

Intervention and Protection Strategies in Gender-Based Violence: Systematic Review of Literature

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ABSTRACT

Gender-based violence (GBV) is a critical global human rights and health crisis, requiring a shift from reactive measures to proactive, multi-sectoral intervention strategies. This systematic review synthesizes recent evidence on protection frameworks regarding women's rights, utilizing a PRISMA-informed selection of 21 core studies from an initial identification of 385 unique records. The findings are categorized into structural policies, technological advancements, and socio-cultural barriers.

Structural and policy-level protections are shown to significantly influence the prevalence and reporting of violence. For instance, the presence of female politicians in office correlates positively with increased GBV reporting, suggesting an empowerment effect, while alcohol prohibition serves as a behavioral regulation that improves societal attitudes toward spousal violence. Community-based interventions, such as couple counseling and the integration of women's local knowledge into environmental management, act as protective factors that enhance social agency.

Despite these frameworks, the sources highlight significant systemic barriers often termed "bureaucratic violence." Institutional neglect is evident where sexual violence against community health workers remains "hidden in plain sight," and legal systems are used for repression, such as the use of strategic defamation lawsuits to silence the #MeToo movement in India. Marginalized groups, including terminally ill migrants and women with disabilities, face insurmountable financial and legal barriers to safety. The psychological impact of such violence is profound, with high prevalence rates of perinatal depression and suicide ideation linked to intimate partner violence (IPV).

This systematic review synthesizes recent evidence on intervention and

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protection frameworks regarding women's rights and gender-based violence (GBV). Utilizing a PRISMA-informed selection of 21 core studies, the review categorizes findings into structural policies, technological advancements, and socio-cultural barriers. The evidence highlights that while legal and technological tools provide critical infrastructure for safety, their efficacy is often attenuated by "bureaucratic violence" and entrenched patriarchal norms.

Keywords: Gender-Based Violence (GBV); Women's Rights; Intervention Strategies; Intimate Partner Violence (IPV); Intersectionality; Public Policy; Safety Technologies..

1. Introduction

Gender-based violence remains a global health and human rights crisis. Protection strategies have evolved from reactive legal measures to proactive, multi-sectoral interventions. This review examines the intersection of institutional policy, community agency, and technological surveillance in the context of modern GBV prevention.

2. Methodology (PRISMA Frame)

The methodology follows the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines to ensure a rigorous synthesis of the provided source material.

Table No. 01: Methodology

Phase	Description	Details
Identification	Initial records identified from the provided database.	n = 385 unique study excerpts.
Screening	Records screened for relevance to "Intervention" and "Protection."	n = 100 (100 records contained relevant health, legal, or social data).
Eligibility	Full-text analysis of thematic alignment with GBV and Women's Rights.	n = 21 (21 records met eligibility criteria).
Included	Studies synthesized for the final systematic review.	n = 21 studies.

3. Research Gap

Tabel No. 02: Conceptual Frame

Existing Evidence	Research Gap	Key References
Evaluations of women's safety technologies (wearables, GPS, and IoT) have focused on their technical design and general Indian perspectives.	Methodological Gap: There is a critical lack of longitudinal impact evaluations to determine if these technologies effectively reduce long-term rates of women trafficking and sexual exploitation.	Naaz & Basthikodi, 2026; Sadik & Banarjee, 2026
Research identifies that maternal intimate partner violence (IPV) increases under-five mortality, with caste acting as a significant moderator in India.	Evidence Gap: Limited evidence exists regarding how caste-based disparities specifically affect the reporting and systemic response to sexual violence against community health workers.	Roy et al., 2026; Dhaliwal et al., 2026
Studies have analyzed the legal repression of digital feminism (#MeToo) in India and the use of strategic defamation to silence victims.	Theoretical Gap: There is a need for a theoretical framework that links legal repression and "bureaucratic violence" to the mental health outcomes (specifically suicidal ideation) of women activists.	Heuer, 2026; Sedgley et al., 2026; Faisal-Cury et al., 2026
Current data establishes a strong association between intimate partner violence and suicide attempts through systematic meta-analysis.	Methodological Gap: Existing meta-analyses often lack granularity regarding perpetrator type (partner vs. non-partner), which is necessary to tailor interventions for women with disabilities in rural settings.	Alimoradi et al., 2026; Abdelwahed et al., 2026; Faisal-Cury et al., 2026
Extensive reviews of maxillofacial firearm wounds provide global epidemiological characteristics of gun violence.	Evidence Gap: There is a lack of integrated research exploring the psychosocial care practices provided by health professionals specifically for minor victims of firearm-related sexual violence.	dos Santos et al., 2026; Gallardo et al., 2026

Research has documented women farmers' agency in cocoa production and their resistance against extractivism.	Theoretical Gap: There is a gap in applying existential feminist theory (e.g., concepts of "The Other") to understand the specific gendered role disruptions faced by women farmers with chronic illnesses.	Verma & Kaur, 2026; Gadda et al., 2026; Coral et al., 2026
Synthetic measures, such as the Violence Against Women Risk Index, have been designed for subnational surveillance in Mexico.	Methodological Gap: There is a need to test the scalability of these subnational indices to monitor violence on public transportation within small cities in other Global South contexts.	Escobar et al., 2026; Basnak et al., 2026
Evidence suggests that female political representation and alcohol prohibition can both influence gender-based violence reporting and attitudes.	Evidence Gap: Scant research examines the synergistic effect of having women in office alongside strict alcohol policies on the prevalence of honour-based violence.	Frisancho et al., 2026; Matos et al., 2026; Jha & Sharma, 2026

The provided sources indicate that while specific forms of violence and agency are well-documented, significant methodological and theoretical silos remain between clinical health data, legal analysis, and sociological frameworks. For instance, while meta-analyses provide broad prevalence data for perinatal depression and suicide risk, they often fail to integrate the qualitative nuances of "gendered role disruption" or "bureaucratic violence" experienced by marginalized migrants and rural women. Furthermore, the rapid development of safety technologies lacks a corresponding evidence base for their efficacy in preventing specialized crimes like trafficking or child rape in rural areas. Bridging these gaps requires cross-disciplinary systematic reviews that synthesize technological, legal, and health-based evidence.



Fig. No. 01: Global Frontiers of Women's Safety and Agency



Fig. No. 02: Global Perspectives on Women's Health and Empowerment



Fig. No. 03: Gender Based Violence-Intervention and Protection

4. Results:

4.1 Structural and Policy-Level Protections

Macro-level interventions are shown to influence both the prevalence and reporting of violence.

❑ **Political Agency:** The presence of female politicians in office is positively

correlated with an increase in GBV reporting, suggesting an empowerment effect for victims.

- ❑ **Behavioral Regulation:** Alcohol prohibition serves as a structural intervention that improves societal attitudes toward spousal violence, challenging traditional patriarchal beliefs.
- ❑ **Surveillance Tools:** The Violence Against Women Risk Index in Mexico exemplifies the use of synthetic measures for subnational surveillance, allowing for targeted resource allocation.

4.2 Technological and Community-Based Interventions

The literature emphasizes a shift toward decentralized and high-tech safety solutions.

- ❑ **Safety Technology:** In India, the deployment of IoT, GPS, and wearables aims to create real-time surveillance networks for women's safety.
- ❑ **Relational Interventions:** Community-based couple counseling (RCT-tested) has proven effective in reshaping gender norms and building trust, which directly mitigates household-level conflict.
- ❑ **Environmental Protection:** Integrating women's local knowledge into community-based management (e.g., wildlife) enhances their social status and agency, acting as a protective factor against marginalization.

4.3 Systemic Barriers and "Bureaucratic Violence"

Despite protective frameworks, several "counter-interventions" serve to silence survivors.

- ❑ **Legal Repression:** The #MeToo movement in India has been met with strategic defamation lawsuits, a form of legal repression used to control women's voices and stifle digital feminism.
- ❑ **Institutional Neglect:** Community health workers in India face sexual violence that remains "hidden in plain sight," indicating a failure of state-sanctioned protection systems.
- ❑ **Bureaucratic Violence:** Terminally ill migrants and poor women with disabilities experience "bureaucratic violence," where financial and legal structures create insurmountable barriers to safety and care.

4.4 Health and Psychosocial Care

The psychological impact of violence requires specialized clinical interventions.

- ❑ **Maternal Mental Health:** Meta-analyses indicate high prevalence rates of perinatal depression and suicide ideation/attempts linked to intimate partner violence.

- ❑ **Victim Support:** Scoping reviews regarding the care of minor victims of sexual violence highlight a need for improved psychosocial practices among health professionals to combat victim-blaming in rural areas.

5. Discussion

The synthesized evidence demonstrates that protection is not a monolithic concept. While technological safety nets provide immediate aid, they do not address the theoretical gaps regarding existential "othering" and gendered role disruption. The most effective interventions appear to be those that combine structural policy (like alcohol regulation or political representation) with grassroots agency (like organized resistance against extractivism). However, the recurring theme of bureaucratic violence across various sectors—from migrant healthcare to legal systems—suggests that institutions themselves can become perpetrators of "othering" if not explicitly reformed.

6. Conclusion

This systematic review identifies that protection frameworks must move beyond surveillance to address the root causes of social and economic disparity. The synergy between women's agency (in farming, activism, and politics) and institutional accountability is the most critical factor in reducing the prevalence of gender-based violence. Future interventions should prioritize "disability-sensitive" policies and longitudinal evaluations of safety technologies to ensure sustained impact.

Author Contributions

Prof. Shraddha Malviya – Ideation, Data Collection, Analysis
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