ABORTION DOES NOT CAUSE MENTAL HEALTH HARM

Findings from a 5-year longitudinal study on the effects of having or being denied an abortion on women's mental health & well-being

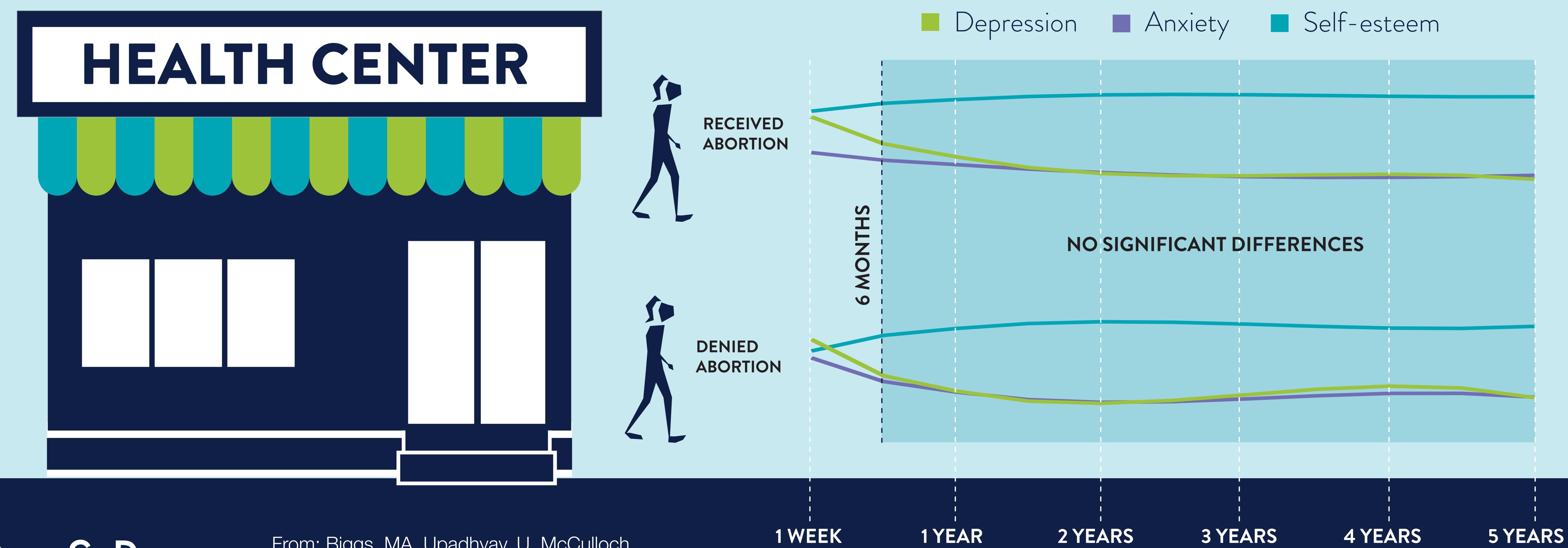
Denying women an abortion has negative effects on their mental health and well-being in the short-term.

Women who were denied an abortion experienced more anxiety, lower self-esteem and less life satisfaction than women who had a wanted abortion.



There is no evidence of emerging mental health problems after having an abortion for at least five

years. Women who had and women who were denied an abortion showed general improvements in their psychological well-being over time.





From: Biggs, MA, Upadhyay, U, McCulloch, CE, Foster, DG. Women's mental health and well-being five years after receiving or being denied an abortion: A prospective, longitudinal cohort study. December, 2016. *JAMA Psychiatry*.