

Rape and Its Impact On Mental Health

Alecia Henson

For the vast majority of victims, the battle for survival does not end when the rapist has finished. Instead, the battle has only begun. This study aims to demonstrate the negative impact rape has on its victims, while also breaking down some of the myths that surround sexual assault. The research conducted helps provided an answer to the question: How does rape effect the overall mental health of its victims? After reading various articles, the results of my research revealed that being raped not only increased a woman's chances of developing PTSD, but also depression, substance abuse, and suicidal thoughts. Women who are sexually assaulted are 6.2 times more likely to develop PTSD and 20% more likely to suffer from depression. As part of my research project, I decided to create a video, instead of a poster, that demonstrated some of the mental struggles victims face after being raped. The poetic lyrics within the video not only describe the shame and self-hatred some of these women feel, but also the majority of the video is filmed in black and white in order to symbolize depression. Society has to stop blaming them or belittling their pain, because then rape victims would be less inclined to develop mental health disorders because they would not be ashamed to seek the help they need.