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The Effect of Self-Esteem on Perceptions of Abuse

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ABSTRACT

Intimate partner violence has been shown to have serious mental, physical, and emotional consequences for both men and women. Past research has considered low self-esteem as a risk factor, outcome, and moderator of abuse; however, less is known about whether self-esteem influences abuse perception. This study sought to examine the relationships between self-esteem, gender, and type of abuse in college students' perceptions of abuse. The sample consisted of 207 undergraduate students (140 female, 64 male, and 3 preferred not to answer) between the age of 18-23 years ($M = 19.7$, $SD = 2.4$). The procedure included an Abusive Scenarios Survey, the Rosenberg Self-Esteem Scale, and a personal and demographic history survey. Participants perceived situations as more abusive when the abuser was male ($M = 7.1$; $SD = 1.4$) than when it was female ($M = 6.8$, $SD = 1.5$, $t(206) = 7.78$, $p < .05$). Participants rated physical ($M = 8.3$, $SD = 1.5$) abuse as more abusive than sexual, verbal, emotional, and economic abuse (respectively $M = 7.2$, 6.5 , 6.8 , 5.8 , $SD = 1.7$, 1.7 , 1.7 , 1.6 , $t(206) = 12.61$, 19.24 , 16.08 , 24.25 , $p < .05$). There was no significant correlation between level of self-esteem and perception of abuse. These results have implications for working with survivors of abuse as well as implementing prevention programs with college students.

INTRODUCTION

Intimate partner violence is a prominent societal concern due to its frequent occurrence and serious mental, physical, and emotional consequences. Within the United States, the lifetime prevalence for experiencing rape by an intimate partner was 8.8% for women and 0.5% for men (Breiding, Smith, Basile et al., 2011). This survey also found a lifetime prevalence of 15.8% for women and 9.5% for men for experiencing other forms of sexual violence by an intimate partner (Breiding, Smith, Basile et al., 2011). Statistics for non-sexual interpersonal violence have shown that the lifetime prevalence for being slapped, pushed, or shoved is approximately 25.7% for men and 30.3% for women (Black et al., 2010, pg. 44). Furthermore, 13.8% of men and 24.3 % of women experience physical violence defined as severe by an intimate partner within their lifetimes (Black et al., 2010, pg. 44). Estimates of lifetime prevalence for psychological abuse by an intimate partner have been estimated at about 48% for both women and men (Black et al., 2010, pg. 46).

Previous research has indicated that experiencing abuse is strongly correlated with various negative outcomes. Women who have experienced abuse have higher levels of depression, lower trust in their self-efficacy, lower levels of optimism, and lower self-esteem (Orava, McLeod, & Sharpe, 1996). Studies including both men and women who have experienced abuse have shown an increased risk for gastrointestinal disorders, increased risk for alcohol abuse, lower optimism, increased hopelessness, and lower self-esteem (Baccini, Pallotta, Calabrese, Pezzotti, & Corazziari, 2003; Clements, Ogle, & Sabourin, 2005; Moncrieff, Drummond, Candy, Checinski, & Farmer, 1996). In particular, many studies over the years have

examined the role of self-esteem in regard to abusive relationship outcomes, development of abusive relationships, and the stability of relationships involving abuse.

Low self-esteem has been considered as an outcome of intimate partner violence, a cause of entering into and remaining in abusive relationships, and as a moderator between experiences of abuse and the severity of outcomes. It has been posited that those with lower self-esteem may be at a higher risk for abusive relationships due to a greater need for acceptance and the tendency to seek verification of one's own views, specifically negative views of oneself in this instance (Katz, Arias, & Beach, 2000; Murray, Rose, Bellavia, Holmes, & Kusche, 2002). It is unclear if those with lower self-esteem tend to be more likely to go into abusive relationships or if abusive relationships simply tend to cause lower self-esteem and there is an increased risk for revictimization after abuse (Classen, Palesh, & Aggarwal, 2005; Clements, Ogle, & Sabourin, 2005; Orava, McLeod, & Sharpe, 1996). Finally, one study conducted in Israel found that lower self-esteem may lead to a greater risk of psychopathology in adulthood following abuse (Finzi-Dottan & Karu, 2006). It was found that those with lower self-esteem who experience abuse tend to have damaged defense mechanisms and more negative views of themselves (Finzi-Dottan & Karu, 2006). In general, it has been difficult to determine the role of self-esteem in the development of abusive relationships given the cyclical nature of self-esteem and abusive relationships.

Despite the inconclusive findings as to whether or not lower self-esteem leads to abusive relationships, recent studies have found that self-esteem does appear to affect how abuse is viewed. For instance, another study done in Israel found that different levels of self-esteem in women affected how women defined abuse and their sensitivity to abuse (Akbag,

2010). Those with lower self-esteem tended to exclude non-physical abuse, such as emotional or verbal abuse, from their understanding of the definition of abuse while those with higher self-esteem tended to be more likely to recognize these non-physical types of abuse as abusive (Finzi-Dottan & Karu, 2006). In other words, those with lower self-esteem had a higher threshold for what they considered abusive than those with higher self-esteem. Additionally, the failure to recognize non-physical abuse as abusive is especially concerning given that studies have found emotional abuse to be a strong predictor of other types of abuse and to have the potential to be just as damaging as other types of abuse (Finzi-Dottan & Karu, 2006; Follingstad, Rutledge, Berg, Hause, & Polek, 1990).

To date, only a small amount of research has been conducted on how self-esteem influences the definition of abuse and no research has been conducted on this within the United States. Furthermore, no research has examined how self-esteem influences individuals' perception of specific abusive scenarios. For various reasons, past research on abuse has also frequently excluded male participants. The present study will examine how differential levels of self-esteem relate to participants' perception of abuse within various scenarios. It is hypothesized that both male and female individuals with lower self-esteem will be less perceptive of abuse, particularly types of abuse that are non-physical. It is also hypothesized that this relationship will hold true when past abuse experienced by participants is controlled for. Finally, it is hypothesized that both male and female individuals will rate scenarios in which the male is the abuser as more abusive than the same scenarios in which the female is the abuser.

METHODS

Participants and Procedure

207 undergraduate students were recruited from a public, Midwestern university with 140 identifying as female, 64 identifying as male, and 3 who preferred not to answer.

Participants were between 18 to 23 years of age ($M = 19.7$, $SD = 2.4$). The ethnic composition of participants consisted of students who identified themselves as Caucasian ($N = 162$, 78%), African American ($N = 22$, 11%), Hispanic/Latino ($N = 8$, 4%), other ($N = 8$, 4%), Asian ($N = 4$, 2%), and preferred not to answer ($N = 3$, 1%).

Participants were shown the informed consent document electronically before agreeing to participate in the online survey. After agreeing to participate, participants completed either the Rosenberg Self-Esteem Scale and the Abusive Scenarios Survey designed for this study. These two measures were counterbalanced to control for order effects. Following these two measures, the participants completed the Personal and Demographic History Survey and then read the debriefing document. Within the debriefing document, counseling resources were suggested for participants who may have felt distressed by the questions involving abuse.

Variables

The main independent variables examined within this study were the global self-esteem of participants operationalized by their scores on the Rosenberg Self-Esteem Scale. Various other demographic variables were also examined to determine if they showed any correlations to the primary independent and dependent variables. These secondary independent variables included gender, past abuse, and past sexual harassment training and were operationalized by participants' responses on the Personal and Demographic History Survey.

The dependent variable consisted of participants' perceptions of abuse and this was operationalized by participants' responses to the abusive or non-abusive scenarios presented on the Abusive Scenarios Survey. The dependent variable was further examined by analyzing participants' perceptions of abuse in regard to the six subscales on the Abusive Scenarios Survey.

Rosenberg Self-Esteem Scale

The Rosenberg Self-Esteem Scale is a 10 item scale used to measure global self-esteem. Participants rated both positive and negative feelings about themselves, such as "On the whole, I am satisfied with myself," and "I certainly feel useless at times" using a 4 item Likert-type scale that includes strongly agree, agree, disagree, and strongly disagree. This measure has a high reliability with test-retest scores ranging from 0.82 to 0.88 and Cronbach's alpha generally ranging from 0.77 to 0.88 (Blascovich & Tomaka, 1993; Rosenberg, 1979). Reliability was also high within the present study ($\alpha = 0.89$).

Abusive Scenarios Survey

The Abusive Scenarios Survey is a 48 item survey (see Appendix A) designed for this study and asked participants to rate on a scale from one to ten how abusive they felt each scenario presented was. Six subscales with four questions each are included on the survey: physical abuse, verbal abuse, emotional abuse, sexual abuse, economic abuse, and non-abusive situations. Each of the 24 scenarios is listed on the survey twice, once with a female abusing a male and once with a male abusing a female. Both abusive scenarios ($\alpha = 0.97$) and non-abusive scenarios ($\alpha = 0.80$) within the survey were found to have a high reliability.

The Abusive Behavior Inventory was utilized to create this measure. This inventory contains 119 items used to assess the presence of six subscales of abuse. This measure is reliable with an alpha coefficient ranging from 0.7 to 0.92 (Shepard & Cambell, 1992). The measure also has criterion-related validity given that it is able to distinguish between the intended groups (i.e. those who have experienced abuse and those who have not) and construct validity given that this measure converged with other factors found to be highly correlated with abusive relationships (Shepard & Cambell, 1992).

Personal and Demographic History

Participants provided general demographic information including age, gender, sexual orientation, and ethnicity. The questionnaire (see Appendix B) also contained a section in which participants were asked to indicate if they had ever experienced various types of physical or psychological abuse. Finally, this questionnaire asked participants to indicate if they had ever completed any training on identifying sexual harassment or abuse.

RESULTS

	Female (N = 140)	Male (N = 64)	Preferred not to Answer (N = 3)
Sexual Orientation			
Heterosexual	115	61	0
Homosexual	7	2	0
Other	14	0	2
Preferred not to answer	4	1	1
Current Relationship			
Yes	77	26	*
No	61	36	*
Other	2	2	*
Duration of Current Relationship			
Single	54	32	0
Less than 3 Months	12	3	1
3 Months to 1 Year	22	4	1
1-3 Years	30	12	1
More than 3 Years	15	6	0
Training			
Yes	45	18	*
No	94	46	*
Psychological Abuse			
Multiple Times	49	14	2
One Time	32	12	0
Never	54	37	1
Prefer not to Answer	5	1	0
Physical Abuse			
Multiple Times	24	3	*
One Time	15	9	*
Never	91	52	*
Prefer not to Answer	10	0	*

(Table 1: Displays a variety of demographic and personal characteristics that were examined by gender. * indicates missing data.)

Drawing from the Personal and Demographic History Survey, several factors were examined to determine their relationship with the perception of abuse. The following factors were found to have no significant relationship with perception of abuse on the Abusive Scenarios Survey: sexual orientation, current relationship, duration of current relationship, training, psychological abuse, and physical abuse. Additionally, self-esteem was found to have no significant relationships with the perception of abuse.

	Female (N = 140)	Male (N = 64)
Overall	7.1 ²	6.5 ¹
Gender of Abuser		
Male	7.2 ²	6.6 ¹
Female	7.0 ²	6.4 ¹
Abuse Subtypes		
Physical Abuse	8.4	8.0
Sexual Abuse	7.5 ²	6.6 ¹
Verbal Abuse	6.8 ²	6.1 ¹
Emotional Abuse	7.0 ²	6.4 ¹
Economic Abuse	6.0	5.5
Non-Abusive	2.4 ²	3.2 ¹

(Table 2: Displays mean scores for participants' ratings of abuse within each abuse subtype by gender. 1=Significant when compared to female participants, 2=Significant when compared to male participants, and 3=Significant when compared to participants who preferred not to identify their gender.)

Independent samples t-tests were run to determine the relationship between gender and perception of abuse. Due to a small sample size, no significant correlations were found for those who preferred not to disclose their gender; therefore, their data are not listed above.

Overall, female participants perceived abusive scenarios as more abusive than male participants (respectively M = 7.1, 6.5; SD = 1.4, 1.5, $t(202) = -2.77, p < .01$). With regard to gender of the abuser, female participants perceived abusive scenarios in which the male was the abuser as more abusive than male participants (respectively M = 7.2, 6.6; SD = 1.3, 1.5, $t(202) = -2.89, p < .01$). Female participants also perceived abusive scenarios in which the female was the abuser as more abusive than male participants (respectively M = 7.0, 6.4; SD = 1.4, 1.6, $t(202) = -2.61, p = .01$). As displayed in Table 2, female participants perceived the abuse subtypes of sexual, verbal, and emotional as more abusive than male participants (respectively M = 7.5, 6.8, 7.0; 6.6, 6.1, 6.4; SD = 1.5, 1.6, 1.6; 1.8, 1.7, 1.9, $t(202) = -3.57, -2.73, -2.08, p < .05$). Surprisingly, male participants perceived the non-abusive scenarios as more abusive than female participants (respectively M = 3.2, 2.4; SD = 1.7, 1.3, $t(202) = 3.77, p < .001$).

	Mean	Standard Deviation
Abuse Subtypes		
Physical Abuse	8.3 ^{2,3,4,5}	1.5
Sexual Abuse	7.2 ^{1,3,4,5}	1.7
Verbal Abuse	6.6 ^{1,2,4,5}	1.7
Emotional Abuse	6.8 ^{1,2,3,5}	1.7
Economic Abuse	5.8 ^{1,2,3,4}	1.6
Gender of Abuser		
Male	7.1 ^F	1.4
Female	6.8 ^M	1.5

(Table 3: Displays mean scores and standard deviations for participants' ratings of abuse within each abuse subtype and by the gender of the abuser. 1=Significant when compared to physical, 2=sexual, 3=verbal, 4=emotional, 5=economic, M=male, and F=female.)

Paired samples t-tests were run to determine the relationships between abuse subtypes, gender of the abuser, and perception of abusiveness. Abuse ratings for all abuse subtypes were found to be significantly different from one another. Physical abuse was perceived as the most abusive subtype of abuse followed by sexual abuse, emotional abuse, verbal abuse, and economic abuse. Participants perceived physical abuse as significantly more abusive than sexual abuse and; therefore, every other abuse subtype ($t(206) = 12.61, p < .001$). Participants perceived situations as more abusive when the abuser was male than when it was female ($t(206) = 7.78, p < .001$).

DISCUSSION

After examining the data, several initial hypotheses were not supported, several hypotheses were supported, and several other findings were found. Results did not support the initial hypothesis that lower levels of self-esteem resulted in lower perceptions of abuse. Likewise, past abuse and several other demographic characteristics did not affect the perception of abuse as expected. However, participants did rate scenarios in which the male was the abuser as more abusive than the same scenarios in which the female was the abuser. Participants also rated physical subtypes of abuse (i.e. physical and sexual) as more abusive than other subtypes of abuse (i.e. verbal, emotional, and economic). Gender of the participant was found to affect the perception of abuse as female participants rated abusive scenarios as more abusive than male participants and male participants rated non-abusive scenarios as more abusive than female participants

Self-Esteem

Although self-esteem was not found to affect the perception of abuse within this study, it is important to continue exploring other ways in which self-esteem may mediate or moderate the development of abusive relationships as past studies have attempted (Orava, McLeod, & Sharpe, 1996; Katz, Arias, & Beach, 2000; Murray, Rose, Bellavia, Holmes, & Kusche, 2002). Continued research in this area may aid in clarifying the apparent cyclical relationship of self-esteem and abusive relationships (Classen, Palesh, & Aggarwal, 2005; Clements, Ogle, & Sabourin, 2005; Orava, McLeod, & Sharpe, 1996). Future research should focus on the potential impact of self-esteem in relational decision making.

Abuse Subtypes

Within this study, all subtypes of abuse were found to be significantly different from one another, but the measures within this study were designed to assess participants' ratings of abusiveness and did not necessarily measure participants' accuracy in perceiving these abuse subtypes. Ratings of physical abuse subtypes being higher supports a past study conducted in Israel that found women were more accurate in defining physical abuse as abusive than non-physical abuse (Akbag, 2010). Future studies within the U.S. will need to be conducted in order to determine if populations within the U.S. are less accurate at defining non-physical subtypes as abusive or if non-physical subtypes of abuse are merely seen as less abusive. Additionally, future studies should examine the impact of severity of abuse in relation to abuse subtype differences.

Gender

To date, research examining how women are affected by abuse is quite common, but research on how males are affected by abuse is lacking. Additionally, although research on perception of abuse is lacking overall, this gap is particularly salient for male populations. Given the significant effects of gender on perception of abuse (see Table 2), future studies regarding abuse should include male participants in their samples. Inclusion of male participants in research on abuse can also aid in dispelling many of the stereotypes surrounding abuse of males (Abell, 2004). Future research should also further examine the perceptions of abusiveness when the gender of the abuser and survivor are varied or omitted.

Limitations

The sample used within this study consisted of undergraduate college students with little variation in regard to sexual orientation, ethnicity, experience of abuse, and identities

outside of the gender binary. Due to the nature of this sample, the conclusions found within this study may not generalize to individuals of all age groups, education levels, sexual orientations, trauma histories, and gender identities. Additionally, the abusive scenarios presented within this study were within heterosexual relationships and these same perceptions of abuse may not generalize to homosexual relationships. It is also important to recognize that the conclusions found within this study are correlational and causal claims cannot be made from the data collected. Future research should expand to examine the conclusions found in this study within different populations and different relationship structures.

Implications

Results within this study can have important implications for both intervention and prevention programs. Given the variations in perceptions of abuse by gender of the participant and gender of the abuser, clinicians should be aware of the impact gender can have when conducting assessments and working with clients. For instance, male clients may be less perceptive of abuse than female clients, especially if their abuser was female. Appropriate psychoeducation defining what abuse looks like and dispelling stereotypes about male abuse could be especially needed for male clients. Differences in perception of abuse by gender of the individual may also result in different levels of effectiveness for intervention for different genders. Future research should examine this possibility.

Given the focus on college students' perceptions of abuse within this study, these findings can be used to help tailor prevention programs for college students. For instance, more psychoeducation and awareness for non-physical forms of abuse may be particularly helpful to this population. Awareness regarding the presence of male abuse and female abusers may also

be needed to dispel the gender stereotypes surrounding narratives of abuse and perceptions of abuse.

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APPENDIX

A.

Abusive Scenarios Survey

You will now be presented with a variety of scenarios involving a heterosexual couple. Please rate on a scale of one to ten how abusive you feel the situation is with one being not abusive at all, five being somewhat abusive, and ten being extremely abusive.

Male to Female Scenarios

Physical Abuse

1. During an argument, Joshua gets upset and slaps Laura across her face.
2. Derrick becomes frustrated with something Jessica is speaking with him about and shoves her away from him.
3. While they are fighting one evening, Eric punches Mary in the arm and leaves a bruise.
4. During a very upsetting conversation, John shouts at Brianna while waving a knife in his hand.

Verbal Abuse

5. When frustrated with Erica, Tom frequently expresses this irritation by screaming at her.
6. Tyler frequently criticizes the way that Megan behaves in situations such as cleaning the house, dressing herself, speaking, and other such actions.
7. Cory often expresses his sense of humor by making jokes at Kim's expense that demean or insult her.
8. Aaron frequently calls Rachel names other than her given name even though Rachel has expressed she does not want Aaron to use these names to address her.

Emotional Abuse

9. Emily no longer visits her family because Adam does not like her family very much and says that staying away from her family will strengthen Adam and Emily's relationship.

10. Tim regularly threatens to end his relationship with Kristen if she does not do things his way.

11. Dean often makes important decisions affecting their relationship without speaking with Olivia.

12. When Bryan is upset with Jenna, it is common for him to withdraw from their relationship and not speak to her for several days in order to get even.

Sexual Abuse

13. Chris frequently expresses his sexual interest in others when Haley is with him.

14. Although Samantha has told Evan she does not find the jokes funny, Evan continues to tell her demeaning sexual jokes.

15. After regularly pressuring her to have sex, Brittany reluctantly agrees to have sex with Dan.

16. Richard begins touching Amy in ways that she does not want him to.

Economic Abuse

17. Drew and Rebecca live together and, currently, Drew is the only partner who has a job. When Drew is upset with Rebecca, he regularly threatens to withdraw his financial support.

18. William refuses to teach Diane or let Diane learn how to balance their shared checkbook.

19. When Amanda needs money from their shared bank account, she must first ask Harold for permission.

20. Several times, Jordan has taken money from Kayla's purse without her knowledge.

Not Abusive

21. Thomas gets upset when speaking with Jackie and takes an hour to calm down before speaking with her again.

22. Samuel has sex with Ashley after asking for her consent and assuring that this is a decision she wants to make as well.
23. Jared calls Kate nicknames that Kate feels are endearing.
24. Matt answers Abby's question about how her outfit looks, but avoids commenting on what Abby should or should not be allowed to wear according to his preferences.

Female to Male Scenarios

Physical Abuse

25. During an argument, Cassie gets upset and slaps Nick across his face.
26. Lily becomes frustrated with something Michael is speaking with her about and shoves him away from her.
27. While they are fighting one evening, Elizabeth punches Joe in the arm and leaves a bruise.
28. During a very upsetting conversation, Emma shouts at Jared while waving a knife in her hand.

Verbal Abuse

29. When frustrated with Kyle, Sarah frequently expresses this irritation by screaming at him.
30. Lauren frequently criticizes the way that Dominic behaves in situations such as cleaning the house, dressing himself, speaking, and other such actions.
31. Kacie often expresses her sense of humor by making jokes at Justin's expense that demean or insult him.
32. Paige frequently calls Steven names other than his given name even though Steven has expressed he does not want Paige to use these names to address him.

Emotional Abuse

33. Ben no longer visits his family because Marissa does not like his family very much and says that staying away from his family will strengthen Marissa and Ben's relationship.

34. Maddie regularly threatens to end her relationship with Ryan if he does not do things her way.

35. Alexa often makes important decisions affecting their relationship without speaking with Cooper.

36. When Claire is upset with Ron, it is common for her to withdraw from their relationship and not speak to him for several days in order to get even.

Sexual Abuse

37. Mariah frequently expresses her sexual interest in others when Kevin is with her.

38. Although Brett has told Hannah he does not find the jokes funny, Hannah continues to tell him demeaning sexual jokes.

39. After regularly pressuring him to have sex, Kayleigh reluctantly agrees to have sex with Brad.

40. Stephanie begins touching Greg in ways that he does not want her to.

Economic Abuse

41. Melissa and James live together and, currently, Melissa is the only partner who has a job. When Melissa is upset with James, she regularly threatens to withdraw her financial support.

42. Chloe refuses to teach Andrew or let Andrew learn how to balance their shared checkbook.

43. When Peter needs money from their shared bank account, he must first ask Lindsay for permission.

44. Several times, Sierra has taken money from Allen's wallet without his knowledge.

Not Abusive

45. Bridget gets upset when speaking with Lucas and takes an hour to calm down before speaking with him again.

46. Lisa has sex with Mitchell after asking for his consent and assuring that this is a decision he wants to make as well.

47. Sheri calls Chad nicknames that Chad feels are endearing.

48. Alyssa answers Seth's question about how his outfit looks, but avoids commenting on what Seth should or should not be allowed to wear according to her preferences.

B.

Personal and Demographic History Survey

You will now be asked to provide some general demographic and personal history information.

1. How old are you? _____ years
2. How do you identify your ethnicity?
 - a. Hispanic/Latino
 - b. African American/Black
 - c. Asian
 - d. White/Caucasian
 - e. Other
 - f. Prefer not to answer
3. How do you identify your gender?
 - a. Male
 - b. Female
 - c. Other
 - d. Prefer not to answer
4. How do you identify your sexual orientation?
 - a. Homosexual
 - b. Heterosexual
 - c. Other
 - d. Prefer not to answer
5. Are you currently in a romantic relationship?
 - a. Yes
 - b. No
 - c. Other:
6. If yes, how long have you been in your current romantic relationship?

- a. I am not currently in a romantic relationship
 - b. Less than three months
 - c. Three months to one year
 - d. One to three years
 - e. More than three years
7. Have you been in romantic relationships in the past?
- a. No
 - b. Yes, one
 - c. Yes, two to four
 - d. Yes, more than five
8. Have you ever completed any training on identifying or preventing sexual harassment or abuse?
- a. Yes
 - b. No
9. Have you ever experienced physical abuse in the form of unwanted sexual contact, physical violence, or other forms?
- a. Yes, multiple times
 - b. Yes, one time
 - c. No
 - d. Prefer not to answer
10. Have you ever experienced psychological abuse in the form of being treated cruelly verbally, emotionally, or economically?
- a. Yes, multiple times
 - b. Yes, one time
 - c. No
 - d. Prefer not to answer
11. If you have experienced physical abuse, please list the resources you utilized following the abuse:
- a. I have not experienced physical abuse
 - b. Friends or family
 - c. University employees
 - d. Counseling center
 - e. University or local police
 - f. Telephone hotlines
 - g. Local shelters or other local resources
 - h. I did not utilize any of these resources
12. If you have not experienced physical abuse, please list the resources you would utilize following the abuse:

- a. I have experienced physical abuse
 - b. Friends or family
 - c. University employees
 - d. Counseling center
 - e. University or local police
 - f. Telephone hotlines
 - g. Local shelters or other local resources
 - h. I would not utilize any of these resources
13. If you have experienced psychological abuse, please list the resources you utilized following the abuse:
- a. I have not experienced psychological abuse
 - b. Friends or family
 - c. University employees
 - d. Counseling center
 - e. University or local police
 - f. Telephone hotlines
 - g. Local shelters or other local resources
 - h. I did not utilize any of these resources
14. If you have not experienced psychological abuse, please list the resources you would utilize following the abuse:
- a. I have experienced psychological abuse
 - b. Friends or family
 - c. University employees
 - d. Counseling center
 - e. University or local police
 - f. Telephone hotlines
 - g. Local shelters or other local resources
 - h. I would not utilize any of these resources
15. If you would not utilize or have not utilized any of the resources listed, please explain why. You may also utilize this space to comment on the resources available to those affected by physical and psychological abuse.