

事實

兒童虐待與成人健康的關係

兒童受虐明顯會對成年後的健康狀態持續造成不利影響。童年時期曾經遭受虐待或忽視的成人，比童年時期未曾遭受虐待的成人，更容易產生各種不良的身體與心理健康狀況。預防兒童遭受虐待與忽視，不僅能保護兒童，也能創造更健康的成人。(1-5)

1

童年時期曾遭受虐待與忽視的人，更容易產生各種身體疾病，包括：(1-6)

自體免疫失調⁽⁶⁻⁸⁾

關節炎^(6, 8-9)

肺部疾病^(6, 9-10)

心臟疾病^(6, 11)

肥胖與 BMI 升高^(8, 12-15)

偏頭痛與習慣性頭痛⁽¹⁶⁻¹⁸⁾

高血壓^(6, 19)

胃腸疾病^(6, 20)

消化性潰瘍^(6, 21)

二型糖尿病^(6, 22)

肝臟疾病^(6, 23)

慢性疼痛⁽²⁴⁻²⁵⁾

2

童年時期曾遭受虐待與忽視的成人，在成年後也可能會出現負面的心理健康狀況，包括：(3, 8, 26)

憂鬱⁽²⁶⁻²⁹⁾

焦慮^(26, 29)

創傷後壓力症候群 (PTSD)^(26, 29)

自殺企圖^(3, 29-31)

睡眠障礙⁽²⁹⁾

恐慌症⁽²⁶⁾

恐懼症⁽²⁶⁾

3

童年時期曾遭受虐待的成人，更可能進一步做出不利身體與心理健康的行為，包括：(1)

酗酒相關問題^(8, 26, 32)

嗑藥^(8, 28)

飲食失調^(12, 29)

產前產後照護不佳⁽³³⁾

反社會行為⁽²⁸⁾

危險性行為^(3, 8, 34-36)

每日抽煙⁽³⁷⁾

自殘行為⁽⁸⁾

4

童年時期遭受虐待的人，會使用較多的醫療與心理健康服務，包括多次造訪急診室而增加醫療成本。(38-41)

5

童年遭受過性虐待的女性，成年後更可能再次遭受性侵害與身體傷害。(8, 35, 42-43)

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