

En fait

La relation entre la maltraitance des enfants et la santé des adultes

Les effets négatifs durables de la maltraitance de l'enfant sur la santé de l'adulte sont évidents. Les adultes ayant été victimes d'abus ou été négligés dans leur enfance sont plus exposés à une variété de problèmes de santé physique et mentale par rapport aux adultes n'ayant pas subi de maltraitance dans leur enfance. Prévenir les abus et la négligence de l'enfant non seulement protège les enfants, mais en plus leur permet de devenir des adultes en meilleure santé.⁽¹⁻⁵⁾

1 Les individus ayant subi des abus étaient négligés dans leur enfance sont plus exposés à une variété de troubles physiques, notamment :⁽¹⁻⁶⁾

Trouble de l'immunodéficience ⁽⁶⁻⁸⁾	Hypertension ^(6, 19)
Arthrite ^(6, 8-9)	Troubles gastro-intestinaux ^(6, 20)
Maladie des poumons ^(6, 9-10)	Ulcère peptique ^(6, 21)
Maladie du cœur ^(6, 11)	Diabète de type 2 ^(6, 22)
Obésité & IMC plus important ^(8, 12-15)	Maladie du foie ^(6, 23)
Migraines & maux de tête fréquents ⁽¹⁶⁻¹⁸⁾	Douleurs chroniques ⁽²⁴⁻²⁵⁾

2 Les adultes ayant subi des abus dans leur enfance peuvent également avoir des problèmes de santé mentale à l'âge d'adulte, notamment :^(3, 8, 26)

Dépression ⁽²⁶⁻²⁹⁾	Troubles du sommeil ⁽²⁹⁾
Anxiété ^(26, 29)	Troubles de panique ⁽²⁶⁾
SSPT ^(26, 29)	Phobies ⁽²⁶⁾
Tentatives de suicide ^(3, 29-31)	

3 Les adultes ayant été maltraités dans leur enfance ont plus de chances d'avoir des comportements qui les exposent davantage à des problèmes de santé physique et mentale, notamment :⁽¹⁾

Problèmes liés à l'alcool ^(8, 26, 32)	Comportements antisociaux ⁽²⁸⁾
Consommation de drogues ^(8, 28)	Comportements sexuels risqués ^(3, 8, 34-36)
Troubles de l'alimentation ^(12, 29)	Tabagisme quotidien ⁽³⁷⁾
Soins pré- et post-natals médiocres ⁽³³⁾	Auto-mutilation ⁽⁸⁾

4 Les individus ayant été maltraités dans leur enfance ont davantage recours aux services médicaux et de santé mentale, et, entre autres, se rendent plus souvent aux urgences avec pour conséquence des frais de santé plus élevés.⁽³⁸⁻⁴¹⁾

5 Les femmes ayant subi des abus dans leur enfance ont beaucoup plus de chances d'être à nouveau victimes de sévices sexuels et physiques à l'âge d'adulte.^(8, 35, 42-43)

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