

Intimate Partner Violence and Risk of Obesity among Women

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Abstract : Both obesity and intimate partner violence (IPV) are growing health threats. This study aimed to assess the prevalence and risk factors of both IPV and obesity and their association. In this cross-sectional study, 530 women aged 16-65 years attending Mazandaran primary health centers were recruited through the stratified random sampling method (2019-2020). Data were collected using the modified World Health Organization Domestic Violence questionnaire, Perceived Stress Scale, and socio-demographic, obstetric, and anthropometric questionnaires. The data were analyzed using descriptive statistics, the chi-square test, and multiple logistic regression. The prevalence of overweight, obesity and psychological, physical, and sexual IPV were 47.6%, 26.7%, 70.4%, 17.9%, and 6.4%, respectively. Increasing women's educational level and exposure to violence during their lifespan increased the odds of any type of IPV while living in a nuclear family reduced it. In groups of women who were subjected to any type of IPV and only psychological IPV, experiencing violence during the lifespan was significant in predicting obesity. The alarming prevalence of IPV and obesity-overweight in this study points to the need for collaborative socio-political and health intervention. The link between experiencing violence during lifespan and obesity in some subgroups of women highlights the detrimental consequences of chronic violence and the urgent need for effective preventive programs.

Keywords : intimate partner violence, body mass index, obesity, risk factor, women

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