

Recent Research

Abortion's Harm to Women

1. **3.5 Times Higher Death Rates from Suicide, Accidents, Homicides (Suicide 6 Times Higher)**

Researchers examining deaths among the entire population of women in Finland found those who had abortions had a 3.5 times higher death rate from suicide, accidents, or homicides in the following year. Suicide rates among aborting women were 6 times higher compared to those who gave birth and 2 times higher compared to those who miscarried.¹

European Journal of Public Health, 2005

2. **Abortion Linked to Wide Range of Mental Health Disorders**

A survey of 5,877 women found that women who had abortions were at higher risk for various mental health disorders. Researchers studied 15 different mental health problems, including anxiety disorders (panic disorder, panic attacks, agoraphobia, post-traumatic stress disorder), mood disorders (bipolar disorder, mania, major depression) and substance abuse disorders. Abortion made a significant contribution for 12 out of the 15 disorders studied.²

Journal of Psychiatric Research, 2008

3. **30% Higher Risk of Mental Health Problems After Abortion; Abortion Offers No Benefits**

An ongoing survey of women in New Zealand found that women were 30 percent more likely to experience substance abuse, suicidal thoughts, anxiety disorders and major depression after abortion than after other pregnancy outcomes. No increase in mental health risks was found among women who continued an unplanned pregnancy, and the researchers said there was no evidence abortion offered any mental health benefits to women.³

British Journal of Psychiatry, 2008

4. **Higher Rates of Depression, Substance Abuse, Suicidal Behavior After Abortion**

In a New Zealand study, women who had abortions subsequently experienced higher rates of substance abuse, anxiety disorders, and suicidal behavior than women who had not had abortions, even after controlling for pre-existing conditions. Approximately 42% of women with a history of abortion had experienced major depression in the last four years (nearly double the rate of women who had not been pregnant and 35% higher than those who carried to term).⁴

Journal of Child Psychology and Psychiatry, 2006

5. **30% Higher Risk of Generalized Anxiety Disorder**

Researchers compared women who had no prior history of anxiety and who had experienced a first, unintended pregnancy. Women who aborted were 30% more likely to subsequently report all the symptoms associated with a diagnosis for generalized anxiety disorder, compared to women who carried to term.⁵

Journal of Anxiety Disorders, 2005

6. **Nearly Twice as Likely to Be Treated for Sleep Disorders, Which Are Often Trauma-Related**

In a record based study of nearly 57,000 women with no known history of sleep disorders, women were more likely to be treated for sleep disorders after having an abortion compared to giving birth. Aborting women were nearly twice as likely to be treated for sleep disorders in the first 180 days after the pregnancy ended compared to delivering women. Numerous studies have shown that trauma victims will often experience sleep difficulties.⁶

Sleep, 2006

7. **Abortion Increases Risk of Domestic Violence, Relationship Problems for Both Women, Men**

Compared to those with no history of abortion, both women and men who had an abortion with their current partner were more likely to report domestic violence, arguing about children and feeling that their lives would be better if the relationship ended. Women who had an abortion with their current partner reported more arguments about money

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and relatives, and were more likely to experience sexual dysfunction after abortion with a current or previous partner. Men reported more problems with jealousy and drug use after abortion with a current or previous partner.⁷

Public Health, 2009

8. Father's Role Significant in Deciding Pregnancy Outcome; Abortion Linked to Later Problems

In a survey of low-income women who had a previous child, women who felt they could not rely on their partner to help in caring for the child were more likely to have an abortion. Women who had an abortion were more likely to report subsequent violence by their partner and to report heavy alcohol abuse (3 times more likely) and cigarette smoking (twice as likely).⁸

International Journal of Mental Health & Addiction, 2008

9. Increased Smoking and Drug Abuse During Subsequent Pregnancies

A study of women who had just given birth found that compared to women who had experienced other types of pregnancy loss or had never had an abortion, women who had previously had an abortion are more likely to smoke, drink alcohol, or use marijuana, cocaine, or other illegal drugs during pregnancy.⁹

British Journal of Health Psychology, 2005

10. 95% Want To Be Fully Informed of All Statistically Associated Risks

Women considering elective surgery, such as abortion, consider all information about physical or psychological risks to be very relevant to their decisions. 95% of patients wished to be informed of all risks statistically associated with a procedure, even if the causal connection between the procedure and risk has not been fully proven.¹⁰

Journal of Medical Ethics, 2006

11. Teens Have More Mental Health Problems After Abortion, Even With Unplanned Pregnancies

A nationally representative study found that teen girls who abort unintended pregnancies are five times more likely to seek subsequent help for psychological and emotional problems compared to their peers who carry unintended pregnancies to term. Teens who aborted were also three times more likely to report having trouble sleeping and nine times more likely to report subsequent marijuana use.¹¹

Journal of Youth & Adolescence, 2006

For more information on these and other studies, visit www.TheUnChoice.com

Citations

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4. DM Fergusson, et. al., "Abortion in young women and subsequent mental health," *Journal of Child Psychology and Psychiatry* 47(1):16-24, 2006.
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