


RESILIENCE IN WOMEN VICTIMS OF GASLIGHTING-TYPE PSYCHOLOGICAL VIOLENCE: AN INTEGRATIVE REVIEW

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ABSTRACT

With the objective of presenting the state of the art of published research on how gaslighting-type psychological violence is treated and recognized and the resilience processes experienced by women victims of this phenomenon, this study used a qualitative methodological design, based on an integrative review of the national and international literature with the support of a six-step protocol. The databases used were: PubMed, BVS, Web Of Science and Scientific Electronic Library Online (SciELO) and Sage Journals. The results indicated a definition of gaslighting as a strategy of emotional and psychic manipulation of the reality and life of the victims, based on the imbalance of power, with a great contribution of gender roles, which operates with social endorsement, loaded with power and authority against the vulnerability of the victim. In addition, all studies showed that psychological suffering was a common point as a major cause of intimate partner violence. The phenomenon of resilience, on the other hand, is understood as characteristics and attributes inherent to the person, taking into account personal, family, social and environmental factors as a way of coping with gaslighting as a transformative process. It is concluded that the study contributes to bring light to the phenomenon of gaslighting as the main violence committed against women. It presents the great and real need to investigate psychological violence of the gaslighting type, as well as resilience, so that women can not only identify psychological abuse, but also resignify their lives beyond being victims of this phenomenon.

Keywords: Psychological Violence. *Gaslighting*. Women Victims. Resilience.

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INTRODUCTION

Domestic and family violence is a reality for many women and presents itself in various forms (PORTO, 2021). According to Law 11.340/06, the forms in which violence against women is presented are the following: physical violence, which is aggression by injury; sexual violence, which is forcing relations or any sexual act; patrimonial violence, which is withholding or controlling financial resources, or personal objects; moral violence, which is to denigrate or insult and psychological violence, which is any conduct that causes emotional damage and decreased self-esteem or that harms and disturbs your full development. Or even that aims to degrade or control their actions, behaviors, beliefs and decisions, through threat, embarrassment, humiliation, manipulation, isolation, constant surveillance, persecution, insult, blackmail, violation of their privacy, ridicule, exploitation and limitation of the right to come and go or any other means that cause damage to their psychological health and self-determination (BRASIL 2006; BRAZIL 2021). In view of the forms of violence presented, we can divide violence against women into: those who have visibility and those who are invisible. Among these forms of violence that are found in invisibility is the psychological form of gaslighting (STERN, 2019) because they have always existed, but without representation.

Gaslighting is a term in English that gives its name to a type of psychological violence understood as emotional manipulation and distortion of the perception of reality (CHRISTENSEN; MURRAY, 2021). The term gaslight was described by playwright Patrick Halmilton in 1938, in his play and book. The work told about a husband's plan to make his wife insane, which had a "gas lighter" as an adjuvant, the meaning of gaslight is "light and gas" (CHRISTENSEN; MURRAY, 2021). According to the authors cited, the term gaslighting gives its name to the phenomenon of emotional manipulation and distortion of reality by the gaslighter (who is the one who practices violence).

As a definition of gaslighting, Petric (2022) tells us that it is a psychological domain through manipulation, bringing doubts and insecurity to the victim's perceptions. The gaslighter will distort, deny and delegitimize all the victim's statements and beliefs, so that he is not sure of what he hears, what he sees, what he says, what he thinks or does. However, even going through great adversity and trauma situations, it is possible to reframe life by experiencing resilience processes. Therefore, resilience for women who go through situations of violence is possible.

Following this premise, Yunes (2003) will tell us that resilience is a construct represented by processes and conditions of active adaptation in the face of adversity, which result in positive and transformative growth. The author states that internal and contextual attributes are necessary, which work as protective factors, for resilience processes to happen. Currently, resilience is understood as a dynamic process, where relationships occur between various ecological levels of the environment to which the person develops over time (CABRAL; CYRULNIK, 2015; MASTEN, 2014; OLIVE TREE; MORAIS, 2018; YUNES, 2015). In line with this perspective, studies affirm that women who are victims of domestic violence, who become aware of their situation, take steps towards resilience processes (FORNARI; LABRONICI, 2018; SULSBACH, 2018). Labronici (2012) makes it clear in his study that, despite all the violence experienced, many women still have healthy behaviors, which lead to overcoming adversity, which we can recognize as resilience.

The study by Jiménez et al. (2019), with a sample of 628 adolescents and young people, aged between 13 and 29 years, of both sexes, 382 women and 244 men, brings in its investigation the application of scales. The research instruments used were the EVPN scale (enel NAVIAZGO, GARCÍA-CARPINTERO, et al. 2018 Psychological Violence Scale) and Saánchez-Conovas (1998) psychological well-being scale (1998) of 33 items, gaslighting scale (F. GÁLAN, DATA; CALDERÓN; ÁLVAREZ, in press). These instruments presented the situation of young people and adolescents in romantic relationships. The results show a moderately high relationship between psychological violence in couples and gaslighting ($r = 0.64$ $p < 0.01$) among university students. In these same results, there is a negative relationship between well-being and psychological violence in couples (-0.271 $p < 0.001$). According to this study, psychological violence is gradual, becoming increasingly violent and directly affects self-esteem, which can lead to drug addiction and even suicide. Hence the importance of removing psychological violence from invisibility, especially gaslighting.

Lausi et al. (2021) also in their study with 343 Italian women, who used the EAPA-P scale (Scale of Psychological Abuse in Intimate Partner Violence) as an instrument, with 11 items from a version of the Spanish scale, showed that 179 of the respondents said they had been victims of psychological violence and 150 did not identify themselves as victims. For the authors, the importance of developing research on the theme of psychological violence is to signal the risk of a highly violent relationship, which will have serious future consequences for these women. The study also states that in more developed countries the

recognition of psychological abuse is more effective than in less developed countries. The use of the scale proved effective in recognizing psychological abuse and the study proved that the recognition of psychological abuse avoids greater consequences for women who get involved in an abusive relationship.

Thus, we see in the evidence of the aforementioned studies the great and real need to investigate psychological violence of the gaslighting type, as well as resilience as a form of coping, so that women can not only identify psychological abuse, but also resignify their lives beyond being victims of this phenomenon.

Thus, and in order to adequately address the theme, resilience in women victims of psychological violence of the gaslighting type, an integrative literature review research was carried out. It should be noted that in order to study the issue of the proposed theme, an updated review will guide and facilitate knowledge about the phenomenon that is little discussed, bringing advances and specialized understanding of the intended study (ANDRADE et al., 2021; SOUZA et al., 2010).

According to Souza et al. (2010), an integrative research helps in a comprehensive and careful search for themes that are little explored, in order to learn about studies that have already been carried out. These same authors state that the integrative review can be carried out based on 6 stages: stage 1 - elaboration of the guiding question or research problem; stage 2 - Search in the literature, selection of studies following the exclusion and inclusion criteria; Stage 3 - Data collection using an instrument for compiling and organizing the articles; Stage 4 – Critical analysis of the study, applying hierarchical classification; Stage 5 – Discussion and results; Step 6 – Presentation of the integrative review. These are the steps that we intend to follow in the construction of the method of this study.

The present study aims to review, through integrative bibliographic research, the state of the art of published research on how psychological violence of the gaslighting type is treated and recognized, and to identify the processes of resilience experienced by women victims of this phenomenon. The specific objectives are: to conceptualize psychological violence of the gaslighting type; understand the gaslighting phenomenon and how it occurs, to identify the possible aspects that promote resilience in studies carried out with women victims of psychological violence of the gaslighting type already published.

METHODOLOGY

The research method carried out was the integrative review, based on the six steps pointed out by the protocol presented by Souza et al. (2010). The protocol consists of 6 distinct stages that guarantee scientific rigor for bibliographic research, and the purpose of this type of research is to gather knowledge on a given topic (Souza et al., 2010).

ELABORATION OF THE GUIDING QUESTION (STEP 1)

In the first stage, the guiding question was defined: how is gaslighting-type psychological violence treated and recognized and the processes of resilience in women victims of this phenomenon? This step is of great importance, as it guides all research in the databases (SOUZA et al.2010).

LITERATURE SEARCH (STEP 2)

In the second stage, the selected studies were searched and collected in relation to the theme and keywords researched. The databases used were: PubMed, BVS, Web Of Science and Scientific Electronic Library Online (SciELO) and Sage Journals, these databases were selected because they present more studies on the subject in preliminary research. The descriptors or keywords were: psychological violence, gaslighting, women victims and resilience. The combinations of keywords used in English and Portuguese in the databases were: resilience AND "psychological violence" AND women; "psychological violence" AND gaslighting AND women AND resilience; "psychological violence" AND resilience AND women; "resilience AND "psychological violence" AND emotional manipulation AND women. In Portuguese, the words searched were: "resilience AND psychological violence AND women"; "psychological violence" AND gaslighting AND women AND resilient; "psychological violence AND resilience AND women"; "resilience AND "psychological violence" AND "emotional manipulation" AND women". Because the word gaslighting is zero in some databases, the synonym offered by Terms PubMed was used in one of the combinations, replacing gaslighting with emotional manipulation.

Table 1. Boolean descriptors and markers used in the research

Languages	Describes/Booleans
English	resilience AND "psychological violence" AND women (1)
	"psychological violence" AND gaslighting AND women AND resilience (2)
	psychological violence" AND resilience AND women (3)
	resilience AND "psychological violence" AND emotional manipulation AND women (4)
Portuguese	resilience AND psychological violence AND women (5)

"psychological violence" AND gaslighting AND women AND resilience (6)
 "Psychological Violence" AND Resilience AND Women (7)
 resilience AND "psychological violence" AND "emotional manipulation" AND women (8)

Source: Author herself

A total of 2,114 articles were found in the electronic databases mentioned above in the first stage of the search, without the inclusion and exclusion criteria. Combinations 2, 4, 6 and 8 were zeroed in the databases (VHL, PubMed and SciELO).

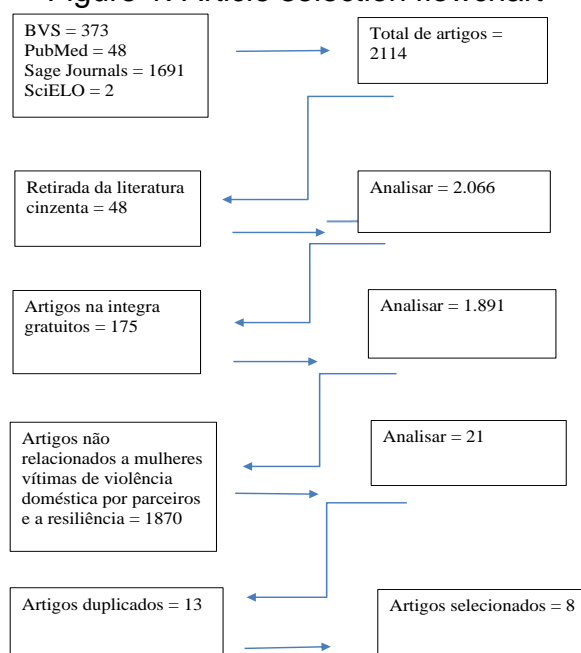
Table 1. *First stage of searching the databases*

Database	Combination of descriptors	Number of Publications Found
VHL	1,3, 5 and 7	373
PubMed	1,3, 5 and 7	48
Sage Journals	1,2, 3, 4,5,6,7 and 8	1.691
SciELO	1 and 5	2
Total		2.114

Source: Author herself

In the second stage of article selection, the following inclusion criteria were applied: articles from the last 10 years; articles in English, Spanish and Portuguese; articles that were related to the descriptors. As exclusion criteria, articles that were not related to the descriptors, gray literatures (books, dissertations and theses), articles not provided in full for free and duplicates were removed. After applying the criteria, the number of 8 articles was read in full.

Figure 1. Article selection flowchart



Source: Author herself

DATA COLLECTION (STEP 3)

In the third stage, the articles were compiled and organized in a spreadsheet, with information about each selected article, which follows in a file format. The protocol of Souza et al., 2010 corroborates that in this phase an instrument for collecting and compiling information on the selected publications is used.

Table 2. It presents the articles found, describing the variables or dimensions explored in each investigation. The information extracted helps to understand the current state of the art on the subject according to the judges' evaluation.

Platform	Magazine/Newspaper	Authors/Year	Article Title	Objective	Instrument	Sample/Country	Variables/Dimensions	Limitations	Denouement
Sage Journals	American Sociological Review	Paige L. Sweet/2019	The Sociology of Gaslighting	This article develops a sociological theory of gaslighting using an in-depth analysis of Interviews about history with women who attend domestic violence support groups.	Interview	With 55 professionals and 43 women victims. United States.	Invisibility of Gaslighting and women's life history.	Limitation of the study disregard to explain the mechanism of gaslighting within the sample through the questions asked.	It is understood that gaslighting is also a sociological phenomenon based on power x vulnerability.
Sage Journals	Asia Pacific Journal of Public Health	Walid Rana, Sonia Mukhtar, Shamim Mukhtar /2022	Countering Emotional and Psychological Manipulation Abuse by Cultivating Resilience, Meaning, and Well-Being Among Victim	This article presents the humanistic growth-centered approach for frontline healthcare workers who are victims of male intimate partner violence amid the COVID pandemic outbreak lockdown.	Semi-structured interview.	21 women. Pakistan	Correlation of intimate partner violence, emotional abuse, in women on the front line of COVID, with the coping and promotion of well-being of the resilience construct.	The limitation was the cross-sectional study and the recognition of the contextual complexity of the adjustment/adaptation process of the group of women.	The results offered the facilitation of action research to support the sustainable development of well-being through collective solidarity, empowering victims of abuse of psychological

			s of Male Intimate Partner Violence—Working Frontline Health Care Workers During COVID-19 Lockdown: A Qualitative Study						manipulation.
Scielo	Paul Enferm Minut es	Vivian Victoria Vivanco Valenzuela, Luciano Magalhães Vitorino, Edwin Vivanco Valenzuela and Lucila Amaral Carneiro Vianna/ 2022	Intimate partner violence and resilience in women of the western Brazilian Amazon	To verify the prevalence of violence against women perpetrated by the intimate partner, to identify the predominant factor of resilience, to verify whether intimate partner violence influences resilience.	Socioeconomic questionnaire; violence tracker validated by Schraiber et al.; resilience scale validated by Pesce et al.	With 291 women between 18 and 59 years old/ Brazil	Resilience factor I of perseverance, discipline, good humor and empathy. Sociodemographic characteristics.	The limitations of this study are related to the cross-sectional design of the research, which prevents causal inference and investigation of resilience variability over time, as well as risk and protective factors, considering that resilience is a changeable construct.	More than half of the participants suffered intimate partner violence, mainly psychological violence, followed by physical and sexual violence. The participants predominated the Resilient Factor I of perseverance, discipline, good humor and empathy.
PubMed	Frontiers in	Juan Herrero, Pep	When Violence Can	This study analyzes the levels	Interviews	2376 Women	Levels of IPV in different	The limitation would be	Resilient women are

	Psychology	Vivas, Andrea Torres and Francisco J. Rodríguez/2018	Appear With Different Male Partners: Identification of Resilient and Non-resilient Women in the European Union	of IPV in different partners, and whether or not resilience can contribute to the non-repetition of abusive relationships.		18 and the 74 years old / European Union.	partners, Levels of resilience, levels of victimization.	the fact that the FRA survey does not include information on women's behavior and, therefore, does not allow an analysis of the bidirectionality of violence.	mostly characterized by fewer psychological difficulties and a lower frequency of adverse situations (in childhood or adulthood) when compared to non-resilient women.
Sage Journals	Psychiatric quarterly	Konstantinos Tsirigotis & Joanna Luczak 2017	Resilience in Women who Experience Domestic Violence	The aim of this study was to examine resilience in women in situations of domestic violence.	The BEgo resilience scale (ERS) was used to study. The BEgo Resilience Scale (ERS).	52 women aged 30 to 65 years old. /Poland.	Resilience score in gender relationship	Limitation of sample size, as this is a quantitative study.	Violence inflicted by the father had the greatest negative impact on resilience. It seems advisable to consider resilience in the process of providing psychosocial help to women in situations of domestic violence.
PubMed	Psychol violence	Kathryn H. Howell, Idia B. Thurston, Laura E. Schwartz, Lacy E. Jamison	Protective Factors associated with Resilience in Women	Evaluate the problematic functioning; And how many women still show resilience after	Hierarchical linear regression modeling was conducted to examine factors related to	112 women /USA	Individual, relational, community and cultural variables, and their relationship on the protective factors associated	The limitation lies in the cross-sectional design that prevents causal inference and the ability to	The knowledge gained from this study can advance the field of violence research through

		e Amanda J. Hasselle / 2018	Expos ed to Intimat e Partne r violenc e	traumatic experie nces.	resilience . Demogra phic data collection . Question naire and semi- structure d interview.		with resilience.	investigate potential variability in resilient functioning over time, as resilience may not be a stable construct.	the identificati on of potentially changeable variables related to resilience. Such research could be applied to develop force- based interventi ons for at- risk populatio ns of women exposed to violence.
Sage Journ als	Violen ce Again st Wom en	Kim M. Anderso n, Lynette M. Renner, e Fran S. Danis/2 012	Recov ery: Resilie nce and Growt h in the Afterm ath of Domes tic Violen ce	It explored the recovery process of women previously in an abusive relationship .	Interview, inventory of psycholo gical abuse and question naire.	37 women/ United States.	Current psychosoci al functioning, post- traumatic stress disorder and resilience, in addition to demographi c factors.	The sample limitation was extracted from rural areas in a state in the Midwest where ethnic and racial diversity is lacking.	This informatio n underscor es the excessive amount of strengths present among many women who have experienc ed domestic violence and contribute s to the literature focused on understan ding the resilience process that can greatly benefit practition ers, advocates , and

									researchers.
VHL	Annals of Psychology	Natalia Fernández-Álvarez*, Yolanda Fontanil, and Ángeles Alcedo/ 2022	Resilience and associated factors in women survivors of Intimate Partner Violence: a systematic review	To review the empirical literature on resilience in women survivors of IPV to (a) analyze the consensus on the definition and assessment of resilience; (b) study the correlates of resilience; and (c) reflect on the applicability of this knowledge in policies and professional practice.	Literature search	42 articles published in English or Spanish . Spain	Individual, relational and contextual factors were found as correlates of resilience. Vulnerability or protective factors exert their influence on groups with specific risk conditions	Limitation refers to conceptual and methodological issues in some of the reviewed articles, the use of convenience, non-representative samples, and small size; the use of retrospective evaluation (risk of recall bias); and, in some cases, the use of non-standardized IPV assessment	A theoretical consensus and a deeper understanding of the mechanisms by which vulnerability or protective factors affect groups with specific risks is needed. Finally, governments and institutions must undertake actions to prevent and support women and children.

Source: Author herself

CRITICAL ANALYSIS OF THE INCLUDED STUDIES (STEP 4)

In the fourth stage, the data from the publications was analyzed. The present research came across a large number of articles focused on domestic violence in a general and broad way, with discussions around the traumas caused by violence. However, there is a much lower number when it comes to academic research that specifically addresses psychological violence. By placing the four keywords described for the study, the word gaslighting was translated literally or not recognized as a psychological phenomenon, zeroing the search in many of the databases used. By advancing specifically in research for gaslighting-type psychological violence, with the combinations of keywords reported in the method, the number of articles is even more reduced, which proves the relevance and importance of the study. Within the stipulated databases, 8 (eight) articles related to the

theme were selected, which were read in full. However, only one article mentions the concepts of resilience and gaslighting concomitantly, when investigating resilience in women frontline workers of COVID-19 who were victims of domestic violence. Through keywords and synonyms, the largest number of articles was found in the Sage Journals database in a total of 4 (four), 2 (two) articles were selected in PubMed, 1 (one) article was selected in VHL and only 1 (one) article was selected in SCiELO.

Figure 2. Selection of articles on the theme of psychological violence, *gaslighting*, women and resilience.



Source: Author herself

Among the selected studies, there is only one study in Portuguese, the rest is in English. No articles were found that cover the researched theme published in Spanish. As for the countries of origin of the studies, the United States was the country with the largest number of studies related to the theme (3 (three) selected studies). From Brazil, 1 (one) study was selected, from Europe 3 (three) were selected: 1 (one) with a sample composed of women from the 27 countries of the European Union, 1 (one) with a sample only from Poland and 1 (one) with women only from Spain), in Asia we have 1 (one) study from Pakistan. The largest number of publications are from 2018 and 2022, and most studies are quantitative research, using mainly interviews, questionnaires, inventories, and scales. Only two selected studies used the resilience scale as a data collection instrument (TSIRIGOTIS; LUCZAK, 2018; VALENZUELA et al., 2022), the other two made use of inventories, as well as sociodemographic questionnaires and semi-structured interviews (ANDERSON et al., 2012; HOWELL et al., 2018).

The other articles used semi-structured interviews and sociodemographic questionnaires as data collection instruments (HERRERO et al., 2018; FERNÁNDEZ-ÁLVAREZ et al., 2022; RANA et al., 2022; SWEET, 2019;). Among the selected studies, 5 (five) studies are in the area of Psychology, 2 (two) are in the area of health and 1 (one) in Sociology. As for the number of samples of female victims used in the studies, except for the bibliographic survey, there are variations between 21 women (RANA et al., 2022) and

2,376 women (HERRERO et al., 2018). Still at this stage, according to Souza et al. (2010), it is important to base the classification of evidence in the articles. Therefore, the authors describe levels from 1 to 6, being level 1 for meta-analysis, level 2 for experimental, level 3 for quasi-experimental, level 4 for non-experimental with a qualitative approach, level 5 for case report and level 6 for expert opinions. Within the selected articles we have 7 (seven) articles of experimental characteristics (ANDERSON et al., 2012; HERRERO et al., 2018; HOWELL et al., 2018; RANA et al., 2022; TSIRIGOTIS; LUCZAK, 2018; SWEET, 2019; VALENZUELA et al., 2022), level 2 and only 1 (one) qualitative descriptive (FERNÁNDEZ-ÁLVAREZ et al., 2022).

RESULTS

RESULTS AND DISCUSSION (STEP 5)

In the fifth stage, we present the discussion of the results, in response to the objective of this first study, which is to present the state of the art of published research on how gaslighting-type psychological violence is treated and recognized and the resilience processes experienced by women victims of this phenomenon. Studies that present concepts about resilience bring two aspects about this phenomenon, such as characteristics and attributions inherent to the person, taking into account personal, family, social and environmental factors (ANDERSON et al., 2012; HERRERO et al., 2018; TSIRIGOTIS & LUCZAK, 2018), and as multidimensional processes (FERNÁNDEZ-ÁLVAREZ et al., 2022; RANA et al., 2022; VALENZUELA et al., 2022). On resilience, Valenzuela et al. (2022) points out that resilience processes are associated with protective factors such as: empathy, good humor, knowing how to deal with psychological pressures, and the discipline to change. Such factors favor the transformation and gradual evolution of the individual. Rana et al. (2022), in turn, will say that the positive contributions of resilience processes affect the reduction of vulnerability and favor significant human development. The authors emphasize that hope, solidarity and empowerment are protective factors for this healthy development to happen, especially when it comes to psychological violence of the gaslighting type.

The studies that presented the concept of gaslighting or synonyms (emotional manipulation or psychic abuse) define that gaslighting is a strategy of emotional and psychic manipulation of the reality and life of the victims. For these studies, this definition is based on the imbalance of power, with a great contribution from gender roles (RANA et al.,

2022; SWEET, 2019). Sweet (2019) considers that gaslighting operates with social endorsement, loaded with the power of authority against the victim's vulnerability. For the author, the condition of gender is a facilitator of gaslighting and a sociological phenomenon. With regard to the vulnerability fueled by gaslighting, the resilience process is shown to be a positive strategy for coping.

Most of the studies were cross-sectional, which makes it necessary to carry out contextual studies, such as ecological insertion, within the reality of the victims knowing their life stories. Among the studies analyzed, there are those that consider that psychological violence occurs more frequently than physical violence (ANDERSON et al. 2012; TSIRIGOTIS; LUCZAK, 2018; VALENZUELA et al., 2022). All studies have psychological suffering as a common point as a major cause of psychological violence suffered by the intimate partner (ANDERSON et al., 2012; FERNÁNDEZ-ÁLVAREZ et al., 2022; HERRERO et al., 2018; HOWELL et al., 2018; RANA et al., 2022; SWEET, 2019; TSIRIGOTIS; LUCZAK, 2018; VALENZUELA et al., 2022).

The analyzed articles were mapped to respond to the objective of seeking to review through integrative bibliographic research the state of the art of published research on how gaslighting-type psychological violence is treated and recognized, in addition to identifying the resilience processes experienced by women victims of this phenomenon. They focused on understanding the concept of psychological violence of the gaslighting type, and on understanding the gaslighting phenomenon, as well as how it occurs. In addition to investigating the possible aspects that promote resilience in studies carried out with women victims of psychological violence of the gaslighting type. With the results, it became clear that there is a need to research the subject, as studies that bring the relationship between the phenomena of resilience and psychological violence of the gaslighting type in women victims are rare. This evidence appears in the presentation of the publications selected in this study and represented by Table 2.

The data showed that psychological violence has been the main violence presented by women victims and that it can be crossed by other violence, or be presented as the only violence practiced. Psychological violence significantly affects the lives of women victims, bringing several psychological losses (OLIVEIRA et al., 2021). In the same vein, Jiménez et al. (2019) argue that the number of cases of psychological violence has been higher than other forms of violence. These same authors also state that relationships where there is psychological violence can generate serious psychic complications in the medium and long

term. In general, several authors affirm that psychological violence is contained in other forms of violence, for these authors there is no other violence without the presence of psychological violence (ANDERSON et al., 2012; TSIRIGOTIS; LUCZAK, 2018; VELENZUELA et al., 2022). Corroborating the previous authors, Paiva et al. (2020) say that psychological violence is the ultimate companion of other violence against women. However, it is important to emphasize that psychological violence occurs without the presence of other forms of violence, as well as gaslighting (MILLER, 1999; STERN, 2019; SWEET, 2019).

For Bakaityte et al. (2022), psychological violence is an invisible and subtle instrument of torture. The authors Hirigoyen (2006) and Stern (2019) admit that subjectivity, self-esteem, and personal power are deteriorated by psychological violence. Stern (2019) also notes that psychological violence in its sickest form is in the gaslighting phenomenon. And when it comes to gaslighting-type psychological violence, the authors Sweet (2019) and Rana et al. (2022), conceptualize it as emotional and psychological manipulation based on inequality and imbalance in relationships, which is intended to discredit the victim as a mentally capable individual, imposing a surreal environment. Regarding imbalance and inequality, Saffioti (2004) points out that the gender roles imposed by patriarchal society have a great responsibility for female disability and vulnerability, which leaves the door open to gaslighting-type violence. The authors Rana et al. (2022) and Sweet (2019) state that the gaslighting phenomenon has hierarchical principles of power, with a harmful interaction between power and vulnerability. The author Stern (2019) states that the gaslighting phenomenon is gender-neutral, and directly affects the socially marginalized, mainly related to race, status, abilities, and gender considered inferior. The author reiterates that gaslighting is intentional and purposeful, a way of being within the abusive relationship.

Sweet (2019) considers that gaslighting is also a social phenomenon, in view of the power relationship between social gender roles, and can rarely occur from woman to man. On the issue of gender ideology, Saffioti (2004) states that patriarchal society imposes on women a secondary role of submission and supremacy on men, giving authority to the abuser. Rana et al. (2022) state that psychological abuse gaslighting brings enormous personal, social, cultural, economic, and political damage to women victims, as these women are seen as non-rational, unreliable, disadvantageous individuals, psychologically and emotionally fragile.

Gaslighting is subtle, and is closely linked to psychological violence, which makes it more difficult to perceive and the sneaky form of aggression (Sweet 2019). In affirmation of this point of view, Herrero et al. (2018) and Fernández-Ávarez et al. (2022), despite not mentioning the term gaslighting, conclude that psychological violence is exercised to increase the vulnerability and control of victims, including psychological control. Thus, it can be seen that psychological violence imprints vulnerability on the victims

In view of the statements, it is clear that for the gaslighting phenomenon to occur, it is necessary that vulnerability is installed in the victim and that the aggressor has hierarchical power allowed by social gender roles, especially in the case of intimate partner violence. From this same perspective, Stern (2019) points out that the vulnerability of the victim of gaslighting grants more manipulation power to the aggressor. In the same way, Hirigoyen (2006) states that the manipulator with his verbal expressions has the intention of destabilizing and degenerating the personal power of the victims. Agreeing with this issue, Miller (1999) and Petric (2022) guarantee that the gaslighter (dominator/abuser) has the deliberate desire to induce the victim to believe only in the realities that this abuser imposes as absolute truths, removing all personal capacity and even interfering with the victim's cognition. However, some international studies show that a possible way to cope with gaslighting, as psychological violence and adversity, may be resilience, conceived as a transformative process (ANDERSOM et al., 2012; FERNÁNDEZ-ÁLVAREZ et al., 2022; HERRERO et al. 2018; HOWELL et al., 2018; RANA et al., 2022; TSIRIGOTIS; LUCZAK, 2018; VALENZUELA et al., 2022).

In view of the studies analyzed, resilience processes, being a construct of transitional and multidimensional characteristics, prove to be a strategic personal strengthener, which acts to reduce vulnerability in the face of the recognition of risks and enhances protective factors. The environment and its elements act synergistically in the phenomenon of resilience. Thus, the recognized vulnerability, combined with the negative emotions, arising from psychological violence such as gaslighting can be resignified, acting as drivers of positive growth. Regarding the protective factors, listed in the researched studies and that favor the resilience processes, the following were appointed: the supportive relationships, that is, the support network, which we can relate to the proximal processes necessary for good development; spirituality, as a sense of transcendent support, which brings hope and adaptive comfort; distancing from the abusive relationship, which removes victimization, giving identity, making these women (sur)vivant; social service, social support, in a

macrosystemic vision that means bringing socially dignified conditions to women such as: education, employment, valorization and social and personal empowerment. As for resilience, future studies should take into account not only characteristics and attributes inherent to the person, but also the family, social and environmental factors of the victims as a way of knowing their contextualized life stories.

PRESENTATION OF THE INTEGRATIVE REVIEW (STEP 6)

In the sixth stage, there is the presentation of the integrative review according to the protocol of Souza et al. (2010). Therefore, the research carried out made it possible to verify that psychological violence is the main violence committed against women (ANDERSON et al., 2012; FERNÁNDEZ-ÁLVAREZ et al., 2022; HERRERO et al., 2018; HOWELL et al., 2018; RANA et al., 2022; SWEET, 2019; TSIRIGOTIS; LUCZAK, 2018; VALENZUELA et al., 2022). Gaslighting-type violence makes victims vulnerable individuals, subject to the power of the gaslighter (abuser) who intends to perpetrate their perceptions of those of the victim, because they consider themselves superior and socially and culturally empowered.

As for the resilience processes, the studies researched refer to the phenomenon as a factor of post-traumatic growth, that the levels of resilience will predict the coping with violence as adversity and the lowest levels of resilience are found in women victims of violence who do not recognize the risk they are experiencing. In conditions of recognized risk, protective factors enable resilience processes to emerge and resilience to act on vulnerability through the support of protective factors, which act as a means of personal strengthening in the face of adversity (HOWELL et al., 2018; YUNES, 2003). Regarding protective factors that favor resilience processes, Howell et al. (2018) state that defined identity, personal power and control, spirituality and social support, favor positive results when it comes to resilience. Likewise, Fernández-Álvarez et al. (2022) consider that measures at the macrosystemic level, such as public policies on education, employment, and housing, are important facilitators of resilience. Therefore, resilience processes can contribute to personal empowerment and the reduction of vulnerability, being possible as a form of strategy to cope with gaslighting-type psychological violence.

CONCLUSION

The researched studies show us that psychological violence of the gaslighting type is recognized and treated as a strategic way of acting within the abusive relationship, an emotional and psychic manipulation, with intention and purpose on the part of the aggressor. The purpose of the gaslighter is to manipulate the victim's reality and beliefs, to increase their vulnerability and improve their control over it. Gaslighting in intimate relationships is based on the imbalance of social gender roles and marginalization, which bring vulnerability to women (most victims) and power to men (most aggressors). The society that condemns psychological violence and all other forms of domestic violence is the same one that allows inequality and gender roles. The phenomenon of gaslighting is fueled by hierarchical power, superiority and control, and the victim is understood as a vulnerable, intellectually incapable, worthless, fragile and disempowered individual. Not discussing and not bringing light to this form of psychological violence, and erasing the harmful consequences of this phenomenon, is to allow the victims to suffer the toxic surreality of their tormentors. However, despite the psychic suffering, the extreme personal and social vulnerability to which gaslighting victims are exposed, it is possible that resilience processes flourish, as resilience has the potential to transform in the face of vulnerability.

This study was limited by the deficit of materials related to the research theme. As a consequence, during the searches in the databases, it became evident that it was difficult to find studies that investigate gaslighting associated with resilience processes experienced by women victims of psychological violence, as it is mainly a phenomenon that has been little discussed within psychological violence so far. This limitation also highlighted the lack of qualitative studies where women victims bring their stories, their experiences, their perceptions of gaslighting and resilience in their lives in a contextualized way, as there are few studies that investigate gaslighting in the discourse of these women. Thus, this study suggests that further research be carried out with a focus on deepening investigations regarding the understanding of gaslighting suffered by women victims of psychological violence and the resilience processes experienced by these women.

Finally, in view of the studies presented, and the notorious obscurity of the gaslighting phenomenon, it is of social interest to discuss this phenomenon. On the other hand, the association of resilience processes, as a possible way of managing situations, with a focus on positive resignifications of life, is shown as an opportunity and hope for transformation in the face of psychological violence of the gaslighting type.

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