinder the recognition of violence and its breaking away. of the relationship, identifying the influence of cultural, financial, family, and social factors. in this process (Bini; Silva, 2023).

Another point of convergence relates to the difficulties associated with recognition and to confronting violence. Although studies emphasize distinct dimensions of this process, Both highlight obstacles that can compromise the identification of situations of violence. and the possibilities for coping. Souza and Rezende (2018) highlight the challenges related to the identification and care of women, while Bini and Silva (2023) highlight factors which can interfere with reporting and breaking off the relationship. These findings reinforce understanding psychological violence as part of a broader relational dynamic, in which different manifestations can be articulated and remain throughout the relationship.

Although they present distinct approaches, the studies complement each other by highlighting the The complexity of abusive relationships. Souza and Rezende (2018) focus on challenges related to the identification, reception, and performance of services, while Bini and Silva (2023) expands the analysis to include different types of violence, associated factors and

coping strategies. Taken together, the findings allow us to understand the Abusive relationships are relational dynamics characterized by the articulation of different... forms of violence and inequality of power.

Psychological violence against women constitutes one form of gender-based violence. which can occur both in isolation and in association with other forms of violence, especially in the context of intimate relationships. Unlike physical violence, its Demonstrations do not always leave visible marks, which contributes to their invisibility and to the difficulty of recognition by the victim themselves and by people who are part of their circle. network of coexistence. In this sense, Clark, Silva and Andrade (2018) highlight that violence Psychological factors are silent and subjective in nature, which can cause a woman to fail to recognize them. The authors also emphasize that certain partner behaviors constitute forms of violence. This type of violence is related to decreased self-esteem, emotional damage, and... control of women's actions.

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Psychological violence can therefore be understood as a set of behaviors intended to degrade, control, humiliate, or emotionally destabilize the woman. Its manifestations can occur through threats, insults, humiliation, criticism constant harassment, embarrassment, manipulation, social isolation, behavior control, restriction of liberty and devaluation of the victim. Clark, Silva and Andrade (2018), when conducting A literature review on the topic identified the presence of psychological violence. in different contexts, including when associated with physical violence, demonstrating that this phenomenon It can take on different forms of manifestation.

Another important aspect concerns the relationship between psychological violence and control. In In abusive relationships, violent behavior can build up gradually, by through attitudes that may initially be interpreted as demonstrations of care, Jealousy or worry. Over time, however, these behaviors can take on a more nuanced character. controlling and limiting women's autonomy. The scoping review carried out by Souza and Bernardes (2023) demonstrates that psychological violence in intimate relationships is associated with Maintaining unhealthy relationships can have consequences for physical and mental health. The study also points out that psychological violence can occur in various ways. It can occur in isolation, but it can also coexist with other forms of violence.

Invisibility is an important characteristic of psychological violence. While physical aggression may present with more easily identifiable bodily signs, Psychological violence often occurs in private settings and through behaviors. which can become naturalized within the relationship. This characteristic can make things difficult. the recognition of the situation regarding the search for help. Souza and Bernardes (2023), in review of scientific publications on psychological violence against women in relationships Those intimate with the victims identified processes of invisibility and normalization of these forms of violence.

In this sense, the normalization of abusive behaviors can contribute to the... A woman remaining in a violent relationship for extended periods. Portela (2021) discusses This is precisely the difficulty women face in breaking the emotional bond in relationships. violent conjugal relationships. The author points out that psychological violence occupies an important place in context of domestic violence and that its presence may precede or accompany aggressions physical aspects. Therefore, understanding an abusive relationship requires considering not only the physical ones. explicit episodes of aggression, but also the set of psychological behaviors and relational factors that contribute to the perpetuation of violence.

Psychological violence can also progressively compromise self-esteem and...

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Women's autonomy. Continuous exposure to criticism, humiliation, threats and Disqualifications can be related to feelings of fear, insecurity, guilt, and helplessness. Souza and Bernardes (2023) point out that psychological violence in intimate relationships They may be related to different forms of illness, demonstrating that their Consequences should not be considered less important simply because they are not necessarily the same. visible.

In the Brazilian context, psychological violence has also begun to receive greater attention. in the legal field. The Maria da Penha Law already recognized psychological violence as one of the Forms of domestic and family violence against women and, subsequently, Law No. 14.188/2021 The literature added the crime of psychological violence against women to the Penal Code. However, recent research highlights the need to identify and prove this type of violence. They continue to present challenges. Bongiorno and Esquivel (2023), when analyzing the dimension Legal aspects of psychological violence highlight the complexity of its manifestation in relationships. family and domestic issues and the need to properly understand their characteristics in order to to guarantee protection for the victims.

More recent studies reinforce that psychological violence remains a a relevant problem that is difficult to identify. Queiroz and Lopes (2025) highlight the complexity of the manifestations of psychological violence and the difficulties related to its identification and punishment, especially due to its subjective nature and the difficulties in producing it. evidence. According to the authors, confronting this type of violence requires an approach. multidisciplinary approach capable of considering both its impacts on victims and the obstacles existing grounds for holding them accountable.

Literature published in 2026 also highlights the persistence of these challenges. Aragão Rosa (2026) analyzes psychological violence against women in the context of relationships. Interpersonal relationships are discussed, along with the effectiveness of Brazilian criminal protection. The study highlights the... importance of recognizing this form of violence as an expression of violence of gender and highlights the challenges related to its legal protection. Conceição and Souza (2026), by In turn, they specifically discuss the challenge of evidence in criminal proceedings, highlighting that the The absence of physical marks and the nature of the psychological behaviors can make it difficult to... demonstration of the violence suffered.

Furthermore, epidemiological studies demonstrate that psychological violence presents High incidence among the different forms of violence against women. Data analyzed. Based on the 2019 National Health Survey, psychological violence was the...

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most frequent subtype among episodes of violence reported by women
Brazilians, occurring both in isolation and in association with other forms of violence.
The study also identified the intimate partner as one of the main perpetrators, and the residence
as one of the main locations where violence occurs, reinforcing the importance of analyzing the violence.
psychological aspects in the context of romantic relationships.

Thus, the studies analyzed allow us to understand psychological violence as
a complex phenomenon that goes beyond isolated episodes of verbal aggression, it can involve
a continuous set of strategies involving control, humiliation, threats, manipulation, and isolation.
and devaluation. Its invisibility and normalization can hinder recognition of
This situation can delay seeking help. Therefore, understanding these manifestations is fundamental.
to identify situations of psychological violence and analyze their repercussions on the lives of
women.

3.2 Emotional and psychological repercussions

Psychological violence against women can have significant repercussions.
emotional and psychological, especially when it occurs continuously in the context of
Intimate relationships. Its effects can compromise self-esteem and emotional security.
and the victim's mental health. In this sense, Mendonça and Ludermir (2017), in a study carried out
In a study of 390 women, they identified an association between psychological violence perpetrated by a partner.
intimate and the occurrence of common mental disorders, including among women who did not report them.
physical or sexual violence. This finding reinforces the idea that psychological violence may be associated.
significant repercussions on mental health, even in the absence of physical or sexual abuse.

Among the main psychological impacts related to intimate partner violence
These include depression, anxiety, and post-traumatic stress disorder. (Santos and Monteiro)
(2018), in an integrative review on women victims of intimate partner violence,
They identified the presence of depression in 73.7% of the studies analyzed and of disorder...
Post-traumatic stress in 52.6%. These results highlight the frequency with which
Signs of psychological distress have been identified among women exposed to violence.
by an intimate partner and demonstrate that its repercussions can extend beyond the immediate moment.
of the aggression.

In addition to mental health issues, psychological violence can affect how a woman behaves.
perceives herself and experiences her relationships. Bini and Silva (2023) identified, among the
consequences associated with violence, feelings of guilt, fear, shame and anxiety, in addition
depression, insomnia, and changes in self-esteem. Recurrent exposure to controlling situations,

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Humiliation and devaluation can contribute to emotional distress and perception.
Negative self-image, especially when these experiences are maintained throughout life.
relationship.

Fear is also an important emotional consequence of violence and can...
to interfere with coping possibilities. Bini and Silva (2023) point out that the fear of reaction
From the aggressor's perspective, the feelings of guilt, the lack of psychological support, and concern for the children are common.
These may be related to the difficulties women face in breaking free from
relationship or to continue with the complaints. In this way, the emotional effects of
Violence can go beyond the suffering resulting from isolated incidents and interfere with the way people live.
How does the woman cope with the situation she is experiencing?

Another relevant aspect concerns the possibility of persistent repercussions.
psychological changes over time. Mendonça and Ludermir (2017) found an association between the
Psychological violence and common mental disorders, even when considered experiences.
of violence that occurred previously. This result suggests that the effects related to
Violence can persist after episodes of aggression, reinforcing the importance of
monitoring and addressing the mental health needs of these women.

In this context, psychological support can be an important resource.
in addressing the repercussions of violence. Bini and Silva (2023) highlight results
positive aspects of psychological interventions related to the reduction of depression symptoms,
anxiety and stress, as well as potential contributions to self-esteem and social interaction. From
In a complementary way, Magnus, Heinen and Falcke (2025), in a systematic review on psychotherapy
with women experiencing violence from intimate partners, they emphasize the importance of
Psychological interventions that take into account the specific needs of this population. Thus, the
Psychological support can contribute not only to reducing suffering
emotional, but also for strengthening resources necessary for the process of
coping and recovery.

3.3 Social and relational repercussions

The repercussions of psychological violence are not limited to a woman's emotional health.
It can also affect their social, family, and emotional relationships. Behaviors such as
control, surveillance, excessive jealousy, and restrictions on social contact can limit the
the woman's interaction with family and friends, contributing to isolation and to
weakening of their support network.

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Rocha, Galeli and De Antoni (2019), when investigating the social and affective support network of Women who experienced domestic violence identified social isolation as a an important consequence of abusive relationships. The participants reported situations in which the Partners controlled their contact with family and friends, restricted their movement, and These experiences made it difficult to maintain social activities. They contribute to the weakening of support relationships and could increase the difficulties encountered by women to confront situations of violence.

The support network, however, does not necessarily present a uniform response in the face of... of violence. Rocha, Galeli and De Antoni (2019) observed that family members and close people They did not always offer the expected support, with reports of criticism, indifference, and... Disqualification of the lived experience. In this way, the way the social network responds The situation can influence coping possibilities, since acceptance and... Support can encourage people to seek help, while negative responses can amplify the risk. isolation and hinder this process.

Hoepers and Tomanik (2021), in a study with 19 women experiencing violence. domestic, they also identified feelings of fear, shame, and guilt associated with relationships marked by insecurity and isolation. Some participants reported feeling trapped. in their relationships, they presented difficulties in accessing support or reporting issues. These findings demonstrate that the relational repercussions of violence may be associated not only to the distancing from social media, but also to the difficulties in mobilizing resources. available to deal with the situation.

Violence can also interfere with the help-seeking process. Baragatti et al. (2018), while investigating the critical route of women experiencing violence from intimate partners, They identified factors such as the increased severity of assaults and the impact of violence. The women's concerns about their children and family support were related to seeking assistance. They covered different sectors and services, including health, social assistance, police, and the system. legal assistance is necessary before seeking specialized care. This process highlights the importance of seeking help. It can involve different institutions and stages, being influenced by circumstances. experiences lived by women as well as the responses found in the services sought.

In this context, formal and informal support networks become important. addressing violence. Pontes et al. (2021) highlight the need to strengthen networks of protection and to empower professionals to identify situations of violence and offer Proper reception. Social and institutional support can encourage people to seek help and to expand access to protection and care services.

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Therefore, the social and relational repercussions of psychological violence involve, among other things... Other aspects include isolation, the weakening of social and family ties, and... difficulties in mobilizing the support network and the obstacles encountered in the search for assistance. The control exerted by the aggressor can progressively restrict the spaces of women's social interaction, while inadequate responses from social or institutional networks can to make coping more difficult. Therefore, strengthening support relationships and the network of Protection is a relevant element in expanding the possibilities of reception and access. to services and the rebuilding of women's autonomy.

3.4 Implications for Psychology and for the care and protection network

Recognizing psychological violence can be difficult because of its subtle and... The progressive way in which it manifests itself in intimate relationships. Behaviors such as control, excessive jealousy, threats, manipulation, humiliation, and stalking can be initially interpreted as demonstrations of affection, concern, or common conflicts of relationship. Neves and Coutinho (2024), when investigating women who experienced Studies have identified the difficulty in recognizing and addressing abusive relationships. psychological violence, an aspect that can contribute to women remaining in these situations. long-term relationships.

The normalization of these practices also contributes to their invisibility. Many Women may only recognize violence when it intensifies or becomes more serious. Physical assaults. Study conducted using Brazilian data on reported cases of violence by An intimate partner pointed out that psychological violence tends to be under-recognized and underreported. potentially reaching healthcare services through manifestations such as depression, syndrome of Panic attacks, chronic pain, and other health problems.

In addition to aspects related to recognition, different factors may be involved. Associated with the occurrence of violence. A study conducted in Espírito Santo identified an association. between psychological violence and characteristics such as education level, marital status, and history. maternal violence by an intimate partner, childhood sexual violence, and drug use. The results demonstrate that violence cannot be understood from a single factor. because it involves individual, family, social and relational aspects.

Similar results were found in a study conducted in a rural area of Rio. Rio Grande do Sul. Oliveira *et al.* (2021) investigated 971 women and found a prevalence of 17.2% of psychological violence perpetrated by an intimate partner throughout life, demonstrating the The phenomenon is also relevant in rural contexts.

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More recent data reinforces the influence of sociodemographic characteristics and Previous experiences of violence. Study published in 2026, conducted with 1,086 women. In Vitória (ES), a prevalence of 45.2% of psychological violence was found, and it was identified association with education level, marital status, maternal history of violence and sexual abuse in childhood. These results reinforce the existence of factors related to life trajectory and to social context of women.

Recent literature also points out that factors such as age, income, education, and situation Marital issues, alcohol consumption, and a history of violence may be related to Exposure to violence. A scoping review published in 2026 identified violence. Psychological as the most prevalent form in the studies analyzed, although it is still less recorded in official notification systems. The authors emphasize that factors Sociodemographic, behavioral, and personal and family experiences can increase the Vulnerability to violence, although these associations vary across studies.

Therefore, recognizing psychological violence depends on the ability to to identify behaviors that go beyond everyday conflicts and come to represent forms of control, domination, and devaluation. The normalization of these practices, fear, dependence Emotional or financial difficulties, and previous experiences of violence, can hinder the perception of The situation and the search for help. Therefore, expanding information about the different manifestations is important. Preventing psychological violence and training professionals to identify it are important measures. to promote early intervention and women's access to the protection network.

FINAL CONSIDERATIONS

The completion of this study allowed us to achieve the proposed objectives by synthesizing the accumulated knowledge in the national scientific literature on the impacts of violence Psychological findings in adult women who have experienced abusive relationships. They show that psychological violence is not a merely secondary element or that It precedes physical aggression, but rather it is a structuring form of domination, control, and annulment. of female subjectivity within the context of affective-marital relationships.

In the emotional and psychological realm, it was found that psychological violence acts in a way... insidious and cumulative, directly associated with the onset and worsening of Common Mental Disorders (CMD), with significant emphasis on anxiety disorders, Depression and Post-Traumatic Stress Disorder (PTSD), in addition to a decline in self-image, of self-esteem and the feeling of personal efficacy. The social invisibility of the phenomenon stemming from The absence of visible body marks, coupled with their frequent normalization, contributes to a

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a prolonged cycle of psychological suffering, in which the victim themselves finds it difficult to cope.
Identify the abuse and seek professional help.

From a social and relational perspective, the research demonstrated that coercive control and
The systematic isolation imposed by the aggressor weakens informal support networks.
(family and friends), generating feelings of dependence and guilt that hinder the break-up.
of the abusive relationship. In parallel, although there have been significant advances in the legal framework and
Brazilian protective measures such as the inclusion of Article 147-B in the Penal Code and the guidelines of Law
Maria da Penha, the study indicates that institutional confrontation still faces challenges.
complexities regarding the production of evidence and empathetic support in care services.
to the woman.

Considering the fields of Psychology and public health, it can be concluded that coping
Addressing psychological violence requires intersectoral and multidisciplinary approaches that go beyond...
The state's punitive response is crucial. Strengthening support strategies is essential.
Psychotherapy focused on restoring autonomy, self-esteem, and rebuilding relationships.
Women's social rights. Furthermore, the importance of ongoing training for these roles is highlighted.
professionals working in the Women's Care and Protection Network, aiming at early identification.
of the subjective manifestations of abuse.

One limitation of this work is its focus on bibliographic production.
national and in the predominance of studies focused on the heteronormative context, indicating the
The need for further investigation is highlighted. It is suggested that subsequent research should delve deeper into the study.
of psychological violence under intersectional approaches (considering race, class,
schooling and territoriality), in addition to investigating the impact of psychotherapeutic interventions and the
The role of Psychology in promoting the breaking of the cycle of violence and in restoring health.
The mental health of these women.

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