

Meta-Analyses (cont.)

Posavac & Miller (1990)

- post abortion women were slightly worse off than women in comparison groups

Rue, Speckhard, Rogers & Franz (1987)

- estimated 55,000 post-abortion women were predicted to experience negative psychosocial problems over a 1 year period
- additional 10,000 post-abortion women were predicted to require psychiatric hospitalization compared to those women who elected childbirth
- post abortion women had more psychosocial problems than control group women who delivered

Rue - Induced Abortion & Mental Health

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Suicide & Abortion - Risk Remains

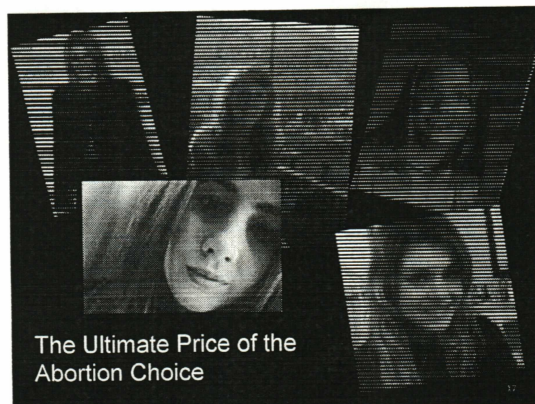
- Finnish women with a recently induced abortion have a more than 2-fold risk for suicide, compared to all women of reproductive age – despite a decrease in the general suicide rate
- Young women aged < 25 years were at the highest risk
- Investigators recommended 2-3 wk postabortion check up for physical and mental health problems

SOURCE: Gissler et al (2014). Decreased suicide rate after induced abortion. *Scand J Public Health*

Mental Health Realities of Abortion

- Insufficient evidence confirming abortion's psychological safety
- No credible evidence documenting abortion's mental health benefits
- Abortion is contraindicated when undertaken for mental health reasons
- Abortion can place mental health at risk
- Untreated traumatic stress complicates and thwarts grief responses

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The Ultimate Price of the Abortion Choice

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"You may have a wide range of feelings after your abortion. Most women ultimately feel relief after an abortion. Some women feel anger, regret, guilt, or sadness for a little while.

Serious, long-term emotional problems after abortion are about as uncommon as they are after giving birth. You may be more likely to have emotional problems after abortion for certain reasons. Some of these reasons are:

- having a history of emotional problems before your abortion
- having important people in your life who aren't supportive of your decision to have an abortion
- having to terminate a wanted pregnancy because your health or the health of your fetus is in danger

<http://www.plannedparenthood.org/abortion/abortion-procedures>

Accessed August 27, 2015

Risk Factors for Negative Emotional Sequelae

- "Appraisal of abortion as extremely stressful before it occurs
- Experiencing social stigma and antiabortion demonstrators on the day of the abortion
- An existing emotional disorder or mental illness prior to the abortion
- Significant ambivalence about the decision
- Perceived coercion to have the abortion
- Intense guilt and shame before the abortion
- Belief that abortion is the same act as killing a newborn infant
- Lack of emotional support and receiving criticism from significant people in their lives

SOURCE: Baker, A. & Beresford, T. Informed consent, patient education, and counseling. In Paul, M. et al. (eds.) (2009). *Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care*. Chichester, West Sussex, U.K.: Wiley-Blackwell, Table 5.4, p. 57.