

Είναι Αποδεδειγμένο Γεγονός

Η Σχέση Μεταξύ της Παιδικής Κακοποίησης και της Κατάστασης της Υγείας στην Ενήλικη Ζωή

Οι χρόνιες αρνητικές συνέπειες της παιδικής κακοποίησης επηρεάζουν άμεσα την υγεία κατά την ενήλικη ζωή. Οι ενήλικες που έχουν υπάρξει θύματα κακοποίησης ή παραμέλησης σαν παιδιά, αντιμετωπίζουν μεγαλύτερο κίνδυνο να νοσήσουν από σωματικές και ψυχολογικές διαταραχές σε σχέση με τους ενήλικες που δεν υπήρξαν θύματα κακομεταχείρισης κατά την παιδική ηλικία. Η πρόληψη της παιδικής κακοποίησης και παραμέλησης δε συμβάλλει μόνο στην προστασία των παιδιών, αλλά και στην προαγωγή της υγείας των ενηλίκων. ⁽¹⁻⁵⁾

1

Τα άτομα που έχουν βιώσει κακοποίηση και παραμέληση κατά την παιδική ηλικία διατρέχουν μεγαλύτερο κίνδυνο να νοσήσουν από διάφορες ασθένειες όπως: ⁽¹⁻⁶⁾

Αυτοάνοσα Νοσήματα ⁽⁶⁻⁸⁾

Αρθρίτιδα ^(6, 8-9)

Ασθένειες Πνευμόνων ^(6, 9-10)

Καρδιακά Νοσήματα ^(6, 11)

Παχυσαρκία και Αυξημένος ΔΜΣ ^(8, 12-15)

Ημικρανίες και Συχνοί Πονοκέφαλοι ⁽¹⁶⁻¹⁸⁾

Υπερδιέγερση ^(6, 19)

Γαστρεντερικές Διαταραχές ^(6, 20)

Έλκη Πεπτικού ^(6, 21)

Διαβήτης Τύπου 2 ^(6, 22)

Ασθένειες Ήπατος ^(6, 23)

Χρόνιος Πόνος ⁽²⁴⁻²⁵⁾

2

Ενήλικες που βίωσαν κακοποίηση και παραμέληση ως παιδιά, είναι να πιθανόν να νοσήσουν από ψυχολογικές διαταραχές, όπως: ^(3, 8, 26)

Κατάθλιψη ⁽²⁶⁻²⁹⁾

Άγχος ^(26, 29)

Διαταραχή Μετατραυματικού Άγχους ^(26, 29)

Απόπειρες Αυτοκτονίας ^(3, 29-31)

Διαταραχές Ύπνου ⁽²⁹⁾

Κρίσεις Πανικού ⁽²⁶⁾

Φοβίες ⁽²⁶⁾

3

Ενήλικες που υπήρξαν θύματα κακομεταχείρισης κατά την παιδική ηλικία είναι πολύ πιθανότερο να υιοθετήσουν συμπεριφορές που τους θέτουν σε μεγαλύτερο κίνδυνο για την εμφάνιση σωματικών και ψυχολογικών διαταραχών: ⁽¹⁾

Προβλήματα Κατάχρησης Αλκοόλ ^(8, 26, 32)

Χρήση Ουσιών ^(8, 28)

Διατροφικές Διαταραχές ^(12, 29)

Ελλιπής Προγεννητική και Μεταγεννητική Φροντίδα ⁽³³⁾

Αντικοινωνική Συμπεριφορά ⁽²⁸⁾

Παρορμητικές Σεξουαλικές Συμπεριφορές ^(3, 8, 34-36)

Κάπνισμα ⁽³⁷⁾

Αυτοτραυματισμός ⁽⁸⁾

4

Άτομα που βίωσαν κακομεταχείριση κατά την παιδική ηλικία είναι συχνότερα χρήστες υπηρεσιών υγείας, συμπεριλαμβανομένων περισσότερων επισκέψεων στο τμήμα των εκτάκτων περιστατικών που έχουν σαν αποτέλεσμα υψηλότερο κόστος υπηρεσιών υγείας ⁽³⁸⁻⁴¹⁾

5

Γυναίκες με ιστορικό παιδικής σεξουαλικής κακοποίησης είναι πολύ πιθανόν να επαναθυματοποιηθούν σεξουαλικά και σωματικά ως ενήλικες ^(8, 35, 42-43)

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