



Institute For
Addressing
Strangulation

Information sheet for participants

A qualitative study exploring the impact of strangulation on psychological wellbeing and memory, and the lived experience of developing ways to cope.

IFAS in collaboration with survivors of strangulation
May 2025

Aims of the research

At IFAS we have been hearing the experiences of survivors since we began in November 2022.

These experiences have highlighted the many different ways strangulation can impact someone and has led us to want to understand further the lived experience of some of the psychological and neuropsychological impacts that strangulation can have.

To do this we are running a series of interviews to understand better the impact on psychological wellbeing as well as the potential neuropsychological impact on memory – this was a suggestion that came out of the last survivor group meeting that we agree is really important to understand further.

We want to remove the shame and stigma that often accompanies experiencing psychological difficulties, and create resources that will better equip professionals and those around victim/survivors (friends and family) to understand better the serious impact that being assaulted by strangulation can have.

Participation

- If you have experienced any of the above, we would love to hear from you.
- To participate you will need to have an initial conversation with the Survivor Liaison Worker to discuss the project, why you want to be involved, any risk to you or others, and consent.
- You will then participate in an interview that will last no longer than 90 minutes
- You will also be invited to a findings and feedback session and consulted on the development of any practical tools/guides we develop for other survivors or those working with survivors.
- You will be remunerated £30 for your time spent participating in this.

For more information and to participate, please contact mariannem@ifas.org.uk