



## Emotional/psychological

### Activity 5: Indicators of abuse / harm / neglect

# Category of Abuse: Emotional / Psychological Abuse

Threats of harm or abandonment, coercive control, humiliation, verbal or racial abuse, isolation or withdrawal from services or supportive networks (coercive control is an act or pattern of acts of assault, threats, humiliation, intimidation or other abuse that is used to harm, punish or frighten the victim).

#### INDICATORS

##### Physical

- self-harm / Injury
- sleep disturbances
- change in appetite, weight loss
- isolation in a room
- inappropriately or oddly dressed by carer

##### Emotional

- passivity
- agitation
- confusion
- resignation
- fearfulness
- depression
- suicidal ideation
- helplessness
- tearfulness
- low self esteem

##### Behavioural

- insomnia
- recoiling from the approach of carer(s)
- avoidance of eye contact
- cowering
- head banging, hand biting
- running away, not wanting to go home

##### Social

- an air of silence when the abuser is present
- overtly subservient or anxious to please
- excessive and inappropriate craving for affection
- anxiety / stress / fearfulness around a particular person or place
- social activities and friendships controlled by the abuser
- age-appropriate peer interaction (e.g. on-line) prevented
- unwilling to allow visitors into home

#### WHERE MIGHT THIS HAPPEN?

- person's own home
- residential care home
- nursing home
- hospital
- school / college
- daycare
- nursery
- childminders
- sheltered accommodation
- relative's home
- public place

#### WHO MIGHT BE INVOLVED OR CAUSING THIS?

- domiciliary carer
- residential carer
- relative / parent / child / spouse / other carer
- support worker
- professional