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# Psychosocial Impact of Family Violence on Adolescents From A Systematic Review

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**ABSTRACT:** Family violence affects adolescents, making it not only a social problem but also a public health issue, with repercussions in the psychological, social, and especially educational spheres. Given this reality, this study aims to analyze the psychosocial impact of family violence on adolescents through a systematic review. Methodologically, the study adopts a qualitative approach with documentary research; the sample was selected following the parameters established by the systematic review and the PRISMA protocols. The results confirm that family violence negatively impacts adolescents and is closely associated with emotional problems and poor academic performance. It is concluded that mental health is affected by family violence, causing emotional and behavioral disorders in adolescents; therefore, all social, educational, athletic, and familial spheres, among others, are negatively disrupted.

**Keywords:** violence; adolescents; mental health; intervention.

## 1. INTRODUCTION

Adolescence represents a critical stage in human development, characterized by profound biological, psychological, and social changes; according to (Güemes, Ceñal & Vicario, 2017, p. 1), "while puberty is a period of exclusively biological changes, adolescence is the period of time between the onset of puberty and the end of physical and psychosocial growth and development. It is a stage with its own needs." Now, if to this stage of radical change are added spaces where the family context is violent, the adolescent's emotional regulation and physical and mental health are compromised by the uncertainty, insecurity, and fear of being in a home that does not provide protection and peace of mind. According to (Saini, Deutsch, & Drozd, 2024), family violence is any form of abuse, mistreatment, or neglect perpetrated against another member of the family system. It can include physical, sexual, psychological, emotional, and economic abuse within the intimate spaces of the home.

The figures reported each year on family violence are alarming, and although campaigns and studies are carried out, this type of violence seems unstoppable, as reflected in the statistics from the (Pan American Health Organization, 2026): the report highlights how violence is present from an early age; in the region, 6 out of every 10 children and adolescents up to age 14 are subjected to some form of violent discipline at home. On the other hand, in countries such as Peru, according to a study conducted by (Lazo et al., 2022, p. 1), "of 1,569 Peruvian adolescents, it was found that 38.1% had been exposed to violence at home, while 37.9% were victims of psychological abuse only, 3.4% of physical abuse only, and 22.4% of both types of abuse." Given this reality, this study aims to analyze the psychosocial impact of family violence on adolescents through a systematic review.

Now, this topic was specifically chosen because an increasing number of violent reports involving adolescents have been observed, both in national and international news broadcasts and on social media, where this type of content is disseminated and goes viral, showing adolescents beating up peers of the same age and sex, as well as of different ages and sexes, in groups. It is all presented as a degrading spectacle for both victims and perpetrators, which raises the question: is family violence gaining ground in urban centers? The significant incidence of family violence among adolescents, along with its physical, emotional, and social causes and consequences, requires an understanding that can guide educational and public health policies.

Regarding the causes of family violence, (Espinoza et al., 2026) highlight sustained family stress, such as unresolved conflicts, adverse behavioral models, and the repetition of violence patterns. In other words, parents who perpetrate family violence were generally abused, mistreated, or harassed during their own

childhood, and, faced with unresolved post-traumatic stress, tend to repeat the same patterns of violence with the next generation. This is shown by the findings of (Kong et al., 2022), where parents who suffered abuse and witnessed domestic violence during their own childhood show frequent use of psychological, physical, and neglectful aggression toward their own children, suggesting an intergenerational transmission of family violence. In other words, victims become perpetrators.

Other, more relevant causes, according to (Coronel, 2020), include family dysfunction, estrangement among family members, and factors such as drug or alcohol use, which trigger physical and psychological aggression within the family environment. This is because the rational part of the brain is compromised by the use of substances that affect brain chemistry, as explained by (Vergés et al., 2026): chronic abuse of alcohol and other psychoactive substances alters the neural networks responsible for self-control, decision-making, and emotional regulation in the brain, which can increase the likelihood of unpredictable and violent behavior.

Regarding the consequences generated by family violence, (Quigg et al., 2025) find a relationship in which cumulative exposure to childhood experiences of physical, sexual, and psychological abuse is associated with the risk of engaging in violent acts or having contact with the criminal justice system in adolescence and adulthood. In other words, if violence begins before adolescence, it is likely to trigger delinquent episodes that may be prosecuted for breaking the law. It is no coincidence that when serial killers' childhoods are examined, a history of family violence, a lack of values-based education, or a permissive upbringing without limits is often found, which can lead to individuals becoming extremely violent; as (Ferreira, 2020, p. 6) explains, childhood abuse, family breakdown, lack of discipline, and social rejection may be factors that predispose someone to become a serial killer.

In the United States, the (Office of Juvenile Justice and Delinquency Prevention, 2023) reports that approximately 8% of all known homicides in 2020 were linked to juvenile offenders, that is, adolescents involved in homicide cases; these are alarming figures, and to this must be added the minors recruited by local gangs to draw them into criminal activity. As if that were not enough, videos and reports have been observed on social media in which adolescents film themselves abusing animals of all kinds; in this regard, (Longobardi & Badenes, 2019) note that adolescents exposed to domestic violence and child abuse are more likely to display aggressive behavior toward animals, since victimization experiences can affect their socio-emotional development and their capacity for empathy.

In this context, schools are not exempt from witnessing violent students whose aggression is directed both at their peers and at school staff. According to (Li et al., 2021), exposure to family violence increases the risk that adolescents will engage in aggressive acts and violent behavior within their school context, since young people learn aggressive interaction patterns at home that then surface at school. There are two ways this manifests in school settings: one relates to the aggressor, and the other to the victim. The latter, besides being a victim of violence from other students, may also be a victim within the family; as a result, (Povedano et al., 2012) find that family conflict perceived by adolescents contributes to their becoming targets of victimization at school, because that negative self-perception can lead them to display submissive behavior toward aggressors, placing them at risk of suffering school violence.

One phenomenon observed in family violence, according to (Mercado, 2024), is that it is mainly perpetrated by parents, siblings, cousins, among others, or by people close to the victim (teachers, friends); this affects the minor's various spheres of life, making it difficult to file a formal complaint. This is because the proximity of the aggressor makes the victim feel insecure and threatened, and therefore less willing to file a formal complaint with the competent authorities. As a result, (Cueva Hurtado & Sucuy, 2025) explain that adolescents' exposure to domestic violence is associated with poor school performance, higher absenteeism, and learning problems, because their suffering does not allow them to feel calm or concentrate while studying; as a result, the student loses interest in their studies, and, with their mental health affected, has difficulty concentrating on academic activities. Given that this family disruption has an impact that extends beyond the family nucleus, it is worth asking: what is the psychosocial impact of family violence on adolescents, based on a systematic review?

For many years, psychology has proposed programs and initiatives to carry out timely interventions and put a stop to this social phenomenon, which, compounded by the rise of emerging technologies such as artificial intelligence and social media, is subjecting children and adolescents to violence worldwide. In light of this, the field of psychology, educational institutions, public policy, and the community at large need to unify their efforts through programs that protect the rights of the most vulnerable. In this regard, according to (Ruiz & Romero, 2025), the intervention models for family violence adopted by psychology focus on systemic and cognitive-behavioral therapy, with the aim of improving family communication, fostering conflict-resolution skills, and promoting empathy.

For (Chanmugam, 2026), schools are well positioned to facilitate access to mental health services and support for children exposed to violence at home, acting as a key point of contact for identifying signs of

abuse and offering early interventions. Teachers play a decisive role in identifying changes in their students and, upon any such observation, reporting it to the educational institution so that the appropriate report can be filed with the competent authorities.

The State's role cannot remain on the margins of this problem, since it is a matter of public health; it is therefore necessary for the State to take the lead in creating institutions whose objective is to provide rapid and timely care to victims. This reflects the need to coordinate programs and policies, as expressed by (PAHO, 2025) regarding the multisectoral prevention of violence against women, girls, boys, and adolescents: strengthening the role of health services in the prevention of and response to violence requires coordinated, multisectoral action by the State, since it is responsible for guaranteeing the right to life and ensuring that human rights are upheld.

## 2. METHODOLOGY

The methodology's level of study is a qualitative approach based on documentary research. For this article, the sample was selected using the parameters established by the systematic review, defined by (Liberati et al., 2029) as a form of secondary research that uses systematic methods to identify, select, and critically evaluate relevant research, as well as to collect and analyze data from the studies included in the review. To this end, the PRISMA protocols (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) were followed; according to (Page et al., 2021), these are a minimum set of evidence-based items for preparing and reporting systematic reviews and meta-analyses, in which it is important to represent the protocols in a flow diagram.

Based on these study protocols, the following phases were established:

### Identification Phase

Records identified ( $n = 120$ ): an initial search was conducted on Google Scholar for research papers published between 2021 and 2026, yielding 120 results according to the following categories established for this study: emotional consequences (depression, anxiety, suicidal ideation), antisocial behavior and impulsivity, academic and school impact, family functioning and cohesion, adolescent sexual health and pregnancy, support networks and resilience, structural or ecological factors, gender and polyvictimization, prevention and intervention, measurement and instruments, regional and panoramic perspective, and general psychosocial consequences. Duplicates removed ( $n = 25$ ): as it is common to find the same article multiple times across different searches, 25 repeated citations were discarded. This left a total of 95 unique records.

### Screening Phase

Here, a first quick read is done to discard anything that does not meet the study's dimensions. Records screened ( $n = 95$ ): the titles and abstracts of those 95 articles were reviewed. Records excluded ( $n = 25$ ): after this quick review, 25 of them were determined not to be relevant to the study's objective, leaving 70 articles for the next phase.

### Eligibility Phase

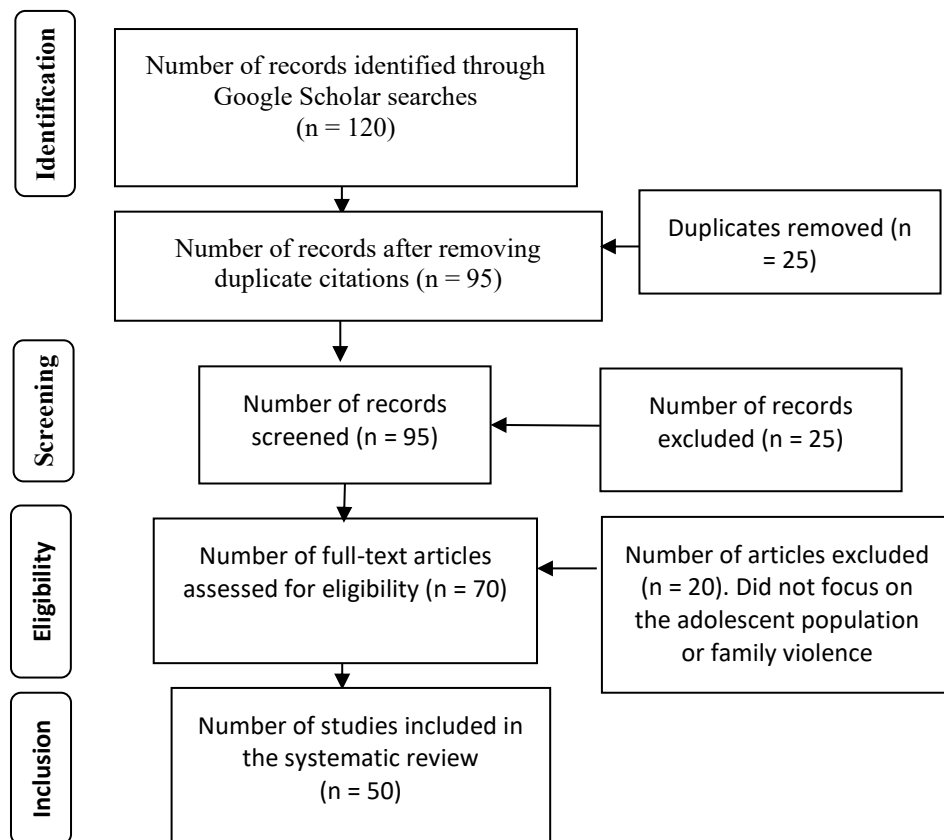
Full-text articles assessed ( $n = 70$ ): the 70 articles were reviewed to verify whether they met the rigor criteria. Articles excluded ( $n = 20$ ): 20 papers were discarded because they did not meet the specific criteria, as they did not focus on the adolescent population or did not address family violence.

### Inclusion Phase

Studies included ( $n = 50$ ): finally, only 50 studies demonstrated the quality and precise thematic fit needed to be part of the systematic review.

## 3. RESULTS

**Figure 1. Flow diagram of the sample selection through the systematic review.**



Source: Diagram prepared by the authors

**Table 1. General characterization of the reviewed studies**

| N | Author(s)        | Study title                                                                                    | Study type                         | Main contribution                                                                                                                                |
|---|------------------|------------------------------------------------------------------------------------------------|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Moreira et al    | Children and adolescents exposed to family violence in the city of Portoviejo, Manabí, Ecuador | Descriptive, quantitative approach | Emotional and behavioral impact on the population according to levels of violence                                                                |
| 2 | Tapullima et al. | Family violence and reactive academic behavior in adolescents: a systematic review             | Systematic review                  | The impact of family violence on school performance is negative                                                                                  |
| 3 | Olivares         | Family violence: Child abuse and its relationship with juvenile delinquency in Peru            | Descriptive                        | 70% acknowledged that excessive punishment and unstable homes drive minors to seek life on the streets.                                          |
| 4 | Cortés et al.    | Impulsive behavior in adolescents who witness family violence                                  | Empirical                          | The results indicate that adolescents who witnessed family violence do not differ from their comparison group in the number of impulsive choices |

|    |                   |                                                                                                                                                                           |                                |                                                                                                                                                       |
|----|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5  | Curo & Guerrero   | Family violence and resilience in adolescents from Ayacucho                                                                                                               | Empirical                      | Resilience as a protective factor                                                                                                                     |
| 6  | Pinargote et al.  | Domestic violence and its impact on academic performance during school age                                                                                                | Systematic review              | Most families live in a psychosocial and cultural crisis                                                                                              |
| 7  | Ortiz et al       | Psychological effects on indirect victims of domestic violence: a systematic review in Ibero-America, 2015–2025                                                           | Empirical                      | In Ibero-America, child and adolescent witnesses suffer severe psychological effects, anxiety, depression, and low self-esteem                        |
| 8  | Vergara           | Family violence, resilience, and coping in adolescents at an educational institution in the Pueblo Nuevo district, Chapén                                                 | Experimental                   | An indirect relationship was found between the family violence variable and resilience                                                                |
| 9  | Saldívar et al.   | Exposure to family violence and dating violence among adolescents in Mexico City: protective and risk factors                                                             | Descriptive cross-sectional    | It was concluded that it is necessary to work with the primary caregivers of adolescents who have experienced violence in prevention programs         |
| 10 | Caizapanta et al. | Analysis of family violence and interpersonal relationships                                                                                                               | Documentary and field research | Evidence was found of the pronounced effects of domestic violence on the development of personal relationships                                        |
| 11 | Chavez            | Family functioning and aggression in adolescents at two educational institutions in Villa El Salvador, 2024                                                               | Thesis                         | The prevalence of aggressiveness can be seen in adolescence, due to the changes adolescents go through and how these are handled by their environment |
| 12 | Arqued et al.     | Literature review. Prevention of family violence in children and adolescents and treatment of its effects on health, cognitive development, and psychological development | Documentary review             | Comprehensive intervention across all social spaces surrounding the victim                                                                            |
| 13 | Grijalva          | Family violence and victimization outside the home in adolescents. Gender differences in                                                                                  | Empirical                      | Direct family violence is observed to be related to a higher likelihood of                                                                            |

|    |                          |                                                                                                                                    |                                |                                                                                                                                          |
|----|--------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
|    |                          | relation to<br>polyvictimization                                                                                                   |                                | experiencing<br>victimization<br>outside the home                                                                                        |
| 14 | Román &<br>Fernández     | Family violence and<br>depressive disorder                                                                                         | Systematic<br>review           | Association of<br>family violence with<br>depressive<br>disorders                                                                        |
| 15 | Toala & Pilco            | Relationship between<br>family violence and social<br>skills in adolescents from<br>Baños canton                                   | Descriptive                    | The results found<br>indicate that 79.6%<br>of adolescents<br>presented a<br>medium level of<br>family violence                          |
| 16 | Bravo                    | Family violence, perception<br>of rights, and support<br>networks in adolescent<br>victims aged 12 to 17 in<br>Peru                | Descriptive                    | Support networks<br>focused on<br>protecting the<br>victim are weak,<br>increasing<br>vulnerability                                      |
| 17 | Espinoza &<br>Salinas    | Family violence and<br>suicidal ideation in high<br>school students in the<br>Flores de Mora district,<br>2024                     | Thesis                         | There is a positive<br>relationship<br>between family<br>violence and<br>suicidal ideation                                               |
| 18 | Kort                     | Family violence and its<br>relationship with<br>adolescent pregnancy                                                               | Case study                     | Adolescents at<br>greater risk of<br>unwanted<br>pregnancy in the<br>presence of family<br>violence                                      |
| 19 | Rojas et al              | Family violence and<br>aggressiveness in students<br>at a public educational<br>institution in Yungay, 2023                        | Descriptive<br>cross-sectional | The results<br>highlight the<br>importance of<br>addressing family<br>environments to<br>reduce aggressive<br>behavior in<br>adolescents |
| 20 | Morillo et al.           | Influence of domestic<br>violence on the academic<br>performance of adolescents                                                    | Descriptive                    | Poor school<br>performance caused<br>by family violence                                                                                  |
| 21 | Cahui et al.             | Factors associated with<br>psychological and physical<br>family violence in Peruvian<br>adolescents from an<br>ecological approach | Cross-sectional                | The younger the<br>adolescents, the<br>greater the<br>predisposition to<br>physical violence                                             |
| 22 | Rojas-Quispe<br>& Huayta | Validation of the family<br>violence scale in Peruvian<br>adolescents                                                              | Psychometric<br>study          | Family violence is<br>assessed using a<br>specifically<br>designed scale,<br>which proved to be<br>adequate                              |
| 23 | Castillo et al.          | Effects of domestic violence<br>on adolescents                                                                                     | Systematic<br>review           | The development of<br>a distorted self-<br>image, along with<br>increased<br>aggression and<br>impulsivity, is                           |

|    |                  |                                                                                                                                |                   |                                                                                                                      |
|----|------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------|----------------------------------------------------------------------------------------------------------------------|
|    |                  |                                                                                                                                |                   | related to delinquent behavior                                                                                       |
| 24 | Ortiz            | Antisocial behavior and family violence in upper-secondary school adolescents                                                  | Quantitative      | Family violence is a risk factor that triggers antisocial behavior in upper-secondary school adolescents             |
| 25 | Rodriguez        | Violence against children within the family setting                                                                            | Descriptive       | Early detection, prevention, and protection of abused children                                                       |
| 26 | Dávalos et al.   | Family functioning and violence in adolescent girls in Acapulco, Mexico                                                        | Descriptive       | It is necessary to intervene within the school setting on issues of violence against women                           |
| 27 | Arnao & Vega     | Family factors associated with adolescent pregnancy at a maternal and child health center in Lima, Peru, 2014                  | Case study        | The family factor showing a significant association with adolescent pregnancy was having a single-parent family      |
| 28 | Lima et al.      | Domestic violence witnessed and experienced by adolescent students                                                             | Descriptive       | Emotional and traumatic impact on adolescents                                                                        |
| 29 | Garay            | Family violence and self-esteem in adolescents at a private educational institution in Lima, 2023                              | Thesis            | It was found that the greater the violence at home, the greater the drop in self-esteem                              |
| 30 | Denegri et al.   | The systematization of interpersonal values in adolescents in the context of family violence                                   | Cross-sectional   | The results state that 21% of students present a level of family violence                                            |
| 31 | Quispilay et al. | Factors associated with family violence: A systematic review                                                                   | Systematic review | It is concluded that family violence is determined by cultural, community, family, psychological, and sexual factors |
| 32 | Meza & Candela   | Family parenting styles and school violence in adolescents from North Lima                                                     | Cross-sectional   | The authoritarian parenting style is directly related to school violence                                             |
| 33 | Velásquez        | Family violence and anxiety in fifth-year secondary school adolescents at the Cristo Moreno educational institution, Ica, 2024 | Cross-sectional   | There is a statistical relationship between family violence and anxiety in adolescents                               |
| 34 | Pascual Sanoner  | Impact of family violence on suicidal ideation and behavior in adolescents                                                     | Thesis            | Confirmation of suicide risk linked to family violence; the research                                                 |

|    |                   |                                                                                                                 |                   |                                                                                                                      |
|----|-------------------|-----------------------------------------------------------------------------------------------------------------|-------------------|----------------------------------------------------------------------------------------------------------------------|
|    |                   |                                                                                                                 |                   | underscores the need to prevent and detect its impact                                                                |
| 35 | Docal et al.      | Domestic violence and its impact on the emergence of behavioral disorders in children and adolescents           | Thesis            | Domestic violence represents a cultural problem that is transmitted from generation to generation                    |
| 36 | Aguilar et al.    | Family risk factors in the dissocial behavior of adolescents in conflict with the law                           | Descriptive       | Family maltreatment—physical, psychological, or sexual—is a decisive risk factor in adolescents' antisocial behavior |
| 37 | Gómez & Matagira  | Family cohesion and related factors in schooled adolescents                                                     | Empirical         | The level of cohesion of a family unit helps characterize the bonds and relationships among its members              |
| 38 | Moreno et al      | Family violence in Latin America 2020-2021: A systematic review                                                 | Systematic review | Family violence is linked to aspects that manifest at the individual, family, community, and social levels           |
| 39 | Oliva et al.      | Bullying behavior in adolescents aged 14 to 17 at the Saúl Delgado pre-university school in Havana              | Descriptive       | Violence-bullying relationship. Incidence was 18.4%, with males 3.75 times more frequently affected than females     |
| 40 | Segura-Echeverría | Consequences of violence in priority groups: children and adolescents                                           | Descriptive       | Despite the existence of penalties for these crimes in Ecuador, family violence continues to occur frequently        |
| 41 | Morales           | Domestic violence and aggression in the emotional self-regulation of adolescents whose parents are incarcerated | Cross-sectional   | Emotional disturbance in adolescents whose parents are absent due to having committed crimes                         |
| 42 | Taba-Moreno       | Psychological treatment and comprehensive redress for harm in cases of family violence: restorative justice     | Theoretical       | Restorative justice cannot be discussed without the psychologist's involvement                                       |
| 43 | Uribe & Márquez   | Social climate, family climate, and risk behaviors in adolescents                                               | Empirical         | There is a co-determination between social,                                                                          |

|    |                    |                                                                                                                  |                   |                                                                                                                                |
|----|--------------------|------------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------------------------------------------------------------------------------------------------|
|    |                    |                                                                                                                  |                   | family, school, and individual risk factors and the presence of risk behaviors                                                 |
| 44 | Castro et al       | Contemporary dilemmas: education, politics, and values                                                           | Empirical         | Highlights that a strong self-concept and assertive family communication act as protective factors that reduce school violence |
| 45 | Pineda             | Gender, domestic violence, and public intervention in Colombia                                                   | Theoretical       | Explores the discourses of aggressors and victims. Violence has increased in Colombia                                          |
| 46 | Palacios et al.    | Impact of gender-based violence on girls and adolescent girls                                                    | Empirical         | Female vulnerability: gender-based violence is built up over the course of women's lives                                       |
| 47 | Manjarrés-Zambrano | Family environment and academic performance in adolescents                                                       | Empirical         | School impact: there is a relationship between the academic and family environments                                            |
| 48 | Abanto & Terán     | A systematic review of family violence from the perspective of the right to education                            | Systematic review | Family violence does harm the right to education, as it causes physical and psychological damage                               |
| 49 | Rivera et al.      | Perceptions of children and adolescents regarding family and school violence in eight municipalities of Colombia | Empirical         | A high percentage of violence at home and violent attitudes in the school environment was found                                |
| 50 | Acarapi & Ocampo   | Social effects of domestic violence on adolescents. Northern Potosí region, Bolivia                              | Descriptive       | It was determined that domestic violence negatively influences peer relationships                                              |

Source: Prepared by the authors.

#### Analysis of results

From the table with the sample of 50 studies, the following main themes emerge:

#### **Most frequent impacts on adolescents:**

Mental health: Depression, anxiety, low self-esteem, suicidal ideation (studies 7, 14, 17, 29, 33, 34). The relationship with depressive disorders and suicidal behavior is consistent.

Externalizing behavior: Aggressiveness, impulsivity, antisocial and delinquent behavior (studies 4, 11, 19, 23, 24, 36). Family violence appears as a clear risk factor for violent behavior outside the home.

Academic performance: Several studies report poor school performance and impairment of the right to education (studies 2, 6, 20, 47, 48).

Interpersonal relationships: Deterioration of social skills, peer relationships, and dating violence (studies 10, 15, 50, 9).

Specific risks: Adolescent pregnancy (18, 27) and victimization outside the home (13, 49).

**Protective and vulnerability factors:**

Resilience appears as a buffer (studies 5, 8), as do assertive family communication and a strong self-concept (44).

Weak support networks increase vulnerability (16).

Associated factors: Early age, single-parent family, authoritarian parenting styles (21, 27, 32).

**Predominant methodological typology:**

Most studies are descriptive and cross-sectional (e.g., 1, 3, 9, 19, 30).

Several systematic reviews (2, 6, 14, 31, 38) and theses (11, 17, 29, 34).

Some empirical studies (4, 5, 7, 37) and one experimental study (8).

**Geographic context:**

Most are from Peru and Ecuador, with some from Mexico, Colombia, Bolivia, and Cuba. This gives a strong Andean and Latin American focus.

**Novel or contradictory aspects:**

Study 4 (Cortés et al.) finds that adolescents who witnessed violence do not differ from the comparison group in impulsivity, which contrasts with other findings. This could be due to uncontrolled moderating factors.

The intergenerational transmission of violence stands out as a cultural problem (35), as does the need for comprehensive intervention (12, 42).

**Table 2. Classification by thematic category**

| Category                                                        | No. of studies | List of studies (IDs)                 |
|-----------------------------------------------------------------|----------------|---------------------------------------|
| Emotional consequences (depression, anxiety, suicidal ideation) | 6              | 14, 17, 33, 34, 29, 41                |
| Antisocial behavior and impulsivity                             | 7              | 3, 4, 7, 19, 24, 35, 36               |
| Academic and school impact                                      | 6              | 2, 6, 20, 32, 39, 47                  |
| Family functioning and cohesion                                 | 6              | 5, 8, 11, 26, 37, 21                  |
| Sexual health and adolescent pregnancy                          | 2              | 18, 27                                |
| Support networks and resilience                                 | 3              | 5, 8, 16                              |
| Structural or ecological factors                                | 3              | 21, 31, 50                            |
| Gender and polyvictimization                                    | 2              | 13, 46                                |
| Prevention and intervention                                     | 2              | 12, 42                                |
| Measurement and instruments                                     | 1              | 22                                    |
| Regional and panoramic perspective                              | 2              | 38, 48                                |
| General psychosocial consequences                               | 10             | 1, 10, 23, 25, 28, 30, 40, 43, 44, 49 |

**Source: Prepared by the authors.**

The 'general psychosocial consequences' category is the broadest and contains 10 studies that address impacts across the other categories.

The 'emotional consequences' and 'antisocial behavior' categories together total 13 studies, indicating a significant focus on internalizing and externalizing disorders.

The 'support networks and resilience' and 'family functioning and cohesion' categories together total 9 studies that analyze contextual and protective factors.

The categories with the fewest studies (1 or 2) are those related to methodological and preventive aspects.

**General thematic coverage**

The results address the impact of family violence on adolescents across multiple levels:

Individual level: Emotional impairments (depression, anxiety, suicidal ideation, self-esteem) and behavioral impairments (impulsivity, aggressiveness, antisocial behavior).

Relational level: Impact on family functioning, social skills, dating violence, and peer relationships.

Contextual level: Structural and ecological factors, and the role of support networks.

Developmental level: Specific consequences such as adolescent pregnancy and poor academic performance.

**Table 3. Psychosocial variables analyzed**

| Variable                   | Frequency    | Interpretation                 |
|----------------------------|--------------|--------------------------------|
| Depression                 | High         | Recurrent clinical consequence |
| Suicidal ideation          | High         | Significant risk               |
| Anxiety                    | Moderate     | Frequent emotional disturbance |
| Impulsivity                | High         | Self-regulation deficit        |
| Antisocial behavior        | High         | Reproduction of violence       |
| Academic performance       | High         | Poor school performance        |
| Self-esteem / self-concept | Moderate     | Vulnerable identity            |
| Resilience                 | Moderate     | Protective factor              |
| Family cohesion            | High         | Key mediating variable         |
| Adolescent pregnancy       | Low-moderate | Risk behavior                  |

Source: Prepared by the authors.

### Results by variable

High depression is identified as a recurrent clinical consequence in adolescents exposed to family violence.

High suicidal ideation represents a significant risk associated with violence at home.

Moderate anxiety appears as a frequent emotional disturbance, though to a lesser extent than depression.

High impulsivity reflects a deficit in emotional and behavioral self-regulation; high antisocial behavior is interpreted as a mechanism for reproducing violence learned within the family environment.

Poor academic performance is a widely documented consequence.

Moderate self-esteem/self-concept: the vulnerability of personal identity occurs with intermediate frequency.

Moderate resilience acts as a protective factor, although its presence is not predominant.

High family cohesion stands out as a key mediating variable in the impact of violence.

Low-to-moderate adolescent pregnancy is considered a present risk behavior, but with lower frequency than other consequences.

### Relationships between variables

The variables with high frequency (depression, suicidal ideation, impulsivity, antisocial behavior, low academic performance, and family cohesion) constitute the core of the most consistent findings.

Resilience and self-esteem appear as moderating or protective factors with a moderate presence.

Adolescent pregnancy is the variable with the lowest frequency, indicating that, although associated with family violence, it is less studied or less prevalent compared to other consequences.

**Table 4. Global synthesis of findings**

| Dimension     | General findings                                              |
|---------------|---------------------------------------------------------------|
| Psychological | High prevalence of depression, anxiety, and suicidal ideation |
| Behavioral    | Increase in aggressiveness and antisocial behavior            |
| Educational   | Significant negative impact on performance                    |
| Family        | Family dysfunction as the main risk factor                    |
| Social        | Deterioration of support networks                             |
| Gender        | Greater female vulnerability to polyvictimization             |
| Public health | Association with adolescent pregnancy                         |

|          |                                  |
|----------|----------------------------------|
| Regional | High prevalence in Latin America |
|----------|----------------------------------|

Source: Prepared by the authors.

**Table 5. Integrative conclusions of the systematic analysis**

| Axis          | Conclusion                                                                  |
|---------------|-----------------------------------------------------------------------------|
| Mental health | Family violence is a strong predictor of emotional disorders in adolescents |
| Behavior      | Favors impulsive and antisocial behavior                                    |
| Education     | Affects school performance and adjustment                                   |
| Family        | Family climate determines risk or protection                                |
| Gender        | Adolescent girls show a greater risk of multiple victimization              |
| Intervention  | Multisectoral prevention programs are needed                                |
| Public policy | The evidence supports comprehensive interventions in Latin America          |

Source: Prepared by the authors.

## 4. CONCLUSIONS

The results confirm that family violence negatively impacts adolescents and is closely associated with emotional problems and poor academic performance. The high prevalence of psychological and physical violence by members of the family nucleus is consistent with the selected studies on the consequences experienced by adolescents. The correlation with parental dysfunction and socioeconomic conditions highlights the importance of addressing structural and family factors in preventive strategies. It is worth noting that, although physical and sexual violence have a lower prevalence, their long-term effects can be even more devastating, requiring specialized clinical care. Public policies should consider family-strengthening programs and education in non-violent conflict resolution.

Here, all of civil society is needed to safeguard and watch over children and adolescents, but educational institutions are especially necessary in observing and monitoring students, since they spend part of the day under the school's responsibility; it is therefore essential for teachers to continuously observe students in order to report any physical or behavioral change to the competent authorities. Among the findings identified in the studies are the following:

The psychological impact caused by family violence raises the prevalence of depression, anxiety, and suicidal ideation. Behaviorally, there is an increase in aggressiveness and delinquent antisocial behavior; the studies reported a negative impact on academic performance, and family dysfunction is, in part, the main risk factor that triggers violence against adolescents. With respect to the social sphere, there is no standardized support network to assist both victims and perpetrators. It was found that the gender with the greatest vulnerability to polyvictimization is female.

It is essential to implement the following mechanisms: evidence-based prevention and intervention programs that integrate education, health, and community support; standardized screening for care in schools, using instruments validated for adolescents and for assessing family exposure; and the development of multifocal interventions (family-school-community) that design support programs for families, making it possible to reduce statistics that continue to rise each year. Finally, it is necessary to prioritize research and randomized trials of timely interventions to evaluate long-term effects and the mediating mechanisms between adolescents and their family nucleus.

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