



Christian Voices for Life

Wednesday Word

Education
Prayer
Action

How Bad is the Risk of Mental illness after Abortion?



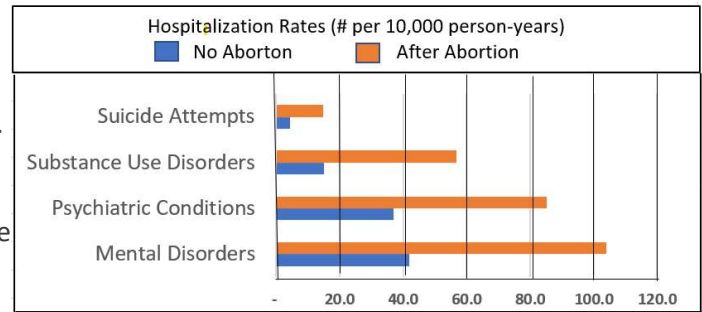
Education: The pro-life movement has spoken for years about the psychological harm caused by abortion. A recent very large study of 1.2 million pregnancies shows overwhelming evidence confirming past evidence. (1)“The data from the new study confirms what the Church has always known: abortion wounds both body and soul. Yet for pro-life leaders such as myself, there is no desire to wield these findings as weapons in a culture war, but rather to bring them into the light of truth and mercy.” (2) A brief summary of the results:

Associations stronger than those found for rates of hospitalization were found for eating disorders and cocaine use. Effects were most pronounced within 5 years of the abortion but continued up to 17 years. Women with previous mental health conditions or age < 25 had the greatest risk.

While these disturbing results strongly confirm the harm caused by abortion, they do not include the many, many women (and men) who suffer with guilt

and shame without being hospitalized, having an eating disorder, or using cocaine. One young man had “bullied” and “badgered” (his words) his girlfriend into having an abortion. Years later, he realized that the decision had led to a lifetime of regret and depression for him and his girlfriend. He felt as much pain and regret for the sorrow he had caused his girlfriend as for the death of their child. (3)

1. <https://www.sciencedirect.com/science/article/pii/S0022395625003309?via%3Dihub> (July 2025)
2. <https://www.hli.org/2025/09/new-research-links-abortion-causing-psychiatric-harm-to-women/>
3. <http://www.lifenews.com/2018/06/14/fathers-the-forgotten-victims-of-abortion/>



Prayer: Dear Jesus, please help both men and women to realize the truth that abortion kills their son or daughter, rather than thinking in terms of ending a pregnancy. When they are in the midst of facing consequences that fell like their lives would be ruined by having the child, help them to realize that You will be with them in whatever they face. Help them remember or hear about children who are treasured and greatly loved in spite of the circumstances of their birth. Give them the courage and the confidence to refuse to give in to the temptation, and perhaps also realize that an adoption plan is a way to provide their child with a good home, if they feel incapable of doing that at this time in their lives.



Action: When you hear a comment about abortion as a woman’s right, speak up about the consequences that women feel later. At the time, the difficulties she is facing may seem more real than the child she cannot yet see or feel. But after it is done, the stress and worry about the consequences of continuing the pregnancy disappear and they are left with the reality that they have killed their own child, bringing guilt and shame. They may suppress those feelings for years, but the more time that passes, the more likely it is that they will suffer serious consequences for their choice.