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Violence against Women and Mental Health in Timor-Leste: Findings from the *Nabilan* Baseline Study

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**Australian
Aid** 

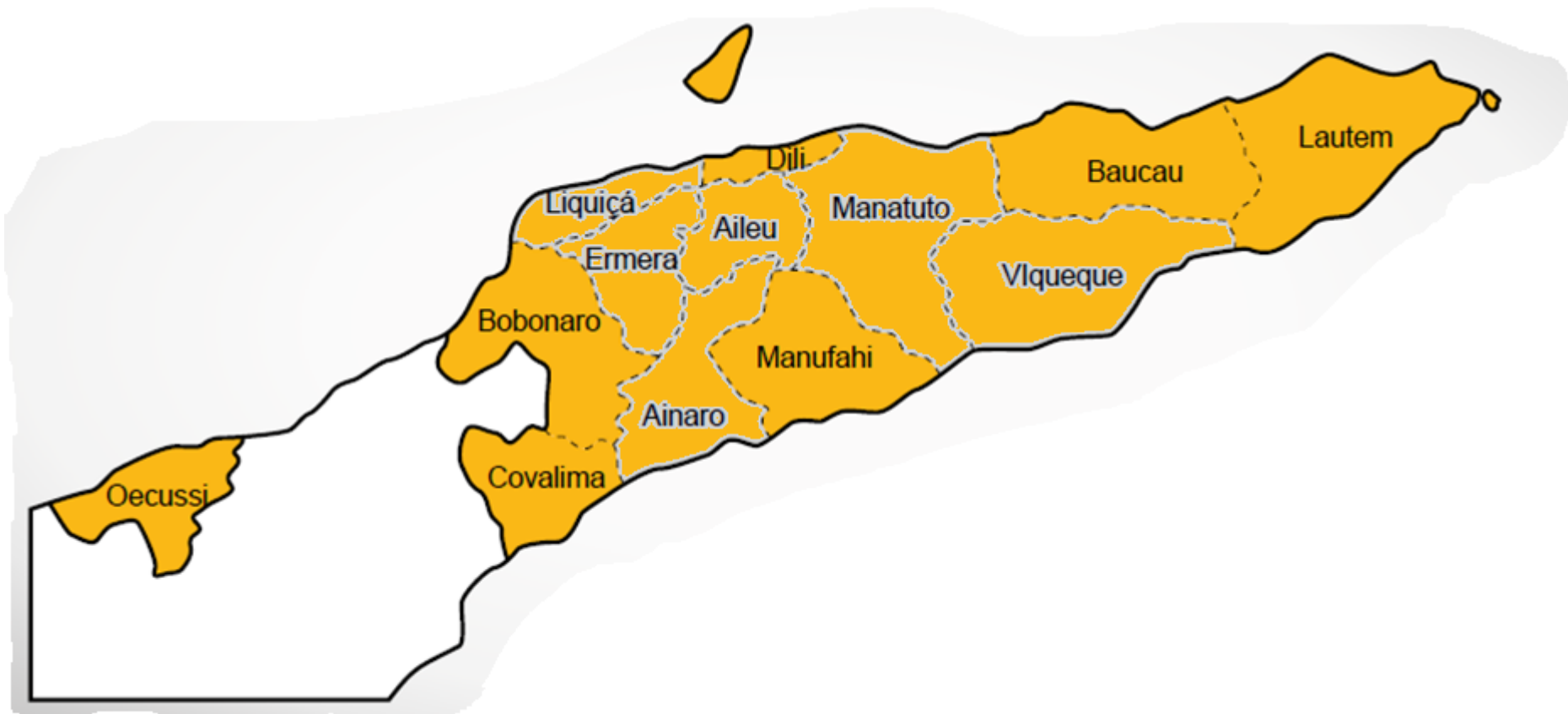


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Where?

Nationally-representative female survey conducted in 5 randomly-selected municipalities.

Male survey representative of Dili and Manufahi.





WHO Multi-Country Study on Women's Health & Domestic Violence against Women

UN Multi-Country Study on Men and Violence

1,426 interviews

433 in Dili

406 in Manufahi

Age 15-49

Age 18-49

WHO/PATH Ethical and Safety Guidelines on Researching VAW

SVRI guidelines for research on men's perpetration

Ethics approval from the Ministry of Health

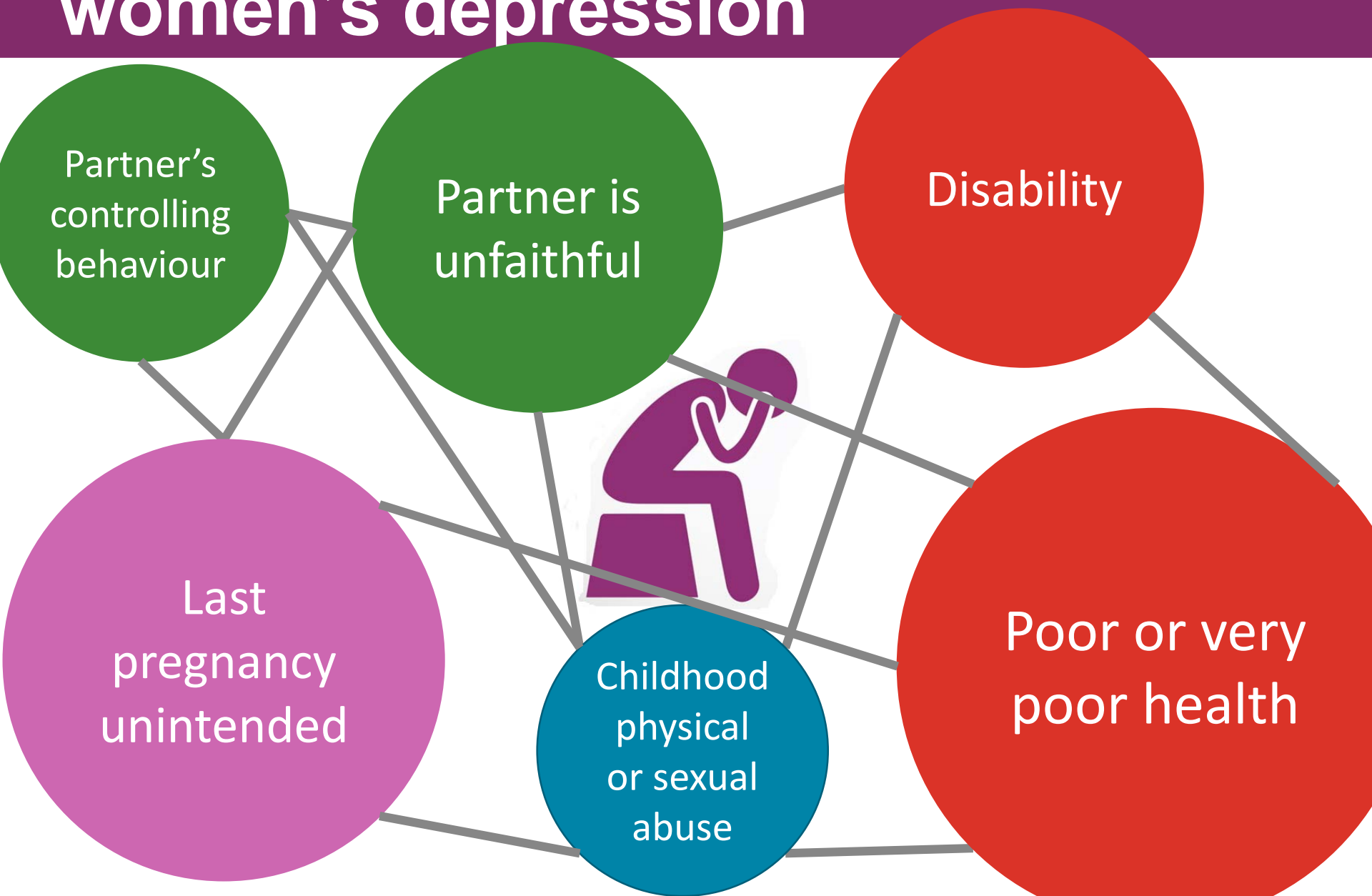
Methodology approved by National Directorate of Statistics



Women's mental health

- Overall, **more than half (53%)** of all women had symptoms of **depression**.
- **10%** of all women had ever **thought** about committing **suicide**.
- **3%** of all women ever **attempted** **suicide**.

Multivariate associations with women's depression



Women's experiences of intimate partner violence (IPV)

Overall, three out of five (**59%**) ever-partnered women have experienced physical and/or sexual **intimate partner violence** in their life.



Experienced IPV

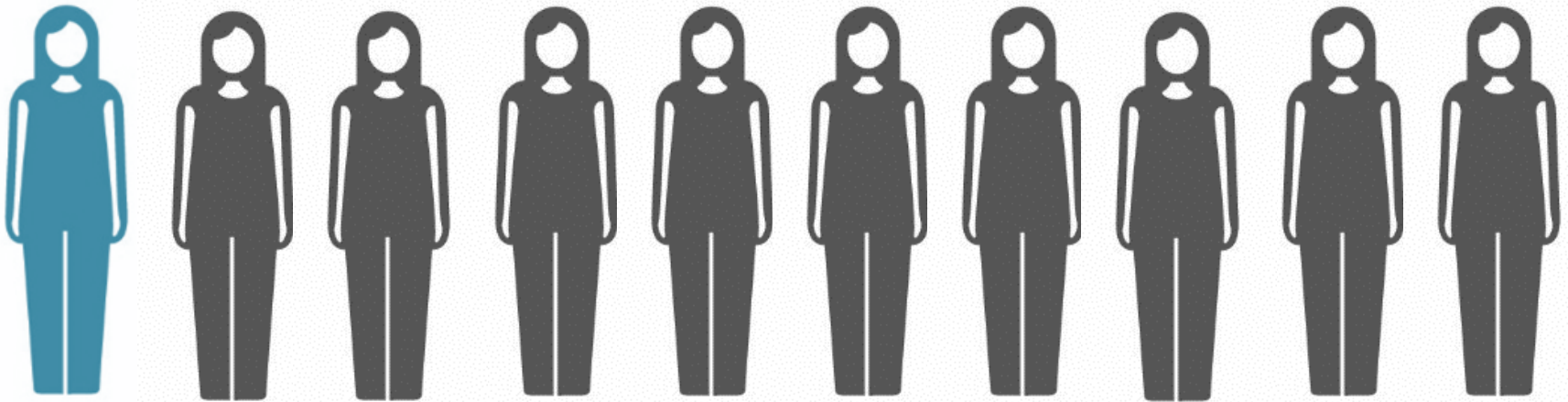


Never experienced IPV



Women's experiences of non-partner rape

14% of all women were ever **raped by a man who was not their partner**, and **10%** in the past year.



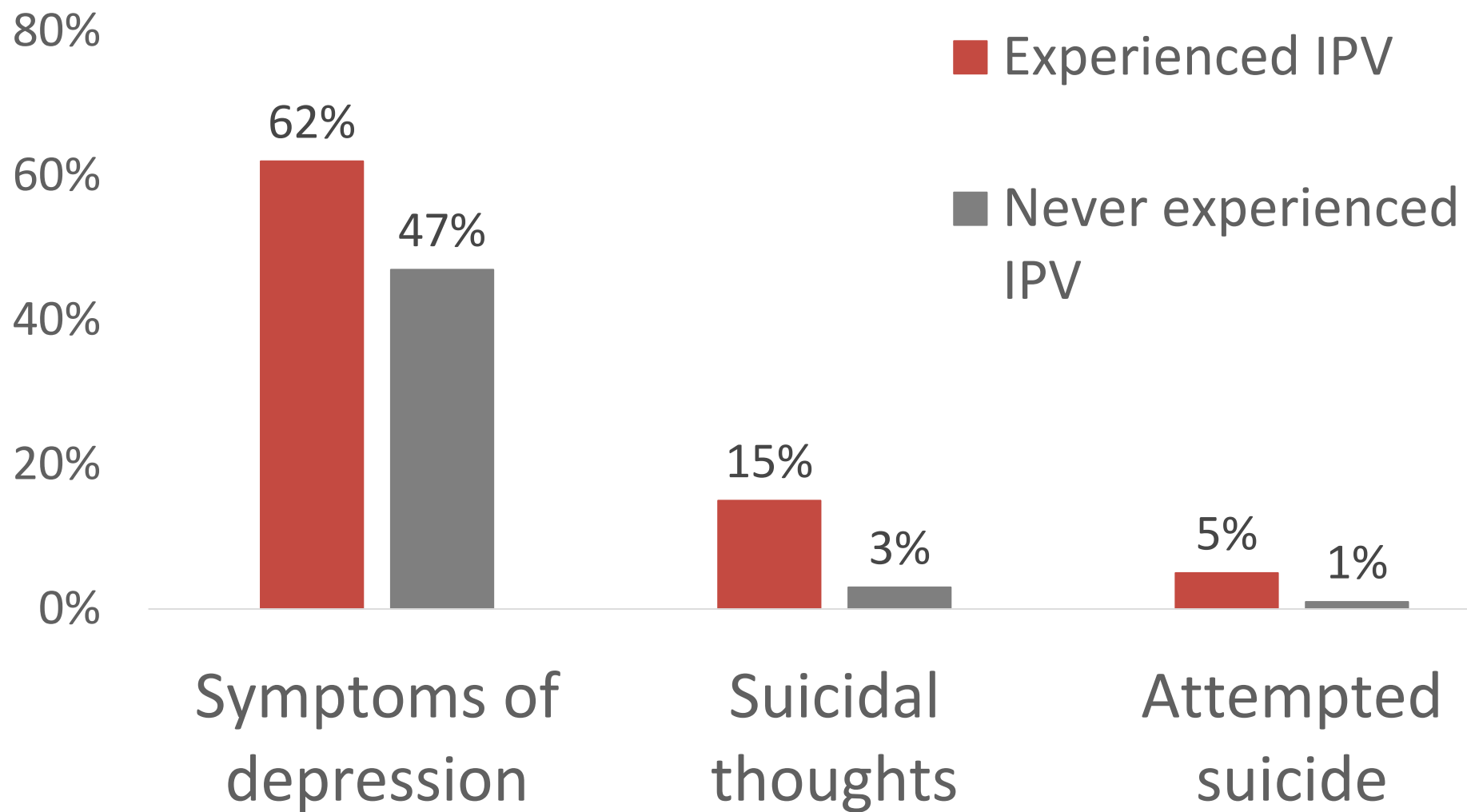
Experienced non-partner rape



Never experienced non-partner rape

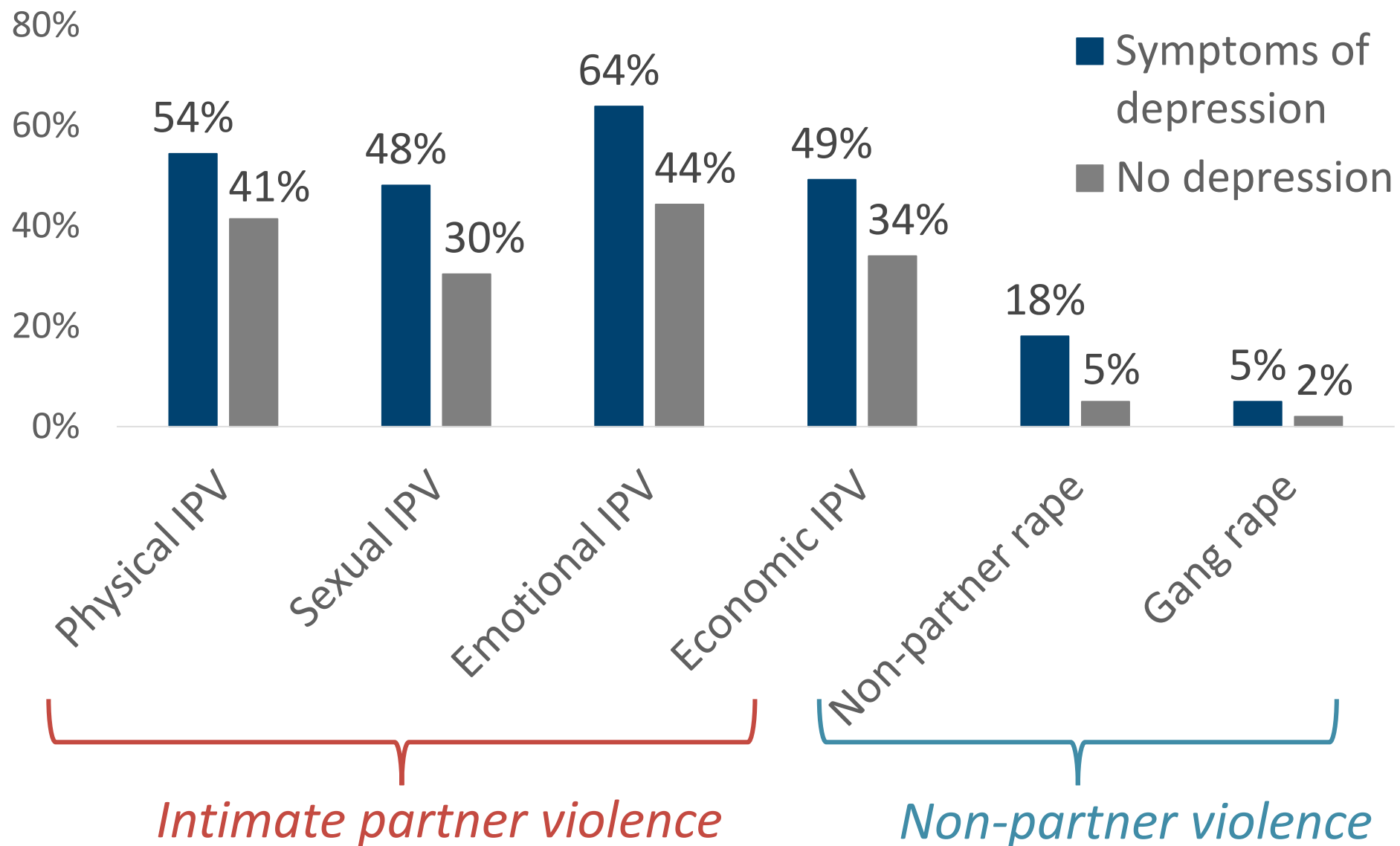


Women's mental health and intimate partner violence





Women's depression and lifetime experiences of violence





Men's mental health

- Overall, **around one third** (30% in Dili and 34% in Manufahi) of all men had symptoms of **depression**.
- **5%** in Dili and **4%** in Manufahi of men had ever **thought** about committing **suicide**.
- **Around 1%** of men in both sites ever **attempted suicide**.
- **11%** of men in both sites had symptoms of **Post-Traumatic Stress Disorder** (PTSD).

Bivariate associations with men's depression

Anti-social behaviour:

- Drugs
- Gang

Sexual practices:

- Sex with a sex worker
- Transactional sex

Socio-economic factors:

- Primary or no education
- Food insecurity



Violence:

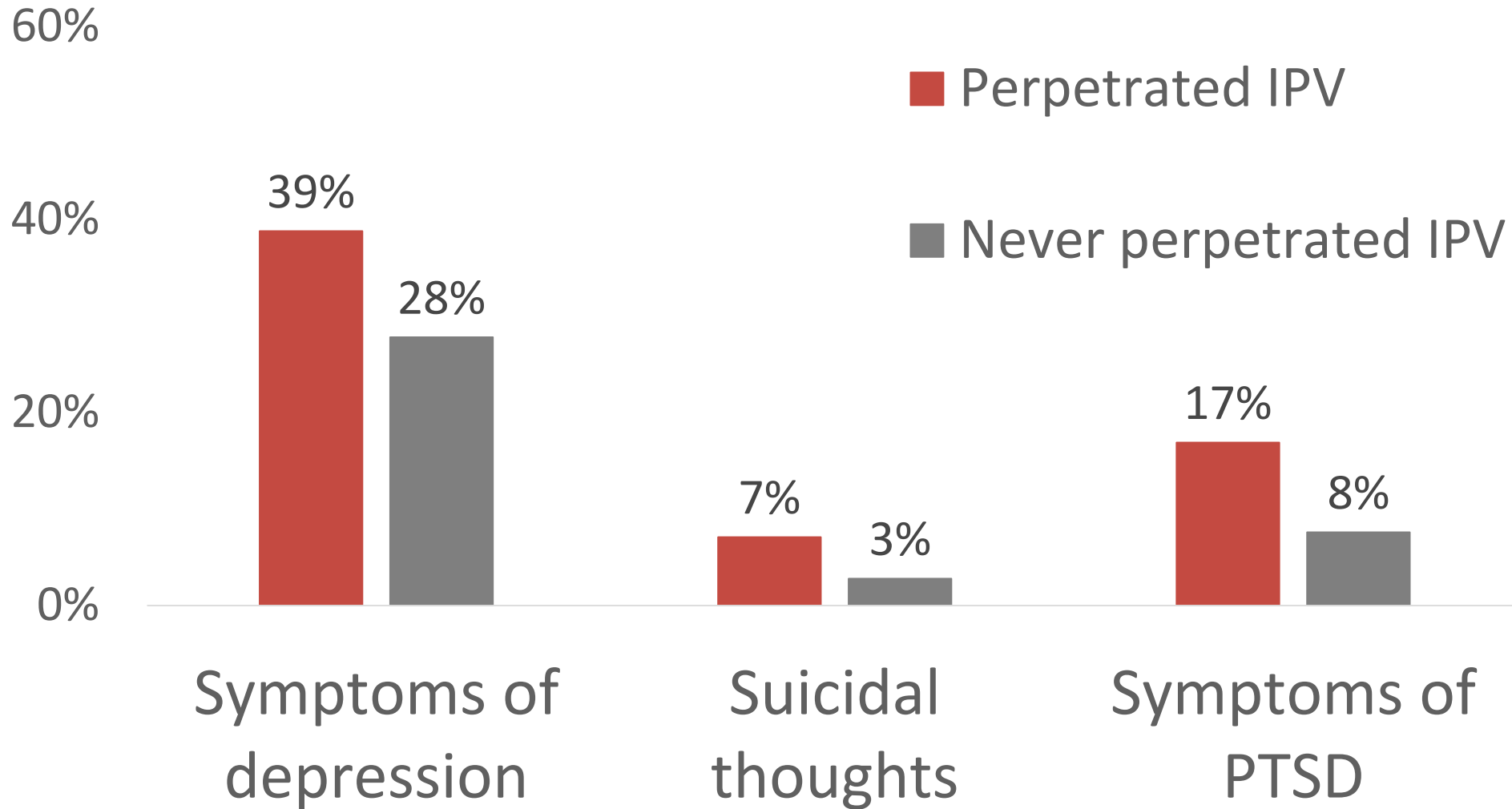
- Experienced violence in conflicts
- Experienced violence outside home
- Sexual victimization
- *Perpetrated IPV and NP SV against women*

Health:

- Disability

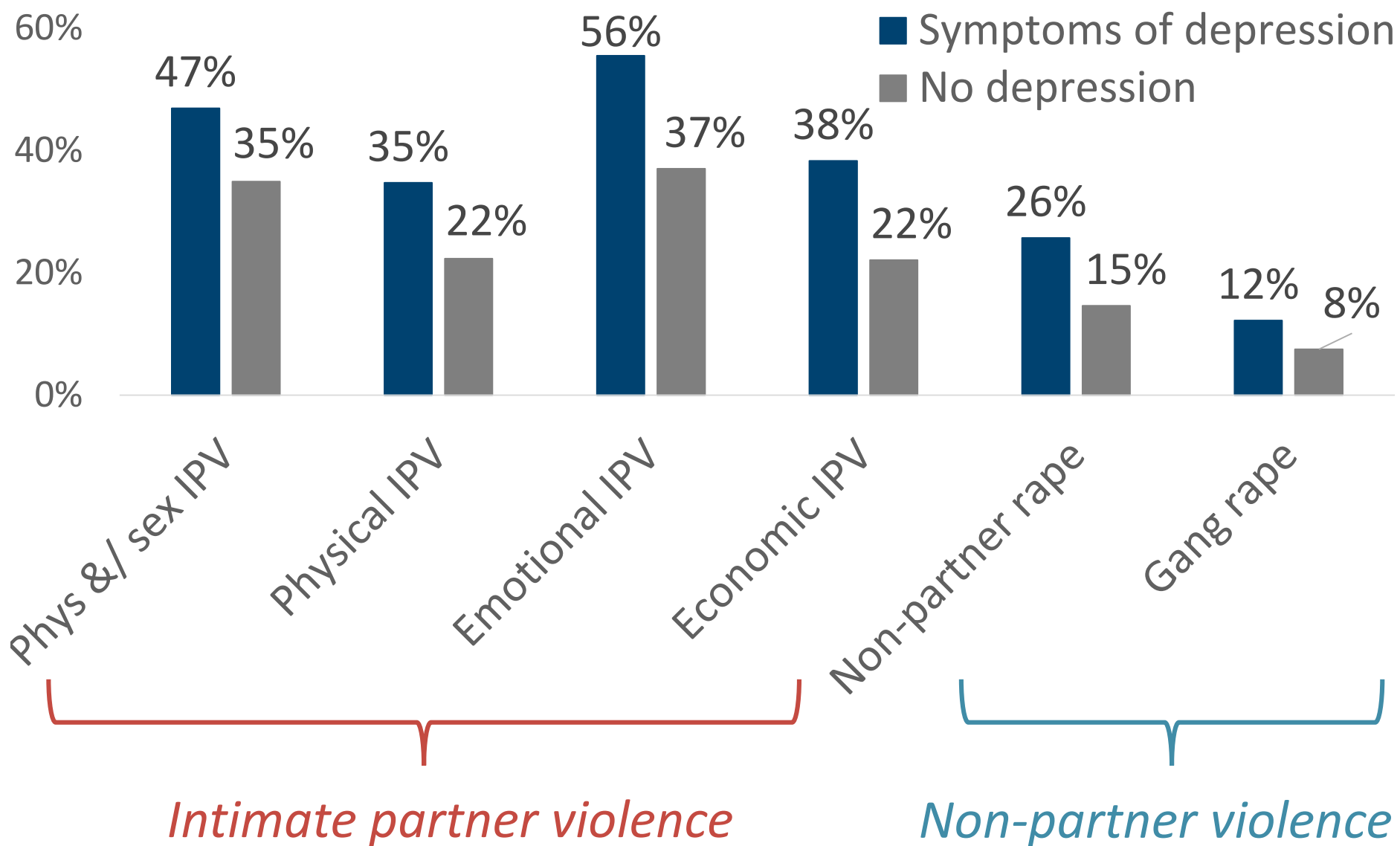


Men's mental health and intimate partner violence perpetration



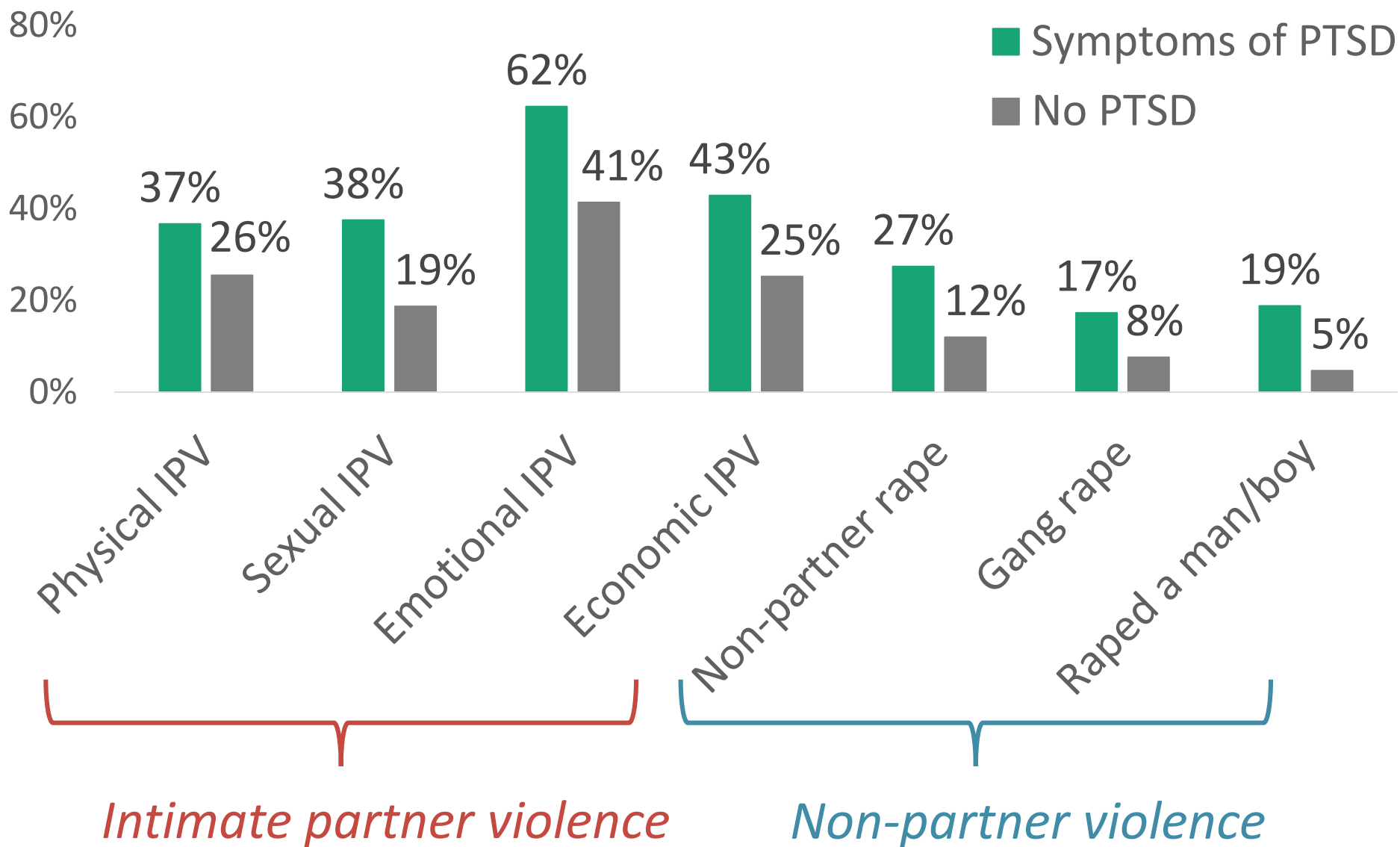


Men's depression and lifetime violence perpetration

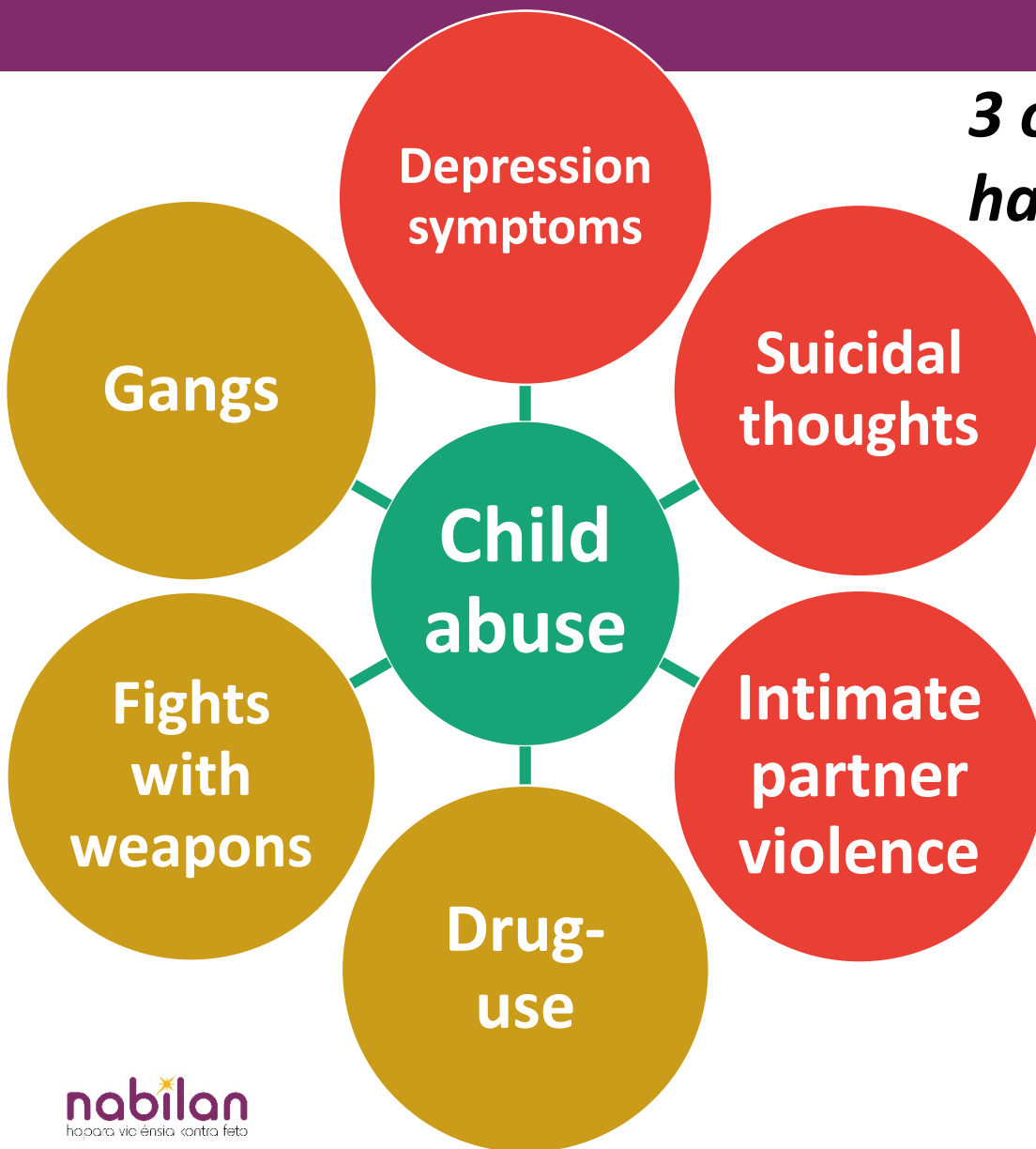




Men's PTSD and lifetime violence perpetration



Impact of child abuse



3 out of 4 women and men had experienced child abuse

- Associated with women and men's experiences
- Associated with men's experiences only



Conclusions

- Poor mental health, a significant problem in TL, particularly for women.
- Mental health issues associated with IPV and non-partner sexual violence.
- Experiences of childhood abuse linked to mental health concerns for both women and men.
- Poor mental health associated with disability.
- Men's experiences of violence during conflict and engagement in violence outside home linked to mental health issues.



Recommendations

- ✓ Support development of mental health services, with communication campaigns to reduce stigma.
- ✓ Increase awareness of health workers, service providers, and policymakers, about violence and mental health.
- ✓ Advocate for psycho-social supports for children who experience or witness violence.
- ✓ Develop programs and campaigns on non-violent ways of being a man and reduce social acceptance of men's use of violence.
- ✓ Government of TL should be funding services and taking more active role in violence prevention.



Nabilan's work in this area

- Implementing certified social services training program to build service providers' skills to identify and respond to violence.
- Providing grants and TA to local NGOs, including for psychosocial counselling.
- Training on gender equity and violence prevention.
- Advocating for inclusion of section on violence in national mental health strategy.
- Messaging on respectful relationships and non-violent masculinities.
- Supporting local feminist movements on advocacy.
- Sharing our research findings widely.



For more information, visit:

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