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**Review Paper** 

# Same-Sex Relationship and Violence: A Systematic Review

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# ABSTRACT

Aim: Same-sex relationships have been a taboo in society for a long time in history. There are several reasons for the prevalence of Intimate Partner Violence in the LGBT community. There were very few researches which have been done on the topic and which were done were mostly based in the U.S. This systematic review tries to study the prevalence of Intimate Partner Violence in the LGBT community and the reasons for IPV, its effect on individual physical and mental health. Methods: Seven electronic databases were searched using the terms related to Same-sex intimate partner violence OR, SSIPV OR, LGB intimate partner violence OR, LGB IPV; Same-sex and violence OR, LGBT violence; Lesbian violence; Gay violence; Bisexual violence; Minority stress. Results: Findings suggest that the lifetime prevalence of Intimate Partner Violence in LGBT is as high or higher than the general population. **Conclusion:** The results demonstrate high or higher IPV in the LGBT community compared to general populations, there are a lot of reasons for this high prevalence, some of these are taboo about same-sex relationships and homophobia present in society due to which they have to face a lot of prejudices and discrimination. This high rate of violence has highly affected mental health and physical health, which also has led to a high prevalence of drug and alcohol use among the LGBT community.

# Keywords: LGB IPV, Same-Sex Violence, SSIPV, LGBT Violence

ntimate partner violence "IPV" represents a form of violence that both men and women can enact, with no regard to age, marital status, or sexual orientation (Capaldi et al., 2007)

"A same-sex relationship could be a relationship between 2 persons of identical sex and can take several forms, from romantic and sexual, to non-romantic homosocially-close relationships". (Sin & Risman, 2016)

There are various types of intimate partner violence i.e. physical, emotional, economic, psychological abuse etc. Various theories try to explain intimate partner violence including reasons like those people belonging to stigmatized social categories often experience negative life events and excessive stress caused by their minority status and that the label of the minority also adds to the general life stressors, homophobia (or heterosexism) contribute to psychosocial problems of LGB people. This is due to experiences of invisibility, rejection, prejudice, harassment, discrimination and violence. The use of violence to deal with family conflicts is believed to be learned in childhood by either witnessing or experiencing physical

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abuse (Straus, 1977). Psychosocial stressors, together with economic hardships, are thought to extend family tension and place the family at risk for partaking in physical violence (Straus, Gelles, & Steinmetz, 1980; Witt, 1987). According to (Bandura, 1971; Bandura, 1973) we can say that violence against intimate partners is acquired non-heritable through modelling throughout childhood. Riggs and O'Leary's (1989, 1996) model explain two components, background and situational factors, which were seen to contribute to the development and maintenance of courtship aggression and identify themselves as the main factors for interpersonal aggression within each component.

### METHODOLOGY

### Procedure

PsycINFO, PsycARTICLES, PubMed, Springer, Taylor & Francis, Researchgate, Google Scholar, and other databases were searched for published articles on the subject of intimate partner violence and the LGBT population between 1989 and the present.Same-Sex Violence, LGBT Violence, Lesbian Violence, Gay Violence, Bisexual Violence, and Minority Stress were the keywords.

### Inclusion Criteria

A selection of English papers on intimate partner violence and same-sex relationships that were published starting in 1989. investigated the relationship between intimate partner violence and same-sex relationships.

### **Exclusion** Criteria:

Sources published before 1989, books that have been published, articles written in languages other than English, and data from less reliable websites like VeryWellMind and Britannica were all excluded.

### Rationale

The widespread lack of knowledge in society about the different types of violence experienced by the LGBTQ community is the reason this topic was selected. Such abuse frequently goes unreported in a heteronormative setting, which leaves victims feeling frightened and unable to disclose events. There is still a dearth of scientific literature on same-sex relationships and violence that is available for public inspection. Previous studies have mostly concentrated on the United States, ignoring the presence of Asian communities and the experiences of transgender people. Furthermore, few studies use in-depth interviews to understand how intimate partner violence affects the LGBTQ community's physical and emotional health.

### **REVIEW OF LITERATURE**

Carvalho et al. (2011) found that 24.2% of 581 U.S. individuals identifying as lesbian or gay experienced same-sex Intimate Partner Violence (IPV), with 9.4% admitting perpetration. No significant differences were observed between gay and lesbian participants. Notably, 25% of lesbians and 23% of gay men reported victimization. Overall, 8% of the sample acknowledged being both victims and perpetrators, highlighting the prevalence of same-sex IPV.

The National Intimate Partner and Sexual Violence Survey (Breiding et al., 2013) in the U.S. revealed concerning lifetime prevalence rates of intimate partner violence across sexual orientations. Bisexual women experienced the highest levels, with 61.1% reporting rape, physical violence, or stalking, compared to 43.83% of homosexual women and 35% of heterosexual women. Among men, bisexual individuals also faced elevated risks, with 37.3% reporting victimization, compared to 26% of homosexual men and 29% of heterosexual men.

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Bisexual women had a 22.1% prevalence of rape, while homosexual and heterosexual women reported 9.1%. Overall, bisexual individuals, especially women, showed higher vulnerability, while gays, lesbians, and heterosexuals reported comparable levels of violence.

In the study by Woulfe and Goodman (2018), based on a national probability sample of 18,049 individuals in the United States, alarming rates of intimate partner violence were identified. Lifetime victimization rates were reported as 61.1% for bisexual women, 43.8% for homosexual women, 37.3% for bisexual men, and 26% for homosexual men (Walters, Chen, & Breiding, 2013). Limited research on transgender and gender non-conforming (TGNC) individuals revealed a significant 21.6% prevalence of intimate partner violence (Langenderfer-Magruder et al., 2016).

In Turell's study (2000) on same-sex relationship violence with a Houston sample of 501 individuals (46% men, 53% women, and 1% transgender), 39% identified as lesbian, 11% as gay women, 43% as gay men, 5% as bisexual, and 2% as heterosexual. Findings revealed higher frequencies of physical (55%) and emotional abuse (84%) among lesbian women, while gay men reported rates of physical abuse (44%) and sexual violence (13%) comparable to previous studies (Bologna et al., 1987; Waterman et al., 1989; Wood, 1987).

The study highlighted the significance of same-sex relationship violence in the LGBT community. DeKeserdy et al.'s (2018) study of 5,718 college students revealed higher intimate partner violence (IPV) rates among LGBT individuals (22.3% of 843 participants) compared to heterosexuals (18.3% of 843 participants). Among the LGBT community, homosexual men experienced the highest IPV rates (31%), followed by bisexual individuals (23%), and lesbian individuals (15%).

Ard and Makadon's study (2011) cites The National Survey Against Women, revealing that 21.5% of men and 34.4% of women experienced physical abuse from same-sex partners, compared to 7.1% and 20.4% from opposite-sex partners (Tjaden & Thoennes, 2000). Another survey of 3,000 homosexual men reported 22% physical and 5.1% sexual abuse rates over five years (Greenwood et al., 2002). Additionally, transgender individuals in Massachusetts experienced 34.6% physical abuse, while gays and lesbians reported 14% in a sample of 1,600 people (Landers & Gilsanz, 2009), indicating higher violence rates in same-sex relationships than heterosexual ones. Ristock's study (2005) highlighted that relationship violence rates ranged from 17% to 52% for lesbian and gay couples, based on various studies. Additionally, Xavier's (2000) research revealed that one in 10 transgender individuals experienced intimate partner violence, with 50% reporting sexual abuse, suggesting LGBTQ relationships exhibit comparable or higher rates of intimate partner violence than heterosexual relationships

In Goldberg and Meyer's study (2013) based on the California Health Interview Survey with 31,623 participants, lesbian and bisexual women reported higher rates of lifetime intimate partner violence (31.9% and 52%, respectively), while gay and bisexual men reported rates of 26.9% and 19.6%, respectively. The study indicated significant disparities, with higher prevalence of intimate partner violence among bisexual women and gay men compared to heterosexual individuals.

Messinger's study (2011) conducted in all 50 states of the USA, with a sample of 14,182 participants, found significant rates of intimate partner violence (IPV) among lesbians, gay, and bisexual individuals. Lifetime IPV prevalence was reported at 25% for lesbians, 42.9%

for bisexual women, 33.3% for gay men, and 16.1% for bisexual men. The study concluded that IPV is significantly twice as prevalent in the LGB community compared to heterosexuals.

In Balsam's study (2005) with 669 participants, including 256 men and 413 women, findings showed elevated rates of childhood abuse among ethnically diverse lesbian, gay, and bisexual (LGB) adults. Out of 144 LGB participants, 47.5% of lesbians, 49.2% of bisexual women, 38.8% of gay men, and 47.1% of bisexual men reported intimate partner violence (IPV) victimization, indicating higher experiences of childhood abuse among LGB individuals compared to heterosexuals.

In Tjaden et al.'s study (2000) involving 16,000 participants, including 79 women and 65 men in same-sex relationships, 35.4% of women and 21.5% of men reported experiencing same-sex intimate partner violence (SSIPV) throughout their lifetime. The study concluded that the prevalence of SSIPV was higher than that of intimate partner violence in heterosexual relationships.

In Halpern et al.'s study (2004) with a sample of approximately 90,000 students, including 117 in same-sex relationships, 13.1% of women and 8.8% of men reported experiencing same-sex intimate partner violence (SSIPV) throughout their lifetime. The study observed a higher prevalence of IPV, with one-quarter of adolescents in same-sex relationships experiencing victimization compared to heterosexuals.

In Hester and Donovan's study (2009) conducted in the U.K with a sample of 800 people, including 67 LGBTQ individuals, findings revealed that 40.1% of women and 35.2% of men reported experiencing same-sex intimate partner violence (SSIPV) throughout their lifetime. The study concluded that same-sex IPV is a significant issue in the U.K compared to intimate partner violence (IPV) in heterosexual relationships.

In Waterman et al.'s study (1989) conducted in the northeastern USA with 36 women and 34 men in lesbian and gay relationships, it was reported that 30.6% of women and 12.1% of men experienced same-sex intimate partner violence (SSIPV) throughout their lifetime. The study observed higher rates of IPV among men and women in same-sex relationships compared to heterosexual relationships.

Sr. No	Name of Paper	Authors	Year	Journal Name	Variables	Major Findings
1	Identity Abuse as a Tactic of Violence in LGBTQ Communities : Initial Validation of the Identity Abuse Measure	Julie M. Woulfe and Lisa A. Goodman.	2018	Journal of Interperson al Violence	IPV/IA(Ide ntity Abuse), LGBTQ	The people who identify as queer had the highest rates of IA of about 48.6%, then followed by the bisexual participant of about 48%, then followed by the lesbian participant of about 35.3% and then followed

# Table No. 1 Result Table of ROL

RESULTS

Sr. No	Name of Paper	Authors	Year	Journal Name	Variables	Major Findings
						by gay participants 26%.
2	Intimate Partner Violence Victimization among Heterosexuals , Gay, Lesbian and Bisexual College Students: The role of Pro- abuse Peer Support	Walter S. DeKeseredy,Jam es Nolan, Amanda Hall- Sanchez & Adam M. Messinger	2018	Journal of Aggression , Maltreatme nt, Trauma	IPV, LGB college students	It was found out that the rate of IPV in LGB students i.e 22.3% where n=89, was higher compared to the heterosexual students i.e 18.3% where n=843.
3	The National Intimate Partner and Sexual Violence Survey	Mikel L. Walters, Jieru Chen, and Matthew J. Breiding	2013	-	IPV, SSIPV(Sa me-Sex Intmate Partner VIolence)	It was found that a high level of violence is been seen in a bisexual woman. It was found that bisexual men experience a high level of sexual violence other than rape. It was also found out that gays and lesbians experience an equally high or higher amount of violence as compared to heterosexuals.
4	Sexual Orientation Disparities in History of Intimate Partner Violence: Results from the California Health Interview Survey	Naomi G. Goldberg, and Ilan H. Meyer	2013	Journal of Interperson al Violence	IPV and LGB	It was reported that the prevalence of lifetime IPV in bisexual women and homosexual men were much higher as per heterosexuals.

Sr. No	Name of Paper	Authors	Year	Journal Name	Variables	Major Findings
5	Addressing Intimate Partner Violence in Lesbian, Gay, Bisexual, and Transgender Patients	Kevin L. Ard and Harvey J. Makadon.	2011	-	IPV and LGBT	It was found that that 21.5% of men and 34.4% of women had reported having a history of physical abuse throughout of lifetime by same-sex intimate partners. Men and women had a rate of 7.1% and 20.4% respectively by opposite sex life partners.
6	Invisible Victims: Same-Sex IPV in the National Violence Against Women Survey.	Adam M. Messinger	2011	Journal of Consulting and Clinical Psychology	IPV and LGB	It was found out that IPV in LGB significantly twice more prevalent than in heterosexuals
7	Researching Domestic Violence in Same-Sex Relationships —A Feminist Epistemologi cal Approach to Survey Development	Hester. M., and Donovan. C.	2009	Journal of Lesbian Studies	IPV and LGBTQ	It was reported that 13.1% of women face violence by there same-sex intimate partner throughout there lifetime and was found that 8.8% of men respectively have been victims of same-sex IPV throughout the lifetime. It was concluded that same sex IPV was considerable issue in UK as compared to IPV in hetrosexuals
8	Internalized Sexual Minority Stressors and Same-Sex Intimate Partner Violence	Amana F. Carvalho & Robin J. Lewis & Valerian J. Derlega & Barbara A. Winstead & Claudia Viggiano	2006	-	Same-sex IPV, minority stress	It was seen that one quarter of gays and lesbians observed to be victims of the same sex Intimate Partner Violence.

Sr. No	Name of Paper	Authors	Year	Journal Name	Variables	Major Findings
9	Childhood Abuse and Mental Health Indicators Among Ethnically Diverse Lesbian, Gay, and Bisexual Adults	Kimberly F. Balsam, Keren Lehavot, Blair Beadnell, and Elizabeth Circo	2005	Journal of Consulting and Clinical Psychology	Childhood abuse and LGB	It was reported that LGB people have higher experience of childhood abuse as compared to that of heterosexuals.
10	Violence in Lesbian/Gay/ Bisxual/Trans gender/Queer [LGBTQ] Communities	Janice Ristock	2005	-	Violence and LGBTQ	It was found out that violence in LGBTQ relationships had similar or higher rates of IPV with comparisons to heterosexual relationships.
11	Prevalence of Partner Violence in Same-Sex Romantic and Sexual Relationships in a National Sample of Adolescents	Halpern, C. T.,Young, M.L.,Waller,M. W.,Martn, S. L., & Kupper, L. L.	2004	Journal of Adolescent Health	-	It was found that about one-quarter of the adolescent's populations were victims of IPV which is higher as compared that of hetrosexual.
12	A Descriptive Analysis of Same-Sex Relationship: Violence for a Diverse Sample	Susan C. Turell	2000	Journal of Family Violence	same-sex relationship s,LGBT, IPV	It was found that the rate of physical violence and sexual violence had similar rates as compared to heterosexuals. It was also reported from the study that same- sex relationship and IPV was a significant problem in the major portion of the LGBT community.
13	Extent, Nature, and Consequence s of Intimate	Tjaden, P. & Thoennes, N.	2000	-	SSIPV(Sa me-Dex Intimate	It was found the rate of SSIPV was more higher than intimate Partner

Sr. No	Name of Paper	Authors	Year	Journal Name	Variables	Major Findings
	Partner Violence				Patner violence)	Violence in Hetrosexuals.
14	Sexual Coercion in Gay Male and Lesbian Relationships : Predictors and Implications for Support Services.	Waterman, C. K., Dawson, L. J., & Bologna, M. J.	1989	The Journal of Sex Research	IPV and LG	It was found that same sex IPV among men and woman as compared to IPV in hetrosexuals

The findings according to the review of the literature suggest that the lifetime prevalence of Intimate Partner Violence in LGBT is as high or higher than the general population.

# DISCUSSION

We live in an hetronormative society where LGBTQ people are treated shamefully, from the review of the literature we get to know that a large amount of the population who identify themselves as queer undergo violence by their intimate partners.

According to research intimate partner violence can be used to stigmatize the community people itself which can lead to oppression and social marginalisation. (Kaschak, 2001; Ristock, 2003). In an hetronormative society, there are culturally made ideologies regarding masculinity and femininity which discourages the LGBTQ IPV victims to openly discuss or report the violence happened to them. As people have a perceived stigma about that gay men are less masculine than heterosexual men, while as in homosexual women IPV is considered to be harmless because a pre-made perception that women are physically are not strong and dangerous. (Ristock & Timbang, 2005). It is also observed that LGB community people have been facing additional victimization and have faced homophobia when they report the IPV or abuse to the police. (Barnes,1998; Burke et al., 2002; Bentley et al., 2007; Guadalupe-Diaz & Yglesias, 2013).

We can say that one of the biggest myth is that violence happens due to mutual conflict, especially in homosexual male couples, as it is perceived that men fight equally as they have comparable strength. It was proved that social attitude regarding tolerating violence in homosexual men, it was considered normalised and admissible as means of a disagreement or because of more violence seen in between male roles (Baker et al., 2013).

From a few studies (Austin et al., 2002; Girshick, 2002; Balsam & Szymanski, 2005; Bornstein et al., 2006; Messinger, 2011; Galletly et al., 2012), it was seen that bisexual people face a lot of stress due to IPV because they haven't been supported by LGBT community, they have been marginalized, and aren't considered as a part of the community by gays and lesbians, as well are also stigmatized by the heterosexual. It is seen to be perceived that bisexual people have the heterosexual privilege and due to which gay and lesbian people do not consider victimatizion as seriously. Studies have also shown that biphobia within the LGBTQ have increased risk of IPV in between the bisexual partners and have very less no of help giving resources for these victims. (Austin et al., 2002; Girshick, 2002; Balsam &

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Szymanski, 2005; Bornstein et al., 2006; Messinger, 2011; Galletly et al., 2012). Unlike heterosexual, homosexual and bisexual men and woman experience, a lot of emotional, physical and sexual abuse and the outcomes of are very severe which also include physical injury, social isolation, property loss, disruption to their work education and career paths of there life. (Buford et al., 2007; Chard et al., 2012; Barrett, 2015). There are culturally made ideologies regarding masculinity and femininity which discourages the LGBTQ IPV victims to openly discuss or report the violence happened to them. It was also seen that people who undergo IPV may have high risk and chances of having physical and mental health problems like HIV and STD, high prevalence of drug and alcohol and drug abuse. It was also observed that LGBTQ people face twice the amount of mood disorders as compared to the heterosexual population who have been victims of IPV. (Bishop & Capezza, 2014)

We can say that the LGBTQ community faces equal to a high or higher amount of intimate partner violence as compared to heterosexuals. These people face barriers to get help due to their unique sexual orientation or gender identity. There is a lack of awareness by the society of the different types of violence which are being faced by the LGBT community. Which generally goes unnoticed or isn't taken into account in a heteronormative society, which leads these people to make them feel they lack in power to register a case of violence done against these people, which indeed leads them to have trauma and other emotional and mental problems in their life.

# Limitations

The limitations that were found, the studies that talk about IPV among LGBT individuals did not have standardised definitions. The definitions of gender orientation varied among different studies, which implies that there was a lack of standard definitions and comparative analysis. There are very limited research has been done on transgender population related to intimate partner violence. This Paper does not solely give a conclusion that IPV in the LGBT community is the same or higher or higher than the normal population, it only draws out this conclusion for the research papers taken for this systematic review. The research which was done on this topic was very limited and was only in the U.S population, there is a need for research to be done on IPV and LGBTQ in different geographical locations of the world to know its prevalence in different areas and its effects on one's physical and mental health. There's also a need to study the prevalence, risk factors, effect and help-seeking in the context of IPV among the LGBTQ community.

# Future Implications

As for the future, the discrimination against LGB individuals should be ceased to exist, or in the least be lessened that it doesn't affect the psyche of LGB people. Doctors and other hospital staff should also be trained in a proper manner to give proper care for victims of IPV in the LGBTQ community. There is a need for forming reforms, programs and support groups for those who have been victims of IPV in the LGBTQ community. Several workshops, reforms, forums and projects need to be established for perpetrators of violence and victims of violence to have a healthy relationship.

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### **Conflict of Interest**

The author declared no conflict of interest.

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