

Effects of Sexual Assault

- **Post Traumatic Stress Disorder**

Survivors of sexual assault may experience severe feelings of anxiety, stress or fear, known as Post Traumatic Stress Disorder (PTSD), as a direct result of the assault.

- **Substance Abuse**

Victims of rape or sexual assault may turn to alcohol or other substances in an attempt to relieve their emotional suffering.

- **Self-Harm / Self-Injury**

Deliberate self-harm, or self-injury, is when a person inflicts physical harm on himself or herself.

- **Stockholm Syndrome**

Described as a victim's emotional "bonding" with their abuser, Stockholm Syndrome develops subconsciously and on an involuntary basis.

- **Depression**

There are many emotional and psychological reactions that victims of rape and sexual assault can experience. One of the most common of these is depression.

- **Sexually Transmitted Infections**

- **Pregnancy**

Many sexual assault survivors have concerns about becoming pregnant from the attack.

- **Flashbacks**

A flashback is when memories of past traumas feel as if they are taking place in the current moment.

- **Borderline Personality Disorder**

Borderline Personality Disorder, known as BPD, is one of many possible long-term effects of childhood sexual abuse.

- **Adult Survivors of Childhood Sexual Assault**

There are long term effects on survivors of childhood sexual assault and/or abuse.

- **Sleep Disorders**

Many survivors of sexual assault suffer from sleep disturbances and disorders.

- **Eating Disorders**

Victims and survivors with eating disorders often use food and the control of food as an attempt to deal with or compensate for negative feelings and emotions.

- **Body Memories**

Body memories are when the stress of the memories of the abuse experienced by an individual take the form of physical problems that cannot be explained by the usual means.

- **Dissociative Identity Disorder**

Dissociative Identity Disorder (DID), previously referred to as multiple personality disorder (MPD), is a dissociative disorder in which two or more separate and distinct identities (or personalities) control an individual's behavior at different times.

- **Suicide**

- **Military Sexual Trauma**

Military sexual trauma (MST) is a technical term that refers to the psychological trauma experienced by military service members, as a result of sexual assault or sexual harassment, as classified by the Department of Veterans Affairs.

- **Adult Survivors of Childhood Sexual Abuse**

Survivors of childhood sexual abuse experience an array of overwhelming and intense feelings. These may include feelings of fear, guilt, and shame.