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## Psychological Impact of Violence Against Women in Marriage: a Tunisian Cross-sectional Study

A. Mechri<sup>1</sup>, A. Anes Jellali<sup>1</sup>, R. Gataa<sup>2</sup>

<sup>1</sup>Psychiatry department, Faculty of Medicine Monastir University, Monastir, Tunisia ; <sup>2</sup>Epidemiology department, Family planning center, Monastir, Tunisia

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**Introduction:** Violence against women in marriage is greatly affects the mental health of women; it is associated with an alteration of the quality of life of victims and with a high incidence of mental disorders. However, a few studies were conducted in Arabic countries.

**Objectives:** to estimate the prevalence of the violence against women in the marriage and to explore the relationship between the violence against women in the marriage and anxiety and depression symptoms.

**Methods:** It was a descriptive and analytical cross-sectional study carried on 197 married women (mean age:  $32.32 \pm 5.94$  years; range: 19 and 50 years) recruited in family planning center of Monastir (Tunisia), which were assessed by the Woman Abuse Screening Tool questionnaire and the Hospital Anxiety Depression questionnaire.

**Results:** The lifetime prevalence of violence against women in the marriage was 56.9%. The most common form of violence was psychological (56.9%), followed by economic violence (41.1%), physical violence (32%) and sexual violence (10.6). The frequency of anxiety and depressive symptoms was three times higher among women victims of violence: 33.9% versus 10.5% ( $P < 0.0001$ ) for anxiety symptoms and 17.8% versus 5.9% ( $P = 0.012$ ) for depressive symptoms.

**Conclusion:** Our study has demonstrated the association between violence against women in marriage and anxiety and depression symptoms. These results justify the implement of screening and support programs for Tunisian women victims of violence in marriage.