

# Stockholm Syndrome

Hafiz Abdul Moeed<sup>1\*</sup>, Muhammad Tayyab Naveed<sup>1</sup>, Muhammad Usama<sup>1</sup>, Muhammad Hammad<sup>2</sup>

1. Faculty of Veterinary Science, University of Agriculture, Faisalabad.
2. Ameer ud Din Medical College, Lahore.

\*Corresponding Author: [meed8391@gmail.com](mailto:meed8391@gmail.com)

## ABSTRACT

Stockholm Syndrome in simple words is the feeling of tenderness for the someone who was abuser. It is having the affectionate feeling for the person who harms us or tortured us mentally or physically. It is termed as the emotional bond that develops between the abuser and the person getting abused. The person getting abused feels emotional attachment and the affection of his abuser.

### 1. Introduction:

Stockholm Syndrome in simple words is the feeling of tenderness for someone who was abuser [1]. It is having the affectionate feeling for the person who harms us or tortures us mentally or physically. It is termed as the emotional bond that develops between the abuser and the person getting abused. The person getting abused feels emotional attachment and the affection of his abuser. Firstly, it was observed in 1937 in the individuals which were involved in the act of kidnapping and got kidnapped. Now the Stockholm syndrome has a broad range including the wives which are ill-treated by the husbands, but they are still choosing to love their husbands and stay with them. Lately in 1970s when the child sexual abuse was reported those victims were also reported with the Stockholm syndrome.

### 2. Who are more likely to be affected:

The affected people with the Stockholm syndrome are the survivors of the kidnapping incidents and those in the relationship with the toxic people. This psychological disorder normally depends on the relationships of the persons with the community. Socially isolated people and those which remained captive for a longer period are at great risk of developing this condition. The persons which feel powerless in front of the captive or think that they are completely under the control of the abusers are generally developing the Stockholm syndrome. Individuals with the history of trauma and see their captors as the threat to their lives but later see their captor's acting kind to them and provide them with the basic needs that a human being are more likely to develop the soft corner in their hearts for their abusers [2].

### 3. Why Stockholm syndrome happens:

There may be multiple reasons for the development of this psychological disorder. The very main reason is considered intermittent kindness. Like the abuser treats the victims with cruelty and kindness from time to time. This inconsistency causes the victims to get in the confused situation and the victims considered the time-to-time kindness as the obvious care and affection from the offender and considers the wrongdoer showing the genuine care and concerns towards the sufferer. The very main reason sometimes considered is the emotional attachment towards the wrong treater, and the emotional attachment and the dependency on the abusers causes the sufferer to develop the feelings of affection towards the abusers. Generally, the captors make the contact of the victims with the outside world completely impossible, this results in emotional dependency on the abusers and the condition leads to the Stockholm Syndrome [3].

### 4. How to treat/recover

The persons affected with this psychological disorder require immediate and proper psychological therapy. This therapy mainly depends on the cognitive behavioral therapy. This therapy mainly depends on the breaking of the problems into smaller parts and then working on these smaller parts individually. The main focus of this treatment includes the working on the trauma from this the patient has been suffering. Sometimes the condition arises when the patients have to stay in contact with the abusers and they need to deal with their abusers, so the preventive measures and safety planning should be done in this condition. For example, in the cases of child sexual abuse, those individuals unwillingly need to be deal with those abusers so there should be preventive measures should be done and their contact with them are minimum. The last option for this psychological disorder is proper medication with the help of the physician so that a fast and accurate recovery can be achieved in the proper time. A multi-struggle approach can be more helpful for the fast recovery of Stockholm syndrome [4].

### 5. Conclusion

If we conclude the whole scenario of Stockholm syndrome, it is the bonding between the captors and the victims of kidnapping in which the victims are recovered from the captivity but since they had spent time with the abusers and the emotional bond that has developed between them causes the victims to feel a kind of affection for their wrong doers. The main characteristic for

this psychological disorder includes defending the abusers, having the soft corner for the abusers, and feeling the kind of difficulty and heaviness of heart while leaving the captivity.

This psychological disorder may result from the multiple kind of behavior and the treatments which an effected person receives from the abusers, and this puts the victim in the kind of confused emotional state, and he feels helpless regarding the decision to make about the abuser weather he is an abuser or well-wisher.

If we think about the steps to be taken to overcome this psychological disorder, the main step to be taken is to avoid any kind of contact with the abuser. The social circle and the contact should be increased, and the survivors should have the maximum social interactions to develop healthy mental states. The medicinal treatments with the help of therapist and psychologist should be done in extreme cases or Stockholm syndrome.

### References

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