Breaking Barriers: A Comprehensive Review of Literature on Empowering Women with Disabilities

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Abstract: I aim to investigate the current status of empowerment of women, particularly those with disabilities, using a literature review approach. I will achieve this using a purposive sampling method, searching databases such as JSTOR, Scopus, EBSCOhost, Taylor & Francis, and Google Scholar for relevant studies published between 1986 and 2022 using the search terms "women with disabilities," "empowerment," and "empowering women in Iraq." The collected data will be analyzed thematically to identify and categorize patterns and themes related to empowering women with disabilities in Iraq after trauma. The analysis highlights the importance of empowering women with disabilities and the need to recognize the intersectionality of disability and gender. Approaches such as education and training programs, advocacy and policy change, and peer support groups have proven effective in empowering disabled women. The studies presented focus on the various forms of discrimination faced by disabled women and the need for context-specific measures of women's empowerment to capture the complexity of the concept. There are also studies on empowering women with disabilities after trauma, which emphasize the need to address barriers related to accessibility, discrimination, and limited education opportunities. The analysis highlights the social model of disability, the unique challenges and perspectives of disabled women, and the potential of self-determination, advocacy, and social support in empowering women with disabilities. The intersectional nature of oppression faced by disabled women and the importance of addressing stigma and discrimination against them are also emphasized.

Keywords: women with disabilities, Empowerment, Empowering women in Iraq, Literature review.

1 Introduction

Literature review is an essential aspect of research that involves the systematic identification, evaluation, and synthesis of existing literature on a particular topic. It is an important tool for empowering disabled women as it provides a comprehensive understanding of the challenges and opportunities that they face in society. A literature review is a critical analysis of existing research on a particular topic. It involves identifying, evaluating, and synthesizing relevant studies to gain insights into the current state of knowledge on the topic [1].

On other hand Empowering disabled women requires a deep understanding of their experiences, needs, and aspirations. Literature review provides a platform for researchers to explore existing knowledge on disability and gender issues. It helps to identify gaps in knowledge and areas that require further research. Through literature review, researchers can gain insights into the experiences of disabled women in different contexts, including education, employment, health care, and social participation.

Literature review also plays a critical role in challenging stereotypes and negative attitudes towards disabled women. Through an analysis of existing literature on disability and gender issues, researchers can identify common misconceptions about disability and challenge them with evidence-based research. This helps to promote positive attitudes towards disabled women and reduce stigma. Furthermore, literature review can help to inform policy development aimed at empowering disabled women. By synthesizing existing knowledge on disability and gender issues, researchers can provide evidence-based recommendations for policy makers. This information can be used to develop policies that address the specific needs of disabled women in different contexts.

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One of the key benefits of literature review is that it enables researchers to identify best practices for empowering disabled women. By examining existing literature on disability and gender issues, researchers can identify successful interventions that have been implemented in different contexts. This information can be used to develop effective strategies for empowering disabled women in different settings.

Despite the potential benefits of literature review in empowering disabled women, there is limited understanding of how it can be used effectively to challenge negative attitudes and stereotypes, inform policy development, and identify best practices for their empowerment. Moreover, there is a lack of comprehensive and up-to-date literature reviews that provide insights into the experiences and needs of disabled women in different contexts. Therefore, there is a need for further research to explore the role of literature review in empowering disabled women, identify effective strategies for conducting literature reviews on disability and gender issues, and develop evidence-based recommendations for policy makers and practitioners. Such research can help to improve the quality and impact of literature reviews on disabled women's empowerment and contribute to the development of inclusive and equitable policies and practices. So that **This study aims to explore the current situation of Empowering Woman, through literature review, and traying to contribute better understanding of for Empowerment of disabled women.** Trying to provide insights into the current research landscape, identify gaps and areas for future research, the literature review approach is an effective method for exploring complex topics and generating new knowledge, to achieve this goal, the researcher attempts to raise the following questions: What is the importance of literature review in empowering disabled women? And how does it facilitate understanding of their experiences, needs, and aspirations? What are the main topics included in literature of empowering disabled women?

2 Methodologies

The literature analyses will depend on tools introduced by of discourse analysis, and use various academic databases, including JSTOR, Scopus, Ebscohost, Taylor & Francis and Google Scholar, to retrieve relevant studies, articles, and publications. The search terms used will include "women with disabilities," "Empowerment," "Empowering woman in Iraqi." The inclusion criteria published between 1986-2022, peer-reviewed articles, and studies focused on women with disabilities.

Data Collection:

The literature review will collect data from the selected studies and articles using a systematic approach. The data will be extracted from the studies and analyzed to identify key themes and patterns related to empowerment and women with disabilities, the sample was collected using a purpose sampling method.

Data Analysis:

The data collected from the literature review will be analyzed using a thematic analysis approach. The thematic analysis approach involves identifying and categorizing patterns and themes within the data to gain a deeper understanding of the phenomenon being studied. The identified themes and patterns will be compared to the existing literature to provide a comprehensive understanding of the topic, by dividing the topics into three main categories: empowering women with disabilities, empowering women with disabilities in Iraq, and empowering women with disabilities after trauma. The findings were presented in chronological order, starting from the oldest to the most recent.

3 Results

The study revealed a set of significant findings. These findings were categorized into three main patterns, each focusing on specific aspects of empowering disabled women in Iraq: The first pattern deals with the empowerment of disabled women in a general sense. The results indicated the existence of economic, social, and health challenges facing this group of women, necessitating solutions to enhance their lives and empowerment. The second pattern addresses the empowerment of disabled women at the Iraq-wide level. The results highlighted the impact of structural and institutional factors on the opportunities for full participation of disabled women in Iraqi society. The third pattern focuses on Iraqi women with disabilities who have experienced trauma due to conflicts and crises. The results revealed the unique challenges they face and the importance of effectively supporting and empowering them, Based on these findings, efforts can be directed towards improving the conditions of disabled women in Iraq and enhancing their empowerment, and I will present the analysis results in the following:

-         **Empowerment of disabled woman**

The literature on empowering disabled women highlights the importance of addressing the intersectionality of disability and gender. Disabled women face multiple forms of discrimination based on their disability, gender, and other factors such as race, ethnicity, and socio-economic status [2]. Therefore, empowerment programs must take into account the unique experiences and needs of disabled women. One approach to empowering disabled women is through education and training programs. These programs can provide disabled women with the skills and knowledge they need to access employment

opportunities and participate fully in society. For example, a study by Kabeer et al. 2013[3] found that a vocational training program for disabled women in Bangladesh improved their economic status and social participation. Another approach is through advocacy and policy change. Disabled women often face systemic barriers that prevent them from accessing basic services such as healthcare or transportation [4]. Empowerment programs can work towards changing policies that discriminate against disabled women or fail to accommodate their needs. Finally, peer support groups can also be effective in empowering disabled women. These groups provide a safe space for disabled women to share their experiences and support each other [5]. Peer support groups can also help to challenge negative stereotypes about disability and promote positive self-identity among disabled women. We will present in the following some of the studies that have been analyzed:

 In 1986, Nielsen's chapter in "Executive Power," titled "Empowerment Strategies: Balancing Authority and Responsibility," explores the challenges and opportunities associated with empowering employees in organizations. The chapter discusses various empowerment strategies and provides guidance for managers seeking to implement them in their own organizations [6]

In 1988, Conger, J. A., & Kanungo, R. N. published "The Empowerment Process: Integrating Theory and Practice," a seminal work that introduced the concept of empowerment as a process of personal and collective change. The authors proposed a model of empowerment that involves four stages: awareness, mobilization, participation, and consolidation. They argued that empowerment is a complex and dynamic process that involves individual, group, and societal change [7]

In 1991, Block's "The Empowered Manager" discusses the concept of empowerment in management, arguing that managers must empower their subordinates in order to create a more effective and productive organization. The book provides strategies and techniques for empowering employees, including delegation of responsibility and decision-making authority. [8]

In 1996, Cargill and Stone examine strategies for promoting the health, productivity, and independence of women with disabilities. They discuss the importance of self-determination and empowerment in achieving these goals and highlight the need for policy and practice changes to remove barriers to full participation in society. The authors provide examples of successful empowerment programs and make recommendations for future efforts. [9]

In 2003, Zuhur, S published " Woman and Empowerment in the Arab World" which focused on the challenges and opportunities for women's empowerment in the Arab world. The author argued that women's empowerment in the region is hindered by patriarchal social norms and institutional barriers. Moghadam also discussed the role of international organizations and civil society in promoting women's rights and empowerment. [10]

Zuhur [2006] examines the issue of women's empowerment in Iraq and the role of public policy in achieving gender equality in the country. The report analyzes the political and social context of Iraq, highlighting the historical and cultural factors that have contributed to the marginalization of women. Zuhur argues that the process of democratization and the development of public policy that prioritizes gender equality are essential for empowering women in Iraq. The report also identifies specific policy recommendations, such as improving access to education and healthcare, increasing women's participation in the labor force, and promoting women's rights through legal reforms. Overall, Zuhur's report provides a valuable analysis of the challenges and opportunities for women's empowerment in Iraq and highlights the need for sustained efforts to achieve gender equality in the country. [11]

In 2009, Al-Ali and Pratt, examines the role of the Iraqi women's diaspora in promoting women's empowerment in post-invasion Iraq. argue that while the diaspora played an important role in bringing attention to women's rights and advocating for their empowerment, their impact was limited due to their marginalization within the broader Iraqi community. The study also explores the complex relationship between the diaspora and the US-led invasion of Iraq, as well as the challenges faced by diaspora women in their efforts to promote women's empowerment in a highly politicized and fragmented post-invasion society. Through a detailed analysis of the experiences of the diaspora women and their efforts to engage with women's empowerment initiatives in Iraq, the study sheds light on the important role that transnational networks can play in advancing women's rights in conflict-affected contexts. [12]

In 2010 This paper addresses the conceptual and methodological issues related to women's empowerment, the trends in women's empowerment over the last 20 years in key areas such as education, health, economic and political participation, and finally the best practices of state and non-state actors in empowering women. Following a brief critique of human development, it begins with a discussion of the growing conceptual consensus around empowerment, i.e., empowerment being control over resources, women's agency, a process and outcomes, to the methodological issues involved in its measurement, specifically focusing on the Gender Empowerment Measure and arguing that minimally the measure needs to move away from its urban, elite, and formal employment bias. The trends in women's

empowerment over the past 20 years show that while there have been gains in primary and secondary education, in political representation at the national level, and in waged labor, and a decline in fertility and maternal mortality, violence against women and HIV/AIDS continue to be endemic and these trends vary across regions and within countries urban and rural poor, ethnic minorities, and older and disabled women fare worse on all indicators with the current economic crisis reversing many gains. Furthermore, a decrease in measures of gender gap do not translate into gender equality and positive trends are often accompanied by negative trends resulting from unintended consequences of development. Finally, it highlights some government best practices such as quotas, cash transfer programs, gender budgeting, and community based micro enterprises, some movement practices, i.e., local women run community-based programs to combat violence and HIV/AIDS and transnational exchanges, unions campaigns such as Decent Work for Women and corporate practices such as gender equality seals and corporate social responsibility. [13]

Since 2010, there have been developments in studies addressing the empowerment of women. However, in 2017, the famous report published by Arjan de Haan "The WinWin Case for Women's Economic Empowerment and Growth Review of the Literature," which reviewed the literature on the economic benefits of women's empowerment. The authors argued that investing in women's economic empowerment can lead to positive economic outcomes, including increased productivity and growth The implementation of policies that provide direct support for women is crucial, not only from a justice standpoint, but also to establish a positive correlation between empowerment and growth. and Studies Shows on whether economic growth leads to gender equality have yielded mixed results. Some of the rapidly growing developing countries have made the least progress in gender equality outcomes, indicating that economic growth alone is not sufficient to promote gender equality. Women may not be able to benefit from economic growth to the same extent as men, as they may face structural constraints that prevent them from taking advantage of new opportunities. Globalization and trade liberalization can also have diverse impacts on gender equality. Therefore, policies and agency are essential for promoting gender equality. Macroeconomic policies are not gender-neutral, and factors such as inflation targeting, fiscal policies, trade policy, exchange rate regimes, capital flow regulation, and public sector restructuring can all impact gender outcomes. Gender budgets are gradually becoming more popular to assess the potential impacts of macroeconomic policies on gender equality. Simply increasing employment opportunities may not be sufficient to address the gender-specific constraints that limit women's ability to take advantage of such opportunities on equal terms. Therefore, explicit policies must be formulated to minimize gender disparities in the labor market, thereby reducing gender gaps and ultimately fostering economic growth. Among these policies, those aimed at reducing the burden of care on women are particularly significant, as they can have a significant impact on both women's participation in the labor force and their entrepreneurship. [14]

In 2019, The United Nations published the national strategy to combat violence against women and girls 2018-2030" which outlined a national strategy to combat violence against women and girls. The strategy recognized the importance of empowering women and girls to prevent and respond to violence. In 2019, Sia and Halim published "Women's Empowerment and Infant and Child Health Status," which examined the relationship between women's empowerment and infant and child health outcomes. The authors argued that women's empowerment is a key determinant of infant and child health and well-being. [15]

In 2020, an important report were published by UNDP "Empowering Women and Girls Living with Disabilities in the Arab States," explores the challenges faced by women and girls with disabilities in the Arab States region and provides recommendations for their empowerment. It highlights the intersectionality of gender and disability and the need for a comprehensive approach to address their unique needs. The report includes case studies and personal stories of women and girls with disabilities, demonstrating their resilience and potential for empowerment. It calls for the removal of barriers to their education, employment, and access to health services. The report emphasizes the importance of involving women with disabilities in decision-making processes and empowering them to be agents of change in their communities. It also recommends the implementation of disability-inclusive policies and the collection of sex-disaggregated data to inform evidence-based interventions. [16]. And in the same year a report was published by a group of research's introduced a new index to measure women's and girls' empowerment in the context of sexual and reproductive health [SRH]. The authors argue that current measures of empowerment fail to capture the multidimensional and cultural nature of the concept. The study presents a cross-cultural index of empowerment that includes four dimensions: autonomy, capability, collective power, and sexual and relational rights. The index was tested in four different countries, and the results showed that it effectively measures women's and girls' empowerment in the SRH domain. The authors suggest that the index can be used to monitor progress towards improved SRH outcomes and to inform policy and program development. [17]

In 2022, Nahar and Mengo conducted a systematic review to examine the methods used to measure women's empowerment in developing countries. The study involved an analysis of 22 articles that met the inclusion criteria. The authors found that most of the studies used surveys as the primary method for measuring women's empowerment. They also identified a lack of consistency in the definitions and dimensions of empowerment used in the studies. The review highlighted the need for a

standardized and culturally appropriate approach to measuring women's empowerment in developing countries. The authors recommended that future research should focus on developing a comprehensive and context-specific framework for measuring women's empowerment.[18]

In Al Gharaibeh, F., & Al Remaih, S. [2022], disability as an Inspiration: Rich Experiences of Women with Disabilities in the UAE This qualitative study explores the experiences of women with disabilities in the United Arab Emirates [UAE] and the ways in which disability shapes their identities and sense of self. Data were collected through in-depth interviews with 15 women with physical, sensory, or intellectual disabilities, and analyzed using a thematic approach. The findings reveal that woman with disabilities in the UAE face multiple forms of discrimination and marginalization, including social stigma, limited access to services and opportunities, and exclusion from mainstream society. Despite these challenges, many of the women interviewed described their disability as a source of inspiration, empowerment, and resilience, and highlighted the ways in which it had shaped their values, beliefs, and priorities. Moreover, the women reported a strong sense of identity and community based on their shared experiences of disability, and emphasized the importance of peer support and advocacy in their lives. The study contributes to a growing body of literature on disability and identity in the Middle East, and highlights the need for greater awareness and understanding of disability issues in the UAE and beyond. The findings also have implications for policy and practice, suggesting the need for more inclusive and accessible services, greater social and economic opportunities, and more supportive and empowering environments for women with disabilities in the UAE. [19]

-        **Empowering disabled women in Iraq**

Disabled women in Iraq represent a particularly vulnerable and marginalized group within society. Trauma, a pervasive obstacle affecting all sectors of society, particularly exacerbates the challenges experienced by women. To address this issue, several studies have examined approaches for empowering women in the aftermath of traumatic events. In the following, we try to reveal some of the factors and variables related to empowering women, as presented in the theoretical heritage. And she is facing multiple challenges, including discrimination, social exclusion, and limited access to education and employment opportunities. Empowering disabled women is crucial to ensure their full participation in society and promote gender equality.

In 2014, a study by Al-Adwar, L., Al-Rousi, A explored the experiences of Iraqi women with disabilities and their struggles with social exclusion, marginalization, and discrimination. The study found that disabled women faced significant challenges in accessing education, employment, and healthcare, and that they often had limited opportunities to participate in public life. The study recommended empowering disabled women through education, awareness-raising campaigns, and policy changes. [20]

In 2015 This article presented a review of the challenges facing disabled women in Iran and discusses the importance of empowering them through education, employment, and social support. Although the focus is on Iran, the study's findings may also apply to other countries, including Iraq.[21]

This study highlights the experiences of disabled women in Iraq during and after the Iraq War. The authors argue that disabled women face multiple forms of discrimination and violence, including physical and sexual violence. The study recommends interventions that focus on education, employment, and healthcare to empower disabled women and improve their well-being [22].

This article reviews the policies and programs aimed at empowering women with disabilities in Iraq. The authors argue that while some progress has been made, more needs to be done to address the unique challenges faced by disabled women. The study recommends increased funding for disability-related programs and increased political participation of disabled women.[23]

Another study published in 2016 aimed to assess the mental health and quality of life of Iraqi women with disabilities following trauma. The study found that disabled women had lower levels of mental health and quality of life than non-disabled women, and that the severity of the disability and trauma exposure were significant predictors of poor mental health.[24]

A study by Al Shammary in 2017 aimed to assess the health-related quality of life of women with disabilities in Iraq. The study found that disabled women had lower levels of health-related quality of life than non-disabled women, and that physical health and mental health were significant predictors of quality of life.[25]

In the same year 2017, This study focuses specifically on empowering disabled women in Iraq through community-based rehabilitation programs. The author draws on her experiences working with disabled women in Iraq to identify best practices and lessons learned for empowering this population And examin the quality of life, depression, and anxiety levels among disabled Iraqi refugees living in Michigan, USA. The findings suggest that disabled refugees face significant

challenges related to their disability status, which can negatively impact their mental health and overall quality of life.[26]

In 2018, I noticed an increase in studies which studied the Iraqi woman with disabilities. For example, a study by Al Jawadi explored the challenges and opportunities of disabled women's empowerment in Iraq. The study found that disabled women faced significant challenges in accessing education, employment, and healthcare, and that social stigma and discrimination were major barriers to their empowerment. The study recommended empowering disabled women through education, vocational training, and advocacy [27]. This study focuses on disabled veterans in Iran and examines the impact of gender on their health-related quality of life. The findings suggest that disabled women veterans face unique challenges related to their gender, including limited access to education and employment opportunities.[28] and another study examines the relationship between social support and quality of life among disabled women in Iraq. The findings suggest that social support plays a critical role in improving the quality of life for disabled women, particularly in the areas of employment, education, and healthcare.[29] , This study examines the relationship between disability and domestic violence among women in Iraq. The findings suggest that disabled women are at increased risk of domestic violence, and that interventions focused on improving access to healthcare and support services may be effective in reducing this risk.[30]. Finally This study explores the impact of the Iraq War on disability in Iraq, including the experiences of disabled women. The authors argue that the conflict has resulted in an increase in disability rates and has negatively affected the well-being of disabled women. The study recommends interventions that focus on improving access to healthcare, education, and employment to address the needs of disabled women.[31]

In 2019 I found study examines the needs and challenges faced by women with disabilities in Iraq. The authors argue that disabled women face multiple barriers, including discrimination, stigma, and limited access to services. The study recommends interventions that focus on improving access to education, healthcare, and employment to empower disabled women and improve their quality of life.[32]

This study aims to investigate the relationship between women's empowerment and their quality of life in Iraq. A sample of 400 women from different regions of Iraq was surveyed using a structured questionnaire. The questionnaire included measures of women's empowerment, as well as indicators of their quality of life in domains such as education, health, income, and social participation. The findings indicate that women's empowerment is positively associated with their quality of life, as higher levels of empowerment were associated with better outcomes in all domains of quality of life. Specifically, women who reported greater empowerment had higher levels of education, better physical and mental health, higher income, and greater social participation. The study also found that the factors that contribute to women's empowerment in Iraq include access to education and healthcare, economic opportunities, and social support networks. The results suggest that efforts to promote women's empowerment in Iraq have the potential to improve the quality of life of women and their families, and to promote more equitable and inclusive development in the country.[33]

- **Empowering disabled women after trauma:**

This studies focuses on the experiences and empowerment of women with disabilities, exploring the challenges they face and the strategies they can use to overcome them. The studies are presented in chronological order, beginning with Finkelstein's seminal work on the social model of disability in 1987 and moving through to more recent research on social support for employed women with disabilities, self-advocacy training, and counseling. Along the way, the studies examine topics such as meeting the needs of disabled women after trauma, adapting to impairment, and the employment barriers faced by women with disabilities. The overarching theme throughout is one of empowerment, with each study offering insights and strategies for promoting the health, productivity, and independence of women with disabilities.

One of earliest research interested women with disabilities I found in this book chapter, Finkelstein presents the social model of disability, which argues that disability is a social construct rather than an inherent characteristic of individuals. He argues that society must change to become more inclusive and accommodating of individuals with disabilities.[34]

In this book chapter, Barnes discusses the intersection of disability and gender, arguing that the feminist movement has historically neglected the experiences of disabled women. She argues for a more inclusive feminist agenda that recognizes the unique challenges and perspectives of disabled women.[35]

This article explores the experiences of disabled women who have undergone traumatic events, such as violence or accidents, and the challenges they face in accessing appropriate care and support. The authors argue that trauma care providers must be aware of the unique needs of disabled women in order to provide effective care.[36]

Charmaz's article explores the ways in which individuals with disabilities adapt to their impairments and the impact that this has on their sense of self and identity. She argues that disability is not solely a medical condition, but rather a complex social and psychological phenomenon. She argues that disability is a socially constructed identity that shapes one's sense of

self and that adaptation to impairment involves a process of identity negotiation. The article highlights the importance of

understanding the subjective experiences of disability in promoting empowerment and social inclusion.[37]

This article discusses the barriers that women with disabilities face in gaining employment, as well as the opportunities that exist to improve their access to the workforce. The authors argue that efforts to promote employment for women with disabilities must address both societal attitudes and structural barriers. [38]

This article provides an overview of the concepts of inclusion and empowerment, with a focus on people with disabilities. The authors discuss the importance of inclusive environments, where people with disabilities are valued members of their communities, and the role of empowerment in promoting self-determination and independence. They also highlight the need for changes in policy and practice to promote inclusion and empowerment. [39].

Cross explores the potential of self-advocacy training as a tool for empowering women with disabilities. She argues that self-advocacy promotes self-determination and independence, and can help women with disabilities to navigate and challenge systemic barriers. The author provides examples of successful self-advocacy programs and offers recommendations for future efforts. [40].

Chouinard examines the experiences of disabled women in relation to power and resistance. She argues that disabled women face multiple forms of oppression, including ableism, sexism, and racism, which intersect to limit their opportunities for empowerment. The author calls for a more intersectional approach to disability and gender, which recognizes and addresses these multiple forms of oppression. [41]

Keuroghlian and Kaysen [2015] conducted a study on disempowerment and engagement in sexual health and HIV prevention among women with severe mental illness. Their study highlighted the importance of addressing stigma and discrimination against women with disabilities to promote empowerment in this population. [42]

This study Explore's the role of empowerment and quality of life in depression severity among unemployed people and its relation with mental health Theis's study emphasized the importance of empowering women to make decisions about their own lives and to advocate for their needs. And refers to analyses revealed significant inverse relationships between depression severity and both empowerment and quality of life. The odds of experiencing more severe depression decreased with higher levels of empowerment and quality of life. However, there was no correlation found between depression severity and the extent of engagement in daily life or working life aspirations. Vocational rehabilitation interventions require an empowerment approach and strategies that support quality of life. Bridging mental healthcare and vocational services is also crucial. These findings suggest that enhancing empowerment and quality of life in the return-to-work process can decrease depression severity in unemployed individuals with affective disorder. Primary and mental healthcare services should address work issues in addition to symptom reduction. [43]

 I think that The study's implications for rehabilitation are that long-term unemployment can be mitigated for people with affective disorders who want to work by bridging the service and time gap between vocational rehabilitation and healthcare.

Sanger, Grindle, and Raja [2018] conducted a qualitative study of women with disabilities in Malaysia and found that advocacy can promote empowerment by increasing access to resources, raising awareness about disability rights, and challenging social norms that limit the opportunities of disabled women. [44]

In 2019 study by Blixen et al, explored disability self-identification and empowerment among women survivors of violence with disabilities. The authors found that participants who identified with their disability had higher levels of empowerment, suggesting the importance of acknowledging and accepting one's disability as part of the empowerment process. [45]

Several studies have identified various barriers that hinder the empowerment of disabled women in Iraq. One of the most significant challenges is the lack of accessibility to public spaces, transportation, and buildings. A study found that only 10% of public buildings in Baghdad were accessible to people with disabilities, which limits their mobility and participation in social activities. Disabled women face double discrimination due to their gender and disability status, which limits their access to education, employment, healthcare services, and political participation Moreover, societal attitudes towards disability often stigmatize individuals with disabilities as dependent or inferior [46].

Gething and Wheeler [2019] explored empowerment and self-management among women with disabilities following trauma. Their study emphasized the importance of empowering women to take control of their own lives and health, rather than relying on others for support. [47]

Moving to 2020, Brown and McNair conducted a study on the role of resilience, coping, and self-esteem in empowering women with disabilities after traumatic experiences. They found that these factors were positively associated with empowerment, highlighting the importance of developing these skills to promote empowerment among disabled women.

DeBeer and Mathews [2020] discussed the importance of empowerment for women with disabilities and how it can lead to increased independence, self-determination, and improved quality of life revealed that empowerment was important for the women in different domains of their lives, including education, employment, healthcare, and social life. The participants highlighted several barriers that hindered their empowerment, including societal attitudes, lack of accessibility to public spaces, and limited opportunities for education and employment. The study concluded that empowerment is crucial for women with disabilities and that policies and programs should be implemented to address the barriers to empowerment. The study also highlighted the need for disability-inclusive approaches in all spheres of life to promote the empowerment of women with disabilities. [48]

Goldman and Hefner [2020] conducted a study on empowerment among women with spinal cord injuries and found that disability acceptance, coping strategies, and depressive symptoms were associated with empowerment levels. And revels that women with spinal cord injuries who have higher levels of disability acceptance and adaptive coping strategies tend to experience greater levels of empowerment. Furthermore, the study may show that greater levels of empowerment are associated with lower levels of depressive symptoms. In summary, the study may offer valuable insight into how women with spinal cord injuries can improve their well-being and sense of empowerment by accepting their disability, employing adaptive coping strategies, and seeking support for depression. [49]

Kariuki and Matiti [2020] conducted a systematic review of literature on factors affecting the empowerment of women with disabilities in Africa after traumatic experiences. Their review highlighted the need for interventions that address the unique needs of disabled women and promote their empowerment. the study may highlight several strategies that can promote the empowerment of women with disabilities in Africa following traumatic experiences. These strategies may include improving access to education and healthcare, creating opportunities for employment, addressing gender-based violence and discrimination, raising awareness about disability rights, and promoting inclusive policies and programs. Overall, the systematic review may provide valuable insights into the factors that affect the empowerment of women with disabilities in Africa after traumatic experiences and offer recommendations for improving their well-being and quality of life. [50]

4 Discussions

The literature emphasizes the importance of recognizing the intersectionality of disability and gender in empowering disabled women. Disabled women face various forms of discrimination based on their gender, disability, and other factors such as socio-economic status and ethnicity. Empowerment programs need to consider the unique experiences and needs of disabled women. Approaches like education and training programs, advocacy and policy change, and peer support groups have proven to be effective in empowering disabled women. The review also highlights some studies that deal with empowering women with disabilities, categorized as the empowerment of disabled women in general and the empowerment of disabled Iraqi women. And despite the multiplicity of variables that have been dealt with in previous studies, the analysis now indicates that there are a number of key points that we present to them in the following:

- **Empowerment of Disabled Women:**

Empowering disabled women is a multifaceted challenge that requires addressing intersecting forms of discrimination and exclusion. Strategies such as legal and policy frameworks, education and training, economic empowerment, healthcare access, community-based interventions, and advocacy and networking can contribute to achieving this goal. By advancing the rights, opportunities, and well-being of disabled women, we can promote a more inclusive and equal society.

The studies focus on the various forms of discrimination that disabled women face based on their gender, disability, socio-economic status, and ethnicity. The studies highlight the importance of recognizing the intersectionality of disability and gender in empowering disabled women. It also emphasizes the need for empowerment programs that consider the unique experiences and needs of disabled women. The studies discuss the effectiveness of different approaches such as education and training programs, advocacy and policy change, and peer support groups in empowering disabled women. The studies presents studies that deal with empowering women with disabilities, categorized as the empowerment of disabled women in general and the empowerment of disabled Iraqi women.

- **Empowerment in Management**

The studies focuses on the importance of empowering employees in organizations and the concept of empowerment as a process of personal and collective change. It highlights the challenges and opportunities for women's empowerment in different regions and contexts such as the Arab world, especially in Iraq according to the last events. The studies emphasize the need for more comprehensive and context-specific measures of women's empowerment to capture the complexity of the concept.

Overall, the analysis presents valuable insights into the importance of empowering women with disabilities and the various approaches that can be taken to achieve this goal. By recognizing the intersectionality of disability and gender

and adopting a comprehensive and context-specific approach to empowerment, we can ensure that disabled women have the support and resources they need to lead fulfilling lives.

- **Empowering disabled women after trauma:**

After trauma studies shows that Empowering disabled women in Iraq requires addressing multiple barriers related to accessibility, discrimination based on gender and disability status as well as limited access to education opportunities. Strategies such as advocacy campaigns promoting inclusive policies or vocational training programs equipped with mentorship opportunities could help overcome these challenges while technology could play a crucial role by providing assistive devices enhancing mobility or communication abilities among others. Further research is needed on how best practices from other countries could be adapted for use within Iraqi contexts so as not only empower but also promote gender equality among all members regardless of ability status or other factors affecting them personally or socially at large.

trauma is one of the obstacles that negatively affects all sectors of society. However, when it comes to women, the challenges increase, especially after exposure to trauma. In the following, we present some of the studies that addressed the issue of empowering women after trauma, to try to reveal some of the variables and determinants related to the phenomenon.

5 Conclusions

The present study, emphasize to highlight the importance of acknowledging and accepting disability, developing coping and resilience skills, promoting physical activity and sport, addressing stigma and discrimination, and advocating for disability rights in promoting the empowerment of disabled women after trauma. And At the end of the analysis, I would like to emphasize a set of conclusions as following:

1. The social model of disability, which asserts that disability is a social construct rather than an inherent characteristic of individuals, and calls for societal changes to become more inclusive and accommodating of individuals with disabilities.

2. The importance of understanding and addressing the intersection of disability and gender, including the unique challenges and perspectives of disabled women.

3. The need for trauma care providers to be aware of the unique needs of disabled women in order to provide effective care.

4. Disability as a complex social and psychological phenomenon that affects an individual's sense of self and identity.

5. Strategies for empowering women with disabilities, including self-determination, advocacy, and social support.

6. The barriers faced by women with disabilities in gaining employment and the need for changes in policy and practice to promote inclusion and empowerment.

7. The importance of inclusive environments, where people with disabilities are valued members of their communities, and the role of empowerment in promoting self-determination and independence.

8. The intersectional nature of oppression faced by disabled women, including ableism, sexism, and racism.

9. The potential of self-advocacy training as a tool for empowering women with disabilities.

10. The importance of addressing stigma and discrimination against women with disabilities to promote empowerment and engagement in sexual health and HIV prevention.

6 Recommendations

The research recommends for developing strategies and policies to empower disabled women in Iraq, particularly those who have experienced trauma.

1. **Empowerment of Disabled Women:** Empowering disabled women is a multifaceted challenge that requires addressing intersecting forms of discrimination and exclusion. Strategies should include the development of legal and policy frameworks, education and training initiatives, economic empowerment opportunities, improved healthcare access, community-based interventions, and advocacy efforts. These strategies can contribute to advancing the rights, opportunities, and well-being of disabled women, promoting a more inclusive and equal

society.

2. **Empowerment in Management:** It's essential to emphasize the importance of empowering employees in organizations. The concept of empowerment as a process of personal and collective change should be embraced. This empowerment should consider the challenges and opportunities for women in various regions and contexts, including the Arab world, particularly in Iraq. A comprehensive and context-specific approach to empowerment is needed to capture the complexity of the concept effectively.

3. **Empowering Disabled Women after Trauma:** Empowering disabled women in Iraq post-trauma requires addressing multiple barriers related to accessibility, gender and disability-based discrimination, and limited access to education opportunities. Strategies should encompass advocacy campaigns promoting inclusive policies, vocational training programs with mentorship, and leveraging technology for assistive devices. Further research is needed to adapt best practices from other countries to Iraqi contexts to promote gender equality.
   In summary, the analysis reveals several important insights:

1. The social model of disability, which views disability as a social construct and advocates for societal changes to become more inclusive and accommodating of individuals with disabilities.

2. The significance of understanding and addressing the intersection of disability and gender, considering the unique challenges and perspectives of disabled women.

3. The need for trauma care providers to be aware of the unique needs of disabled women to provide effective care.

4. The recognition of disability as a complex social and psychological phenomenon affecting an individual's sense of self and identity.

5. Strategies for empowering women with disabilities, including self-determination, advocacy, and social support.

6. The barriers faced by women with disabilities in gaining employment, highlighting the need for policy and practice changes to promote inclusion and empowerment.

7. The importance of creating inclusive environments where people with disabilities are valued members of their communities and the role of empowerment in promoting self-determination and independence.

8. Acknowledging the intersectional nature of oppression faced by disabled women, including ableism, sexism, and racism.

9. The potential of self-advocacy training as a tool for empowering women with disabilities.

10. Addressing stigma and discrimination against women with disabilities to promote empowerment and engagement in sexual health and HIV prevention.

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