

Socio-Demographic Profile of Patients with Betrayal Trauma: A Cross-Sectional Study

Bilal Ahmad Teli¹, Samina Bano²

ABSTRACT

Introduction With an emphasis on betrayal trauma, because the traumatic events involve some degree of social betrayal. The aim was to assess the socio-demographic profile of population with betrayal trauma.

Material and methods: A Sample of 200 young adults trauma experienced for the current study was taken on purposive basis with the age ranged from 20-30 years from different areas of Delhi. The Socio-demographic Data Sheet and Brief Betrayal Trauma Survey (BBTS) were applied to identify socio-demographic profile and betrayal trauma (high and low) respectively.

Results: Among the majority of the sample 55 (27.5%) belong to the age group of 18-25 years having more female participants 55(27.5%) having the exposure of high betrayal trauma. Findings shows that among the trauma cases majority were having under graduation 47 (23.5%) with 53 (26.5%) as females exposed the high betrayal trauma. Majority of the sample were reported from females with high betrayal trauma and male with low betrayal trauma.

Conclusions: Among the majority of the sample belong youths having more female participants with exposure of high betrayal trauma, youths have experienced at least one trauma, with the majority of trauma survivors experiencing multiple traumatic events. Being less educated and the women gender may perceived in a situation in which women may often find themselves, in a role without as much power as those around them in society.

Keywords: Socio-Demographic, Betrayal Trauma.

INTRODUCTION

Interpersonal trauma perpetrated by a trusted caregiver or significant other is a betrayal trauma. For example, abuse perpetrated by caregivers either physical or sexual are more highly significant betrayals than are victimizations perpetrated by strangers or individuals in situations in which trust or reliance on the perpetrator for physical or emotional needs is absent. Many traumatic events involve some degree of social betrayal. Some form of trauma is less likely to involve social betrayal, such as natural disasters. Adult betrayal trauma and childhood sexual abuse are gender asymmetric. Moreover, the different number of trauma types is examined by level of betrayal, traumas higher in betrayal are a stronger predictor of trauma-related symptoms compared to traumas lower in betrayal.¹ Studies further suggest that some trauma types (i.e., high-betrayal traumas) may be more harmful than others. Betrayal traumas may not threaten death or physical injury, but can be damaging to well-being, relationships, self-concept, and

beliefs about others and the world. Such traumas represent a mismatch between what “should be” (e.g., people do not intentionally harm one another) and what is (you have been harmed by another person).² Study conducted with a history of childhood physical abuse on university women and found more experience a variety of health symptoms,³ similarly studies reported that childhood or adult with abuse histories in women population were more likely to experience chronic fatigue, headache, asthma, bladder problems, pain, diabetes, and heart problems.⁴ Research that has integrated a person-centered approach confirms that trauma survivors often experience more than one trauma type, with some tending to experience multiple different trauma types and a more complex symptom presentation.^{5,6} Betrayed spouses can be sad and depressed one minute, filled with rage and anger the next, and then desperately affectionate, loving, and even sexual the next. And their moods can swing from one extreme to the other with little to no warning.

The aim of the current study was to assess the socio-demographic profile of population with Betrayal Trauma.

MATERIAL AND METHODS

Measures

Socio-demographic Data Sheet: It was developed to collect information on some socio-demographic profile which are relevant in the context of experienced and witnessed trauma. It includes variables of gender (male & female), age (18-25 and 26-30 years), domicile (rural & urban), education (B.A, P.G & post P.G) and relationship status (single, engaged, married & divorced).

Brief Betrayal Trauma Survey (BBTS):⁷ It is a 14-item self-report, measures trauma exposure and betrayal at two time-points before age 18 years and after 18 years of age. The respondents are to indicate how many times they have experienced different interpersonal and non-interpersonal traumas both before and after age 18. Items were categorized

¹Consultant Clinical Psychologist, Department of Psychiatry, SKIMS Medical College & Hospital Bemina, Srinagar, Jammu & Kashmir, ²Associate Professor, Department of Psychology, Jamia Millia Islamia, New Delhi, India.

Corresponding author: Bilal Ahmad Teli, Consultant Clinical Psychologist, Department of Psychiatry, SKIMS Medical College & Hospital Bemina, Srinagar, Jammu & Kashmir, India.

How to cite this article: Teli BA, Bano S. Socio-demographic profile of patients with betrayal trauma: a cross-sectional study. International Journal of Contemporary Medical Research 2021;8(3):C1-C4.

DOI: <http://dx.doi.org/10.21276/ijcmr.2021.8.3.9>



into two levels of betrayal: High betrayal (e.g., traumas perpetrated by someone with whom the respondent was very close), low betrayal (e.g., traumas Perpetrated by someone with whom the respondent was not very close).

In this study the interest was only in identifying or screening trauma exposure and high betrayal and low betrayal trauma after 18 years of age, therefore only the response given on the after 18 years of age was taken in the present study.

Procedure

A Sample of 200 young adults trauma experienced for the current study was taken on purposive basis with the age ranged from 20-30 years from different areas of Delhi. After rapport building and consent seeking from the sample, and in order to identify socio-demographic profile and betrayal trauma (high and low), The Socio-demographic Data Sheet and Brief Betrayal Trauma Survey (BBTS) were applied.

STATISTICAL ANALYSIS

Descriptive statistics like frequency and percentages were used to find the distribution of high betrayal trauma, low betrayal trauma and male, female across various socio-demographic variables. Data was analysed using the software package SPSS version 21.

RESULTS

Table 1 presents the demographic characteristics of the respondent who participated in present research. It also represents the number and percentage of males and females and high betrayal trauma and low betrayal trauma in each demographic category.

Age Distribution: Table 1 indicates that 27.5 percent high betrayal trauma and 26.5 percent low betrayal trauma were in the age group of 20-25 and in the age group of 26-30, there

were 22.5 percent high betrayal trauma and 23.5 percent low betrayal trauma, 26.5 percent male and 27.5 percent females were in the age group of 20-25, 23.5 percent males and 22.5 percent females were in the age group of 26-30 years. Majority of the males and females were in the age group of 20-25.

Domicile: Among the given sample, the majority of respondents i.e., 36.5 percent high betrayal trauma and 39 percent low betrayal trauma, 32.5 percent males and 43 percent females belonged to urban areas. Rural respondents consisted of 13.5 percent high betrayal trauma, 11 percent low betrayal trauma, 17.5 percent male and 7 percent females

Educational Background: The distribution of educational background of the respondents shows that the majority of respondents were having educational qualification U.G (23.5 percent) in high betrayal trauma and 21.5 percent in low betrayal trauma, 18.5 percent in males and 21.5 percent in females.

Occupation: Table 1 is also indicative of the number and percent of the high betrayal trauma, low betrayal trauma, males and females according to their occupation. Of the high betrayal trauma, 15 percent were students/scholars, 11.5 percent were government/ private employees, 3.5 percent unemployed/ housewives, 4 percent were school counselor/social worker, 7.5 were teacher/special educator and 8.5 percent were co-operative sector/ engineer. Among low betrayal trauma, 12 percent were students/scholars, 24 percent were government/ private employees, 3.5 percent unemployed/ housewives, 1 percent were school counselor/ social worker, 12.5 were teacher/special educator and 4.5 percent were co-operative sector/ engineer. Majority of the females were government/ private employees (37 percent)

Demographic variables	Range	Group				Gender			
		High Betrayal Trauma		Low Betrayal Trauma		Male		Female	
		N	%	N	%	N	%	N	%
Age	18-25 years	55	27.5	53	26.5	53	26.5	55	27.5
	26-30 years	45	22.5	47	23.5	47	23.5	45	22.5
Domicile	Rural	27	13.5	22	11	35	17.5	14	7
	Urban	73	36.5	78	39	65	32.5	86	43
Education	Secondary	25	12.5	32	16	34	17	23	11.5
	U.G	47	23.5	43	21.5	37	18.5	53	26.5
	P.G	6	3	11	5.5	11	5.5	6	3
	Post P.G	22	11	14	7	18	9	18	9
Occupation	Student	30	15	24	12	27	13.5	27	13.5
	Govt. employees / Private Employees	23	11.5	48	24	37	18.5	24	37
	Un-employees/ House wife	7	3.5	7	3.5	0	0	14	7
	School counselors/ Social worker	8	4	2	1	1	0.5	9	4.5
	Teacher/ Special Educator	15	7.5	25	12.5	14	7	11	5.5
	Cooperative Sector/ Engineer	17	8.5	9	4.5	21	10.5	5	2.5
Marital Status	Single	38	19	34	17	35	17.5	37	18.5
	Engaged	25	12.5	23	11.5	24	12	24	12
	Married	6	3	5	2.5	3	1.5	8	4
	Divorced	31	15.5	38	19	31	15.5	38	19

Table-1: Description of Socio-demographic profile across group and gender (N= 200)

S no.	Trauma events	Male	Female	Total
1	Experienced a major natural disaster	16 (16%)	11 (11%)	27 (13.5%)
2	Experienced a major vehicle or industrial accident	36 (36%)	12 (12%)	48 (24%)
3	Witnessed someone with whom you were very close committing suicide or being violently injured	36 (36%)	27 (27%)	63 (31.5%)
4	Witnessed someone with whom you were not so close undergoing a similar kind of traumatic event	60 (60%)	32 (32%)	92 (46%)
5	Witnessed someone with whom you were very close deliberately attack another family member	25 (25%)	38(38%)	63 (31.5%)
6	Witnessed someone with whom you were not so close deliberately attack a family member that severely	43 (43%)	23 (23%)	66 (33%)
7	Deliberately severely attacked by someone with whom you were very close	19 (19%)	47 (47%)	66 (33%)
8	Deliberately severely attacked by someone with whom you were not close	21 (21%)	21 (21%)	42 (21%)
9	Made to have some form of sexual contact by someone with whom you were very close	29 (29%)	20 (20%)	49 (24.5%)
10	Made to have some form of sexual contact by someone with whom you were not close	29 (29%)	27 (27%)	56 (28%)
11	Emotionally or psychologically mistreated over a significant period of time by someone with whom you were very close	35 (35%)	48 (48%)	83 (41.5%)
12	Emotionally or psychologically mistreated over a significant period of time by someone with whom you were not very close	45 (45%)	51 (51%)	96 (48%)
13	Experienced the death of one of your own children	0 (0%)	2 (2%)	2 (2%)
14	Experienced a seriously traumatic event not covered in these questions	29 (29%)	20 (20%)	49 (24.5%)

and unemployed/ housewives than males. However, males had a majority in being government/ private employees or student/research scholar.

Marital Status: The above same table also shows the number and percent of the high betrayal trauma, low betrayal trauma, males and females according to their marital status. Of the high betrayal trauma, 19 percent were single, 12.5 percent were engaged, 3 percent married, 15.5 percent were divorced. Among low betrayal trauma, 17 percent were single, 11.5 percent were engaged, 2.5 percent were married and 19 percent were divorced. Majority of the females were divorced (19 percent) than males. Moreover ever, females had a majority in single status.

Table 2 reports the descriptive statistics regarding the number and percentage of participants who reported each type of trauma queried. Out of 12 specific types of trauma which are listed in above table, five items are of high betrayal trauma and seven items are of low betrayal trauma. On a single one item from high betrayal trauma, 83 participants (41.5%) reported on that item, out of which 35 participants were males (35%) and 48 participants were females (48%). 49 participants (24.5%) at least reported on a single item of high betrayal trauma. Out of which 29 participants (29%) were males and 20 participants (20%) were females. From the seven items of low betrayal trauma the highest reported was 96 participants (48%) on one low betrayal trauma items, out of 45 participants (45%) were males and 51 participants (51%) were females. 27 participants (13.5%) at least reported on a single item of low betrayal trauma. Out of which 16 participants (16%) were males and 11 participants (11%) were females. The last two items from the above were keeps to get other types of trauma other than betrayal trauma.

DISCUSSION

The current study comprised of 200 cases with history of betrayal trauma and their socio demographic profile explored. We found that more sample were reported from urban back ground having exposure of low betrayal trauma with female population. Among the majority of the sample 55 (27.5%) belong to the age group of 18-25 years having more female participants 55(27.5%) having the exposure of high betrayal trauma. because the frequently and adverse traumatic events occur among youths. Similar findings were reported in epidemiological research indicates that between 58% and 90% of youths have experienced at least one trauma, with the majority of trauma survivors experiencing multiple traumatic events.^{8,9} Occupation wise study showed that among the trauma victims the high betrayal trauma were reported from Govt. /private employees and low betrayal trauma from students. Our data shows that among the trauma cases majority were having under graduation 47 (23.5%) with 53 (26.5%) as females exposed the high betrayal trauma. Being less educated and the women gender its perceived in a situation in which women may often find themselves, in a role without as much power as those around them in society.¹⁰ Being less powerful and more dependent, these individual may perceive and notice higher betrayal more frequently.² Current study shows that in marital status among the trauma victims, majority of the sample were from divorced with high betrayal trauma in females population. On high betrayal trauma (e.g., assault by someone close to the girl or woman), majority of the sample were reported on it, out of which female had higher score than male, that means more female are having exposure of high betrayal trauma in their life time as compared to male counterpart, because the childhood abuse are found more in girls than

boys, and more women than men are abused in intimate relationships; abusers are more likely to be men than women. Similar findings were also reported in which approximately one in four adults women is a survivor of childhood sexual abuse and the rates go up when adult victimization is included.¹¹⁻¹⁵ Moreover the higher population was seen in the low betrayal trauma (e.g. assault by someone not close to the boy or man), the majority was reported from male population as compare to female population. Because men were more likely to report exposure to accidents, particularly in adulthood whereas women report more sexual abuse in both childhood and adulthood same findings were reported from the studies that many more women than men reported having experienced mistreatment by someone close to them, whereas more men than women reported mistreatment by someone not close.^{16,7}

CONCLUSION

Keeping in view the discrepancies in the methodology in trauma exposure young adults, the present study was designed to study the effects of socio demographic profile of patients with betrayal trauma. The present study was exploratory research in nature with self reporting. The current findings inform health professionals about the diverse range of symptoms associated with betrayal trauma. Young adults exposed to betrayal trauma may have difficulty noticing, reporting, and understanding their own emotional states, which may impede health assessment and interventions.

REFERENCES

1. Martin, C. G., Cromer, L. D., DePrince, A. P., & Freyd, J. J. The Role of Cumulative Trauma, Betrayal, and Appraisals in Understanding Trauma Symptomatology. *Psychological Trauma: Theory, Research, Practice, and Policy*, 2013;5:110–118.
2. DePrince, A. P., & Freyd, J. J. (2002). The intersection of gender and betrayal in trauma. In R. Kimerling, P. C. Oumette, & J. Wolfe (Eds.), *Gender and PTSD* (pp. 98–113). New York: Guilford Press.
3. Runtz MG. Health Concerns of University Women with a History of Child Physical and Sexual Maltreatment. *Child Maltreatment*. 2002;7:241-253
4. Romans, S., Belaise, C., Martin, J., Morris, E., & Raffi, A. Childhood abuse and later medical disorders in women. *Psychotherapy and Psychosomatics* 2002;71:141-150.
5. Ford JD, Elhai JD, Connor DF, Frueh BC. Polyvictimization and risk of posttraumatic, depressive, and substance use disorders and involvement in delinquency in a national sample of adolescents. *Journal of Adolescent Health*. 2010;46:545–552.
6. Ford JD, Grasso DJ, Hawke J, Chapman JF. Polyvictimization among juvenile justice-involved youths. *Child Abuse and Neglect*. 2013;37:788–800.
7. Goldberg, L.R., & Freyd, J. J. The brief betrayal trauma survey: Personality correlates of potentially traumatic experiences in a community sample. *Journal of Trauma and Dissociation* 2006;7:39- 63.
8. Breslau N, Reboussin BA, Anthony JC, Storr CL. The structure of posttraumatic stress disorder: latent class

analysis in 2 community samples. *Arch Gen Psychiatry*. 2005;62:1343-51.

9. Finkelhor D, Turner HA, Shattuck A, Hamby SL. Violence, crime, and abuse exposure in a national sample of children and youth: an update. *JAMA Pediatr*. 2013;167:614-21.
10. Miller, J. B. (1986). *Toward a new psychology of women* (2nd ed.) Boston, Beacon Press.
11. Finkelhor, D. (1979). *Sexually victimized children*. New York: Free Press.
12. Finkelhor, D. (1986b). The prevention of child sexual abuse: An overview of needs and problems. In B. Schlesinger (Ed.), *Sexual abuse of children in the 1980's: Ten essays and an annotated bibliography* (pp. 16–29). Toronto: University of Toronto Press.
13. Kinsey, A. C., Pomeroy, W. B., Martin, C. E., & Gebhard, P. H. (1953). *Sexual behavior in the human female*. Saunders.
14. Koss, M. P., Gidycz, C. A., & Wisniewski, N. The scope of rape: Incidence and prevalence of sexual aggression and victimization in a national sample of higher education students. *Journal of Consulting and Clinical Psychology* 1987;55:162–170.
15. Russell, D. E. H. (1986). *The secret trauma: Incest in the lives of girls and women*. New York: Basic Books.
16. Freyd, J. J., & Goldberg, L. R. (2004). Gender difference in exposure to betrayal trauma. Spoken presentation at the 20th Annual Meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.

Source of Support: Nil; **Conflict of Interest:** None

Submitted: 27-01-2021; **Accepted:** 21-02-2021; **Published:** 26-03-2021