The effect of the exposure to domestic violence on psychological well-being among American Muslim women

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THE EFFECT OF THE EXPOSURE TO DOMESTIC VIOLENCE ON PSYCHOLOGICAL WELL-BEING AMONG AMERICAN MUSLIM WOMEN

A Project
Presented to the Faculty of California State University, San Bernardino

In Partial Fulfillment of the Requirements for the Degree Master of Social Work

by Soulafa Shakhshir Massoud Vanessa Francis Romo

June 2006
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ABSTRACT

The purpose of this study was to examine American Muslim women’s level of exposure to domestic violence, resources available to them, and the effect of domestic violence on their psychological well-being. Data were collected from 128 Muslim women from the Islamic Center of Riverside. The study employed a quantitative survey design because of the sensitive subject matter. Data analysis was conducted utilizing descriptive and inferential statistics. The key finding of the study was a significant positive relationship between depression and the use of verbal aggression. In addition, a positive relationship was also found to exist between anxiety, depression and the use of violence. The implications of the study for social work practice and policy were also discussed.
ACKNOWLEDGMENTS

This research project was made possible with the support and encouragement of Dr. Janet Chang, my advisor, for helping us to express our ideas into this project. We would also like to thank Dr. Mustafa Kuko, the Director of the Islamic Center of Riverside for allowing us to do our survey. We especially wish to thank all the women who shared the most intimate information of their lives. Their cooperation was truly the backbone of this project. Last, but certainly not least, we want to thank Katharine Peake, from the kindness of our hearts, for proofreading and helping edit our work.
DEDICATION

I am dedicating this project to my family who so patiently supported me through my academic journey, and especially to Ibrahim Massoud, my husband, who encouraged me to thrive. Without his support, I could never have achieved my dreams and goals as I have. Also, I’d like to thank my children, Sharif, Bilal and Ryan, who were often concerned because I was not involved in our family’s outings and activities. I know I miss the most important games you played but I know the best is coming. Someday, you will know that I did it all because I want you to have a better life than I had when I was your age. Finally, to my mother Samira who planted the seeds of values and knowledge in my heart and mind and inspired me to succeed even in her difficult times. Thank you all for your love, kindness, and support.

Soulafa Shakhshir Massoud

I would like to dedicate my endeavors achieved in this project and in the long journey I embarked upon when I began my academic career to my family. My journey would not have been as smooth without my Mother, Kena Romo who has always been a source of strength and support and Victor Ralph Romo, my proud father.

Vanessa Frances Romo
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CHAPTER ONE

INTRODUCTION

Problem Statement

In all countries and cultures, women have frequently been frequently the victims of abuse by their intimates. They have been battered, and emotionally, psychologically and sexually abused by persons with whom they should enjoy the closest trust. Domestic violence can be defined as "violence that occurs within the private sphere, generally between individuals who are related through intimacy, blood or law. [It is] nearly always a gender specific crime, perpetrated by men against women" (Coomarswamy, 1996, p. 53). Previous research has defined domestic violence as "assuasive and coercive behaviors that adults use against their intimate partners" (Holden, 2003, p. 155).

The World Health Organization (2002) released a report on violence across the world that details violence against women. According to the report, 40 to 70 percent of women who are murdered in the United States, Canada, Australia, and Israel are killed by their husbands or
male partners. American Muslim women are not excluded and sometimes are in dire need of professional services.

The Muslim community in the United States is a multi-ethnic, multi-racial community. There are six to seven million Muslims in the United States, with the largest sub-groups being South Asian, Arab and African American, Council on American-Islamic Relation, CAIR 2005). In addition to ethnic and racial diversity, Muslims come from different educational and socio-economic backgrounds and practice their religious teachings at various degrees.

There is little data about the degree of domestic violence among American Muslim women. Also, due to the taboo nature of the subject, Muslims are often reluctant to report or speak out about their experiences. Two studies suggest that the Muslim community in the United States suffers at least the same degree of domestic violence as the general population. In a survey of 63 Muslim leaders and community members, ten percent of participants reported having experienced physical abuse. In another survey of 500 Arab women (98 percent of whom were Muslim) in the Dearborn, Michigan area, 18 to 20
percent of the women had experienced spousal abuse (Kulwicki & Miller, 1999; Alkhateeb, 1998).

The reasons why women continue to live with abusive partners have been well documented in current literature. Moore (1979) suggests that the most compelling reasons are dependency (physical, financial, and emotional), fear of the unknown, and social stigma with embarrassment to admit that the marriage has failed.

Why any woman would stay in an abusive relationship remains a mystery to most observers. Reasons for staying range from financial obstacles to a desire to keep the family together. Researcher Sleutel (1998) identified the following categories for why many women stay in abusive relationships:

1. Appeal to the salvation ethic. Women assume responsibility for helping their sick partners overcomes their problems.

2. Denial of the victimizer. The violence is due to a temporary situation, such as unemployment.

3. Denial of the injury, disbelief, returning to routine life without acknowledging abuse.

4. Denial of the victimization. The women blame themselves.
5. Denial of options. Failing to take advantage of community resources and/or believing that no one else will love her or want her.

6. Appeal to higher loyalties. Religious or societal beliefs that keep the women in that relationship.

American Muslim women are no different from non-Muslim American women in this respect.

The extent to which Islamic influence factors into why a Muslim woman will stay in a violent relationship differs from one woman to the next. Based on my continuing interaction with the Muslim community, I noticed the following circumstances. The Muslim sense of community and family provides women with a sense of identity, connection, and order. Therefore, in cases of abuse, family and community disapproval are strong disincentives toward leaving an abusive marriage.

American Muslim women value the institution of marriage and want to preserve it at all costs. They often believe the abuser, who justifies his behavior by referring to isolated bits of text from the Qur’an, the Muslim’s holy book. They tend to blame themselves for not being patient. They also tend to wonder if God is
punishing them for some past sins or question whether they are being tested. In addition to struggling with spiritual questions, American Muslim women have to deal with some societal issues, such as the shame of being a divorced woman or being a woman who has reported her husband to authorities. In addition, some American Muslim women are reluctant to turn to shelters due to misconceptions that their children will be taken away from them, and that shelters will report undocumented persons (either the husband or the wife) and the threat of deportation, especially after September 11 and the subsequent implementation of the Patriot Act.

The impact of domestic violence on women’s psychological well-being is well documented in the literature (Testa & Leonard, 2001; Sutherland, Bybee, & Sullivan, 1998; Campbell, Sullivan, & Davidson, 1995; Kirkwood, 1993; Follingstad, Brennan, Hause, Polek & Rutledge 1991; Mitchell & Hodsen, 1983). These impacts are similar among American Muslim women and include depression, posttraumatic stress disorder (PTSD) and isolation. Golding (1999) found that in 18 studies on depression, the average rate of depression among battered women was 47.6%, and the rate of (PTSD) averaged 63.8% in
they cannot relate to women who are suffering from substance abuse problems or who are being abused by non-marital partners. According to Connors (1994), "the safe place must fit in with the cultural context and not be a slavish adaptation of current shelter systems that may exist elsewhere" (p. 78). Because of these differences, some Muslim women experience alienation and prejudice by the other women at the shelters which usually pushes them to stay with their abuser.

It is important to study the problem of the exposure to domestic violence among American Muslim women and its effect on psychological well-being. The study will contribute to educate professionals and community leaders and members about the dynamics of domestic violence and its impact on the family. In addition, the study will serve as a catalyst toward establishing shelters, social service agencies and community resources to fit the needs of this population.

Policy Context

The Violence Against Women Act of 2004 (VAWA) was the first legislation to address violence against women. Its passage meant that the federal government finally
acknowledged the harm caused by domestic violence and put resources into helping victims. In 2000, the VAWA program increased funding in an effort to help communities provide services for women and children living in shelters. The legislation also created new programs like Civil Legal Assistance, Transitional Housing, Supervised Visitation Center, Full Faith and Credit, Battered Immigrant Women, Dating Violence, and Services for Disabled and Older Women.

VAWA 1994 and 2000 recognized the special circumstances that can apply to non-citizen survivors of domestic violence and provided avenues for battered spouses and children leaving their abusive families without jeopardizing their immigration status. VAWA 2005 implemented policies to stop the deportation of immigrant victims of domestic violence, guaranteeing economic security of immigrant victims and their children, and provides an economic safety net for trafficking victims.

Practice Context

It has become increasingly apparent that as the American Muslim community grows, its members face many of the social problems that the other communities have
experienced. However, professional social workers are not prepared to effectively assist American women in general and American Muslim clients in particular on domestic violence. Social workers are not well trained to understand American Muslims' religious, cultural, and national background. It is important to understand American Muslims' family system, religious and traditional healing system. For example, when the social worker and client are not of the same gender, minimal eye contact may occur as a result and should not be interpreted as client resistance to treatment. Another issue is that the experience and expression of depression and PTSD may be different among American Muslim Women (my own observation).

Previous studies concur that feelings of guilt, self-deprecation, suicidal ideation, and feelings of despair are often rare or absent among American Muslims in general, whereas somatic and quasi-somatic symptoms, including disturbance of sleep, appetite, energy, body sensation, and motor functioning are more common (Marsella, Sartorius, Jablensky, & Fenton, 1985). At the micro level, religion is an important context in which problems are constructed and resolved. Consideration must
be given to the role of religion in American Muslim population.

**Purpose of the Study**

Women who experience domestic violence use a wide range of coping strategies, but still the effects of abuse are evident in their psychological well-being. The purpose of this study is to examine American Muslim women's level of exposure to domestic violence, resources available to them, and the effect of domestic violence on their psychological well-being.

Women's psychological well-being will be examined by studying the most common outcomes resulting from violence which are depression and PTSD. Based on Johnson's (1995) typology of partner violence, we expect that women in unilateral male-dominated partner violence relationships will have higher rates of mental health problems.

The study employed a quantitative survey design, with self-administered questionnaires. The study examined the possibility of a relationship existing between domestic violence and lack of resources that may result as having a negative impact on American Muslim women's psychological well-being. The purpose in exploring this
information is to attempt to address those variables which may contribute to the development of abusive behavior toward an intimate partner.

Significance of the Project for Social Work Practice

The research focused on American Muslim women and the effect of domestic violence on their psychological well-being. The research revealed all these variables, and helped provide information about American Muslim women to help improve their quality of life including mental health.

Social workers who work with this population would benefit from knowledge or awareness from the results of this study and could seek more training and knowledge when dealing with this population. Mental health professionals will require special training to deal with the different symptoms of depression among American Muslim women. American Muslim women will benefit from our research by realizing the availability of services and alternatives to domestic violence; the social work profession will benefit because more information will be available to fill in major gaps in social work practice with Muslim women. In addition, the study will serve as a
contribution to the mainstream professional community by providing information about this little known community and ultimately help to improve the quality of life of American Muslim women experiencing a variety of social problems.

This study of American Muslim Women suffering from domestic violence will be approached from several perspectives, including Feminist Theory, Ecological Framework, and Social Learning Theory. The intent of utilizing these theories in the study is to help guide its conceptualization and to support the development of its hypothesis. It states:

The higher the level of exposure to domestic violence among American Muslim Women, the greater is the level of depression and PTSD.
CHAPTER TWO

LITERATURE REVIEW

Introduction

Chapter Two contains a discussion of issues pertaining to the experience of American Muslim women who suffer from domestic violence and how that experience impacts their psychological well-being. This chapter is divided into a section examining quantitative studies related to what domestic violence involves, the barriers victims in the abusive relationship face, and the psychological impact that may result from these abusive relationships. This chapter also contains a review of the scholarship, which helps guide the conceptualization of this particular population.

Domestic Violence among American Muslims Women

Domestic violence in American Muslim households has been given scant attention by social science researchers. Alkhateeb (1999) suggests that an authoritarian family structure among Muslims in general predisposes many Muslims in America to be abused in some way and possibly to become the victims of violence. In addition, the majority of immigrants Muslims come from oppressive
countries where political power is held by officials who secure and maintain their leadership through unethical, un-Islamic, and sometimes cruel means. These dictatorial governments tend to produce extended families and societies where only the man at the top can articulate what is right and acceptable. Muslim American immigrants fleeing oppressive governments may not yet have realized that their own family dynamics are a microcosm of tyranny and autocracy they so actively oppose. The atmosphere in many of these families is repressive, non-communicative, and male-dominated, where the leadership title that is worn is primary never allows for asking why or how the family functions.

Hassounah-Phillips (2001) interviewed 17 American Muslim women from diverse ethnic backgrounds to examine the significance of polygamy shaping the American Muslim women's experiences of abuse. It has been indicated from the data collected from this study that American Muslim women are prone to being victims of violence and are abused as any other American woman from any other group. Just like other domestic violence situations, the violence progresses when left unchecked, leaving the cycle of violence to reoccur over and over.
The cycle of domestic violence for female victims has been clarified in numerous studies Alkahteeb (1998). The female victims are physically assaulted and abused repeatedly by their male abusers. In the non-violent phase of this cycle, Peled (2000) has indicated male abusers display overt affection and kindness towards their female victims. In many studies, these male abusers have gone through elaborate rituals of forgiveness from their past episodes of violence and abuse. The female victims remain with their abusers, and endure this cycle of domestic violence, because of their feelings of intense shame, guilt, and self-blame for causing the abusive behavior of their male abusers (McKay, 1994).

Barriers Facing Female Victims of Domestic Violence

Previous research done on the barriers facing female victims who want to leave relationships of domestic violence is also relevant. For example, Anderson, Gillig, Sitaker, McCloskey, Mallowy & Gribsby (2003) reveals that female victims of domestic violence do indeed encounter major barriers in leaving the relationship. One of these barriers was found in their discussion of the Barriers Model proposed by (Grigsby & Hartman, 1997). Four
concentric rings that represent layers of barriers surround the victim in this model. The innermost ring of barriers is the dysfunctional environment. This is the first barrier encountered by the victim. To escape it, resources are needed such as money, a place to go, support from family, friends, or professionals. When these resources are lacking and unavailable, domestic violence victims turn toward other coping strategies.

The second barrier toward escaping beyond the abusive environment is that of family and social role expectations. The female socialization process has relegated the female victim to the role of primary caretaker of her family. The victim’s role as primary caretaker puts the blame on her for the failing relationship. Internalizing blame because of perceived failure makes it difficult to escape. The third barrier is the psychological impact of the abusive relationship. Fear and lack of trust are the hallmarks of long-standing abuse.

Finally the fourth barrier is the impossibility of escaping; because of these barriers means victims learn to adopt a stance of compliance and endure the repeated cycle of domestic violence.
Unfortunately, most researchers have focused on personal and economic factors, leaving cultural factors largely unexplored. Moreover, the extremely limited information that is available about cultural factors, however, suggests that women belonging to group-orientated cultures that forbid or strongly disapprove of divorce may endure abuse that is prolonged and severe before leaving (Cohen & Savaya, 1997).

Nooria (2001) suggests the disapproval of divorce among group-orientated cultures explains the fear many American Muslim women have about appearing as a failure to their families. The importance of maintaining a solid Muslim home was strongly emphasized by the parents of these women. In addition, Nooria reports that parents have also instilled in their daughters that sharing her domestic troubles with anyone, will ultimately result in being faulted for the destruction of their families.

Domestic violence among American Muslim women underscores the significant influence of culture on a woman's decision to leave. Several studies have identified the tremendous social stigma associated with divorce in Arab and Muslim cultures as a significant
barrier to ending battering relationships (Al-Kernawi & Graham, 1998).

Although domestic violence is prevalent problem present in our society, it is a social problem that has not received extensive examination utilizing psychological assessment tools. However, Khan, Welch, and Zillmer (1993) indicate through use of the Minnesota Multiphasic Personality Inventory-2 (MMPI-2) a correlation between length and severity of psychological abuse and overall levels of psychological distress.

On the other hand, when examining the physical and mental consequences researchers Coker, Davis, Arias, Kesai, Sanderson, Brandt, and Smith (2002), found that partner violence (IVP) among women or men resulted in both physical and mental health consequences and found both were associated with negative mental as well as physical health outcomes.

When looking at domestic violence suffered specifically by women, researchers (Levendosky & Graham-Bermann, 2001) describe a condition called complex traumatic syndrome said to be similar to the diagnosis of PTSD. In addition to all of the symptoms specific to PTSD, complex traumatic syndrome also includes:
depression, anxiety, idealization of the perpetrator and dissociation relevant to the severity of the trauma.

Researchers Rodgers and Norman (2004) in their research have examined many of the most common mental health problems. Rodgers and Norman (2004) indicate the following in terms of common mental health problems among battered partners:

Mental health problems such as depression, substance abuse and anxiety are common among victims of partner abuse. The most prevalent sequela of intimate partner violence (IPV), however, is PTSD. The prevalence of PTSD in victims of IPV has been found to be as high as 63%. This prevalence rate is especially alarming when compared to lifetime estimates of PTSD in the general population, which vary form approximately 1% to 12%. (p. 68)

Other researchers have found similar symptoms among victims of domestic violence. For example, researchers Leone, Johnson, Cohan, and Lloyd (2004) have noted the following effects of violence among women in shelter who have endured violence from an intimate partner: 70% to
80% experience mild depression whereas 30% to 55% suffer from severe depression (Leone et al., 2004).

Other researchers have looked upon the effects of a particular psychological effect on victims of domestic violence. For example, when looking at the traumatic effects of domestic violence upon survivors the study of researchers Johnson and Benight (2003) indicated through regression analysis that both coping self efficacy and PTSD symptomatology were the exclusive predictors of unanticipated upset among participants and that the only predictor of perceived self benefit was coping self-efficacy.

Theories Guiding Conceptualization

In literature regarding domestic violence, researchers (Levendosky & Graham-Bermann 2001) made reference to the ecological framework, which was used to develop a model to understand the etiology of child maltreatment used by Belsky. As a result of Belsky’s application of the ecological framework, Levendosky and Graham-Berman (2001) have, within the context of domestic violence, utilized the ecological framework to predict factors influencing parenting. In studying domestic
violence, application of the ecological framework is appropriate because of its focus on the immediate family environment.

Authors Zastrow and Kirst-Ashman (2004) define the ecological framework: "An ecological approach provides a more specific view of the world within a social work perspective. The ecological perspective tends to place greater emphasis on individuals and individual family systems" (p. 7). As a result of the ecological perspective's emphasis on the individual and individual family system, it appears that this theory seems to be a good fit in guiding the study's conceptualization. [Ecological perspective may be appropriately applied to domestic violence among Muslim Americans due to the possibly where the batterer may deem violent coercion as acceptable due to the varying degrees of acceptability among families and cultural norms.]

In addition to the ecological framework, it is also the intent of this study to look at the social learning theory in guiding the conceptualization of the study. The nature of social learning theory is to evaluate behavior as occurring in a particular environment, events preceding its occurrence, and the consequences that
follow. Social learning theory has a positive approach due to its perspectives. Social learning theory holds that all behavior is learned; therefore, maladaptive behavior can be unlearned (Zastrow & Kirst-Ashman, 2004). Because of the fact that social learning holds that all behavior is learned, the idea that the abuser learned the cycle of violence in his family of origin is very likely plausible. Given that social learning theory believes that maladaptive behavior can also be unlearned, possible intervention may include anger management classes that are sensitive to Islamic culture.

For the purpose of the study social learning theory may be applicable to Domestic Violence victims within the Muslim American Community because of the plausible likelihood that battering husbands saw their own fathers use violence to coerce their mother, therefore learning to use violence as an acceptable method of coercion.

The integration of the ecological framework and social learning theories will provide a strong foundation toward guiding the study of domestic violence specific to the American Muslim community. The use of the ecological framework will facilitate looking at the problem through a lens focusing on interrelationships of physical,
social, physiological, religious and cultural forces. The social learning theory can help in the identification of themes such as past family history of abuse and how this history now impacts the present marriage.

Finally, this study will also look at feminist theory in relation to domestic violence within the context of the American Muslim women population. According to author Payne (2005), in his explanation of feminist perspective, the main focus of this perspective pertains to explaining and responding to the position of women throughout most societies.

One perspective within feminist theory, which is particularly applicable to the study of Domestic Violence among the American Muslim Population, is postmodern feminism. According to postmodern feminism, the complexities and sophistication in regards to the social relations experienced by women revolves around assumptions in society which focus on how women should be and are treated (Payne, 2005).

The study of Domestic Violence among American Muslim women will also look at the role and the impact regarding the perception of marriage in the context of the Muslim faith. Feminist theory will be applied at in this study.
in terms of if whether Muslim women are more reluctant to leave an abusive relationship because of their faith or whether these women will be more open toward leaving an abusive relationship regardless of their faith.
CHAPTER THREE
METHODS

Introduction

This section consists of presenting the methods to be implemented in conducting this study. The focus of this section will pertain to the study’s design, sampling, interview instruments, data collection, procedures, and protection of human subjects during the course of the study. The conclusion of this chapter will provide an overview of issues relevant to quantitative data analysis.

Study Design

The purpose of this study was to examine more about American Muslim women’s level of exposure to domestic violence and its effect on their psychological well-being. The study employed a quantitative survey design because of the sensitive subject matter, and because of possible bias that could occur in a qualitative design that utilizes face-to-face interviews. The survey design limited the possibility of researchers’ bias; however, the study designs allowed for the gathering of new information that could be introduced
to existing research on the effect of domestic violence among American Muslim women, the level of depression and Post Traumatic Stress Disorder, which helped eliminate more observer bias.

Other possible benefits of this study may include filling in major gaps in Social Work intervention, and serving as a contribution to the mainstream professional community by providing information about this little known community, ultimately helping improve the quality of life among American Muslim women.

However, there were also limitations in the study's design. As a result of convenience sampling, this study had several limitations. For example, given that this study was limited to a sample of women from an Islamic Center in Riverside County, the representativeness of the study was compromised. The study failed to take into account the responses of other American Muslim women from across the United States, affecting the generalizability of the study.

The study was also limited because of its small sample size. The small sample size of 128 people in the study strongly affected the possibility of sampling error to occur. The lack of a larger sample significantly
reduced the homogeneity of the sample and increased the variance within the population from which the sample has been selected. Furthermore, the smaller the sample, the larger the standard error will be.

Finally, there was a possibility of sampling error due to inaccuracy from the participants. The participants from the research sample may have limited their responses to what they may have deemed as being socially acceptable.

The researchers of the study decided to employ a survey design because of the added appeal of anonymity between the researchers and the participants. The added anonymity between the researchers and the participants had the potential to increase participation in the sample population.

As previously mentioned, the objective of this study was to learn more about American Muslim women and the effect of the exposure to domestic violence on their psychological well-being. The hypothesis was that the higher the level of exposure to domestic violence, the greater is the level of depression and PTSD.
Sampling

The sample from which the data was obtained was from an Islamic Center within the County of Riverside. The questionnaire was translated into English and Arabic and was administered to 128 female participants from the Islamic Center. These women only include those who volunteered to participate in the study. The sample was a convenience sample. Subject selection was based upon convenience of accessibility. In addition, the selection criterion for the sample was contingent upon the subjects having to be American Muslim women.

Researchers' bias was controlled by the use of data collection boxes, and the absence of the researchers during the completion of the questionnaires by the participants, because the presence of the researchers may have caused inaccurate responses from the participants.

Each participant was informed that her answers were anonymous, confidential, and would only be used by the researchers to gather information that could be useful in understanding her population and her needs.
Data Collection and Instruments

Data for the study was collected using self-administered questionnaires. The level of measurement on the demographic survey was a combination of nominal and ordinal variables. The level of measurement on three of the instruments was ordinal with scales that were self-rating (Likert type). The question on the demographic survey (see Attachment C) included seven nominal variables: occupations, ethnicity, marital status, primary childhood caretaker, and father's occupations during childhood, mother's occupation during childhood and economic status of the family during childhood. The two ordinal variables will included: highest level of education attained and gross income. The interval/ratio included the number of hours worked per week. The two continuous variables consisted of age and number of siblings the subject grew up with. Finally, the last five questions directed sample selection to exposure to violence. All instruments were translated into Arabic and were translated back to English in order to ensure linguistic equivalence.

The independent variable was Muslim women’s level of experience of domestic violence, which will be measured
by the Conflict Tactics Scale (CTS). CTS was employed to measure participants’ victimization and perpetration experiences with psychological and physical violence in a marital/intimate relationship within the past year and during their lifetime (Straus, 1979). The CTS consists of a graduated series of 14 close-ended item, which describe the types of behaviors individual can potentially use to resolve a conflict. Three subscales comprise the CTS: Reasoning Subscale, the Verbal Aggression Subscale (which has been used to measure psychological aggression), and the Physical Violence Subscale. The Physical Violence subscale is composed of minor and severe forms of physical aggression. The response format ranges in frequency form “never” to “more than once a month”. The Conflict Tactics Scale indicates a moderate to high reliability; furthermore there is also evidence of concurrent and construct validity.

Center for Epidemiologic Studies

The first dependent variable is depression. Depression will be measured by using the Center for Epidemiologic Studies (CES-D). Depressive symptomology is used as one mental health outcome. The CES-D is a 20 item
scale that measures for current level of depressive symptoms with an emphasis on the affective mood component of depression (Radloff, 1997). The CES-D has been widely used with both the general and the psychiatric community and has shown very good internal consistency (Cronbach alpha of .85 for the general population). This depression scale has been found to have high internal consistency and acceptable test-retest stability.

The second dependent variable is Post Traumatic Stress disorder (PTSD). The Post Traumatic Stress Disorder Scale is a measurement of the severity of PTSD. The Penn Inventory for Posttraumatic Stress Disorder has high construct and validity reliability. It is self-administered and has 26 items. Each item comprises four sentences modeled on the Beck Depression Inventory. The questions measure the presence or absence of PTSD symptoms, as well as their degree, frequency, or intensity (Hammarberg, M. 1992).

The data was collected over a four-week period, January 27, 2006 to February 17, 2006. An announcement was made in the Islamic Center of Riverside after Friday Prayer. The announcement explained the purpose of the project and requested females from the community to
voluntarily participate. Participants were informed that the survey was completely anonymous, and those who agreed to participate were handed a survey to be completed in private. A copy of the consent form was handed to each participant stating that she was giving her authorization to participate in the study by checking a box at the front of the survey. The last page of the survey contained the debriefing statement which all participants were instructed to keep. For anonymity, once the participants were finished answering all the questions, they were instructed to place their completed surveys into envelopes provided to them by the researchers and put them in a special boxes designated for the surveys. The entire process took 30 minutes. The timelines of the study were as follows:

January 26, 2006 the study was approved.
January 27 to February 17, 2006 data was collected.
February 20, 2006 to March 4, 2006 SPSS file was created and data was entered.
March 22, 2006 to April 12, 2006 data will be analyzed.
Protection of Human Subjects

The confidentiality of the study participants was a primary concern of the researchers due to the sensitivity of the subject matter among this population. Therefore, in order to protect the human subjects involved in this study, the following precautions were taken. First, personal information, like name and address was not collected in order to protect the anonymity of the participants. In addition, the "check the box" technique used for informed consent further protected the participants' identity.

Secondly, all information obtained from the participants was held in strict confidentiality. The only people who had access to the data were be my faculty advisor, my research partner and I. The data was kept locked during the study. Once the data has been analyzed, the completed surveys will be destroyed. These measures will be taken in order to ensure the confidentiality of the participants.

Participants were also be informed in the introduction about the research project, and in the informed consent participants were informed that they can refuse to answer any questions they may have felt
uncomfortable with, and that they could withdraw from the study at any time. They were also being informed about the confidential nature of their answers.

Data Analysis

The data analysis will be conducted utilizing a quantitative approach. Descriptive statistics will be employed to describe demographic characteristics of the sample. The descriptive statistics include univariate statistics such as frequency distributions, measures of central tendency, and dispersion.

The study intends to assess the relationship between Muslim women’s experiences of domestic violence and psychological well-being; Pearson correlation coefficient will be used.

Summary

As previously stated, the purpose of this study was to learn more about American Muslim women, and the effect of exposure to domestic violence on their psychological well-being.

Learning about this population and the lack of resources which fit American Muslims’ needs, including
mental health, will hopefully help in improving treatment intervention when working with this population.
CHAPTER FOUR

RESULTS

Introduction
This chapter will present the study's results relevant to the sample studied. Univariate and Bivariate analysis was used to determine the distribution of results. These results will be presented to the reader in a table format. The demographic factors presented in Table 1 include the following: age, occupation, ethnicity, education level, yearly income, hours worked per week and marital status. The family characteristics of respondents are presented in Table 2. The frequency distribution regarding resources available, decision about divorce, partner abuse and seeking mental health services are presented in Table 3. Differences in level of anxiety of the respondents (Pen Inventory) are presented in Table 4. Frequency distributions of the use of reasoning, verbal aggression and physical aggression are presented in Table 5, 6, and 7. Frequency distributions of depression (CES-D) are presented in Table 8. Pearson r correlation coefficient was used to determine significant
relationship between independent variable and dependents variables.

Characteristics of Respondents

Table 1 shows the demographic characteristics of the respondents. There are a total of 128 Muslim American women respondents in the study sample.

The ages of the respondents range from ages 19 through 70 years of age with an average age of 34 years. The highest number of the respondents 37.9% are between the ages of 31 and 40, 24.2% between 41 and 50, 19.4% between 19 and 30, 15.3% between 51 and 60, and the rest 3.2% between the ages of 61 and 70. The highest numbers of respondents (55.0%) are housewives, followed by (26%) professional, 4.5% in business 6.3% in services or sales/clerical, and (8.1%) reported “all other.” The great majority of the respondents did identify themselves as Arabs (78.6%), 7.9% Asian, 1.6% African American and 11.9% indicated “other.” The majority of the respondents (62.7%) reported their education level as “college or higher,” followed by 33.3% “High school,” and the rest 4.0% “elementary or middle school,” as their highest level of academic achievement.
The distribution of reported annual income of the respondents was also varied. The largest number of respondents (38.7%) reported an annual income of "$50,000 or more," 26.4% between "$31,001-$50,000," 6.6% between "$10,001-$20,000," and 18.9% "Below $10,000."

In terms of employment, more than half of the respondents (58.5%) reported to be "unemployed", followed by 21.2% reporting to be working "more than 40 hours." Only 19.5% reported "less than 40 hours". The great majority of the respondents (86.6%) reported that they are "married," 4.7% "divorced," 2.4% "separated," and 6.1% reported either "significant (other) or single."
<table>
<thead>
<tr>
<th>Variable</th>
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<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
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<tr>
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<td>51-60</td>
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<td>61-70</td>
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<td>5</td>
<td>4.5</td>
</tr>
<tr>
<td>Housewife</td>
<td></td>
<td>61</td>
<td>55.0</td>
</tr>
<tr>
<td>Service or sales/clerical</td>
<td></td>
<td>7</td>
<td>6.3</td>
</tr>
<tr>
<td>All other</td>
<td></td>
<td>9</td>
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<tr>
<td>Asian</td>
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<tr>
<td>Arabic</td>
<td></td>
<td>99</td>
<td>78.6</td>
</tr>
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<td>Other</td>
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<td>15</td>
<td>11.9</td>
</tr>
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<td>Educational Level</td>
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<tr>
<td>Middle school</td>
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<td>2.4</td>
</tr>
<tr>
<td>High school</td>
<td></td>
<td>42</td>
<td>33.3</td>
</tr>
<tr>
<td>College or higher</td>
<td></td>
<td>79</td>
<td>62.7</td>
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<tr>
<td>Annual Income Level</td>
<td>106</td>
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<tr>
<td>Below $10,000</td>
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<td>20</td>
<td>18.9</td>
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<tr>
<td>$10,001-$20,000</td>
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<td>$21,001-$30,000</td>
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<tr>
<td>$31,001-$40,000</td>
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<td>14</td>
<td>13.2</td>
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<tr>
<td>$41,001-$50,000</td>
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<tr>
<td>More than $50,000</td>
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<td>41</td>
<td>38.7</td>
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<tr>
<td>Hours Working per Week</td>
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<tr>
<td>Unemployed</td>
<td></td>
<td>69</td>
<td>58.5</td>
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<tr>
<td>Less than 40 hours</td>
<td></td>
<td>23</td>
<td>19.5</td>
</tr>
<tr>
<td>More than 40 hours</td>
<td></td>
<td>25</td>
<td>21.2</td>
</tr>
<tr>
<td>Marital Status</td>
<td>127</td>
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<td></td>
</tr>
<tr>
<td>Divorced</td>
<td></td>
<td>6</td>
<td>4.7</td>
</tr>
<tr>
<td>Married</td>
<td></td>
<td>110</td>
<td>86.6</td>
</tr>
<tr>
<td>Separated</td>
<td></td>
<td>3</td>
<td>2.4</td>
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<tr>
<td>Significant (other)</td>
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</tr>
<tr>
<td>Single</td>
<td></td>
<td>4</td>
<td>3.1</td>
</tr>
</tbody>
</table>
The family characteristics of respondents are presented in Table 2. The great majority of the respondents (90.6%) were raised by "both parents," and (7.8%) were raised by "mother only." Only (1.6%) were raised by either "father and step mother" or "grand-mother and grand-father." Over a third of the respondent (36.2) reported that they grew up with 3-5 siblings, follow by 30.3% with 6-8 siblings, 24.4% with 0-2 siblings, 6.8% with 9-11, and 2.5% with 12-14 siblings. Approximately 31.1% reported that their father’s occupations are "business," 29.5% "professional," 14.8% indicated "service or sales/clerical," and 11.5% indicated "other." The great majority of the respondents (71.7%) indicated that their mothers are "housewives," followed by 17.9% "professional," 6.6% "skilled labor," and (3.8%) "services or sales/clerical." The great majority of respondents (73.8%) reported their family economic status as "middle class," 11.9% "wealthy," 5.6% "poor," 4.8% "low class," and 4.0% "high class."

The majority of respondents (62.0%) described their partner as "affectionate" or warm, 13.2% described their partner as "overprotective," and 11.6% described their
Table 2. Family Characteristics of Respondents

<table>
<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raised by</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Both parents</td>
<td>16</td>
<td>90.6</td>
<td></td>
</tr>
<tr>
<td>Mother only</td>
<td>10</td>
<td>7.8</td>
<td></td>
</tr>
<tr>
<td>Father and stepmother</td>
<td>1</td>
<td>.8</td>
<td></td>
</tr>
<tr>
<td>Grand-mother and Grand-father</td>
<td>1</td>
<td>.8</td>
<td></td>
</tr>
<tr>
<td>Sibling</td>
<td>119</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0-2</td>
<td>29</td>
<td>24.4</td>
<td></td>
</tr>
<tr>
<td>3-5</td>
<td>43</td>
<td>36.2</td>
<td></td>
</tr>
<tr>
<td>6-8</td>
<td>36</td>
<td>30.3</td>
<td></td>
</tr>
<tr>
<td>9-11</td>
<td>8</td>
<td>6.8</td>
<td></td>
</tr>
<tr>
<td>12-14</td>
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<td>2.5</td>
<td></td>
</tr>
<tr>
<td>Father’s Occupation</td>
<td>128</td>
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<td></td>
</tr>
<tr>
<td>Professional</td>
<td>36</td>
<td>29.5</td>
<td></td>
</tr>
<tr>
<td>Skilled labor</td>
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<td>13.1</td>
<td></td>
</tr>
<tr>
<td>Business</td>
<td>38</td>
<td>31.1</td>
<td></td>
</tr>
<tr>
<td>Service or sales/clerical</td>
<td>18</td>
<td>14.8</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>14</td>
<td>11.5</td>
<td></td>
</tr>
<tr>
<td>Mother’s Occupation</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Professional</td>
<td>19</td>
<td>17.9</td>
<td></td>
</tr>
<tr>
<td>Skilled labor</td>
<td>7</td>
<td>6.6</td>
<td></td>
</tr>
<tr>
<td>Housewife</td>
<td>76</td>
<td>71.7</td>
<td></td>
</tr>
<tr>
<td>Services or sales/clerical</td>
<td>4</td>
<td>3.8</td>
<td></td>
</tr>
<tr>
<td>Family economic status</td>
<td>126</td>
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</tr>
<tr>
<td>Poor</td>
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<td>5.6</td>
<td></td>
</tr>
<tr>
<td>Low class</td>
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<td>4.8</td>
<td></td>
</tr>
<tr>
<td>Middle class</td>
<td>93</td>
<td>73.8</td>
<td></td>
</tr>
<tr>
<td>High class</td>
<td>5</td>
<td>4.0</td>
<td></td>
</tr>
<tr>
<td>Wealthy</td>
<td>15</td>
<td>11.9</td>
<td></td>
</tr>
<tr>
<td>Partner Description</td>
<td>121</td>
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<tr>
<td>Warm</td>
<td>31</td>
<td>25.6</td>
<td></td>
</tr>
<tr>
<td>Affectionate</td>
<td>44</td>
<td>36.4</td>
<td></td>
</tr>
<tr>
<td>Overprotective</td>
<td>16</td>
<td>13.2</td>
<td></td>
</tr>
<tr>
<td>Domineering</td>
<td>14</td>
<td>11.6</td>
<td></td>
</tr>
<tr>
<td>Abusive</td>
<td>4</td>
<td>3.3</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>9.9</td>
<td></td>
</tr>
</tbody>
</table>

partner as "domineering." Only 3.3% of the respondents described their partner as "abusive" and 9.9% "other."
Table 3 illustrates the differences in the opinions of the respondents regarding the availability of resources for abused American Muslim Women. Table 3 also presents these women's decisions regarding divorce if abused, their perception of when to accept abuse and whether to accept mental health services if they are feeling depressed. For item 1, "are available resources for abused women in general fit the needs of abused American Muslim Women," 33.0% of the respondents either "strongly agree" or "agree" with the statement. Over 43% either "disagree" or "strongly disagree" with the statement. Only 23.7% of the respondents had "no opinion" about the statement. For item 2, "if an American Muslim Woman is repeatedly abused by her husband and decides to divorce, is her decision to divorce is a good decision," the majority of respondents (66.4%) indicated that they either "strongly agree" or "agree" with the statement. Only 23% of the respondents reported that they either "disagree" or "strongly disagree" with the statement and 10.4% reported "no opinion."

For item 3, "is it acceptable for a woman's husband to abuse her depending on their circumstances," 8.0% of the respondents "strongly agree" or "agree" with the
statement. The majority of the respondents 89.7% indicated that they either “disagree” or “strongly disagree” with the statement. Only 2.4% of the respondents indicated “no opinion” with the statements. For item 4, “if an American Muslim woman is repeatedly abused by her husband that may lead to depression, is her decision to seek professional help is a good decision,” the majority of the respondents (78%) reported that they either “strongly agree” or “agree” with the statement. Only 18.8% reported that they either “disagree” or “strongly disagree” with the statement. Only 2.4% of the respondents indicated “no opinion” with the statements.
Table 3. Frequency Distribution Regarding Resources Available, Divorce, Partner Abuse and Seeking Mental Health Services

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resources Available</td>
<td>118</td>
<td>7</td>
<td>5.9</td>
</tr>
<tr>
<td>Strongly agree</td>
<td>7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>32</td>
<td>27.1</td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>38</td>
<td>32.2</td>
<td></td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>13</td>
<td>11.0</td>
<td></td>
</tr>
<tr>
<td>No Opinion</td>
<td>28</td>
<td>23.7</td>
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</tr>
<tr>
<td>Divorce Decision</td>
<td>125</td>
<td>38</td>
<td>30.4</td>
</tr>
<tr>
<td>Strongly agree</td>
<td>38</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>45</td>
<td>36.0</td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>26</td>
<td>20.8</td>
<td></td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>3</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>No Opinion</td>
<td>13</td>
<td>10.4</td>
<td></td>
</tr>
<tr>
<td>Abuse Acceptance</td>
<td>126</td>
<td>3</td>
<td>2.4</td>
</tr>
<tr>
<td>Strongly agree</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>7</td>
<td>5.6</td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>37</td>
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</tr>
<tr>
<td>Strongly Disagree</td>
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<td>No Opinion</td>
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<td>2.4</td>
<td></td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>127</td>
<td>43</td>
<td>33.9</td>
</tr>
<tr>
<td>Strongly agree</td>
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<td></td>
</tr>
<tr>
<td>Strongly Disagree</td>
<td>4</td>
<td>3.1</td>
<td></td>
</tr>
<tr>
<td>No Opinion</td>
<td>3</td>
<td>2.4</td>
<td></td>
</tr>
</tbody>
</table>

Table 4 reports the results of Penn Inventory characteristics. The Pen Inventory surveys the respondents' perceptions about self-esteem, depression, temperament, social support, coping mechanism and PTSD symptoms. All items were computed to total score for Pen
Inventory Mean score of 26 items range from 1.3 to 2.0. The highest mean score of the respondent $M = 2.0$ indicates that they "didn't experience a flashback to a trauma event, not experienced a major trauma in their life, achieving most of their goals and did not lose anything or any one dear to them," while the lowest mean score of the respondent $M = 1.3$ indicated that they "care about the consequences of what they are doing," and their "spiritual life provides more meaning than it used to."
Table 4. Differences in Level of Anxiety of Respondents

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t feel much different than most people</td>
<td>124</td>
<td>1.9</td>
</tr>
<tr>
<td>I care as much about the consequences of what I’m doing as most other people</td>
<td>125</td>
<td>1.3</td>
</tr>
<tr>
<td>When I want to do something for enjoyment I can find some one to join me if I want to</td>
<td>124</td>
<td>1.7</td>
</tr>
<tr>
<td>I rarely feel jumpy or uptight</td>
<td>125</td>
<td>1.9</td>
</tr>
<tr>
<td>I know someone nearby who really understands me</td>
<td>124</td>
<td>1.6</td>
</tr>
<tr>
<td>I’m not afraid to show my anger because it goes up quicker than other people’s do.</td>
<td>121</td>
<td>1.7</td>
</tr>
<tr>
<td>I don’t have any past traumas to feel overly anxious about.</td>
<td>125</td>
<td>1.9</td>
</tr>
<tr>
<td>I have not re-experienced a flashback to a trauma event “as if I were there again”</td>
<td>121</td>
<td>2.0</td>
</tr>
<tr>
<td>I am less easily distracted than ever</td>
<td>123</td>
<td>1.6</td>
</tr>
<tr>
<td>My spiritual life provides more meaning than it used to</td>
<td>125</td>
<td>1.3</td>
</tr>
<tr>
<td>I can concentrate better than ever</td>
<td>122</td>
<td>1.8</td>
</tr>
<tr>
<td>I’ve told a friend or family member about the important parts of my most traumatic experiences</td>
<td>108</td>
<td>1.7</td>
</tr>
<tr>
<td>I generally don’t have nightmares</td>
<td>119</td>
<td>1.5</td>
</tr>
<tr>
<td>I don’t feel confused about my life</td>
<td>119</td>
<td>1.7</td>
</tr>
<tr>
<td>I know myself better than I used to</td>
<td>123</td>
<td>1.5</td>
</tr>
<tr>
<td>I know more ways to control or reduce my anger than most people</td>
<td>120</td>
<td>1.8</td>
</tr>
<tr>
<td>I have not experienced a major trauma in my life</td>
<td>120</td>
<td>2.0</td>
</tr>
<tr>
<td>I’ve been able to shape things toward attaining many of my goals</td>
<td>120</td>
<td>1.8</td>
</tr>
<tr>
<td>I am able to focus my mind on concentrate on the task at hand regardless of unwanted thoughts</td>
<td>122</td>
<td>1.8</td>
</tr>
<tr>
<td>I am achieving most of the things I want</td>
<td>122</td>
<td>2.0</td>
</tr>
<tr>
<td>I sleep as well as usual</td>
<td>123</td>
<td>1.7</td>
</tr>
<tr>
<td>I don’t have trouble remembering the things I should know</td>
<td>122</td>
<td>1.9</td>
</tr>
<tr>
<td>My goals are clearer than they were</td>
<td>118</td>
<td>1.7</td>
</tr>
<tr>
<td>I’m usually able to let bad memories fade from my mind</td>
<td>119</td>
<td>1.9</td>
</tr>
<tr>
<td>Usually I feel understood by others</td>
<td>122</td>
<td>1.7</td>
</tr>
<tr>
<td>I have not lost anything or anyone dear to me</td>
<td>123</td>
<td>2.0</td>
</tr>
</tbody>
</table>
Table 5 indicates the reasoning characteristics of respondents in terms of their perception of how conflicts are dealt with their partners as determined by the Conflict Tactic Scale. The Conflict Tactic Scale measures three modes of dealing with conflict which include: Reasoning Scale, Verbal Aggression and Violence Scale. For item 1, "my partner tried to discuss the issue relatively calmly," the great majority of the respondents (67.2%) indicated that they either tried to discuss the issue "two or three times," "often, but less than once a month," "about once a month," or "more than once a month" calmly. Only 14.2% reported that their partner "never" tried to discuss the issue calmly, followed by 18.6% of the respondents who reported that their partner tried "once" to discuss the issue calmly. For item 2, "my partner did discuss the issue relatively calmly," more than half of the respondents (56.7%) reported that their partner did discussed the issue either "two or three times", "often, but less than once a month," "about once a month," or "more than once a month" relatively calmly. Nearly 13% reported that their partner "never" discussed the issue relatively calmly, followed by (19.7%) of the
respondents who reported that their partner discussed the issue "once" relatively calmly.

For item 3, "my partner got information to back up his side of things," more than half of the respondents (56.7%) reported that their partner got information to back up his side either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month." Only 9.0% reported that their partner got information to back up his side "once," followed by (34.2%) of the respondents who reported that their partner "never" got information to back up his side. For item 4, "My partner brought in someone else to help settle things," the great majority of the respondent (74.1%) reported that their partner "never" brought in someone to help settle the things. Only 16.2% of the respondent reported that their partner brought in someone else to help settle the things either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month," followed by (9.8%) who reported that their partner "once" brought in someone else to help settle the thing.
Table 5. Frequency Distribution of the Use of Reasoning

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>My partner tried to discuss the issue relatively calmly</td>
<td>113</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>16</td>
<td>14.2</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>21</td>
<td>18.6</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>14</td>
<td>12.4</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>14</td>
<td>12.4</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>10</td>
<td>8.8</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>38</td>
<td>33.6</td>
<td></td>
</tr>
<tr>
<td>My partner did discuss the issue relatively calmly</td>
<td>112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>14</td>
<td>12.5</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>20</td>
<td>19.7</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>17</td>
<td>15.2</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>17</td>
<td>15.2</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>11</td>
<td>9.8</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>33</td>
<td>29.5</td>
<td></td>
</tr>
<tr>
<td>My Partner got information to back up his side of things</td>
<td>111</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>38</td>
<td>34.2</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>10</td>
<td>9.0</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>22</td>
<td>19.8</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>18</td>
<td>16.2</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>7</td>
<td>6.3</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>16</td>
<td>14.4</td>
<td></td>
</tr>
<tr>
<td>My partner brought in someone else to help settle things</td>
<td>112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>83</td>
<td>74.1</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>11</td>
<td>9.8</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>7</td>
<td>6.3</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>5</td>
<td>4.5</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>4</td>
<td>3.6</td>
<td></td>
</tr>
</tbody>
</table>

Table 6 presents the respondent’s perception of the level of verbal aggression their partners display toward them. The respondents’ perceptions were measured through
the verbal aggression component of the conflict Tactic Scale. For item 1, "my partner argued heatedly but short of yelling," the great majority of the respondents’ (54.4%) reported that their partner "never" argued heatedly but short of yelling. Only 29.8% of the respondent reported that their partner argued heatedly but short of yelling either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month," followed by 15.8% "once." For item 2, "my partner yelled and/or insulted," more than half of the respondents (53.5%) reported that their partner "never" yelled and/or insulted. Only 26.7% reported that their partner yelled and/or insulted either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month," followed by 8.8% who reported "once."

For item 3, "My partner sulked and/or refused to talk about it," 49.1% of the respondents reported that their partner "never sulked and/or refused to talk about it," followed by 34.6% who reported either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month." Only 16.4% of the respondent reported that their partner sulked and/or
refused to talk about it "once." For item 4, "my partner stomped out of the room", 57.0% of the respondent indicated that their partner "never stomped out of the room." Only 29.8% of the respondents reported either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month," followed by (13.2%) who reported "once" with the statement
Table 6. Frequency Distribution of the Use of Verbal Aggression

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My partner argued heatedly but short of yelling</strong></td>
<td>114</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>62</td>
<td>54.4</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>18</td>
<td>15.8</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>10</td>
<td>8.8</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>13</td>
<td>11.4</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>4</td>
<td>3.5</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>7</td>
<td>6.1</td>
<td></td>
</tr>
<tr>
<td><strong>My partner yelled and/or insulted</strong></td>
<td>114</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>61</td>
<td>53.5</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>10</td>
<td>8.8</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>11</td>
<td>9.6</td>
<td></td>
</tr>
<tr>
<td>often, but less than once a month</td>
<td>11</td>
<td>9.6</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>6</td>
<td>5.3</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>15</td>
<td>13.2</td>
<td></td>
</tr>
<tr>
<td><strong>My partner sulked and/or refused to talk about it</strong></td>
<td>110</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>54</td>
<td>49.1</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>18</td>
<td>16.4</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>13</td>
<td>11.8</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>9</td>
<td>8.2</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>6</td>
<td>5.5</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>10</td>
<td>9.1</td>
<td></td>
</tr>
<tr>
<td><strong>My partner stomped out of the room</strong></td>
<td>114</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>65</td>
<td>57.0</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>15</td>
<td>13.2</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>14</td>
<td>12.3</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>4</td>
<td>3.5</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>8</td>
<td>7.0</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>8</td>
<td>7.0</td>
<td></td>
</tr>
</tbody>
</table>

Table 7 presents data regarding varying intensities of violence perpetrated by the partners of the respondents. The frequency of alleged incident is also
presented in Table 7, varying from “Never” to “More than once a month.” For item 1, “my partner threw something (but not at me) or smashed something,” the great majority of the respondents (74.1%) reported “never” to the statement. Only 16.6% reported that either “two or three times,” “often, but less than once a month,” “about once a month,” or “more than once a month,” followed by (9.3%) who reported “once” to the statement. For item 2, “my partner threatened to hit or throw something at me,” the great majority of the respondents (78.8%) reported “never” to the statement. (Only 16.0%) reported that either “two or three times,” “often, but less than once a month,” “about once a month,” or “more than once a month,” followed by (5.3%) who reported “once” to the statement.

For item 3, “my partner threw something at me,” the great majority of the respondents (83.3%) reported “never” to the statement. Only 13.1% reported that either “two or three times,” “often, but less than once a month,” “about once a month,” or “more than once a month,” followed by (3.5%) who reported “once” to the statement. For item 4, “my partner pushed, grabbed or shoved me,” the great majority of the respondents (73.5%)
reported "never" to the statement. Only 17.7% reported that either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month," followed by (8.8%) who reported "once" to the statement. For item 5, "my partner hit (or tried to hit) me but not with anything," the great majority of the respondents (82.5%) reported "never" to the statement. Only 10.6% reported that either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month," followed by 7.0% who reported "once" to the statement. For item 6, "my partner hit (or tried to hit) me with something hard," the great majority of the respondents (91.1%) reported "never" to the statement. Only 6.3% reported that either "two or three times," "often, but less than once a month," "about once a month," or "more than once a month," followed by 2.7% who reported "once" to the statement.
Table 7. Frequency Distribution of the Use of Violence Force

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My partner threw something (but not at me) or smashed something</strong></td>
<td>108</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>80</td>
<td>74.1</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>10</td>
<td>9.3</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>9</td>
<td>8.3</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>1</td>
<td>0.9</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>3</td>
<td>2.8</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>5</td>
<td>4.6</td>
<td></td>
</tr>
<tr>
<td><strong>My partner threatened to hit or throw something at me</strong></td>
<td>113</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>89</td>
<td>78.8</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>6</td>
<td>5.3</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>5</td>
<td>4.4</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>3</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>3</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>7</td>
<td>6.2</td>
<td></td>
</tr>
<tr>
<td><strong>My partner threw something at me</strong></td>
<td>114</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>95</td>
<td>83.3</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>4</td>
<td>3.5</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>5</td>
<td>4.4</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>4</td>
<td>3.5</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>3</td>
<td>2.6</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>3</td>
<td>2.6</td>
<td></td>
</tr>
<tr>
<td><strong>My partner pushed, grabbed or shoved me</strong></td>
<td>113</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>83</td>
<td>73.5</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>10</td>
<td>8.8</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>12</td>
<td>10.6</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>4</td>
<td>3.5</td>
<td></td>
</tr>
<tr>
<td><strong>My partner hit (or tried to hit) me but not with anything</strong></td>
<td>114</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>94</td>
<td>82.5</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>8</td>
<td>7.0</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>5</td>
<td>4.4</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>3</td>
<td>2.6</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td><strong>My partner hit (or tried to hit) Me with something hard</strong></td>
<td>112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>102</td>
<td>91.1</td>
<td></td>
</tr>
<tr>
<td>Once</td>
<td>3</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>Two of three times</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>Often, but less than once a month</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>About once a month</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>More than once a month</td>
<td>1</td>
<td>0.9</td>
<td></td>
</tr>
</tbody>
</table>
Table 8 presents frequency distribution of the Center of Epidemiologic Studies- Depression (CES-D) items. This scale assessed both the frequency and the severity of depression. For item 1, "I was bothered by things that usually don’t bother me," the greater majority of the respondents (80.0%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only 13.9% reported that they felt "occasionally or moderate amount of time," followed by (5.2%) who reported "most of the time" to the statement. For item 2, "I did not feel like eating; my appetite was poor," the more than half (89.4%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only (10.6%) reported that they felt "occasionally or moderate amount of time." None of the respondents reported "most of the time" to the statement.

For item 3, "I felt that I could not shake off the blues even with help from my family and friends," the great majority of the respondents (76.4%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only 16.8% reported that they felt "occasionally or moderate amount
of time," followed by (6.2%) who reported "most of the
time" to the statement. For item 4, "I felt that I was
just as good as other people," only (30.4%) of the
respondents reported that they felt either "rarely or
none of the time" or "some or a little of the time" with
the statement. Only (20.5%) reported that they felt
"occasionally or moderate amount of time." The great
majority of the respondents, (48.22%) reported that they
felt "most of the time" to the statement.

For item 5, "I had trouble keeping my mind on what I
was doing," the great majority of the respondents (79.1%)
reported that they felt either "rarely or none of the
time" or "some or a little of the time" with the
statement. Only (13.9%) reported that they felt
"occasionally or moderate amount of time," followed by
(6.1%) who reported "most of the time" to the statement.

For item 6, "I felt depressed," the great majority of the
respondents (76.7%) reported that they felt either
"rarely or none of the time" or "some or a little of the
time" with the statement. Only (16.1%) reported that they
felt "occasionally or moderate amount of time," followed
by (7.1%) who reported "most of the time" to the
statement. For item 7, "I felt that everything I did was
an effort,” more than half of the respondents (60.6%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (19.3%) reported that they felt “occasionally or moderate amount of time” or “most of the time” to the statement.

For item 8, “I felt hopeful about the future,” more than half of the respondents (56.1%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (18.4%) reported that they felt “occasionally or moderate amount of time,” followed by (24.6%) who reported “most of the time” to the statement. For item 9, “I thought my life had been a failure,” the great majority of the respondents (78.2%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (16.5%) reported that they felt “occasionally or moderate amount of time,” followed by (5.2%) who reported “most of the time” to the statement. For item 10, “I felt fearful,” the great majority of the respondents (77.4%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (13.9%)
reported that they felt "occasionally or moderate amount of time," followed by (8.7%) who reported "most of the time" to the statement. For item 11, "my sleep was restless," the great majority of the respondents (73.7%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only (16.8%) reported that they felt "occasionally or moderate amount of time," followed by (8.8%) who reported "most of the time" to the statement. For item 12, "I was happy," (24.1%) of the respondent reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only (16.8%) reported that they felt "occasionally or moderate amount of time," followed by (48.2%) who reported "most of the time" to the statement.

For item 13, "I talked less than usual," the great majority of the respondents (60.84%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only (27.4%) reported that they felt "occasionally or moderate amount of time," followed by (11.5%) who reported "most of the time" to the statement. For item 14, "I felt lonely," the
great majority of the respondents (71.9%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (14.9%) reported that they felt “occasionally or moderate amount of time,” followed by (13.2%) who reported “most of the time” to the statement. For item 15, “people were unfriendly,” the great majority of the respondents (84.4%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (11.3%) reported that they felt “occasionally or moderate amount of time,” followed by (4.3%) who reported “most of the time” to the statement. For item 16, “I enjoyed life,” (22.1%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (22.1%) reported that they felt “occasionally or moderate amount of time.” More than half of the respondent (55.8%) reported “most of the time” to the statement.

For item 17, “I had crying spells,” the great majority of the respondents (68.7%) reported that they felt either “rarely or none of the time” or “some or a little of the time” with the statement. Only (20.9%) reported that they felt “occasionally or moderate amount
of time," followed by (9.6%) who reported "most of the time" to the statement. For item 18, "I felt sad," the great majority of the respondents (63.5%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only (26.1%) reported that they felt "occasionally or moderate amount of time," followed by (9.6%) who reported "most of the time" to the statement.

For item 19, "I felt that people disliked me," the great majority of the respondents (88.6%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only (9.6%) reported that they felt "occasionally or moderate amount of time," followed by (1.8%) who reported "most of the time" to the statement. For item 20, "I could not get going," the great majority of the respondents (87.9%) reported that they felt either "rarely or none of the time" or "some or a little of the time" with the statement. Only (9.6%) reported that they felt "occasionally or moderate amount of time," followed by (1.7%) who reported "most of the time" to the statement.
Table 8. Frequency Distribution of Center for Epidemiologic Studies-Depression (CES-D)

<table>
<thead>
<tr>
<th>Item</th>
<th>N</th>
<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I was bothered by things that usually don’t bother me</td>
<td>115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>51</td>
<td>44.3</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>41</td>
<td>35.7</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>16</td>
<td>13.9</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>6</td>
<td>5.2</td>
<td></td>
</tr>
<tr>
<td>I did not feel like eating; my appetite was poor</td>
<td>113</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>74</td>
<td>65.5</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>27</td>
<td>23.9</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>12</td>
<td>10.6</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>I felt that I could not shake off the blues even with help from my family and friends</td>
<td>113</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>64</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>23</td>
<td>20.4</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>19</td>
<td>16.8</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>7</td>
<td>6.2</td>
<td></td>
</tr>
<tr>
<td>I felt that I was just as good as other people</td>
<td>112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>16</td>
<td>14.3</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>18</td>
<td>16.1</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>23</td>
<td>20.5</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>54</td>
<td>48.2</td>
<td></td>
</tr>
<tr>
<td>I had trouble keeping my mind on what I was doing</td>
<td>115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>58</td>
<td>50.4</td>
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<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>33</td>
<td>28.7</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>16</td>
<td>13.9</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>7</td>
<td>6.1</td>
<td></td>
</tr>
<tr>
<td>I felt depressed</td>
<td>112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>50</td>
<td>44.6</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>36</td>
<td>32.1</td>
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<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>18</td>
<td>16.1</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>8</td>
<td>7.1</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>N</td>
<td>Frequency (n)</td>
<td>Percentage (%)</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>-------</td>
<td>---------------</td>
<td>----------------</td>
</tr>
<tr>
<td>I felt that everything I did was an effort</td>
<td>114</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>46</td>
<td>40.4</td>
<td></td>
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<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>23</td>
<td>20.2</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>22</td>
<td>19.3</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>22</td>
<td>19.3</td>
<td></td>
</tr>
<tr>
<td>I felt hopeful about the future</td>
<td>114</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>42</td>
<td>36.8</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>22</td>
<td>19.3</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>21</td>
<td>18.4</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>28</td>
<td>24.6</td>
<td></td>
</tr>
<tr>
<td>I thought my life had been a failure</td>
<td>115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>75</td>
<td>65.2</td>
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<tr>
<td>Some or a little of the time (1-2 days)</td>
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<td>13.0</td>
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<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>19</td>
<td>16.5</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>6</td>
<td>5.2</td>
<td></td>
</tr>
<tr>
<td>I felt fearful</td>
<td>115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>65</td>
<td>56.5</td>
<td></td>
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<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>24</td>
<td>20.9</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>16</td>
<td>13.9</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>10</td>
<td>8.7</td>
<td></td>
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<tr>
<td>My sleep was restless</td>
<td>113</td>
<td></td>
<td></td>
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<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>55</td>
<td>48.7</td>
<td></td>
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<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>28</td>
<td>24.8</td>
<td></td>
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<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>19</td>
<td>16.8</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>10</td>
<td>8.8</td>
<td></td>
</tr>
<tr>
<td>I was happy</td>
<td>112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>14</td>
<td>12.5</td>
<td></td>
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<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>13</td>
<td>11.6</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>31</td>
<td>27.7</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>54</td>
<td>48.2</td>
<td></td>
</tr>
<tr>
<td>I talked less than usual</td>
<td>113</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>45</td>
<td>39.8</td>
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<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>24</td>
<td>21.1</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>31</td>
<td>27.4</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>13</td>
<td>11.5</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>N</td>
<td>Frequency</td>
<td>Percentage</td>
</tr>
<tr>
<td>------</td>
<td>----</td>
<td>-----------</td>
<td>------------</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(n)</td>
<td>(%)</td>
</tr>
<tr>
<td>I felt lonely</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>56</td>
<td>49.1</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>26</td>
<td>22.8</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>17</td>
<td>14.9</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>15</td>
<td>13.2</td>
<td></td>
</tr>
<tr>
<td>People were unfriendly</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>70</td>
<td>60.9</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>27</td>
<td>23.5</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>13</td>
<td>11.3</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>5</td>
<td>4.3</td>
<td></td>
</tr>
<tr>
<td>I enjoyed life</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>14</td>
<td>12.4</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>11</td>
<td>9.7</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>25</td>
<td>22.1</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>63</td>
<td>55.8</td>
<td></td>
</tr>
<tr>
<td>I had crying spells</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>50</td>
<td>43.5</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>29</td>
<td>25.2</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>24</td>
<td>20.9</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>11</td>
<td>9.6</td>
<td></td>
</tr>
<tr>
<td>I felt sad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>36</td>
<td>31.3</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>37</td>
<td>32.2</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>30</td>
<td>26.1</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>11</td>
<td>9.6</td>
<td></td>
</tr>
<tr>
<td>I felt that people disliked me</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>81</td>
<td>71.1</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>20</td>
<td>17.5</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>11</td>
<td>9.6</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>2</td>
<td>1.8</td>
<td></td>
</tr>
<tr>
<td>I could not get “going”</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rarely or none of the time (less than 1 day)</td>
<td>77</td>
<td>67.0</td>
<td></td>
</tr>
<tr>
<td>Some or a little of the time (1-2 days)</td>
<td>24</td>
<td>20.9</td>
<td></td>
</tr>
<tr>
<td>Occasionally or a moderate amount of time (3-4 days)</td>
<td>11</td>
<td>9.6</td>
<td></td>
</tr>
<tr>
<td>Most or all of the time (5-7 days)</td>
<td>2</td>
<td>1.7</td>
<td></td>
</tr>
</tbody>
</table>

Pearson’s r test was conducted to assess a relationship between anxiety and use of reasoning and the
finding was statistically significant \( (r = .203, \ p = .022) \). There was a significant positive moderate relationship between anxiety and the uses of reasoning. The more reasoning used toward partner, the highest is the level of anxiety. Also, a relationship was anticipated to exist between anxiety and verbal aggression and the finding was statistically significant \( (r = .263, \ p = .003) \). There was a significant positive moderate relationship between anxiety and the uses of verbal aggression. The more verbal aggression used toward partner, the highest is the level of anxiety. Finally, a relationship was anticipated to exist between anxiety and the use of violent force and the finding was statistically significant \( (r = .518, \ p = .000) \). There was a significant positive relationship between anxiety and the uses of violent force. Women who reported themselves as being recipients of verbal aggression tended to have high level of anxiety.

Moreover, Pearson’s \( r \) test was conducted to assess a relationship between depression and the use of reasoning and the finding was statistically significant \( (r = .352, \ p = .000) \). There was a significant positive relationship between depression and the uses of reasoning. The more
reasoning used toward partner, the highest is the level of depression. Also, a relationship was anticipated to exist between depression and the use of verbal aggression and the finding was statistically significant ($r = .362$, $p = .000$). There was a significant positive relationship between depression and the uses of verbal aggression. The more verbal aggression used toward partner, the highest is the level of depression. Finally, a relationship was anticipated to exist between depression and the use of violence and the finding was statistically significant ($r = .352$, $p = .000$). There was a significant positive relationship between depression and the uses of violent force. Women who reported themselves as being recipients of violence tended to have high level of depression. Therefore, women who reported themselves as being recipients of verbal aggression tended to have high level of depression.
CHAPTER FIVE

DISCUSSION

Introduction

The purpose of this chapter is to present the discussion of the findings presented in chapter 4. This chapter will provide the reader with a discussion of the results of the study and an explanation regarding some of the limitations of the study. This chapter will also present a section explaining future recommendations for social work practice, policy and research. Finally this chapter will end with a conclusion based upon the researchers’ findings.

Discussion

It has become increasingly apparent that as the American Muslim community grows, its members face many of the social problems that other communities experience. However, evidently it appears social workers may not be prepared to effectively assist American women in general and American Muslim clients in particular on domestic violence. Social workers are not well trained to understand the religious, cultural, and national background of American Muslims. It is important for
workers to understand American Muslims' family, religious and traditional healing systems in order to ensure culturally competent practice when working with this population.

The majority of the women sampled in the study were in the age range of 31-40 years, were of Arabic ethnicity with an educational level of college or higher. In addition, the majority of these women reported being unemployed with a family income of $50,000 or more per year. Moreover, most of these respondents indicated their occupation as housewives. Finally, most of the respondents came from highly educated, middle class families and were reared by both parents.

As a result of the middle class upbringing these women experienced, it may be more likely that they will describe their partners as warm and affectionate due to increased parental involvement in the arrangement of their marriages.

As assumed by the investigators of this research project, battered Muslim women may not choose to go to shelters because of their inability to relate to other women in the shelters and cultural differences such as diet and attire. As reported by Connors (1994), "the safe
place must fit in with the cultural context and not be a slavish adaptation of current shelter systems that may exist elsewhere" (p. 78).

The key finding of the study was the statistically significant positive relationship between depression and the use of verbal aggression. A positive relationship was also found to exist between anxiety, depression and the use of violence. At the same time, the study also found that 89.7% of the respondents reported disagreement regarding acceptance of abuse. Finally it was also found that the majority of respondents (66.4%) agreed that if an American Muslim woman is repeatedly abused by her husband and decides to divorce, her decision to divorce was perceived as being a good decision.

The negative effect of domestic violence upon mental health has been well researched. For example, Goulding (1999) found that in 18 studies on depression, the average rate of depression among battered women was 47.6%, and the rate of (PTSD) averaged 63.8% in the Multiphasic Personality Inventory-2 (MMPI-2), a correlation between length and severity of psychological abuse and overall levels of psychological distress.
The study found that there is a relationship between anxiety and verbal aggression. The study also found that verbal aggression was highly correlated with depression and PTSD.

The results of the study confirmed that available resources for abused women in general did not fit the needs of abused American Muslim women.

In this investigation it was also found that although the great majority of respondents (32.2%) disagree about the availability of resources for abused American Muslim women, most respondents indicated (78%) being in favor of seeking professional help.

Contrary to assumptions regarding Muslim culture’s sense of community, where the family provides American Muslim women with a sense of identity, connection, and order contributing as disincentives toward leaving an abusive marriage, these assumptions were not supported.

The results failed to support previous findings such as, Moore (1979) suggesting that the most compelling reasons are dependency (physical, financial, and emotional), fear of the unknown, and social stigma with embarrassment to admit that the marriage has failed.
In refutation to the Ecological perspective proposed by the researchers, emphasizing the individual and the individual family system, whereby the batterer may deem violent coercion as acceptable due to the varying degrees of acceptability among families and cultural norms, the respondents reported differently. The responses obtained from the sample resulted in 89.7% of respondents reporting disagreement regarding acceptance of abuse.

In conclusion, the hypothesis was supported; the higher the exposure to domestic violence, the greater is the level of anxiety and depression.

Limitations

As a result of convenience sampling, this study has several limitations. For example, given that this study was limited to a sample of women from an Islamic Center in Riverside County and the fact the respondents tended to be reasonably educated from a middle class background or better, the representativeness of the study was compromised. The study failed to take into account the responses of other American Muslim women from across the United States, limiting the generalizability of the findings.
The study was also limited because of its small sample size. The small sample size of 128 people in the study strongly affected the possibility of sampling error to occur compromising the representativeness of the sample. Furthermore, the smaller the sample, the larger the standard error will be.

Finally, there was a possibility of lack of reliability of responses due to inaccuracy from the participants. The participants from the research sample may have limited their responses to what they may have deemed as being socially acceptable.

Recommendations for Social Work Practice, Policy and Research

In terms of policy and research it is the recommendation of the researchers that more research be conducted. In the study conducted by the researchers the findings may have been affected or skewed for the following reasons: The findings of this research overrepresent the perceptions of Muslims from Arabic ethnicity as opposed Muslims of different ethnicities.

The researchers' recommendations for social work practice is the availability of more culturally sensitive resources, such as professionals who are culturally
sensitive to the needs of the American Muslim population and are culturally sensitive to their values and belief systems.

Currently, the shelters available to victims of domestic violence tend to be geared to the needs of mainstream population as opposed to being more sensitive to the needs of other populations like American Muslims. The inclusion of shelters operated by social workers who are more aware and sensitive to the needs of American Muslim women may motivate these women experiencing abuse to utilize these resources. Finally with the availability of practitioners who are better prepared as a result of a better training and understanding of this population and their culture may serve as an incentive to seek services.

The social work profession may benefit because more information will be available to fill in major gaps in social work practice with Muslim women. In addition, the study may serve as a contribution to the mainstream professional community by providing information about this little known community and may ultimately help improve the quality of life of American Muslim women experiencing a variety of social problems.
The study may contribute to educate professionals and community leaders and members about the dynamics of domestic violence and its impact on the family. Furthermore, the study may serve as a catalyst toward establishing shelters, social service agencies and community resources to fit the needs of this population.

Conclusion

In conclusion, although there is still more room for further research in regards to Muslim women who suffer from domestic violence, this study still presents the need for more and better culturally competent resources. It was the purpose of this study to examine American Muslim women's level of exposure to domestic violence, resources available to them and the effects of domestic violence on their psychological well-being. A quantitative survey design was employed because of the sensitive subject matter. Data analysis was conducted utilizing descriptive and inferential statistics. Finally it is the hope of the researchers that this study will help to contribute in filling in gaps in social work research in regard to working with the American Muslim population.
APPENDIX A

QUESTIONNAIRE
Penn Inventory

On this questionnaire are groups of statements. Please read each group of statements carefully. Then pick out the one statement in each group which best describes the way you have been feeling during the PAST WEEK, INCLUDING TODAY! Circle the number beside the statement you picked. Be sure to read all the statements in each group before making you choice. Please continue on the other side.

1. 1. I don’t feel much different than most other people my age.
   2. I feel somewhat different than most other people my age.
   3. I feel so different than most other people my age that I choose pretty carefully who I’ll be with and when.
   4. I feel so totally alien to most other people my age that I stay away from all of them at all costs.

2. 1. I care as much about the consequences of what I’m doing as most other people.
   2. I care less about the consequences of what I’m doing than most other people.
   3. I lose interest in doing things for enjoyment when there’s no one to join me.
   4. Often I think, “Let the consequences be damned!” because I don’t care about them at all.

3. 1. When I want to do something for enjoyment I can find someone to join me if I want to.
   2. I’m able to do something for enjoyment even when I can’t find someone to join me.
   3. I lose interest in doing things for enjoyment when there is no one to join me.
   4. I have no interest in doing anything for enjoyment at all.

4. 1. I rarely feel jumpy or uptight.
   2. I sometimes feel jumpy and uptight.
   3. I often feel jumpy and uptight.
   4. I feel jumpy and uptight all the time.

5. 1. I know someone nearby who really understands me.
   2. I’m not concerned whether anyone nearby really understands me.
   3. I’m worried because no one nearby really understands me.
   4. I’m very worried because no one nearby understands me at all.
6. 1. I’m not afraid to show my anger because it’s no worse or better than anyone else’s.
   2. I’m sometimes afraid to show my anger because it goes up quicker than other people’s do.
   3. I’m often afraid to show my anger because it might turn to violence.
   4. I’m so afraid of becoming violent that I never allow myself to show any anger at all.

7. 1. I don’t have any past traumas to feel overly anxious about.
   2. When something reminds me of my past traumas I feel anxious but can tolerate it.
   3. When something reminds me of my past traumas I feel very anxious and must really make an effort to tolerate it.
   4. When something reminds me of my past traumas I feel so anxious I can hardly Stand it and have no ways to tolerate it.

8. 1. I have not re-experienced a flashback to a trauma event “as if I were there again.”
   2. I have re-experienced a flashback to a trauma event “as if I were there again.”
   3. My re-experiencing of a flashback to a trauma event sometimes lasts the better part of an hour.
   4. My re-experiencing of a flashback to a trauma event sometimes often lasts for more than an hour.

9. 1. I am less easily distracted than ever
   2. I am as easily distracted as ever.
   3. I am more easily distracted than ever
   4. I feel distracted all the time.

10. 1. My spiritual life provides more meaning than it used to.
    2. My spiritual life provides about as much meaning as it used to.
    3. My spiritual life provides less meaning than it used to.
    4. I don’t care about my spiritual life.

11. 1. I can concentrate better than ever.
     2. I can concentrate about as well as ever.
     3. I can’t concentrate as well as I used to.
     4. I can’t concentrate at all.
12. 1. I’ve told a friend or family member about the important parts of my most traumatic experiences.
   2. I’ve had to be careful in choosing the parts of my traumatic experiences to tell friends or family members.
   3. Some parts of my traumatic experiences are so hard to understand that I have said almost nothing about them to anyone.
   4. No one could possibly understand the traumatic experiences I’ve had to live with.

13. 1. I generally don’t have nightmares.
   2. My nightmares are less troubling than they were.
   3. My nightmares are just as troubling as they were.
   4. My nightmares are more troubling than they were.

14. 1. I don’t feel confused about my life.
   2. I feel less confused about my life than I used to.
   3. I feel just as confused about my life as I used to
   4. I feel more confused about my life than I used to.

15. 1. I know myself better than I used to.
   2. I know myself about as well as I used to.
   3. I don’t know myself as well as I used to.
   4. I feel as I don’t know who I am at all.

16. 1. I know more ways to control or reduce my anger than most people.
   2. I know about as many ways to control or reduce my anger as most people.
   3. I know fewer ways to control or reduce my anger than most people.
   4. I know no ways to control or reduce my anger.

17. 1. I have not experienced a major trauma in my life.
   2. I have experienced one or more traumas of limited intensity.
   3. I have experienced very intense and upsetting traumas.
   4. The traumas I have experienced were so intense that memories of them intrude on my mind without warning.

18. 1. I’ve been able to shape things toward attaining many of my goals.
   2. I’ve been able to shape things toward attaining some of my goals.
   3. I’m having a hard time coping with unwanted thoughts and don’t know how to refocus my mind on the task at hand.
19. 1. I am able to focus my mind on concentrate on the task at hand regardless of unwanted thoughts.
2. When unwanted thoughts intrude on my mind I’m able to recognize them briefly and then refocus on the task at hand.
3. I’m having a hard time coping with unwanted thoughts and don’t know.
4. I’ll never be able to cope with unwanted thoughts.

20. 1. I am achieving most of the things I want.
2. I am achieving many of the things I want.
3. I am achieving few of the things I want.

21. 1. I sleep as well as usual.
2. I don’t sleep as well as usual
3. I wake up more frequently or earlier than usual and have difficulty getting to sleep.
4. I often have nightmares or wake up several hours earlier and cannot get back to sleep.

22. 1. I don’t have trouble remembering the things I should know.
2. I have less trouble than I used to remember things I should know.
3. I have about the same trouble as I used to remembering things I should know.
4. I have more trouble remembering things I should know.

23. 1. My goals are clearer than they were.
2. My goals are as clear as they were.
3. My goals are not as clear as they were.
4. I don’t know what my goals are.

24. 1. I’m usually able to let bad memories fade from my mind.
2. Sometimes a bad memory comes back to me, but I can modify it, replace it, or set it aside.
3. When bad memories intrude on my mind I can’t seem to get them out.
4. I worry that I’m going crazy because bad memories keep intruding on my mind.

25. 1. Usually I feel understood by others.
2. Sometimes I don’t feel understood by others.
3. Most of the time I don’t feel understood by others.
4. No one understands me at all.

26. 1. I have not lost anything or anyone dear to me.
2. I have grieved for those I’ve lost and can now go on.
3. I haven’t finished grieving for those I’ve lost.
4. The pain of my loss is so great that I can’t grieve and don’t know how to get started.
الأعمال مجموعة من العبارات، إقرني كل بند من المجموعة وضعية دائرة حول البند الذي يصف حالتك خلال الأسبوع الماضي واليوم.

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CTS

Here is the same list of strategies that your partner might have used with you when you had a conflict or disagreement with him. We would like you to try and remember whether you experienced any of the following things DURING THE LAST 12 MONTHS. Below is a rating scale, indicting frequency, and for each behavior, please circle a number indicating how often you experienced it by your partner.

0 = Never  
1 = Once  
2 = Two or three times  
3 = Often, but less than once a month  
4 = About once a month  
5 = More than once a month

1. My Partner tried to discuss the issue relatively calmly
2. My partner did discuss the issue relatively calmly
3. My partner got information to back up his side of things
4. My partner brought in someone else to help settle things
5. My partner argued heatedly but Short of yelling
6. My partner yelled and /or insulted
7. My partner sulked and / or refused to talk about it
8. My partner stomped out of the room
9. My partner threw something (but not at me) or smashed something
10. My partner threatened to hit or throw something at me
11. My partner threw something at me
12. My partner pushed, grabbed, or shoved me
13. My partner hit (or tried to hit) me but not with anything
14. My partner hit (or tried to hit) me with something hard
في السنة الماضية هل حدث نزاع بينك وبين زوجك؟ أرجو أن تتذكر أي موقف من المواقف التالية بوضوح دائرة حول المقياس الملائم.

- 0 = أبدا
- 1 = مرة واحدة
- 2 = مرتين أو ثلاث مرات
- 3 = غالبا ولكن أقل من مرة بالشهر
- 4 = تقريبا مرة في الشهر
- 5 = أكثر من مرة بالشهر

5 4 3 2 1 0 (1) حاول شريكك مناقشة الموقف بهدوء
5 4 3 2 1 0 (2) ناقش شريكك الموقف بهدوء
5 4 3 2 1 0 (3) استعان شريكك بمعلومات لإثبات وجهة نظر
5 4 3 2 1 0 (4) استعان شريكك بشخص آخر لمساعدته في حل الموقف
5 4 3 2 1 0 (5) شريك حاول بعنف، ولكن من غير صراخ
5 4 3 2 1 0 (6) شريكى صرخ و/أو أهان
5 4 3 2 1 0 (7) شريكي غضب ورفض التحدث عن الموضوع
5 4 3 2 1 0 (8) شريكي خرج من الغرفة غاضب
5 4 3 2 1 0 (9) شريكى رمى بعض الأشياء (ليس علي) وكسرها
5 4 3 2 1 0 (10) شريكي توجد بضربي أو رمي أشياء علي
5 4 3 2 1 0 (11) شريكي رمي شيئا علي
5 4 3 2 1 0 (12) شريكي دفعني، أو امسك بي أو حشرتي
5 4 3 2 1 0 (13) شريكي ضربني (أو حاول ضربي) بدون استخدام شيء
5 4 3 2 1 0 (14) شريكي ضربني (أو حاول ضربي) بشيء صلب
CES-D

Using the scale below, indicate the number which best describes how often you felt or behaved this way DURING THE PAST WEEK.

0 = Rarely or none of the time (less than 1 day)
1 = Some or a little of the time (1-2 days)
2 = Occasionally or a moderate amount of time (3-4 days)
3 = Most or all of the time (5-7 days)

DURING THE PAST WEEK:

___ 1. I was bothered by things that usually don’t bother me.
___ 2. I did not feel like eating; my appetite was poor.
___ 3. I felt that I could not shake off the blues even with help from my family friends.
___ 4. I felt that I was just as good as other people.
___ 5. I had trouble keeping my mind on what I was doing.
___ 6. I felt depressed.
___ 7. I felt that everything I did was an effort.
___ 8. I felt hopeful about the future.
___ 9. I thought my life had been a failure.
___ 10. I felt fearful.
___ 11. My sleep was restless.
___ 12. I was happy.
___ 13. I talked less than usual.
___ 15. People were unfriendly.
___ 16. I enjoyed life.
___ 17. I had crying spells.
___ 18. I felt sad.
___ 19. I felt that people disliked me.
___ 20. I could not get “going.”
الاستخدام المقياس التالي، أجبى بوضع الرقم المناسب (0, 1, 2, 3) أمام كل عبارة من العبارات التالية:

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<tr>
<th>رقم</th>
<th>معنى</th>
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<tr>
<td>0</td>
<td>نادراً أو أبداً (أقل من يوم واحد)</td>
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<td>بعضاً أو قليلاً من الوقت (1-2 يوم)</td>
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<td>2</td>
<td>أحياناً (3-4 أيام)</td>
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<td>3</td>
<td>معظم الوقت (5-7 أيام)</td>
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خلال الأسبوع الماضي:

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<tr>
<td>أحياناً أنزعج من أمور لا تستحق الإنزعاج</td>
<td>1</td>
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<td>لا أرغب بالأكل لفقدان الشهيته</td>
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<td>شعرت بأتي لا أستطيع تحرير نفسي من الهم حتى ولو بمساعدة العائلة والاصدقاء</td>
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<td>شعرت بأتي بحالة جيدة كالآخرين</td>
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<td>أشعر بعدم التركيز أثناء العمل</td>
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<td>شعرت بأن كل عمل أعمالهو مجهود</td>
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<td>شعرت باليأس من المستقبل</td>
<td>8</td>
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<td>شعرت بأن حياتي فاشلة</td>
<td>9</td>
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<tr>
<td>شعرت بالخوف</td>
<td>10</td>
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<tr>
<td>نومي كان قلقاً</td>
<td>11</td>
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<tr>
<td>كنت سعيدة</td>
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<td>تحدثت أقل من المعتاد</td>
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<td>شعرت بالوحدة</td>
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<td>كان الناس غير لطفاء</td>
<td>15</td>
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<td>تمتعت بحياتي</td>
<td>16</td>
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<tr>
<td>كان لدي نوبات بكاء</td>
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<td>شعرت بالحزن</td>
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<td>شعرت بأن الناس لا يحبونني</td>
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<td>شعرت بأتي لا أستطيع الإستمرار</td>
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APPENDIX B

INFORMED CONSENT
INFORMED CONSENT

The study in which you are about to participate is designed to investigate the relationship between the exposure to domestic violence and its effect on psychological well being among American Muslim women. This study is being conducted by Soulafa Shakhshir and Vanessa Romo under the supervision of Dr. Janet Chang, Associate Professor of Social Work at California State University San Bernardino. The study has been approved by the Department of Social Work Institutional Review Board Sub-Committee.

In this study you will be asked to answer a four-part questionnaire. Part one will asks you to provide information about yourself. Part two will ask your opinion regarding experience of physical conflicts experienced in your home. Part three and part four ask about personal feelings. The questionnaire should take about 25 to 30 minutes to complete. All your responses will be held in the strictest of confidentiality by the researchers. This survey is anonymous, it does not ask for your name. All data will be reported in group form only. You may receive the group results of this study upon completion at June 2006 at the following location: File Library, California State University San Bernardino.

Your participation in this study is totally voluntary. You are free not to answer any questions and withdraw at any time during this study without penalty. When you have completed the questionnaire, you will receive a debriefing statement describing the study in more detail and, you may receive a soda and dessert. In order to ensure to validity of the study, we ask that you not discuss this study with other participants. This study involves no deception, and there are no hidden purposes behind these questions. The only significant risk from participating in this study is possible stress from recalling some past events.

If you have any questions or concerns about this study, please feel free to contact Dr. Janet Chang at (909) 537-5184.

By placing a check mark in the box below, I acknowledge that I have been informed of, and that I understand the nature and purpose of this study, and I freely consent to participate. I also acknowledge that I am at least 18 years old.

Place a check mark here   □   Date: __________________
الموافقة الضمنية

الإستبيان المتوقع أن تشاركي فيه هو عبارة عن اكتشاف العلاقة بين التعرض إلى الإضطهاد الزوجي وعواقب المؤثرة على الحالة النفسية عند المرأة الأمريكية المسلمة. هذه الدراسة المقدمة من قبل سلاسة شهيرة وفانيسي رومو تحت إشراف مساعدة الدكتوراه جانيت شانغ، بروفيسور في قسم الدراسات الاجتماعية في جامعة سان برنينيو كاليفورنيا.

تم الموافقة على الدراسة من قبل قسم الدراسات الاجتماعية - جمعية الدراسات العليا في الجامعة.

المطلوب من هذا الاستبيان، الإجابة عن أربعة أجزاء، الجزء الأول هو عبارة عن تقديم معلومات عن طبيعة شخصيتك، الجزء الثاني هذه العملية، من أعلى في العين داخل الأسرة، الجزء الثالث والرابع عبارة عن المشاعر والكأنة.

هذه الأسئلة تتطلب من 25-30 دقيقة للإجابة عليها. جميع أجابتك ستعامل بسرية تامة لدى الباحثين، لامكن أن يكون موجود على الاستبانة، وتستطيع الحصول على نتيجة هذه الدراسة عند الانتهاء منها في شهر حزيران (يونيو) 2006 من مكتبة الجامع في سان برنينيو.

مشاركتك في هذه الدراسة هو تطوعي، وبدكمانك عدم الإجابة على أي من الأسئلة والإنسحاب من المشاركة، عند الإنتهاء من الإجابة ستحصل على رسالة توضيح بشأن الدراسة.

نرجو عدم مناقشة محتويات هذه الدراسة مع الآخرين، وهذه الدراسة لا تهدف إلى أي تضليل. إن المجازفة الوحيدة التي سوف تواجهك هي استعادة بعض الذكريات الألبية.

إذا أردت الاستفسار عن هذه الدراسة الرجاء الاتصال بالدكتورة جانيت شانغ على الرقم 5184-537 (909)

في حالة وضع علامة داخل المربع، أعلن إعلاني بمضمون هذه الاستبانة وموافقتي على الاشتراك بها. وأعلن بأنني أبلغ الثامنة عشر من العمر أو أكثر.

التاريخ: ___

وضع علامة داخل المربع □
APPENDIX C

DEBRIEFING STATEMENT
Study of the Effect of the Exposure to Domestic Violence on Psychological Well-being among American Muslim Women

Debriefing Statement

This study you have just completed was designed to investigate recollections of your upbringing, the effect of the exposure to conflict in your home, and depressive symptomatology you may face in case of family conflict.

It is hoped that this study will increase the knowledge of social work practitioners to have a better understanding of American Muslim women, and improve the quality of services to fit the needs of this little known community.

Thank you for your participation and for not discussing the contents of the study with other participants. If you became distressed as a result of participating in the study, please contact Elham Alsaraf, a therapist at Islamic Center of Southern California at (213) 384-5783. If you have any questions or concerns regarding the nature of the study, please contact Dr. Janet Chang, Associate Professor of Social Work, California state University San Bernardino at (909) 537-5184. If you would like to obtain a copy of the group results of this study, please contact the Pfau Library at California State University, San Bernardino at (909) 537-7163 at the end of Summer Quarter of 2006.
دراسة حول التعرض إلى العنف داخل الأسرة وأثره على
الحالة النفسية عند المرأة
الأمريكية المسلمة.

هذه الدراسة وضعت لمعرفة تأثير العنف في العائلة على الحالة النفسية لدى المرأة
الأمريكية المسلمة.

نأمل من هذه الدراسة زيادة المعرف بين المشرفين وزيادة التوعية بينهم، لتحسين نوعية الخدمات المقدمة لتطبيق احتياجات الجالية الأمريكية المسلمة.

نشكركم على مشاركتكم في هذه الدراسة، وعدم مناقشتها مع مشتركي آخرين. إذا أحسست بالإحباط نتيجة المشاركة في هذه الدراسة، الرجاء الإتصال بالعلامة السريف، المشرفة الاجتماعية في المركز الإسلامي في جنوب كاليفورنيا على رقم الهاتف 5783-384 (213). إذا كان لديك أي سؤال عن هذه الداسة، الرجاء الإتصال بمساعدة دكتور جانيت شانغ، بروفيسور في قسم الدراسات الاجتماعية في جامعة سان برنادينيو، كاليفورنيا على الرقم 5184-537-537 (909). إذا أردت الحصول على نسخة من نتيجة الاستبيان، الرجاء الإتصال بجامعة سان برنادينيو، كاليفورنيا، مكتبة Pfau على رقم الهاتف (951)537-7163 في نهاية صيف 2006.
APPENDIX D

DEMOGRAPHICS
SUBJECT DEMOGRAPHIC QUESTIONNAIRE

1. How old are you?

2. What is your occupation

3. What is your ethnicity? (Circle 1)
   1. African American
   2. Asian
   3. Hispanic
   4. Arabic
   5. Other

4. What is your highest level of education completed (Circle 1)
   1. Elementary-School
   2. Middle-School
   3. High school graduate
   4. College or higher

5. What is your gross yearly income (Circle 1)
   1. Below $ 10,000
   2. 10,001 to $ 20,000
   3. 21,001 to $ 30,000
   4. 31,001 to $ 40,000
   5. 41,001 to $ 50,000
   6. More than $ 50,000

6. How many hours do you work per week (Circle 1)
   1. Unemployed
   2. Less than 40 hours per week
   3. 40 or more hours per week

7. What is your current relationship status? (Circle 1)
   1. Divorced
   2. Married
   3. Separated
   4. Significant
   5. Single
8. Who primarily raised you? (Circle 1)
   1. Both parents
   2. Mother only
   3. Father Only
   4. Father and step-mother
   5. Mother and step-father
   6. Grandmother and/or grandfather

9. How many siblings did you grow up with? ____________________________

10. What was your father’s or paternal caretaker’s primary occupation during your childhood?

11. What was your mother’s or maternal caretaker’s primary occupation during your childhood?

12. How would you rate your family’s economic status during childhood/adolescence (Circle 1)
   1. Poor
   2. Low Class
   3. Middle Class
   4. High Class
   5. Wealthy

13. How would you generally describe your partner?
   1. Warm
   2. Affectionate
   3. Overprotective
   4. Domineering
   5. Abusive
   6. Other

14. In your opinion, are available resources for abused women in general fit the needs of abused American Muslim Women?
   1. Strongly agree
   2. Agree
   3. Disagree
   4. Strongly disagree
   5. No opinion
15. In your opinion, if an American Muslim woman is repeatedly abuses by her husband decides to divorce, is her decision to divorce a good decision
1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree
5. No opinion

16. In your opinion, is it acceptable for a woman’s husband to abuse her depending on their circumstances
1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree
5. No opinion

17. In your opinion, if an American Muslim woman is repeatedly abuses by her husband who may lead to depression, is her decision to seek professional help is a good decision
1. Strongly agree
2. Agree
3. Disagree
4. Strongly disagree
5. No opinion
أسئلة ديموغرافية

1) العمر؟
2) المهنة؟
3) الجنسية؟

4) المستوى التعليمي (ضع دائرة حول الإجابة)
   1) إبتدائي
   2) إعدادي / متوسط
   3) ثانوي
   4) جامعي

5) الدخل السنوي (ضع دائرة حول الإجابة الصحيحة)
   1) أقل من $10,000 دولار
   2) من $10,001 إلى $20,000
   3) من $21,001 إلى $30,000
   4) من $31,001 إلى $40,000
   5) من $41,001 إلى $50,000
   6) أكثر من $50,000

6) ساعات العمل الأسبوعية (ضع دائرة حول الإجابة)
   1) غير موظف
   2) أقل من 40 ساعة في الأسبوع
   3) 40 ساعة أو أكثر في الأسبوع

7) الحالة الاجتماعية (ضع دائرة حول الإجابة)
   1) متزوجة
   2) مطلقة
   3) منفصلة
   4) أرامل
8) من أشرف على تربيتك (ضع دائرة حول الإجابة)
   - الوالدين
   - الأم فقط
   - الأب فقط
   - الأب وزوجة الأب
   - الأم وزوج الأم
   - الجد أو الجدة

9) عدد الأخوة والأخوات

10) مهنة الوالد عند الطفولة

11) مهنة الوالدة عند الطفولة

12) الحالة الاقتصادية عند الطفولة (ضع دائرة حول الإجابة الصحيحة)
   - منعدمة
   - فقير
   - متوسط الدخل
   - غني

13) كيف تصف شريك حياتك
   - ودود
   - حنون
   - وفي
   - متسلط
   - مؤذي
   - رأي آخر

14) برأيك هل المصادر المنتجة للمرأة الأمريكية المضطهدة بشكل عام تناسب المرأة المسلمة الأمريكية
   - أوافق بشدة
   - أوافق
   - غير موافق
   - أرفض بشدة
   - لا رأي
15) إذا تكّرر اضطهاد المرأة الأمريكية المسلمة في زوجها وقررت الطلاق، هل قرار الاطلاق قرار موفق؟
أوافق بشدة: 1
أوافق: 2
غير موافق: 3
رفض بشدة: 4
لا رأي: 5

16) هل يجوز للزوج أن يضطهد زوجته في حالات معينة؟
أوافق بشدة: 1
أوافق: 2
غير موافق: 3
رفض بشدة: 4
لا رأي: 5

17) إذا تكرر اضطهاد الزوجة المسلمة الأمريكية من قبل زوجها وادى بها إلى الكآبة، هل قرارها باللجوء إلى الأطباء النفسيين الأميركيين قرار سليم؟
أوافق بشدة: 1
أوافق: 2
غير موافق: 3
رفض بشدة: 4
لا رأي: 5
REFERENCES


ASSIGNED RESPONSIBILITIES PAGE

This was a two-person project where authors collaborated throughout. However, for each phase of the project, certain authors took primary responsibility. These responsibilities were assigned in the manner listed below.

1. Data Collection:
   Assigned Leader: Soulafa Shakhshir
   Assisted By: Vanessa Romo

2. Data Entry and Analysis:
   Team Effort: Soulafa Shakhshir

3. Writing Report and Presentation of Findings:
   a. Introduction and Literature
      Team Effort: Soulafa Shakhshir & Vanessa Romo
   b. Methods
      Team Effort: Soulafa Shakhshir & Vanessa Romo
   c. Results
      Team Effort: Soulafa Shakhshir
   d. Discussion
      Team Effort: Vanessa Romo

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