
Case Vignette – Mental Health Impact of Violence Against Women



- Ms. Reena is a 26 years old married female. She has studied B.E. and is a homemaker. She has been married for 1.5 years.
- Her relationship with her husband was good for the first 2 months of marriage, but later she says her husband started getting angry on trivial things and would shout and yell at her.
- He would not like her to go to work, would doubt her, argue with her everyday, check her phone, so she decided to leave her job to avoid any such conflicts at home.



- But it didn't help for long, after some days of nice behaviour, he started physically abusing her- hitting her and punching her in the stomach. He would verbally abuse her, criticize her in front of relatives often.
- These behaviours of husband have been disturbing her a lot. She says she is having trouble sleeping, and wakes up frightened in the middle of night. Her mood is low most time of the day and she reports that she doesn't feel like talking to anyone.
- For the past few weeks, she has been often experiencing a recurring nightmare where a woman is being pushed and hit by her partner and finds herself alone crying in a small room.



- Most mornings she wakes up very early in the morning and isn't able to go back to sleep. However, she finds it difficult to get out of the bed throughout the day and if she is able to push herself out of bed, she reports of feeling low on energy and gets tired quickly.
- Reena also reports of feeling lost, sitting and staring in one place, feeling uneasiness and restlessness in her body. She tells that her mind is constantly thinking about worse situations that would happen to her and her children



- While doing her everyday chores, she experiences flashbacks of being hit by her husband and gets very scared. She is not able to do her routine activities properly as suddenly after the flashbacks her heartbeat increases and she finds herself stuck.
- Her interaction with her children and family has also reduced significantly

Points of discussion

- Q1. What concerns of Reena do you identify from the given case?
(what types of violence do you identify?)
- Q2. List the symptoms reported in the case vignette.
- Q3. Are there any further questions that you would ask to clarify?
- Q4. When will you refer them to a psychiatrist or a mental health professional?