



Long Term Effects of Child Sexual Abuse on Adult Survivors

From: Finkelhor, 1985; Briere, 1985; Courtois, 1988; Juhu, 1988;
All cited in Sanderson, C. Counselling Survivors of Child Sexual Abuse 2nd Ed.
Jessica Kingsley Publishers, 1995

Emotional Effects

Depression
Low self-esteem
Guilt
Anxiety
Obsessive/compulsive
Anger
Suicidal feelings

Interpersonal Effects

Isolation/alienation
Relationships with men
Relationships with women
Relationships with parents
Effects on parenting
Fear of intimacy
Revictimisation

Behavioural Effects

Self destructive behaviours
Self mutilation
Suicide
Eating disorders
Drug abuse
Alcohol abuse

Cognitive/Perceptual Effects

Denial
Cognitive distortions
Dissociation
Amnesia
Multiple Personality
Nightmares
Hallucinations

Physical Effects

Psychosomatic pains
Sleep disturbances
Literal illness - body manifests
psychic pain

Sexual Effects

Impaired motivation
Phobias/aversions
Impaired arousal
Impaired orgasm
Sexual dissatisfaction
Vaginismus
Dyspareunia
Inability to separate sex from
affection
Oversexualisation
Sexual orientation
Promiscuity
Prostitution