

Support After Abortion RESEARCH HIGHLIGHTS



Support After Abortion is dedicated to helping people who are struggling emotionally after abortion.

How common is abortion?

Will experience abortion by age 45:



1 out of 4 **women**¹



1 out of 5 **men**²
(through termination of a partner's pregnancy)

Why Support After Abortion?

Abortion is common, yet it can be difficult to talk about. And emotions after abortion can feel complicated, confusing, and contradictory. **Every person deserves a safe, compassionate, non-judgmental space to process their feelings.**

What kinds of emotions do people feel after abortion?

Some people don't experience adverse emotions after abortion. Others encounter negative changes, like depression, anxiety, sadness, loneliness, anger, guilt, and grief. Some turn to harmful coping mechanisms. **For those who experience negative changes, their pain is real, and they need compassion and support.**

Data Sources

Data is from two research studies commissioned by Support After Abortion unless otherwise noted:

¹ Guttmacher Institute

² National Survey of Family Growth

³ Journal of Clinical Psychology

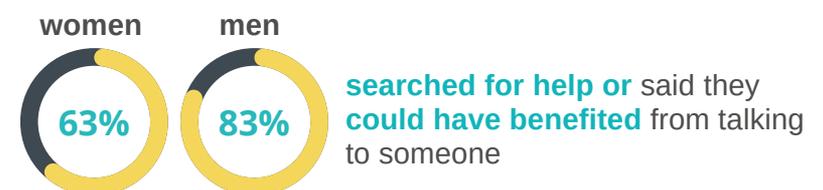
How common is it to experience negative impacts?

Emotions and behaviors after abortion vary. In our nationally randomized research studies:



How common is it to want after-abortion support?

Our research shows that the majority of both women and men desire after-abortion support:



Does this mean they regret their abortions?

Some may, others don't. Regret is one of many emotions some people may feel after abortion.

Where to find support?

Our research shows that most people don't know where to find after-abortion support:



Who seeks support?

People impacted by abortion span diverse ages, relationships, and experiences. They may have made the decision alone, with their partner, faced conflicting desires or pressures, or learned about it later. What they share is a desire for help.

What Can Impact Support?

People can experience complex issues that may impact their decisions and emotions regarding their abortions - and their need for compassion, support, and healing after abortion.



Scan the QR Code to learn more about **factors that can intersect with abortion**, like poverty, addiction, homelessness, sex trafficking, and domestic violence.

Age and prior reproductive experiences also play a significant role. Among women who have abortions:¹



3 out of 5 are **age 20-29**



1 out of 2 have had 1+ **previous abortion(s)**



3 out of 5 have had 1+ **previous birth(s)**

Demographics

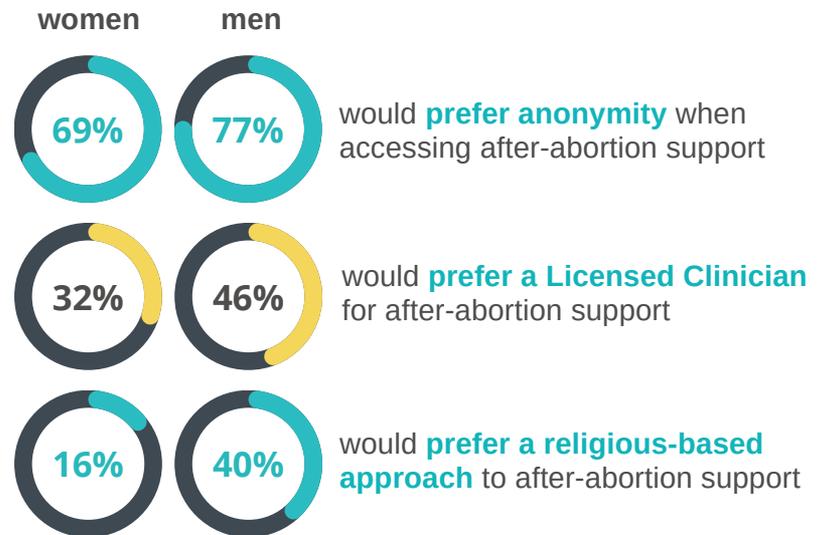
Survey Respondents:

- Were at least 18 years old and living in the U.S.
- Experienced one or more abortions themselves (women) or through a partner's termination (men)
- 95% of women and 55% of men said they had a voice or choice in the decision to terminate
- 94% of women and 43% of men said they made or were part of making the decision to terminate
- 80% of women and 51% of men in the studies self-identified as pro-choice*

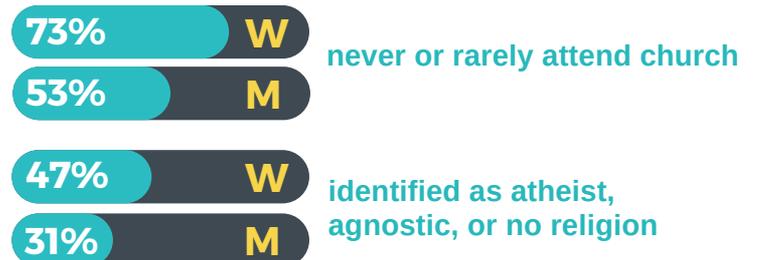
**The surveys and this document use the familiar terms "pro-life" and "pro-choice" to ensure clarity. Our intention is to present balanced information and encourage respectful dialogue.*

What Types of Support do People Prefer?

It is important to accommodate client preferences to yield better outcomes.³ Options include in-person or virtual; peer-led or clinical; group, individual, or self-guided; religious or secular. Our research shows that many people value anonymous, clinical, and secular options.



Were survey participants religious?



W= Women, M = Men

Citations & Resources

Scan the QR Code to access links to cited research, as well as support options, and resources for individuals and providers.



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