ACEs, IPV and Health

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Disclosure Information

I have no relevant financial relationships to disclose
Objectives

1. Be aware of the adverse health consequences of interpersonal violence and victimization
2. Understand the concept of “Trauma-Informed Care”
3. Think about your role and responsibility in intervening with victims
WHAT DOES IT MEAN TO BE TRAUMA INFORMED?
Trauma-Informed Care

- Being sensitive to trauma-related issues present in survivors’ past
- Understanding by the care team of the victims’ vulnerabilities and triggers
- Designed to avoid inadvertent retraumatization
- Collaborative with the patient, their support system and the community
Violence and Abuse Across the Lifespan of Individuals

- Child Maltreatment
- Intimate Partner Violence (IPV)
- Elder Abuse or Maltreatment
- Dating Violence
- Community Violence
- Bullying
- Workplace Violence
- War & Genocide
Violence and Abuse Across the Lifespan of Individuals

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- Community Violence
- Bullying
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- War & Genocide
What do we know about the effects of victimization on our health?
ACE Study

- CDC Funded
- 17,337 subjects in analysis
- Relationship between adverse childhood
ACE Study

• Relationship between adverse childhood events and health
• Ten ACEs
  – Child psychological abuse
  – Child physical abuse
  – Child sexual abuse
  – Emotional neglect
  – Physical neglect
  – Substance abuse in the household
  – Mental illness in the household
  – IPV against the mother
  – Parental separation or divorce
  – Criminal behavior in the household
ACE Score and Current Smoking

The bar chart illustrates the relationship between ACE (Adverse Childhood Experiences) score and current smoking. The horizontal axis represents the ACE score, while the vertical axis represents the percentage of current smokers.

- **0**: The lowest ACE score, indicating a minimal exposure to adverse childhood experiences.
- **1**: Slightly higher ACE score, showing a minor increase in the percentage of current smokers.
- **2**: Moderate ACE score, with a noticeable increase in current smokers.
- **3**: Higher ACE score, correlating with a significant rise in current smokers.
- **4-5**: Further increase in ACE score, leading to an even greater percentage of current smokers.
- **6 or more**: The highest ACE score, indicating the highest percentage of current smokers.

The data suggests a clear trend: higher ACE scores are associated with a greater likelihood of current smoking.
ACEs vs. Likelihood of > 50 Sexual Partners
ACEs and STD History
ACE Score vs Unintended Pregnancy & Elective Abortion

Unintended Pregnancy

Elective Abortion

- 0
- 1
- 2
- 3
- 4 or more
ACE Score vs IPV and Rape

![Bar Graph]

- **Legend:**
  - IPV
  - Rape

- **X-axis:**
  - 0
  - 1
  - 2
  - 3
  - 4
  - 5+

- **Y-axis:**
  - 0
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9

- **Graph Description:**
  - The graph compares the ACE Score with IPV and Rape across different categories.
  - The bars show a clear increase in IPV and Rape as the ACE Score increases from 0 to 5+.
ACE Score vs. Alcoholism and IVDA
ACE Score and Suicide Attempts

![Bar Chart]

- 1: 0
- 2: 4
- 3: 12
- 4 or more: 20
Violence Exposures as a Child and Adult Female Victimization

Odds Ratio

<table>
<thead>
<tr>
<th>Number of Violence Exposures</th>
<th>Odds Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1.0</td>
</tr>
<tr>
<td>1</td>
<td>2.5</td>
</tr>
<tr>
<td>2</td>
<td>3.5</td>
</tr>
<tr>
<td>3</td>
<td>4.0</td>
</tr>
</tbody>
</table>

Violent Exposures:
- Physical Abuse
- Sexual Abuse
- Mother Beaten

Violence Exposures as a Child and Adult Male Perpetration

Odds Ratio

Number of Violence Exposures

Violent Exposures:
- Physical Abuse
- Sexual Abuse
- Mother Beaten

What about medical problems associated with abuse?
ACEs and IHD

ACEs and Diabetes

IPV and Pain/GI Problems

Abuse and Pelvic Pain/UTIs

ACEs and Ischemic Heart Disease

ACEs and Diabetes

During Adolescence

- Greater risk-taking
- Early tobacco and drug abuse
- Obesity
- Pregnancy and poorer pregnancy outcomes
- Suicide attempts
- Become adult victims and perpetrators
Health Effects of Victimization

- Injuries and Fractures
- Chronic pain
  - Head aches
  - Pelvic pain
  - Somatization
  - Fibromyalgia
- Infections and impaired immunity
- Chronic Medical Conditions:
  - Heart disease
  - Hypertension
  - Diabetes
  - Stroke
  - Cancer
  - Lung disease
  - Liver disease
- STDs
- Recurrent vaginitis
- Urinary symptoms
- Sexual dysfunction & infertility
- Unintended pregnancy and Elective abortion
- HIV/AIDS
- Tobacco abuse
- Substance abuse
- Stress
  - Reflux
  - Ulcers
  - Irritable bowel syndrome
  - Eating disorders
- Anxiety
- Eating Disorders
- PTSD
- High health care utilization
- Depression
  - Suicide
- Homicide
What is Domestic Violence?

Pattern of violent and coercive behavior where one partner in an intimate relationship controls another through force, intimidation or threat of violence.

Includes violence between current or former partners
Who Are the Victims?

- Young women
- Cuts across all levels of society
- Risk factors for victimization
  - Victimization as a child
  - Unmarried
  - African American
  - Status disparities
  - Verbal abuse

NVAW, 2000
Abusive Tactics: Power and Control

- Using Male Privilege
- Using Economic Control
- Using Coercion & Threats
- Using Intimidation
- Using Emotional Abuse
- Using Isolation
- Using Children
- Denying, Blaming, Minimizing

From: Pence & Paymar, 1993

Increases in frequency and severity over time
Cycle of Violence

Apologies, Excuses, Makes-up → Tension Builds → Abuse Takes Place
How Big is the Problem?

NSVIS 2017:
- 47% of women (59 million) during their lifetime
- 9 million women annually
- 44% of men (52 million) lifetime
- 8 million men annually

Justice Department estimates:
- Approximately 1700 women & 1100 men were murdered by their intimates in 2021
# IPV Prevalence in Women in the U.S., 2017

<table>
<thead>
<tr>
<th>IPV</th>
<th>Past year</th>
<th>Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2010</td>
<td>2017</td>
</tr>
<tr>
<td>Contact Sexual Violence</td>
<td>1.2%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Physical violence</td>
<td>2.9%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Stalking</td>
<td>3.7%</td>
<td>2.5%</td>
</tr>
<tr>
<td>Rape, physical violence and/or stalking</td>
<td>5.5%</td>
<td>7.3%</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>Year</th>
<th>White Non-Hispanic</th>
<th>Black Non-Hispanic</th>
<th>Asian Non-Hispanic</th>
<th>American Indian or Alaskan Native</th>
<th>Hispanic</th>
<th>Multiracial</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>34.6</td>
<td>43.7</td>
<td>19.6</td>
<td>46.0</td>
<td>37.1</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>48.4</td>
<td>53.6</td>
<td>27.2*</td>
<td>57.7</td>
<td>42.1</td>
<td>63.8</td>
</tr>
</tbody>
</table>

* Includes Pacific Islanders

## Psychological Aggression

### Lifetime Prevalence of Psychological Aggression by an Intimate Partner — U.S. Women, NISVS 2015

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighted %</th>
<th>95% CI</th>
<th>Estimated Number of Victims*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any psychological aggression</td>
<td>36.4</td>
<td>(34.8, 38.0)</td>
<td>43,546,000</td>
</tr>
<tr>
<td>Expressive aggression - Insulted, humiliated, made fun of in front of others</td>
<td>25.7</td>
<td>(24.3, 27.2)</td>
<td>30,770,000</td>
</tr>
<tr>
<td>Any coercive control</td>
<td>30.6</td>
<td>(29.1, 32.2)</td>
<td>36,654,000</td>
</tr>
<tr>
<td>Kept you from having your own money</td>
<td>9.6</td>
<td>(8.7, 10.6)</td>
<td>11,501,000</td>
</tr>
<tr>
<td>Tried to keep from seeing or talking to family or friends</td>
<td>16.4</td>
<td>(15.2, 17.6)</td>
<td>19,622,000</td>
</tr>
<tr>
<td>Kept track of by demanding to know where you were and what you were doing</td>
<td>23.5</td>
<td>(22.2, 25.0)</td>
<td>28,185,000</td>
</tr>
<tr>
<td>Made threats to physically harm</td>
<td>19.7</td>
<td>(18.4, 21.0)</td>
<td>23,546,000</td>
</tr>
</tbody>
</table>

**Abbreviation:** CI = confidence interval.

1Represents a subset of the psychological aggression items that were included in previous administrations of the NISVS survey.

*Rounded to the nearest thousand.

NISVS, 2015
PRAMS: Pregnancy Risk Assessment Monitoring Survey

- CDC
- Population-based
- Self-report, mailed survey
- 14-page questionnaire, 2-6 months post delivery
- Maternal behaviors before, during and just after pregnancy
- 32 states
## Pregnancy-related health effects of IPV

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Consequences that are associated with perinatal intimate partner violence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impact on mother’s mental health</td>
<td>Depression, posttraumatic stress disorder, anxiety&lt;br&gt;Substance use&lt;br&gt;Suicide</td>
</tr>
<tr>
<td>Impact on mother’s obstetric health</td>
<td>High blood pressure or edema&lt;br&gt;Vaginal bleeding&lt;br&gt;Severe nausea&lt;br&gt;Vomiting or dehydration&lt;br&gt;Kidney infection or urinary tract infection&lt;br&gt;Premature rupture of membranes&lt;br&gt;Placental abruption</td>
</tr>
<tr>
<td>Impact on mother and fetus/infant</td>
<td>Miscarriage&lt;br&gt;Stillbirth&lt;br&gt;Fetal and mother death&lt;br&gt;Lower intrauterine growth and birth weight</td>
</tr>
<tr>
<td>Long-term impact on child</td>
<td>Executive and cognitive functioning difficulties&lt;br&gt;Insecure and disorganized attachment&lt;br&gt;Exposure to additional traumatic events</td>
</tr>
</tbody>
</table>

Neurodevelopmental consequences of maternal distress

Input

A

Integration

Neuropathophysiology

Output

C

Prenatal Stress
Maternal obesity
Maternal stress
Pesticides, toxins
Maternal fever
Ethanol/Smoke

Disorders in childhood
Autism
Schizophrenia
Behavioral abnormalities
Learning disabilities
Obesity
Developmental delays

Clinical Genetics
http://onlinelibrary.wiley.com/doi/10.1111/cge.12049/full#f1
What does abuse do to the unborn child?

- Changes in neural architecture
- Increased risk of autism
- Increased risk of schizophrenia
- Developmental delays and learning disabilities
Why does all this matter?

• People with a history of abuse don’t do as well in life
• Poor response to treatments
  – 1/5 as likely to respond to antidepressants
  – Understanding the history of abuse can lead to tailored and more appropriate treatment
• Die earlier
ACEs and the Elderly

[Bar chart showing the percentage of people in different age groups with ACE scores 0, 2, and 4.]

- 19-34
- 35-49
- 50-64
- >=65
What Keeps Victims in Violent Relationships?

- Fear
- Family
- Faith and culture
- Finances
- Hope
- Isolation
USPSTF Recommendation

Clinicians screen women of childbearing age for intimate partner violence, such as domestic violence, and provide or refer women who screen positive to intervention services.
Red Flags

- Partner is always present
- Partner does most of the talking
- Unexplained or frequent injuries
- Chronic pain or depression
- Frequent use of medical care
- Patient drops a “clue”
How to Screen

• Interview patient alone
• Use gender neutral terms
• Use trained non-familial translators
• Be non-judgmental
• Make eye contact
• Frame the question
• Ask about behaviors (hitting), not abstractions (abuse)
Sample Screening Question

The Frame

“I am concerned about the violence that affects many of my patients, so I routinely ask the following questions”.

The Screen

“Have you ever been hit, kicked, punched, strangled, or otherwise hurt by your partner or spouse?”

“Is your partner or someone close to you threatening you, or otherwise making you feel afraid?”

“What are arguments like in your home?”
If the Patient Says “Yes”

Give the patient one or more of the following therapeutic messages:

“You are not alone. Help is available.”
“Battering is a common problem.”
“You do not deserve to be battered -- no matter what.”
“I am very concerned about you and am here to help you.”
Stages of Change Model

- Precontemplation
  - “Denial”

- Contemplation
  - “Ambivalence”

- Preparation

- Action

- Maintenance

- Relapse
Questions Not to Ask

Victim blaming statements

“What keeps you with someone like that?”
“How long are you going to put up with this?”
“If it were me I wouldn’t stay in that relationship”
“What is the matter with you, you should have left long ago”
“What did you do to cause him/her to get upset?”
Mandatory Reporting Laws

- Five states: CA, CO, KY, NH and RI
- All require physicians, nurses and mental health providers to report IPV
- CA and KY require dentists
- Most states require reporting of injuries from criminal acts
- Most states require reporting of injuries caused by a weapon
- Five states: (AL, LA, SC, WA, and WY) have NO mandatory reporting law
Documentation

• Use verbatim quotes
• Avoid pejorative language
• Describe the injuries in detail
• Use a body map
• Offer an opinion on whether the injuries were adequately explained
• Record name of police officer
• Record legal actions taken
• Document referrals
• Photograph injuries
Assessing Danger

Relationships with high risk for lethality

1. Highly controlling abuser
2. Recent separation after living together
   (#1 and #2 combined increases risk 9-fold!)
3. Presence of a gun
4. Unemployed abuser
5. Presence of a child, not the abuser’s
6. Threats of death, threats with weapon
7. Stalking
8. Forced Sex
9. Abuse during pregnancy

Campbell et al. AJPH 2003; 93(7).
Develop a Safe-Plan

– Anticipate high-risk situations
– Plan an escape route out of the house
– Who will you call for help?
– Where will you go?
– How will you get there?
– Will you need to take money, documents, clothing, keys with you?
– How will you get the children out with you?
Community Resources

National Program
  – National Domestic Violence Hotline: (800) 799-SAFE

Victim Advocate Groups & Shelters
  – Childrens’ Advocacy Centers
  – Womens’ Shelters
  – Family Violence Centers

Local Police
  – Domestic Violence Unit
Web Resources

• Futures Without Violence
  http://futureswithoutviolence.org

• Academy on Violence and Abuse
  http://www.avahealth.org

• National Coalition Against Domestic Violence
  http://www.ncadv.org

• National Health Collaborative on Violence and Abuse
  http://www.nhcva.org