

The Burden Of Gender Based Violence Among Women's Mental And Physical Health On The Prospective Of Covid 19 Scenario: A Systematic Review

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Abstract

Introduction: Gender-based violence is an important modifier of psychological and physical health in both normal and through crises.

Method: We methodically searched through the following databases such as Google scholar, PubMed, Medline, ProQuest, Cochrane Library, and Web of Science. The ideal reporting items that were chosen for systematic reviews and meta-analysis (PRISMA) guided the data synthesis and reporting. Ten articles (n=10) were included in this meta-analysis for studying the assess of the burden of gender-based violence among women's mental and physical health on the prospective of covid 19 pandemic.

Results: The Effect of covid 19 on the gender-based violence among women's Psychological and physical health were mostly reflected in 10 publications that fulfilled the selection criteria. Also, static difference perspective in the knowledge towards the prevention programs of women. The effort was to inclusion of co-opting disorders (especially anxiety and depression) burdening women only, while uttering disorders were neglected.

Keywords: Gender-Based Violence (GBV), Women, Mental and Physical Health, Covid 19.

Introduction:

Gender and Violence has a complex relationship. The society reinforce different behaviours and parts for each of females and males, children as well as adults, which are demanded accordance to the gender norms. These social outlooks normally defines proper behaviour for men and women differently in a community (for example, in some societies, being a female is considered to have a feminine side also associated to being sensitive and petite whereas, being a male are believe to take risks, and be tough and masculine, aggressive and having multiple sexual partners is seen as a motive)(1). According to survey and large study, The most communal form of domestic violence is Gender-based Violence(GBV) , which is mostly reported to be done against women by their partners. (2). Mental health is most likely to be abrupt during the situation of violence leading to health problems such as chronic stress, acute stress disorder, depression and anxiety, obsession, mental

retardation, post-traumatic stress, and somatoform disorders to the victim (3). Reproductive and sexual well-being also have a serious consequences on the women's physical health leading to Gender-based violence being the rising concern for women. (2). Studies shows that women aged below 49 years living in the least developed countries have a 40% chance of lifetime frequency of domestic violence. Also, among younger women aged below 24 years, the incidence is found to be even greater, with 1 of every 4 women who have Intimate partner face one or more form of violence. COVID-19 is a global public health crisis. With the introduction of SARs COV-19 it has hugely affected the health system but also the daily routine of many, affecting the lives of women and men differently (4). According to many reviews, it was reported that coronavirus is more inclined to be affecting females in India who are more likely to be are more prone to death in comparison to males. The death ratio of male to female was approximately 3:4, conferring to the survey report

of May 2020, Females faced gender biasness with the responsibility of home chaos and child care which affected their mental and physical health indirectly (5). Covid-19 norms and restrictions to be self-quarantine had proven to be containing the disease spread and in various measure but on the other hand, restriction on the mobility and interaction has shown to affect the psychological and physical health of many people (5). With the isolation and quarantine in rise, the risk of domestic violence rose to many places (6). Subsequently, Females at high risk was reported to pay higher price during the covid-19 pandemic crisis compared to most males probably because of massive physical and mental workload of demands that they had to take on. (7). With reput to the confinement of individuals, some of the studies conducted also indicate that there is a strong relationship between being a woman and experiences of seclusion during the Covid-19 crisis (8).

Information and data around the incidence of all forms of Gender-based violence including sexual violence (not just rape), emotional violence is still erratic, predominantly in most of the clinical samples, and the relations between gender-based violence of sexual violence related to other forms of mental health issues are not well maintained. This study has aimed to address those gaps in the acquaintance arena. For a descriptive study, qualitative research design is considered to be best appropriate methods in understanding the knowledge of women who have confronted the violence and its relationship with a mental disorder due to the intricate nature of mental illness and the complicated role of various factors including violence that influence, cause, and prevention of it (9).

Methodology

Search strategy and eligibility criteria

The data presented for this systematic review, Information was abstracted from Google scholar, PubMed, Medline and ProQuest databases in any country from 2019 to 2022 and published in English to answer the research question of this paper. Search results are presented in PRISMA diagram. To identify some relevant articles are related all research articles of gender-based violence among women's Mental and Physical health during covid 19 pandemic.

Primary outcome

At the end of the interventions, the findings of concern were the effect of covid 19 on the burden of gender-based violence among women's mental and physical health. In order to include all main

studies meeting the inclusion criteria, reference lists of on-topic systematic reviews were also searched.

Study selection and data extraction

All citations detected were screened for full text analysis, citations considered appropriate were retrieved. Full text papers were independently evaluated for eligibility, relevant outcome data, research information were extracted and entered under the headings Authors, year of publication and country, study design, sampling method, sample size, results, and conclusion in descriptive Table 3.

Table 1: Inclusion and exclusion criteria

	Inclusion	Exclusion
Study design	All study designs	None
Year of publication	2019-2022	Before 2019
Language	English	Other language
Study population	Women	Men
Country	Any country	
Study areas	Gender based violence among women's mental and physical health	Other wellbeing

Study selection.

Table 2: Prisma table. Search strategy:

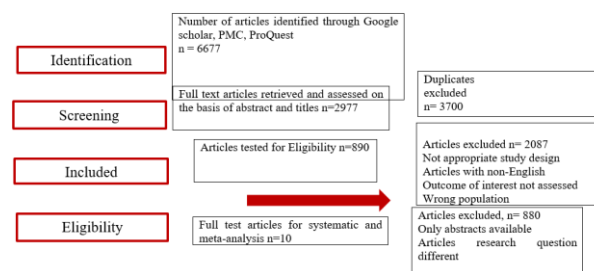


Figure 1: PRISMA Diagram

Data Synthesis:

The PRISMA statement guides the synthesis and reporting of the results. A brief narrative of the authors, years of publication, styles of intervention, environment, region, research population, key findings, and a description of the intervention effects and p values for each study report were included in the qualitative synthesis.

This systematic and meta-analysis contains a total of 10 publications. All of the ten studies selected are cross-sectional study. Three studies conducted in the Africa by A W Tadesse, C Mwangi, S Sederi respectively and the remaining 7 studies were conducted in USA, Nepal, Pakistan, India, Bangladesh, Iraq by M Davis, Sophie, P Thapa, S Ashim, L Robert, S Sagar, K Mahmood Respectively.

Author /year of publication/ Country	Study Design	Sampling Technique	Sample Size	Results	Conclusion
1. A W.Tadesse, 2020, Africa	Community based cross sectional study	Systematic random sampling technique	617	The study revealed that women out of 4 has experienced 7.3 percentage of any form of intimate partner violence in her lifetime. Most of the married women has least has associated with one form of IPV (i.e., either physical, sexual or psychological) was 22.4%. Also, 11%, 20%, and 13.8% of the women had experienced physical, psychological, and sexual IPV's respectively.	Education accessibility to women needs to be strengthened at all levels. More studies are recommended to discover socio-cultural practices and norms that support and encourage women's violence in the society.
2. Sediri, S, 2020, Africa	Descriptive cross-sectional	Random sampling technique	751	According to the study, approximately 40 percentage of women stated challenging social media use. A significant increase in violence against women was reported during the lockdown (p > 0.003).	Intervention strategies are the need of hour to prevent the issue from increasing. Specially with the pandemic crisis protection of women's health is crucial.
3. M davis, 2021, USA	cross-sectional study,	Online sample technique	2045	Accordance the survey conducted, individual who reported positive for covid-19 disease were more like to experience perform psychological and physical violence from their intimate partner by 3times. Especially individual who have lost their jobs due to pandemic People who lost their job due to the pandemic were to expose to IPV by 4 times, compared to who haven't lost the job.	Emphasizing the need for public health retort towards the continuing IPV. Surveillance such as effective screening, preventive intervention, and program implementation is crucial.
4. C Mwangi, 2019, Africa	Descriptive cross-sectional study design	Simple random sampling	216	Depression and anxiety were related to each other (P < 0.05) and each of them with risky sexual behavior (P < 0.05), signifying bunch of the conditions at the all levels. Further, each additional psychosocial conditions were inter-related to each other for further investigation.	Findings shows the need for a cohesive approach to implement of non-harm interventions and programs among the lower-income urban setting.
5. Sophie, 2021, America	Cross sectional study	Simple random sampling	988	Age and Education level showed a variance in experiencing IPV with women above 50 and above had lower justifying than women in their 20s, p= <0.05). Accordingly, women who are in higher education group had lower odds of justifying IPV to those compared to women in the lowest educational group, p= <0.05).	The study indicates the need for further investigation and more research study to be conducted that focuses on the different types of community groups membership and IPV association.
6. P Thapa, 2021, Nepal	cross-sectional	online study	368	The survey indicates that the incidence of depression, stress, anxiety was 33.2%, 41%, 28% respectively. Salary status of husband, equivalence, being infected with COVID-19 and effect of isolation were closely related to the measure in depression	During the Pandemic situation the concern for maternal mental and physical health has shown to increase. The importance of monitoring and consideration is a public health emergency.
7. S S Ashim, 2021, Pakistan	Cross-sectional	online study	393	According to the study, women has reported to have more severe anxiety and depression symptoms which noted to be 22% and 18% respectively. Self-destructive thoughts were the most common with one form or other was reported to be numbered 149 i.e., 38% 66% of those individuals were never diagnosed with any mental disorder.	Making use of the social media awareness, informative message and essential assistance such as call service may help reduce the depression, stress, and anxiety levels found in the population.
8. I. Robert, 2020, Mumbai, India	mixed-method, cross-sectional study	Purposive sampling	74	The length of the marriage is largely related to the general health and their coping strategies. The study indicated that women (90%) and men (67%) has reported to have faced infertility test elevating the mental health distress such as anxiety, depression symptoms.	Innovative programs and their implementation to fight and address against the double stigma faced by the women.
9. S K Sagar, 2022, Bangladesh	cross-sectional study	Simple random technique	597	Depression, anxiety and stress were the most common form of mental disorder recorded among the respondents with 35%, 20% and 44% respectively ranging from minor to major.	Psychological Interventions for the higher risk groups and developing policies to decrease the burden of mental health status of the populations.
10. K I Mahmood, 2021, Iraq	cross-sectional study,	Online study	346	With the increase in the lockdown period a from the pre to extended period of lockdown has observed to have increase the violence such as emotion abuse and physical violence, humiliation or scarring to	Preventive strategies, awareness programs and appropriate research study needs to be organised to address the issue and help ensure stability. Especially, during the regaining period from pandemic.

The details of authors, study population, country, study design and sampling techniques, sample size as well as the p values are entered in Table 4. Characteristics of studies selected for Systematic review

Table 3: Descriptive Table of the selected studies

Author	Population	Country	Year	Sample size	Study Design	Sampling method	P-value
A W Tadesse	Women	Africa	2020	617	Cross-sectional	Simple random sampling	NA
v	women	Africa	2020	751	Cross-sectional	Simple random sampling	<0.001
M Davis	women	USA	2021	2045	Cross-sectional	Online survey	NA
C Mwangi	women	Africa	2019	988	Cross-sectional	Simple random sampling	<0.005
S Sophie	Women	America	2021	368	Cross-sectional	Simple random sampling	<0.005
P Thapa	Women	Nepal	2021	393	Cross-sectional	Simple random sampling	NA
S Ashim	Women	Pakistan	2021	74	Cross-sectional	Simple random sampling	NA
I Robert	women	India	2020	718	Cross-sectional	Simple random sampling	NA
S Sagar	women	Bangladesh	2022	597	Cross-sectional	Simple random sampling	NA
K Mahmood	women	Iraq	2021	346	Non-experimental Cross-sectional	Simple random sampling	<0.001

Results:

The initial search for this data presented in this systematic review, was abstracted from Google scholar, PubMed, Medline and ProQuest databases in any country from 2019 to 2022 and published in English to answer the research question of this paper. At initial search from this engines, 6677 total article were identified, there were 2977 full text articles retrieved and assessed on the basis of abstract and the article's titles. 890 articles were tested for eligibility. Of those, total 10 articles made it through the second round of systematic review and hence eligible to meet the inclusion criteria in accordance with the study title and abstract. Search results are presented in PRISMA diagram. To identify some relevant articles are related all research articles of gender-based violence among women's Mental and Physical health during covid 19 pandemic.

Overview Description of Included Studies

Out of the 10 articles included in the study, most of the studies are community based, descriptive and mixed method cross-sectional designs done in multiple countries. Few findings done in two different countries summarized the prevalence of gender based violence among women from their intimate partners due to job lost, occurs upto 3 times compare to women that has their job during the pandemic period. (M davis, 2021, USA) Another presented summary revealed that 1 out of 4 women has either for once in her life face any form of IPV upto the estimates of 7.3 percentage, this form of violence could be psychological, physical or sexual estimated to be 22.4%, 13.8% and 20% respectively, (AW. Tadesse, 2020, Africa). According to (Sediri. S, 2020, Africa) estimated percent of 40% of women reported social media violence during the covid pandemic lockdown, this is in accordance to, a cross-sectional survey studies done across multiple countries, regarding anxiety and depression faced by women

during the pandemic and period of isolation. Results presented in summary from 5 country (C Mwangi 2019, Africa, P Thapa, 2021, Nepal, S S Ashim, 2021, Pakistan, L Robert, 2020 Mumbai, India, S Saga, 2022, Bangladesh) these surveys findings contributed in-depth analysis of how women suffers from gender-based violence “anxiety and depression” during the covid period from their intimate partners.

Of the remaining two findings from the studies, one were (Sophie, 2021, America) which analysed that women with high educational level and aged 50 above, are relatively odds of experiencing IPV compared to women with low educational level. Other finding implies that humiliation as a result of physical and emotional abuse were peaked among the women with 32%, 30%, 25% and 13% during the isolation period of the pandemic (K I Mahmood, 2021, Iraq).

Main Findings

There are three main categories of gender-based violence identified from the reported article findings:

- Anxiety & Depression six total studies done by (C Mwangi, 2019, P Thapa, 2021, S S Ashim, 2021, L Robert, 2020, S Ksagar, 2022, & K I Mahmood, 2021);
- IPV Intimate Partner Violence there were three studies done by (AW. Tadesse 2020, M davis, 2021, & Sophie, 2021);
- Social Media Violence only one study were identified with analysis of GBV from social media by (Sediri. S, 2020)

With regards to the first categories of GBV among women analyzed in the findings of (C Mwangi 2019) study, psychosocial conditions has appeared to be inter-related to each other to anxiety and depression with risk of sexual behavior. Comparing this finding with the reports of (P Thapa, 2021) were the study analysis expressed reasonably high to moderate percentage of reported GBV among women with incidence of anxiety and depression during the covid-19 isolation period. Despite these incidences, another study has analyzed the severity of anxiety and depression reported by women during the pandemic, with 18% and 22% women having self destructive thoughts, were an estimates of 66% of those women were never identified with any sort of psychological disorder. (S S Ashim, 2021) this is however, in contrast to the analysis of (L Robert, 2020) reported that both men and women revealed the status of their infertility report which contributed to the distability of their mental health.

Comparing the occurrence of intimate partner violence (IPV) 1 out of 4 married women were assumed to faced either, mental, physical or sexual

abuse from their partners upto 7.3 percent rated in their life span. The final category of the findings were the form of GBV faced by women from the social networking approximated upto 40% duiring the pandemic (Sediri S, 2020). In regards to all the included articles, there were no clear statutory women ages encountering GBV. However, programs, supportive and preventive interventions for women facing any sort of GBV are not clearly stated. To our point of view, Governmental and non-governmental organisations necessary palliative supports, and effective screening is crucial to be implemented in other to identify women facing GBV in the society. With these summarized reports, it is ultimately believed that the reader would understand precisely what is being computed in each of these studies.

Quality Assessment

In this systematic review, Strobe checklist were used to assess the quality of the articles reviewed (20). The strobe checklist is commonly used to identifying and evaluate the quality of observational studies. The checklist consists of seven scales which include: title, abstract, keyword, introduction, methods, results, and discussion these scales have subscales. In fact, these score of 32 total score represent different methodological aspects of a piece of research. Example of subscales include title and abstract (2score) introduction and objective (2score) and Keyword included in the study (9 score), also study design, statistical population, sampling method sample size, the definition of variables and procedures, data collection method, statistical analysis techniques (9 score). The participant, descriptive data, outcome data and main results and the others analysis (5score). Discussion of all study key result, limitation, interpretation and generalizability (5score). The funding (1score).

Table5: Summary of quality assessment of the studies by using strobe checklist:

Author name.	Abstract and Title (2scores)	Keywords (9 score)	Introduction and objective (2scores)	Method (9) scores)	Results (5) scores)	Discussion (4scores)	Funding (1score)	Total score (32)
A W.Tadessa,	2	5	2	7	3	3	0	22
Sabrine sediri,	2	6	2	5	5	3	1	23
M davis	2	5	2	5	3	3	0	20
C Mwangi,	2	6	2	8	5	5	0	28
Sophie. Helge	2	7	2	9	4	5	0	29
P Thapa	2	5	2	5	3	4	0	21
S S Ashum	2	7	2	5	5	4	0	25
.L Robert	2	6	2	6	5	4	1	26
S K Sagar	2	5	2	6	5	3	0	23
K Mahmood	1	5	2	7	4	5	0	25

Discussion:

This systematic review is to assess the burden of gender-based violence among women's mental and physical health: on the prospective of covid 19. The study has surveyed the appropriate method of secondary data of some article which is associated to this study and is observed thoroughly. All article used in this study are of same design that were cross-sectional study and random sampling. The main objective of this paper was focuses on how much women's mental and physical health has been affected during covid 19, and the knowledge towards the prevention programs. The study shows that during the covid 19 there was an increase in the gender-based violence mainly in intimate partner violence and following with the domestic violence. Also, the reporting of violence has decreased drastically because of the lockdown and isolation. Studies was done to assess disasters exposure and violence against women and girls, the studies found no effect assessed violence and disaster exposure against women/young girls and the quality of the measurement was poor (21). Another study done on gender violence among university going students (girls), found verbal and emotional violence to have significant prevalence in women's mental health.

Suggestion was stated to the concern government as well as non-governmental organizations to develop programs that will implement the female's health status and their burden reduction through counseling (22). In this view, a study findings done in sub-sahara africa shows that, in contrast to the covid-19 period women are more subjected to encounter continues violence both from their intimate partners and male coworkers as compared to women from other areas. (22)

Alternatively, the merged prevalence of all forms of gender violence against women's mental, physical and sexual violence were also found consistently soaring in the sub-sahara african countries during the covid-19 pandemic as compared to many other countries around the globe. (23) In accordance, to a cross-sectional study done on 2045 women participants, has reported that women who are confirmed to be infected with covid disease were said to be more likely to undergo physical as well as psychological violence from their intimate partners upto 3 times than women with no covid disease. And those women who lost their jobs during the covid pandemic are mostly to encounter intimate partner violence (IPV) triple plus, compared to the opposing women who have their job intact (Mdavis et.al).

These variations pointed out from this review, clearly demonstrates the burden and prevalence of gender-based violence among women, a critical protection measures that include low enforcement and counseling programs for women is highly suggested, this would improve and impact the overall women's health quality in destabilizing societies, and support the women in understanding and analysing any form of violence against them over time. In conclusion to these variations, measuring the magnitude of gender-based violence is highly magnificent, as resources and time are key factors that constantly devoted to saving women against any form of violence/threats occurring in and outside of their homes.

Conclusion:

In the study, it was indicated that there were a high rate of psychological burden among the participants. These findings also indicated the decrease of case reporting of violence mainly due to isolation and lockdown. Appropriate strategies and interventions are needed to prevent and address the issue as well as more research are required to understand more of the incidence of violence against women during covid-19 pandemic with the view of similar crisis in the future. Overall, development of programs by the concern government as well as non-governmental

organization should be done to support and promote the female overall psychological status, with provision of low enforcement to ensure social support is adequate among the women. Contrary, to the university female students, colleges are suggested to establish awareness programs and students counseling center, this intends would help the female students more aware about the prevalence of the gender-based violence burden within the surrounding environment. And those students who were victim of gender-based violence should be supported with post gender-violence treatments' such as counseling.

Limitations: in this review only four electronic databases such as google scholar, PubMed, ProQuest, and med-line were used for the data extraction. The articles excluded might have different result.

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