

# UNHEALTHY INTIMATE RELATIONSHIPS

## FINDINGS FROM THE YARAH STUDY

### WHAT ARE THE EXPERIENCES OF YOUNG PEOPLE IN THE UK, AND WHAT CAN BE DONE TO HELP?

**3,299**  
PARTICIPANTS

**20**

YOUNG PEOPLE  
(AGED 19-25)

INTERVIEWED IN-DEPTH

**3,279**

YOUNG PEOPLE

ANSWERED SURVEY QUESTIONS  
(CHILDREN OF THE 90'S STUDY)



#### AIMS OF THE STUDY

- BUILD A PICTURE OF WHAT YOUNG PEOPLE WHO HAVE BEEN ABUSED IN INTIMATE RELATIONSHIPS **MIGHT EXPERIENCE OVER THE COURSE OF THEIR LIFE**
- **UNDERSTAND WHAT MIGHT BE DONE**, BOTH TO PREVENT ABUSE AND HELP THOSE WHO HAVE EXPERIENCED ABUSE, IN FUTURE

#### WHAT DID WE FIND?

- LISTENING TO YOUNG PEOPLE'S **LIFE EXPERIENCES BEFORE INTIMATE PARTNER VIOLENCE AND ABUSE** HELPS US TO **BETTER UNDERSTAND WHAT HELPED THEM**
- MANY **YOUNG PEOPLE** HAD BEEN **MULTI-VICTIMISED** AND HAD **NEGATIVE EXPERIENCES WHEN TRYING TO SEEK HELP**
- THIS HAD LEFT THEM **LONELY AND VULNERABLE TO MORE ABUSE** INCLUDING AN ABUSIVE INTIMATE RELATIONSHIP



#### HOW DO OUR FINDINGS HELP?

THEY SHOW THAT:

**Abusive relationships are a big problem among young people** – it was very common and typically the abuse was not just a 'one-off' event, particularly for women

There is a **range of factors that can mean a child or teenager is more vulnerable to abuse later** —> Key ones are mental health problems, feeling isolated, and not listened to  
Organisations that aim to protect and support young people should take this into account

There is **more that can be done in terms of teaching children and teenagers about healthy relationships** so abuse can be called out, or so someone can feel that they are able to seek help

## HOW WE ANALYSED THE DATA

We **anonymised the data**  
—> so no one can identify those interviewed

We looked for interview **THEMES**

An analyst **summarised patterns in the survey data**

The wider research team then spent time looking at both interview themes and questionnaire patterns and **wrote up what they found**

We also had young people with lived experience of abuse to give feedback: on how we did our research to help us to understand our findings

## SHARING OUR FINDINGS

- WE ARE **GIVING FEEDBACK** TO:
  - THE **PARTICIPANTS** OF THE INTERVIEWS
  - THE PARTICIPANTS OF THE QUESTIONNAIRE STUDY
  - **THE MEDICAL RESEARCH COUNCIL**

- WE HAVE **PUBLISHED THE FOLLOWING ARTICLES** IN SCIENTIFIC JOURNALS (CLICK THE LINKS BELOW TO READ):

[RISK FACTORS FOR INTIMATE PARTNER VIOLENCE AND ABUSE](#)

[PATTERNS OF PSYCHOLOGICAL, PHYSICAL, AND SEXUAL VICTIMISATION AND PERPETRATION](#)

[THOSE VICTIMISED MAY BE MORE VULNERABLE TO DEPRESSION](#)

[THE LOOP OF LONELINESS, BEING SILENCED, AND VULNERABILITY AMONG THOSE VICTIMISED](#)

- WE HAVE PRODUCED **A REPORT** TO SHARE WITH ORGANISATIONS THAT CAN HAVE AN INFLUENCE ON HOW YOUNG PEOPLE IN ABUSIVE RELATIONSHIPS ARE HELPED. THESE INCLUDE INTIMATE PARTNER VIOLENCE AND ABUSE CHARITIES, SUCH AS SAFE LIVES ([HTTPS://SAFELIVES.ORG.UK/](https://safelives.org.uk/)), AND NEXT LINK ([HTTPS://NEXTLINKHOUSING.CO.UK/](https://nextlinkhousing.co.uk/)).  
**SEE:** [HTTPS://WWW.BRISTOL.AC.UK/POLICYBRISTOL/POLICY-BRIEFINGS/YOUNG-ADULT-RELATIONSHIPS/](https://www.bristol.ac.uk/policybristol/policy-briefings/young-adult-relationships/)

STUDY WEBSITE



Thank you

to all the young people who took part – without you, research into improving young people's health and wellbeing would not happen

CO-PRODUCED WITH PUBLIC CONTRIBUTOR LOUISE TING

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