



The Link Between Abuse and Depression

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Abstract. Depression is a ubiquitous basic; in the world, the incidence of depression is very high. More and more scholars are interested in the research of depression. So, studying the causes of depression is very important for life and research. There have been many detailed studies on the diagnosis of depression. However, there are still a lot of controversies about the causes of depression and the related factors that lead to depression, and we need to continue to study. Therefore, this paper studies from the perspective of abuse. To analyze the effects of two common types of abuse (physical and emotional) on depression. The results showed that emotional and physical abuse are strongly associated with depression. In addition, many people do not accurately identify emotional abuse, thus sowing the seeds of their depression. Therefore, this paper will also analyze the identification and prevention of emotional abuse. In order to explain the mechanism of depression

Keywords: Depression, Emotional abuse, Physical abuse

1 Introduction

Depression is a kind of mental illness all over the world. According to the WHO website. Globally, about 280 million people will suffer from depression in 2021. Globally, the estimated number of people affected is 3.8%. This includes 5.0% of adults and 5.7% of those aged 60 and over [1]. Different degrees of depression will affect people's everyday life. During an episode of depression, people feel hopeless and tired—lose interest in hobbies and activities, have insomnia, or loss of appetite. At the height of the depression, people may even have suicidal thoughts. There are a lot of explanations for the causes of depression; some studies think it is genetic, and some believe it is life pressure and poverty. This paper analyzes the relationship between two types of maltreatment and depression from the perspective of maltreatment. Abuse is hidden in every corner of our lives and can be defined as intentional acts of mental and physical harm [2]. There are many different forms of abuse, which come from different sides. Examples include domestic, financial, emotional, and physical abuse. Abuse is hidden in People's Daily life and produces severe and lasting negative emotions, and psychological and physical effects on the victims [3], especially for emotional depression; whenever the victim suffers emotional damage, it will take a long time and energy to get over the disaster. Victims of prolonged emotional abuse are more likely to develop

depression. To simplify the research, this paper roughly divides abuse into two types: physical and emotional. An extensive literature search is conducted to refine the study and demonstrate the ideas. Data sources are mainly authoritative websites and academic papers.

2 Literature review

2.1 Depression

This part lecture review will briefly introduce the definition, diagnosis, and recognition of depression.

Definition.

Depression is a common mental disorder that can make people feel low [4]. Sufferers may feel hopeless and helpless and lose motivation in things they once enjoyed doing. Not just emotional problems, depression can also cause physical discomforts, such as chronic pain or digestive issues [5]. According to DSM-5, the following eight criteria are considered diagnostic criteria for depression. 1 Feel down most of the day, almost every day. 2 A marked decrease in interest or pleasure in all or nearly all activities. 3 No diet or weight gain practically every day, or significant weight loss when appetite decreases or increases. 4 Slowing down the mind and reduced body movement (which others can observe, not just subjective feelings of restlessness or slowing down). I feel exhausted almost all day. Patients experience a sense of loss of self-worth, and they usually feel guilty, even if it is excessive or inappropriate. In addition, concentration is difficult for the patient, including a reduced ability to think. Finally, patients may also experience suicidal thoughts. Suicidal plans or attempts to commit suicide may recur in mind [6]. According to the above criteria, a person must experience five or more symptoms within the same week. One of these symptoms should be 1 Feeling depressed (low mood). Loss of interest in doing things or not feeling happy. A person can be diagnosed as having depression.

Causes.

Studies have shown that childhood adversity can lead to depression or depression in adulthood. Such as grief, neglect, or different forms of abuse (emotional abuse, physical abuse, etc.). This includes unequal treatment in the family, such as being mistreated by parents or siblings. Survivors of childhood physical abuse were significantly associated with the likelihood of developing depression. According to the German LAC Depression Study, 349 patients with chronic depression completed a survey about childhood trauma in the form of a questionnaire about traumatic childhood experiences [7]. Results: Approximately 75.6% of chronically depressed patients had a clinically significant history of childhood trauma. Thirty-seven percent had multiple childhood traumas. These experiences also make their symptoms of depression worse [8]. Moreover, in clinical practice, more than 70% of people reported experiencing trauma because of

abuse, which changed their cognitive patterns, compared with those without any experience of abuse or trauma [9]. Thus, there is a link between abuse and depression.

2.2 Physical Abuse

Definition.

The definition of physical abuse is expansive. The simplest explanation is to cause physical harm to another person intentionally. Typical forms of physical aggression include punching, pinching, pinching, etc. For the physical abuse of children, the definition is broader, in addition to the popularity of beating children, to make the fetus due to mom use of legal or illegal drugs or other substances and damage, selling, distribute, or giving children illicit drugs or alcohol, use of controlled substances can damage the caregivers to take care of the children's ability to fully and so on also is listed as one of the physical abuse of children [10]. In addition, child physical abuse significantly increased the risk of depression, alcohol abuse, and perceived poor health in the current sample of adolescents, according to Ji-Kang et al. [11]. They surveyed indigenous and non-indigenous adolescents in Taiwan.

Identify Physical Abuse.

Common physical abuse is bruising, dark circles under the eyes, broken bones, etc., caused by physical bodily injuries. It also includes the use of weapons to cause harm to others, such as cuts, stab wounds, etc. Physical abuse occurs in many settings, such as at home and school. The unique identification is corporal punishment for children at home and teachers at school. Besides, this kind of physical abuse can happen between students. For example, school violence, beating weak students, and so on. It is worth noting that in some countries, for cultural and other reasons, corporal punishment of children is not explicitly prohibited, and detailed provisions are not made by law. As a result, corporal punishment of children is still familiar in many countries. Finally, abuse in intimate relationships is also essential. The abuse often occurs between couples or couples. According to the research theory of Wendi L et al. [12], specific populations may be more psychologically vulnerable to IPV, suggesting that both perpetration and victimization are associated with increased depressive symptoms in both males and females, both in adolescence and adulthood. People who suffer from physical abuse for a long time may become insecure and feel disappointed about their life and future. These symptoms are associated with a diagnosis of depression in DSM5. In addition, physical abuse often leads to psychological disorders such as PTSD, depression, or eating disorders.

Experiments and Research on Physical Abuse.

From the perspective of children, about 169 studies involving about 9.64 million child participants found that the global incidence of child physical abuse was about 17.7 percent. There is a difference between professional judgment and research reports (0.3% and 22.6, respectively). Much of the violence and abuse within the family also affects children, even if they are not directly targeted [13]. In addition, according to Isabelle

Ouellet-Morin, Ph. Four out of 10 women were victims of partner violence within ten years. They accounted for 33% of the cohort and 51% of new episodes of depression. The results of the study show that female victims of physical abuse by their partners are more likely to suffer from depression, and the findings provide evidence that partner violence contributes to women's psychological well-being and that one way to reduce women's psychological problems is to stop partner violence [14]. Thus, the effect of physical abuse on depression is powerful.

2.3 Emotional Abuse

Emotional abuse, like other types of abuse, is a deliberate act. Inculcating victims that they are unroused or worthless.¹⁴ In addition, they have a problem or psychological abuse can also be understood as a kind of manipulation or control, suffer from emotional abuse people will feel worse about themselves. Abusers engage in emotional abuse in constant denial and destroying the victim's self-esteem. From the children's perspective, emotional abuse is also a kind of behavior that damages children's self-esteem and self-worth. In addition, emotional abuse of children will also hurt children's emotional development. As Dr. Gregory Jantz has pointed out in his book, dealing with emotional abuse and staying active takes a lot of energy. Every dynamic attack has an impact on energy storage. Some don't have the strength to climb the abuse heaped upon them. When this happens, they fall into a deep depression [15].

Identification of Emotional Abuse.

Typical forms of emotional abuse include taunting, name-calling, and attempts to intimidate, isolate, or control others. Emotional abuse, like physical abuse, occurs between parents and children, friends, or lovers. The article will analyze the emotional maltreatment of friends, lovers, and children.

In getting along with the friend, the friend will share the victim's secret to solidify his relationship with others. Or the friend may contact the victim only when in trouble, constantly demanding payment with no return. One of the conditions for emotional abuse between friends is the inequality of the relationship. Similarly, emotional abuse between couples occurs in unequal relationships. People in emotionally abusive relationships may change their behavior for fear of angering their partner. In addition to this, a common technique used by abusers is to blame their partner for their behavior. For example, they could say, "If you were more trustworthy, I wouldn't be so possessive. With long-term emotional abuse, victims may have doubts about themselves and lose faith in the future, which can negatively impact their mental health.

Gaslighting is also a sign of emotional abuse. People who use Gaslighting for emotional abuse manipulate others through emotion by distorting the facts to make their victims feel like their memories are faulty and doubt and confused about themselves. Dr. Robin Stern has noted in his book that Gaslighting may not be the only cause of mental illness, but the same factors (such as mental illness or mental illness) make it easier for people to feel the effects of gaslighting. This can also lead to feelings of low self-esteem, anxiety about reality, and ultimately depression. Over time, you come to

believe that you have a problem because one of the most influential people in your life told you so. In addition, even after a victim is removed from Gaslighting, they may have PTSD, making it difficult for them to trust others and themselves. As a result, they may build an interdependent relationship, and challenging to establish accurate contact [16]. Gaslighting recognition usually has a few kinds of methods, such as perpetrators using lies to distort the facts; this is the memory of the victims of entirely different, even if the victims out of the perpetrator is lying in the evidence, in the face of proof also refused to listen to the violent. In addition, abusers are adept at spreading rumors about their victims and mitigating or denying their abuse by changing the subject or distorting the facts.

Finally, the emotional abuse of children should not be ignored. Studies have shown that children who experience emotional or spiritual abuse are more likely to suffer from depression, and a history of abuse can worsen their psychological problems as adults. A large part of the emotional abuse of children also comes from parenting problems. According to Hamarman and Bernet (2000), the following behavior is the child's psychological abuse, "rejecting," isolation. "terrorizing," and so on. This behavior from parents to children's education process and the parents and children get along with. For example, in education, parents often verbally attack their children. Although some parents think this will motivate their children to improve, it can hurt their self-esteem and lead to low confidence and even depression in the long run [17]. In addition, parents give their children too much pressure to study, or life will also make them feel maladjusted. Finally, for some parents, emotional abuse is the "corrupt behavior" of exposing children to or learning about the adult world too early. Because this behavior allows the child to experience abnormal social interaction as a child. From a parent-child perspective, if the parents often reject the child's request and deny the legitimacy of the child's demand, it is also counted as emotional abuse. It is worth noting that Harman and Bernet also count "neglect" as emotional abuse of children. Long-term neglect of children will make children lose happiness, thus suffering psychological trauma [17].

It is worth noting that in the current study, the definition of emotional abuse was more abstract and ambiguous than physical abuse; The purpose of emotional abuse varies slightly from study to study and from report to report. In addition, many people do not have very intuitive feelings about emotional abuse as opposed to physical abuse. This leads to two results: 1. Many victims fail to recognize their emotional abuse in time. Victims' abuse incidents or abuse experiences cannot be included in the abuse history report. According to Dr. Rachel E's study, when 80 anonymous participants were asked if they had ever suffered abuse, the majority responded negatively, even though many of these participants were people who had experienced abuse [18].

2.4 Maltreatment and Depression

According to the experimental study of McEwen et al., childhood abuse can directly stimulate the brain, affect the secretion and function of neurotransmitters and hormones, lead to the plasticity change of the hippocampus, and thus induce depression symptoms in adolescents. Gold suggests that childhood masochistic energy leads to a cognitive model of introverted attribution, which is closely related to the development

of depression. It is essential to identify and prevent emotional and physical abuse promptly

2.5 Prevention and Treatment

So far, research has demonstrated a strong link between emotional abuse and depression, as well as physical abuse. And both types of abuse can be shown to increase the likelihood of depression. Therefore, the prevention of abuse is more important. Horwood and Woodward et al. have also demonstrated that many survivors of childhood emotional abuse experience symptoms of depression or anxiety and have difficulty identifying their feelings without realizing that they are being abused. From the above experiments, it is not difficult to conclude that emotional abuse is closely related to people's mental health and depression.

Prevention of Abuse in The Family.

The prevention of physical and emotional abuse in the family can be analyzed from two aspects. First, training for parents is necessary if family abuse is to be prevented. Because there are a lot of parents who don't do their duty or don't know how to get along with their children, let alone teach them. Parents can obtain parenting knowledge through the help of schools and related agencies. In addition, community volunteers can be trained to help parents educate their children or teach parenting. Secondly, laws should be improved to avoid more abuse of children in the family because corporal punishment is still acceptable in many countries and is not generally considered an adverse childhood experience. These countries, influenced partly by their own cultures, still allow parents and teachers to teach children by corporal punishment or by hurting their self-esteem.

A study and analysis of specific behaviors and depression by AFIFI et al. found that adults whose parents spanked them as children had a higher risk of suicide and substance abuse than those who were not spanked. Although research has now shown that there is no direct link between the mental health of minors and the specific behavior of spanking. However, it is still not advisable to teach children through physical and emotional abuse

Prevention of Abuse Between Friends and Lovers.

According to the literature review, many cases of abuse between friends and couples occur when the relationship is unequal. Therefore, the primary purpose of preventing friends and romantic partners is to bring the relationship back into balance. The situation should analyze. If the other person does not know they are emotionally abusive, it must be solved through dialogue and negotiation. Let the person know that their actions are hurting others. If the other person is unresponsive, consider slowly ending the relationship that is hurting you. In marriage, the need for legal protection is even greater. Most importantly, it would help if you learned how to recognize emotional abuse and be brave enough to seek help from them or the authorities.

3 Limitations and future implications

3.1 Limitations

Because the only way of this research is to conduct many literature searches and references limits analysis; first, many abstract or ambiguous concepts exist in the definition and diagnosis of maltreatment and emotional maltreatment. There are different ways of defining it in other literature. This confuses statistics and research. In addition, much research on abuse is completed by questionnaires full of subjective statistics and surveys. Because it involves the victim's judgment and recollection, this phenomenon also leads to the limited statistical and research literature on emotional abuse. More investigations are needed to promote research in this area. Finally, little research on the relationship between violence and depression can provide a definitive link. Because there are many irrelevant factors in the research process, such as diet, life, age, gender, etc., this also causes the difficulty of the current research.

3.2 Future Implications

By analyzing the limitations of this research, we can also see that there are very few detailed researches on emotional abuse and many different categories of abuse in current psychological research. Now that abuse is well established to increase the risk of depression, careful research along the lines of abuse is necessary. In future studies, we can talk about abuse in terms of domestic abuse, financial abuse, sexual abuse, and so on. These different forms of abuse elaborated and analyzed the victim's mental health impact. In addition, a more objective and realistic approach is needed to survey and collect data on emotional abuse. Let this aspect of research in the future be more in-depth.

4 Conclusion

No study so far can say for sure: that 100 percent of people who have been abused suffer from depression. But a wealth of research data has supported the idea that physical or emotional abuse increases the risk of depression and other mental health problems. In addition, studies have shown that physical and emotional abuse in childhood or adolescence is a risk factor for the development of depression in adulthood. The extent of childhood abuse varies from country to country and under different laws. But all of these can increase the likelihood of a child developing depression. From the perspective of depression, so many factors contribute to depression, and there has been so little research on what interventions or ways to prevent abuse might help people avoid depression. Finally, it is essential to recognize and prevent emotional abuse, and taking steps to protect yourself from abuse can reduce many psychological problems and reduce the risk of depression

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