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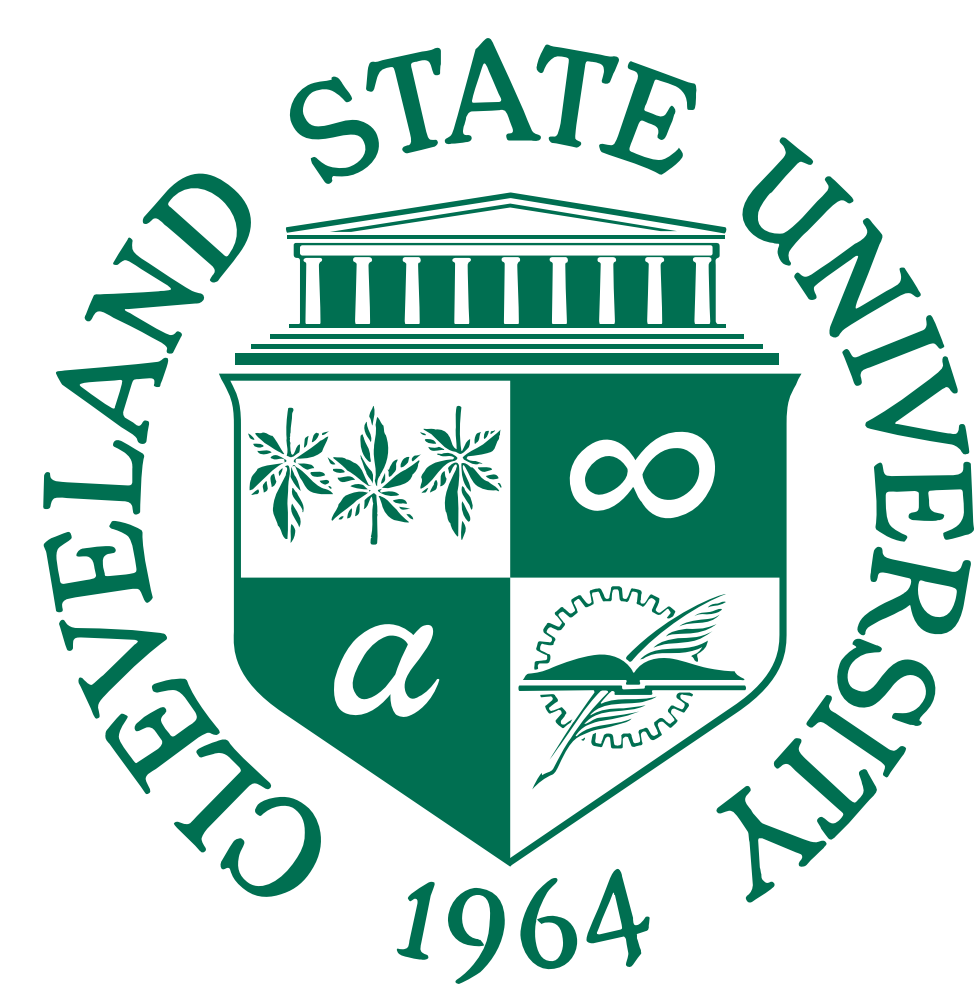
### Recommended Citation

Hundt, Dalton, "Examining the Relationship Between Intimate Partner Violence, Trauma, Attachment, and Help-seeking Self-Efficacy" (2024). *Undergraduate Research Posters 2024*. 2.

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# Examining the Relationship between Intimate Partner Violence, Trauma, Attachment, and Help-Seeking Self-Efficacy

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## Abstract

- Intimate partner violence (IPV) has detrimental effects on one's physical, emotional, and mental well-being.
- Traumatic experiences and anxious attachment is frequently overlooked in this literature.
- This study examined effectiveness of relationship perpetration between various types of IPV victimization and the perception of one's own ability to seek assistance, both as a victim and a bystander, while discussing how two key factors, traumatic experiences and anxious attachment, can play a role.
- Participants came from an archival dataset that examines romantic relationships in young adults ages 18-30. Secondary data will be used in this study. The study included self-report measures of IPV and help-seeking together with a qualitative interview.
- A non-identifiable collection of a diverse population in terms of age, sexual orientation, race, and region, consisted of 92 (DYAD 1) of the 217 individuals had dated during the previous year. So, 98 from the DYAD 2 study and 92 from the DYAD 1 study produced these 190 individuals for our analytic sample.
- When individuals report being less capable of help-seeking as a victim or as a bystander, the overall and all subtypes of IPV victimization were reported as the same.
- Based on the existing studies on help-seeking, no matter the gender, individuals will report the same levels of self-efficacy to engage in help-seeking as both a victim and a bystander.
- In consideration of trauma, anxious attachment, and IPV victimization, each factor uniquely impacted help-seeking behavior above and beyond the other factors

## Introduction

- Intimate partner violence (IPV) is harm by a current or former partner or spouse (Centers for Disease Control and Prevention, 2020).
- The process of getting assistance after being the victim of IPV is receiving more attention, as are the factors that influence a person's confidence in their ability to get assistance.
- Two main factors within this study to look at are traumatic experiences and attachment.
- Examine how young adult relationships perceive their own ability to help-see for IPV in consideration of other relevant factors.

**Table 2:** Predicting Help-Seeking as a Victim and as a Bystander from IPV victimization, Trauma Symptoms, and Anxious Attachment

	Help-Seeking As Victim			Help-Seeking as Bystander		
	B (SE)	$\beta$	p	B (SE)	$\beta$	p
<b>Model 1</b>						
Constant	3.84 (0.28)	-	<.001	3.66 (.22)	-	<.001
IPV victimization	-0.55 (0.21)	-.21	.009	-.033 (.17)	-.02	.842
<b>Model 2</b>						
Constant	3.90 (.28)	-	<.001	3.66 (.22)	-	<.001
IPV Victimization	-.32 (.23)	-.12	.158	-.138 (.18)	-.07	.447
Trauma Symptoms	-.07 (.08)	-.08	.373	.055 (.06)	.08	.393
Anxious Attachment	-.11 (.05)	-.17	.054	.031 (.04)	.07	.470

## Methods

### Procedure:

- The Dating in Young Adults (DYAD) and the Dating in Young Adults 2 (DYAD 2) studies.
- Wide-ranging recruitment attempts were made to find people who lived close to a major Midwest city and were in college or not, with equal representation for each gender.
- Flyers posted in area households, businesses, libraries, and colleges.
- ResearchMatch was utilized.
- Sponsored ads shared on Facebook and Instagram.
- Research description sent through university psychology subject pool.
- Requirements for inclusion included screening by lab staff via phone or email.
- Participants set up a time to an audio-taped in-lab interview of their own dating history, a questionnaire, and consent forms.
- Only the self-report measures of intimate partner violence (IPV), anxious attachment, trauma-related distress symptoms, and self-efficacy to seek treatment after IPV were included in this study.
- Following their involvement, each participant received \$25 in compensation.
- In October 2017, the study was approved by the authors' institution's IRB

### Measures:

- **Self-Efficacy** – Measured on a four-point Likert scale, from *extremely confidence* to *not at all confident*, was used to rate the items.
- **Intimate Partner Violence victimization** - Measured using the Conflict in Adolescent Dating Relationships Inventory.
- **Trauma** – Measured through the Post Traumatic Stress Disorder PCL-5 questionnaire
- **Anxious Attachment** – Measured through a self-efficacy measure called The Experiences in Close Relationships – Revised (ECR-R) questionnaire.

	Help-seeking as Bystander	Help-seeking as Victim
Physical Abuse	-.145	-.208**
Threatening Behavior	-.034	-.007
Sexual Abuse	-.111	-.189*
Relational Aggression	-.035	-.028
Emotional and Verbal Abuse	.011	-.213**
Total Victimization	-.030	-.228**

**Table 1:** Bivariate correlations of help-seeking as bystander and as a victim with intimate partner violence victimization

## Results

### Hypothesis 1: Table 1

- Prevalence of IPV victimization overall and across all subtypes would increase among those who report being less capable of seeking aid for themselves or as a bystander.

### Hypothesis 2.

- Based on the existing studies on help-seeking, in comparison to male participants, female participants will report higher levels of self-efficacy to engage in help-seeking as both a bystander and a victim.
- Male SDVS bystander scores ( $M = 3.603$ ,  $SD = 0.575$ ) not significantly different than Female SDVS bystander score ( $M = 3.627$ ,  $SD = 0.535$ ), with Independent sample t-test: ( $t(157) = -0.263$ ,  $p = .793$ ).
- Male SDVS victim scores ( $M = 3.199$ ,  $SD = 0.668$ ) not significantly different than Female SDVS victim scores ( $M = 3.088$ ,  $SD = 0.752$ ), with Independent sample t-test: ( $t(157) = 0.950$ ,  $p = .344$ ).

### Hypothesis 3: Table 2

- In consideration of trauma, anxious attachment, and IPV victimization, each will uniquely impact help-seeking behavior above and beyond the other factors.
- 8.3% of the variance for the model predicting self-efficacy for help-seeking as a victim
- 1.3% of the variance as a bystander.

## Summary

- IPV has many impactful factors
- Trauma and attachment effects IPV victimization and help-seeking
- Gender and race does not affect IPV victimization
- With more research coming out about IPV, studies should include trauma and attachment more often

### Conclusions

- For all subtypes of IPV, the degree of victimization increases among those who report being less able to seek help as a victim or as a bystander
- Female and male participants report the same levels of self-efficacy to help-see as both a victim and a bystander.
- In addition to other factors involving IPV, traumatic experiences, anxious attachment, and IPV victimization will each have a distinct effect on help-seeking behavior.

### Acknowledgements

Funding: McNair Scholars Program