

# 事实上

## 儿童虐待和成人健康之间的关系

儿童虐待对成人健康问题产生的持久不良影响显而易见。与童年时未受虐待的成人相比，童年时受过虐待或忽视的成人产生各种不良身心健康状况的风险更高。防止儿童虐待和忽视不仅保护了儿童，而且他们成年之后更健康。<sup>(1-5)</sup>

**1** 经历过儿童虐待和忽视的人患上各种身体疾病的风险更高，包括：<sup>(1-6)</sup>

自身免疫紊乱 <sup>(6-8)</sup>	高血压 <sup>(6, 19)</sup>
关节炎 <sup>(6, 8-9)</sup>	血糖指数紊乱 <sup>(6, 20)</sup>
肺病 <sup>(6, 9-10)</sup>	消化性溃疡 <sup>(6, 21)</sup>
心脏病 <sup>(6, 11)</sup>	2型糖尿病 <sup>(6, 22)</sup>
肥胖和体质指数上升 <sup>(8, 12-15)</sup>	肝病 <sup>(6, 23)</sup>
偏头痛和经常头痛 <sup>(16-18)</sup>	慢性疼痛 <sup>(24-25)</sup>

**2** 受过虐待或忽视的儿童成年后也可能出现不良心理健康状况，包括：<sup>(3, 8, 26)</sup>

抑郁症 <sup>(26-29)</sup>	睡眠障碍 <sup>(29)</sup>
焦虑 <sup>(26, 29)</sup>	惊恐障碍 <sup>(26)</sup>
创伤后应激障碍 <sup>(26, 29)</sup>	恐惧症 <sup>(26)</sup>
意图自杀 <sup>(3, 29-31)</sup>	

**3** 童年时受过虐待的成人更有可能出现使其面临更多不良身心健康状况的各种行为，包括：<sup>(1)</sup>

饮酒引起的问题 <sup>(8, 26, 32)</sup>	反社会行为 <sup>(28)</sup>
吸毒 <sup>(8, 28)</sup>	危险性行为 <sup>(3, 8, 34-36)</sup>
进食障碍 <sup>(12, 29)</sup>	每日吸烟 <sup>(37)</sup>
产前/后护理不佳 <sup>(33)</sup>	自残 <sup>(8)</sup>

**4** 童年时受过虐待的人使用的医疗和心理健康服务更多，包括出入急诊室更频繁，产生更多医疗费用。<sup>(38-41)</sup>

**5** 童年时遭受过性虐待的女性成年后更有可能再次沦为性虐待或身体虐待的受害者。<sup>(8, 35, 42-43)</sup>

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