

Die Fakten

Zusammenhänge zwischen Kindesmisshandlung und Gesundheit im Erwachsenenalter

Die nachhaltigen negativen Auswirkungen von Misshandlung im Kindesalter auf die Gesundheit von Erwachsenen sind bekannt. Erwachsene, die während der Kindheit Misshandlung oder Vernachlässigung ausgesetzt waren, sind im Vergleich zu Erwachsenen, die solche Erfahrungen nicht gemacht haben, von einem höheren Risiko für negative körperliche oder psychische Gesundheitszustände betroffen. Die Prävention von Kindesmisshandlung und Vernachlässigung schützt nicht nur die Kinder, sie verbessert auch die Gesundheit der Erwachsenen.⁽¹⁻⁵⁾

1 Personen, die in der Kindheit Misshandlung oder Vernachlässigung erlebt haben, weisen ein erhöhtes Risiko für eine Vielzahl von Erkrankungen auf, darunter:⁽¹⁻⁶⁾

Autoimmunerkrankungen ⁽⁶⁻⁸⁾	Bluthochdruck ^(6,19)
Arthritis ^(6,8-9)	Störungen des Magen-Darm-Systems ^(6,20)
Lungenerkrankungen ^(6,9-10)	Magengeschwüre ^(6,21)
Herzkrankungen ^(6,11)	Diabetes Typ 2 ^(6,22)
Adipositas und erhöhte BMI-Werte ^(8,12-15)	Lebererkrankungen ^(6,23)
Migräne und häufige Kopfschmerzen ⁽¹⁶⁻¹⁸⁾	Chronische Schmerzen ⁽²⁴⁻²⁵⁾

2 Personen, die während ihrer Kindheit Misshandlung oder Vernachlässigung erlebt haben, können darüber hinaus bis ins Erwachsenenalter negativen Auswirkungen auf die psychische Gesundheit ausgesetzt sein:^(3,8,26)

Depression ⁽²⁶⁻²⁹⁾	Schlafstörungen ⁽²⁹⁾
Angststörungen ^(26,29)	Panikstörungen ⁽²⁶⁾
Posttraumatische Belastungsstörung ^(26,29)	Phobien ⁽²⁶⁾
Suizidversuche ^(3,29-31)	

3 Erwachsene, die während ihrer Kindheit Misshandlung ausgesetzt waren, neigen stärker zu Verhaltensweisen, die sie Risiken negativer Auswirkungen auf die körperliche und psychische Gesundheit aussetzen, darunter:⁽¹⁾

Alkoholbedingte Probleme ^(8,26,32)	Antisoziale Verhaltensweisen ⁽²⁸⁾
Drogenkonsum ^(8,28)	Riskantes Sexualverhalten ^(3,8,34-36)
Essstörungen ^(12,29)	Tägliches Zigarettenrauchen ⁽³⁷⁾
Mangelhafte prä- und postnatale Versorgung ⁽³³⁾	Selbstverstümmelung ⁽⁸⁾

4 Personen, die während ihrer Kindheit Misshandlung erlebten, nehmen die medizinischen und psychiatrischen Versorgungsdienste stärker in Anspruch und erscheinen öfter in der Notaufnahme, was in höheren Gesundheitskosten resultiert.⁽³⁸⁻⁴¹⁾

5 Frauen mit einer Historie sexuellen Kindesmissbrauchs werden als Erwachsene mit erhöhter Wahrscheinlichkeit erneut Opfer sexueller und physischer Gewalt.^(8,35,42-43)

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