

**NEGATIVE AFFECTS ABORTION HAS ON WOMEN'S MENTAL HEALTH**

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## Abstract

**Background:** One of the most controversial topics in today's society revolves around abortion. The big question is whether it is constitutional or not. What people don't seem to look at is what effects, if any, does it have on the women who have to go through it. If so is there anything being done to help?

**Objective:** The study aims to research if abortion has any negative effects on a women's mental health. If it is proven to have negative effects, what research is being done, and what help is being offered to the women going through it?

**Design and Method:** The research method is based on peer-reviewed literature consisting of scholarly articles, journals, and first-hand accounts. The research performed is qualitative and includes literature from 2000 to 2021. Research groups involving people who've experienced abortion were studied and the conclusions for those studied are recorded in the results section. The main research questions are: *Does abortion have negative effects on mental health? What are the mental health effects abortion has on women? What help is being offered, if any, for people who have gone through abortions?*

**Results:** This study concluded that abortion does indeed have negative effects on women's mental health and more help and research are needed for this topic

**Conclusion:** Abortion does prove to be a very controversial topic, and while everyone does deserve to have their own opinion on it, it is unfair to let these problems go unnoticed and untreated: these women require help. By helping them we can tackle a part of the mental health epidemic and get rid of some stigma around it.

## Chapter 1: Introduction

You are living your life; everything is going great. You lived your free twenties. You traveled and made great friends and memories. Then, you meet the one, the one that makes your heart sing, the person whom you want to spend the rest of your life with. You get married and enjoy everything that comes with it. Then the two of you decide that you want to have children. You both have wanted kids for as long as you can remember; you are excited. You finally get pregnant, and nothing has ever been as perfect. Automatically your next ten years flash before your eyes, and it looks perfect. You pick out the clothes, pick out the same, and tell the family... You get prepared. Then one day, your life is turned upside down. The reasons are not important, but you are not able to carry the child anymore. Your dreams, your future that you thought was set, were crushed.

The child is no longer there; life is no longer perfect; you are no longer your former self, a shell of who you once were—depression, anxiety, grief... all things that are your new normal. You have had an abortion. Abortion... a well-known, very controversial topic worldwide. One can date the debate associated with abortion back to the 1970s in the famous supreme court case *Roe V. Wade*. Abortion is a procedure done intentionally to terminate a pregnancy. It is usually performed during the first twenty-eight weeks of pregnancy but could also be done late-term, depending on the circumstances. The biggest debate around this topic is if it is constitutional or not. Some say it should be legal; others think it should be illegal and banned. What individuals do not stop to think about is what effects abortion has on the mental health of the individuals who have to experience it, whether it is mental, physical, or emotional. Regardless of what people think about abortion, it is unfair for the trauma that the experience causes a woman to go unnoticed. This chapter will provide an introduction to the negative impacts that abortion has on

a woman's mental health by first discussing the background and context, followed by the research problem, the research aims, objectives and questions, the significance, and finally, the limitations.

Throughout society, a majority of people are more concerned with their political opinion on abortion. When the topic arises in conversation or debates, blinders are put on, and personal beliefs are put onto the topic of abortion and the person who may be associated with the abortion. It is uncommon for people to be able to take a step back and view abortion in a bigger picture and think of things other than what may or may not be their beliefs on the issue. While evidence of this topic has been established in the debate on whether abortion is constitutional or unconstitutional, the investigation on things like the negative effect's abortion has on mental health is severely lacking and overlooked. The research in this writing piece will address the question of does abortion does indeed have negative effects on a woman's mental health. The writing piece aims to make it clear to the reader that there is more to abortion than the debate of constitutional or unconstitutional. The objective is to go over abortion and its negative effects on a woman's mental health and to explore what help is being offered for people who have gone through an abortion.

It is easy to think that studying abortion as a whole is something individuals should not put their energy into. The firm beliefs that people have on the topic make it appear to be that way. Contrary to this belief, it is imperative to study things like the negative impact's abortion has on a woman's mental health. We live in a society where the mental health crisis has turned into an epidemic. Mental health is still considered to be a taboo subject, where people either believe it does not exist or mock the people who have it, thus making them worried or embarrassed to come forward and seek the help that they need. Suicide rates are at an all-time high because there

is not a sufficient amount of help that people can get for their mental health. Due to the lack of belief in mental health topics, people are suffering. Studying something as traumatic as abortion, and looking at the possible negative effects it has on a woman's mental health, will thrust the mental health topic into becoming less taboo.

It would be nice if it were as simple as it sounded; studying the negative effects abortion has on mental health. Unfortunately, it is not. There are limitations to looking at this topic. One limitation of this topic is the research group size. Beings as though the topic is the negative effects abortion has on mental health, the person, or persons, would need to have both experienced an abortion and come forward and talk about it or partake in a research study. These limitations decrease the group size significantly. Another limitation when looking at this topic is the research involved. As mentioned before, abortion is a very controversial topic. When you hear abortion in any conversation, it is not about its effects on mental health; it is about whether it is constitutional or unconstitutional. Finding research articles that were strictly on the mental health aspect of abortion proved to be more difficult than expected.

While writing this piece, it was important to devise research questions. Research questions would give an outline to follow to ensure that all the necessary information needed was gathered. It would also make sure that individuals could not go off-topic, being as though it is very easy to sway with this topic. The research questions for this study are:

**RQ 1:** *Does abortion have negative effects on mental health?*

**RQ 2:** *What are the mental health effects abortion has on women?*

**RQ 3:** *What help is being offered, if any, for people who have gone through abortions?*

Now that we discussed the background and context, followed by the research problem,

the research aims, objectives and questions, and the significance. Finally, regarding the limitations of abortion having negative effects on a woman's mental health, it is imperative to have a structured outline of what the writing piece will cover. The outline for the piece is as follows: a title page, an introduction which will be the first chapter; a literature review which will be the second chapter; the methods piece, which will be the third chapter; and a reference page.

## Chapter 2: Literature Review

Some people view abortion as a horrid, murderous procedure, some view it as a life-saving, necessary procedure. What society neglects to consider or consider is the adverse effects this procedure has on those who have to experience it. With all the moving parts that are involved with abortions, such as what is concerned, the decisions that have to be made, and the aftercare, there is bound to be a severe toll inflicted upon the body, mind, and spirit. Abortion has a lot of negative impacts on the mental health of those who experience it. The mental health epidemic is vastly growing at a rapid rate. More and more people are affected, in some way, by mental health illnesses. If we can single out different groups of people and what may cause their mental illness, we will slowly start to chip away at this massive growing problem. The more research we do to understand it, the better we will be able to help the people who have to go through it.

Abortion... a well-known, very controversial, topic worldwide. Abortion is a procedure, done intentionally, to terminate a pregnancy. It is usually performed during the first twenty-eight weeks of pregnancy, but it could also be done late, depending on the circumstances. This tends to be all people know about abortion. The article *Psychological consequences of abortion among the post-abortion care-seeking women in Tehran* covers abortion as a whole. It covers what the process is and its origins, it covers the type of psychological effects it has on women, the social effects it has, and the physical effects it has. This article also covers a study conducted to see the effects abortion has on women. By the end of the study, after looking at all that abortion is, what it involves, and how it affects women in different ways, researchers were able to conclude that abortion does indeed hurt mental health. The study revealed that of the people that were monitored, at least one-third of them experienced adverse psychological side effects such as;



worrying about not being able to conceive again eating habits, depression, nightmares, guilt, a Decrease in self-esteem, and regrets. In addition, the APA, American Psychological Association, a scientific and professional organization that represents psychology as a whole in the United States, wrote a report on mental health and abortion. This report covers the correlation between mental health and abortion in its entirety. It discusses when this issue first arose in public debate, addresses, and defines terms, and goes over the most common questions that are asked when it comes to discussing the relationship between mental health and abortion. The report then goes into discussing the conceptual framework of abortion and mental health, important methodological issues to consider when looking at these issues, and the evaluation of empirical studies that compare the mental health of women who have had abortions to the mental health of different variable groups. Both of these articles provide a well-developed background on abortion. One is from here in the U.S. and the other is from overseas. This allows you to see abortion from different cultures and countries' viewpoints.

In today's society, due to the controversial views around abortion, people don't stop to think about what effects abortion has on the people who are getting it; whether it be mental, physical, or emotional. Society is very quick to judge a person solely based on their actions and write them off. What goes unnoticed is, the traumatizing events and decisions that take place when it comes to abortions have negative impacts on a woman's mental health. The article "Abortion and subsequent mental health" explores the correlation between abortion and mental health. In this research article, the data shows and proves that abortion does indeed harm women's mental health. To get a clear understanding of what effects abortion has on mental health, thirty-six studies were examined. After examining all studies, the ones that did not fit under the proper requirements were taken out. Of the thirty articles that were left to investigate,

thirteen of them showed a clear risk for a reported mental illness; whether it be depression, anxiety disorders, or substance abuse disorders. It was then determined that clinical depression was found in seventeen percent of women who give birth to a living child and in twenty-six percent of those who received an abortion. Depression and bipolar disorder were found in forty-five percent of those who had an abortion, In twenty-eight percent of those who gave birth, and in twenty-five percent of women who never gave birth. In addition, the article “Abortion and Mental Health Controversy” dives into the negative impacts abortion has on a woman’s mental health. In the research article, the data clearly states that abortion does have negative impacts on mental health, whether it be exacerbating pre-existing conditions or creating entirely new ones. According to the APA, American Psychological Association, women who receive an abortion are most likely to experience sadness, grief, and feelings of loss following the procedure, some experience clinically significant disorders, such as depression and anxiety, and even abortion-specific post-traumatic stress disorder. The article has two main focuses; the first is looking at the risks and the second is looking at the pre-existing risks to be the main explanation for the negative impacts. These sources both examine abortion and the effects it has on women's mental health; both conclude that abortion does have negative impacts on women’s mental health.

Due to the controversy surrounding abortion, it is hard for people experiencing mental health problems to find the proper help and resources needed to get better; whether it be physically, emotionally, or mentally. Regardless of what people think about the topic of abortion, it is unfair for the trauma that the experience causes to a woman, to go unnoticed. So, what is being done about it? Is there enough being done? How are we helping these women who need professional help? The article “Evaluation of Training for Health and Social Service Providers on Abortion Referral-Making” examines the relationship between abortion and the services

needed when abortion is involved. Since abortion is such a controversial and triggering topic, many people in the medical field do not want to get involved with anything having to do with abortion. It is said in the article that “ In the United States, a large majority (90%) of counties have no abortion provider, and most (59%) abortions are performed in specialized abortion clinics” (O'Donnell, 2017, 1370). The fact is abortion, something that could end up potentially involving surgical activities should be done in a safe environment, by a trained professional, for the individual's well-being. The alarming statistic of only 59% of abortions being done by abortion providers needs to be addressed. After all, how many heart surgeries are done by non-cardio surgeons? The article also goes into explaining the training programs that are in place to help health and social service providers learn how to give proper, informative, and non-judgmental information. The article states “Provide worked with curriculum development experts to develop Referrals for Unintended Pregnancy: *A Curriculum for Health and Social Service Providers*” (O'Donnell, 2017, 1370). In doing so, people will now be equipped with the proper tools to help these people who are going through this traumatic time. In addition, the article “Informing abortion counseling: An Examination of evidence-based practices Used in emotional care for other stigmatized and sensitive health issues” explores the importance of mental health counseling after abortion. Due to the complexity of abortions and the wide range of emotions that it brings on, women must have help navigating through everything. Mental health care after abortion can help “a woman with decision-making, coping with stress, and maintaining positive mental health after an abortion” (Freedman, 2010, 417). It can also help “a woman who is resolved in her decision to have an abortion, it can involve discussing how she came to her decision and exploring the context in which she made the decision” (Freedman, 2010, 418). In addition, “ it enables providers to identify the minority of patients who may be at

greater risk for poor psychological outcomes after an abortion and provide additional support and/or referrals to these women” (Freedman, 2010, 418). Different methods have been found concerning mental health care after abortion but little research has been conducted to test the effectiveness of these methods. The types of methods used have been researched, studied, and examined in the article. From the research, “practices used in emotional care for stigmatized and sensitive health issues that have been demonstrated to be effective in supporting coping or improving psychological adjustment” were found (Freedman, 2010, 420). These practices were establishing a supportive client-provider relationship, assisting with decision-making, offering supplemental sources of support, and addressing stigma. All of these methods prove to help aid women trying to navigate this difficult time. It is also seen in the article “Counseling View of Abortion in Nigeria” explores how abortion and counseling are viewed in Nigeria. Just like everywhere else, pregnancy and a baby are valued and wanted in Nigeria. It could be argued that pregnancy and a child are even more valued in Nigeria because “For most Nigerians, a marriage is not considered blessed or fruitful until there is a child” (Ogwokhademhe, 2015, 325). The thing that stands out the most is, nothing is above the mother's life. The article expresses “the ones (pregnancies) that threaten the life of the mothers...are gotten rid of through abortion” (Ogwokhademhe, 2015, 325). This goes to show that Nigerians value women above anything else and leave the option up to them. If they do go with the abortion route they also understand the value of counseling. The article explores the understanding of counseling, they explain that for counseling to work, there needs to be a good relationship between both counselor and patient. In addition, they know the counselor needs to be a good counselor with certain attributes. All three of these articles provide statistics on the amount of help people are receiving and how the professionals are helping women who have gone through an abortion. The more research that is

being done, the more information we have on the topic. Information is power and the more we know the more we can help.

Some people view abortion as a horrid, murderous procedure, some view it as a life-saving, necessary procedure. What society neglects to consider or consider is the adverse effects this procedure has on those who have to experience it. With all the moving parts that are involved with abortions, such as what is concerned, the decisions that have to be made, and the aftercare, there is bound to be a severe toll inflicted upon the body, mind, and spirit. Abortion has a lot of negative impacts on the mental health of those who experience it. The mental health epidemic is vastly growing at a rapid rate. More and more people are affected, in some way, by mental health illnesses. If we can single out different groups of people and what may cause their mental illness, we will slowly start to chip away at this massive growing problem. The more research we do to understand it, the better we will be able to help the people who have to go through it.

### **Chapter 3: Methods**

Research for this essay had to be done very carefully. As the topic of abortion is so controversial, the writing piece had to be set up so that a side on this issue was not taken. The research focused on the harmful impact abortion has on mental health and what professional help was being offered to women going through these challenging times. When researching articles, only articles that were unbiased towards abortion, meaning they did not take a stand on the issue, could be used. Everything in the articles that have been chosen is backed up by research and fact, nothing opinion based. Another key choice when designing the research project was what the research questions needed to be and whom they were going to be asked. As stated before, this writing piece focuses on the negative impact's abortion has on mental health, not whether it is constitutional or not. The questions asked focused on the individual's story about their abortion and the effects, if any, it has had on said individual, what help was available to them, and if they decided to get help. The questions were worded so they could only be answered for the topic they are intended for. Furthermore, the individuals that were chosen only consisted of people who had to go through this experience. Anyone who has not had an abortion will be of no use to this study and can only lead to a biased path.

This design process focused on both quantitative and qualitative research literature. It used quantitative research to focus on the statistics of an individual's mental health, statistics of how many people have had negative effects versus how many people have not had negative effects. It allowed me to see how many people's mental health is affected by abortion. It used qualitative research to focus on first-hand conversations with people affected by abortions. The qualitative research also allowed me to find out what help, if any, is available to women getting an abortion.

In addition, it allowed me to see what kind of help they were getting, what methods were being used, and what research was being done and used when helping with this kind of situation.

While designing this writing piece it was determined that the best way to go about the research was to examine case studies. A case study is when a particular individual, program, or event is studied in depth. It is used for learning more about a little-known or poorly understood situation, investigating how an individual or program changes over time, or generating or providing preliminary support for one or more hypotheses.

For this study, the method that was used was conversational analysis. To prepare for this, individuals were found to speak to and prepared questions were asked of said individuals. When looking for individuals to have conversations with, it was ensured that they had the knowledge and first-hand experience for the research topic. For example, someone who has not received an abortion or has had to go through what follows an abortion was not of any use to my research. It would only create a biased opinion that would harm my research. While conducting these conversations, it was important to keep the questions structured so that they do not leave room for any outside opinions on the issue; they will only cover their experience and whatever effects the experience has had on them.

For this research project, data was needed to further expand the knowledge on this issue. The data that was collected was from scholarly databases that provided peer-reviewed articles. When looking for the data, some things proved to be rather challenging. One challenge that was presented while conducting research was the sample size and selection bias. It was imperative that the people involved had received an abortion and who were willing to come forward and speak on their experience, whether it was in the conversations for this piece or in the study groups found in the peer-reviewed articles that have been selected. Another challenge that was

faced was keeping the opinionated voices on abortions out of the research and writing piece. This research and writing piece focuses on the negative impacts abortion has on mental health and just that.

The purpose of this research is to see what the mental health effects that abortion has on a woman are and what help is being provided to them. People don't stop to think about the effect abortion has on the people who are getting it, whether mental, physical, or emotional. In addition, since abortion is so controversial, many people don't want to be involved with anything regarding the topic. Due to this, it is hard for people experiencing this to find the proper help and resources needed to get better, whether it be physically, emotionally, or mentally. Regardless of what people think about the topic of abortion, it is unfair for the trauma that the experience causes to a woman, to go unnoticed. The methods chapter breaks down why the writing piece is structured the way it is and the decisions that were made to ensure it is the most accurate and filled with information that it can be. This chapter has reviewed the research design, strategy, time horizon, conversation strategies, data collection method, data analysis method, and limitations.



## Chapter 4: Results

In today's society the topic of abortion, and the debate that follows it, are very prominent. The problem surrounding abortion is people tend to only look at one side of the argument; if it's constitutional or not. The purpose of this study was to see what the effects of abortion are on women's mental health. The research questions for this study are: What are the impacts abortion has on a women's mental health? Does abortion have adverse effects on a women's mental health? Would addressing the stigma of mental health and the adverse effects abortion may have on women help with the current mental health crisis? This chapter's objective is to explore this research study's findings. It will explore each research question and report the data that has been found on that research question. The unfortunate part of this study was while conducting and studying the research, I had to study samples of people who had gone through an abortion. It was imperative to keep the study away from people who did not know what it was like to have an abortion; this was done to ensure no biased opinions got mixed into the study. To collect data different case studies were used to observe their findings and conclusions on the group of women, who went through an abortion, they studied. To ensure that all this information was correct and accurate, only case studies from credible organizations and used peer-reviewed articles were used.

When discussing the topic of abortion people often overlook everything else involved with the topic due to its controversial status. Does abortion have adverse effects on women's mental health? According to "Psychological Consequences of Abortion among the Post Abortion Care Seeking Women in Tehran," it does. A study was conducted on 278 women, all of reproductive age. This study "revealed that at least one-third of the respondents have experienced psychological side effects" (Pourreza, 2011, 34). In another study, according to the article "The

abortion and mental health controversy: A comprehensive literature review of common ground agreements, disagreements, actionable recommendations, and research opportunities,” the findings were very clear, “women who abort are at higher risk of many mental health problems” (Readron, 2018). All of these articles show that it is undeniable that abortion causes mental health issues for women who have to experience it. It is something that needs to be addressed.

So what are the impacts abortion has on a women’s mental health? While some would argue that there are none the general decision, according to the research, is that abortion does have many negative impacts on women's mental health. The article *Counseling Women Who Have Experienced Pregnancy Loss: A Review of the Literature*” states “Experiencing pregnancy loss places women at high risk for depression. Carrera found that women who have experienced pregnancy loss had higher levels of depression than women who had live births.” In addition, the article “Abortion and subsequent mental health: Review of the Literature” explains “A total of 36 studies were retrieved... Depression, anxiety disorders (e.g. post-traumatic stress disorder), and substance abuse disorders were the most studied outcome... fetal loss seems to expose women to a higher risk for mental disorders...fetal loss is traumatic and the studies analyzed here show that abortion is a risk factor for subsequent mental illness” (Bellieni, 2013, 305). In addition, another article titled “Abortion and mental health: quantitative synthesis and Analysis of Research” stated that “Women who had undergone an abortion experienced an 81% increased risk of mental health problems” (Coleman, 2018, 183). It was also found that in a study conducted as part of the Christchurch Health and Development Study, “Forty-one percent of women had become pregnant on at least one occasion before age 25, with 14.6% having an abortion. Those having an abortion had elevated rates of subsequent mental health problems including depression, anxiety, suicidal behaviors, and substance use disorders” (Fergusson, 2005, 18). All

of these articles show that abortion causes anxiety, depression, suicidal behaviors, substance abuse, and PTSD. They also support the idea that abortion negatively impacts mental health and needs to be taken seriously. Women who have to go through an abortion need the proper help to get through this traumatic experience.

When trying to find research on the question of addressing the stigma of mental health and the adverse effects abortion may have on women to help with the current mental health crisis, the most common answer I found was that it would help the current mental health crisis. In one of the articles I used for my research study, “Counseling Women Who Have Experienced Pregnancy Loss: A Review of the Literature,” all types of pregnancy loss were explored; whether it be a miscarriage, abortion, stillbirth, etc. By including all types of all, you eliminate that bias and hate that comes with abortion. The article states that when women experience a pregnancy loss, they “find themselves surrounded by silence, which can transcend all areas of their life. These women may experience isolation as a result of the silence surrounding their loss, a silence that is perpetuated by friends, family, coworkers, medical professionals, and society in general...Experiencing pregnancy loss places women at high risk for depression. Carrera found that women who have experienced pregnancy loss had higher levels of depression than women who had live births. Women experiencing pregnancy loss who received 12 months of psychological intervention fared better than those who did not receive the intervention concerning depressive symptoms... the role of social support is imperative to the healing process for women and their partners after a pregnancy loss” (Randolph, 2015, 2–10). Another article, “Informing abortion counseling: An examination of evidence-based practices used in emotional care for other stigmatized and sensitive health issues” explores the importance of mental health counseling after abortions. The article states that when women receive counseling after an

abortion it can help “a woman with decision-making, coping with stress, and maintaining positive mental health after an abortion... a woman who is resolved in her decision to have an abortion, it can involve discussing how she came to her decision and exploring the context in which she made the decision... it enables providers to identify the minority of patients who may be at greater risk for poor psychological outcomes after an abortion and provide additional support and/or referrals to these women... practices used in emotional care for stigmatized and sensitive health issues that have been demonstrated to be effective in supporting coping or improving psychological adjustment” (Freedman, 2010,415–421). Both of these articles show, and support, the idea that addressing the stigma of mental health and the negative effects abortion may have on women helps not only the women having to go through it but the current mental health crisis too.

A good family friend of mine underwent an abortion. She and her husband went to their twenty-two-and-a-half-week anatomy scan. On this scan, they found out that their daughter had several congenital heart defects. They then went to seek a specialist's opinion. The specialists informed them that their daughter would need open heart surgery as soon as she was born, that is if she survived. Since her heart had so many issues, the possibility of brain damage was high because blood could not flow properly to her vital organs. She and her husband decided they did not want their daughter to suffer so many unknowns and a bad diagnosis. On January 26, 2018, She had a D&E and gave birth to her baby daughter. They left the hospital with empty arms and broken hearts. My friend's genetic counselor gave her a number to the Good Sam Perinatal Bereavement Program, a program that specializes in dealing with infant loss. She contacted them right away and went to the next meeting which was only two weeks after losing her daughter. Going in, mentally, she was in a terrible place. She was going through life but nothing was good

anymore; she was just going through the motions. This group, known as the heartbreaking choice group, was the only place she felt accepted. A room full of families with similar situations and no judgment. All there due to the loss of their child because they had to make a heartbreaking choice to make but they didn't have a choice at the end. This group was incredibly helpful for her. They discussed grief and ways to cope. That mixed with therapy was the only way she made it out of the first two years following her daughter's death.

Abortion... a well-known, very controversial, topic worldwide. Abortion is a procedure, done intentionally, to terminate a pregnancy. It is usually performed during the first twenty-eight weeks of pregnancy, but it could also be done late, depending on the circumstances. The most considerable debate around this topic is whether it is constitutional. Some say it should be legal, others think it should be illegal and banned. People don't stop to think about the effects abortion has on the people who are getting it; whether mental, physical, or emotional. In addition, since abortion is so controversial, many people don't want to be involved with anything regarding the topic. Due to this, it is hard for people experiencing this to find the proper help and resources needed to get better; whether it be physically, emotionally, or mentally. Regardless of what people think about the topic of abortion, it is unfair for the trauma that the experience causes to a woman, to go unnoticed. This chapter's objective was to explore this research study's findings and figure out what impacts abortion has on women's mental health, what adverse effects, if any, abortion has on women's mental health, and if addressing the stigma of mental health and the negative effects abortion may have on women help with the current mental health crisis.

## Chapter 5: Discussion

Due to all the controversial conversations around abortion, it is easy to overlook the cause-and-effect dynamic created by abortion. Most people find it hard to accept that this type of thing would have to be addressed and people going through it would need help. The stigma around mental health adds a layer of difficulty in women getting help, and people realize that abortion negatively impacts mental health. This analysis supports the theory that abortion does have adverse mental health effects on women. The data does suggest that there needs to be more research on this topic. Research on the adverse effects that abortion has on women and how to properly help women who go through this.

One of the key findings of the research focused on the Kubler-Ross model of the five stages of grief. The study states that women who experience child loss may experience both normal and pathological grief reactions. The five stages of grief consist of denial, anger, bargaining, depression, and acceptance. During child loss, a woman may experience any one of these, or multiple, emotions. In addition, the results indicate that abortion brings about mental health diseases such as depression, anxiety, PTSD, suicidal tendencies, stages of grief, substance abuse disorders, and more.

Women who experience child loss experience a tremendous amount of grief. Due to this fact, they will most likely go through at least one of the five stages of grief. A Swiss psychiatrist, Kübler-Ross, came up with the model called the five stages of Grief model. The five stages of grief are denial, anger, bargaining, depression, and acceptance. It is important to note that these stages don't always happen in a specific order and it varies on what a person may or may not experience. The relationship between abortion and the five stages of grief has a cause-and-effect dynamic; abortion causes the five stages of grief. Going through this massive trauma and

experiencing all this grief opens up a gate for long periods of depression and anxiety. The conclusions of this research show that we as a society need to have more research on this topic, more therapists for the women affected by abortion, and more support systems in place.

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