



Navigating Trauma and Coping: Understanding Intimate Partner Violence (IPV), Attachment Styles, and Cultural Influences among Iranian Women

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DESCRIPTION

Intimate Partner Violence (IPV) and attachment styles significantly influence coping stress styles among Iranian women, highlighting the complex interplay of interpersonal dynamics, psychological factors, and cultural contexts in shaping coping strategies in the face of adversity. IPV encompasses various forms of physical, emotional, and sexual abuse perpetrated by intimate partners, leading to significant psychological distress and coping challenges for survivors. Iranian women, like women worldwide, may experience IPV within the context of intimate relationships, impacting their mental health and coping mechanisms. The experience of IPV can disrupt a woman's sense of safety, autonomy, and emotional well-being, necessitating adaptive coping strategies to navigate the effects of trauma and abuse. Attachment styles, rooted in early interpersonal experiences and relationships, also play a pivotal role in shaping coping stress styles among Iranian women facing IPV. Attachment theory posits that individuals develop internal working models of attachment based on their early interactions with caregivers, influencing their beliefs about themselves, others, and the world. Secure attachment is associated with adaptive coping strategies, while insecure attachment styles (such as anxious or avoidant attachment) may contribute to maladaptive coping patterns in response to stress and trauma. For Iranian women experiencing IPV, coping stress styles may vary based on their attachment styles and the nature of the abuse. Those with secure attachment styles may utilize problem-solving skills, seek social support, and engage in positive coping behaviors to manage stress and navigate the challenges of IPV. In contrast, women with insecure attachment styles may exhibit avoidance, emotional distancing, or reliance on maladaptive coping mechanisms, such as substance use or self-blame, in response to IPV-related stressors. Cultural

factors also influence coping stress styles among Iranian women experiencing IPV. Sociocultural norms, gender roles, familial expectations, and religious beliefs can shape women's perceptions of abuse, help-seeking behaviors, and coping strategies. Stigma, shame, and fear of judgment may deter women from disclosing IPV or seeking formal support, leading to reliance on informal coping networks or internalized coping mechanisms. Understanding the intersection of IPV, attachment styles, and cultural influences is essential for developing culturally sensitive interventions and support services for Iranian women affected by IPV. Trauma-informed approaches that acknowledge the complex interplay of psychological, interpersonal, and cultural factors can promote resilience and recovery among survivors of IPV. These approaches may include psychoeducation and awareness, trauma-focused therapy, supportive services, cultural sensitivity, and collaborative care. By addressing the complex interplay of IPV, attachment styles, and cultural factors, interventions can promote adaptive coping, resilience, and empowerment among Iranian women affected by IPV, fostering healing and recovery from trauma. Understanding the interplay between IPV, attachment styles, and cultural context is essential for developing targeted interventions and support systems that can effectively address the needs of Iranian women facing intimate partner violence. By promoting awareness, providing culturally sensitive resources, and fostering supportive environments, it is possible to enhance the resilience and well-being of these women.

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CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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