

Use of CAM in CSA/Sexual Assault Survivors



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- Sleep problems and depression are common in survivors of CSA and sexual assault

- What types of treatments for sleep problems and depression are more common in a sample of CSA/sexual assault survivors in the postpartum period?



- Online survey of 6,410 mothers with infants aged 0-12 months (Mean age=6.96 months)
- From 59 countries
 - U.S. (N=4,789)
 - European Union/Eastern Europe (N=545),
 - Canada (N=416)
 - Australia/New Zealand (N=186)
 - Middle East (N=56)
 - Central and South America (N=32),
 - Asia (N=30)
 - Africa (N=13)



- Sample recruited with the assistance of lactation specialists
 - WIC State Breastfeeding Coordinators
 - U.S. State Breastfeeding Coordinators
 - La Leche League in the U.S., Canada, New Zealand, Great Britain
 - Australian Breastfeeding Association




Average age of mothers (M=31.2)

- <1% teens
- 36% 20-29
- 59% 30-39
- 4% 40-49
- 1 mother 50 years



- Age at first births (M=28.2)
 - 4.2% teens
 - 56.3% 20-29
 - 38.3% 30-39
 - 1.3% 40-49



- The sample was predominantly Caucasian
 - 89.7% in the U.S. sample
 - 100% in Australia
 - 84.7% in New Zealand
 - 71.4% in Great Britain



- 91% were married
- 97% were living with a partner
- 70% having a bachelor's degree or higher

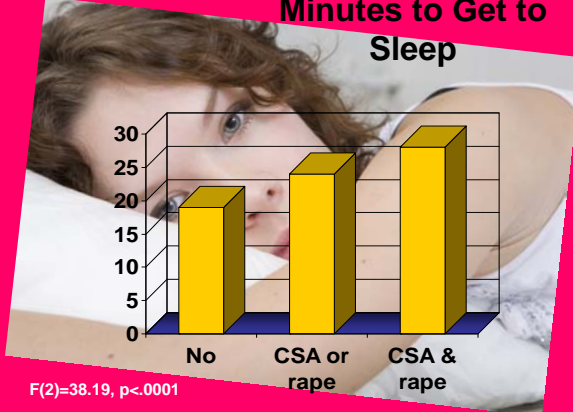


Income for U.S. sample

- 2.6% (<\$15K)
- 4.7% (\$15-\$25K)
- 18.1% (\$26-50K)
- 21.3% (\$51-\$75K)
- 20% (\$76-\$100K)
- 17.5% (\$101-\$150K)
- 10.2% (>\$150)
- 5.5% (declined to state)



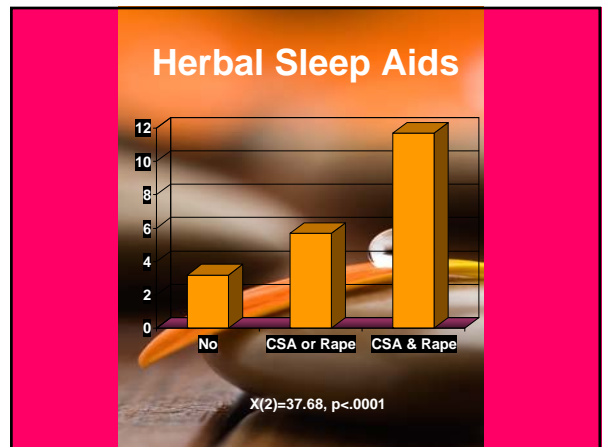
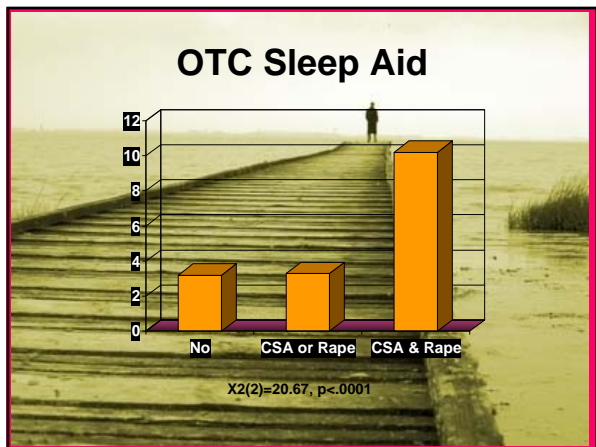
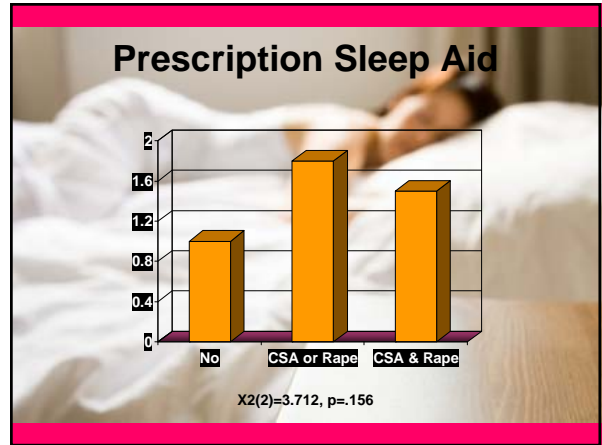
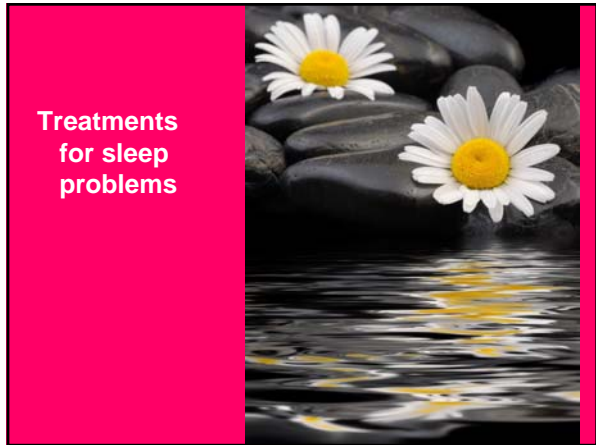
Sleep Problems

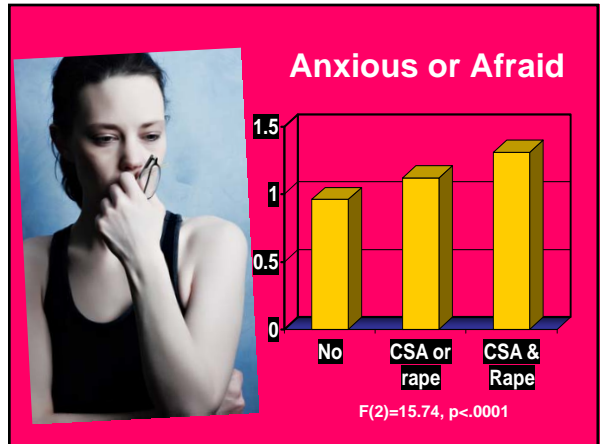
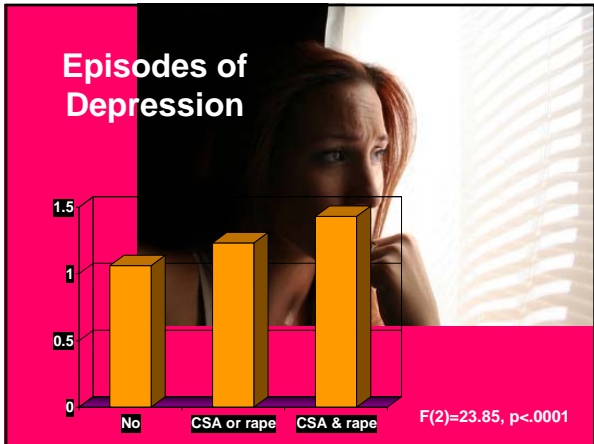
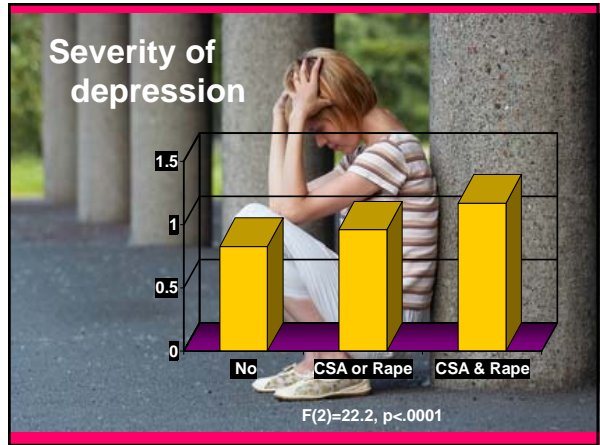
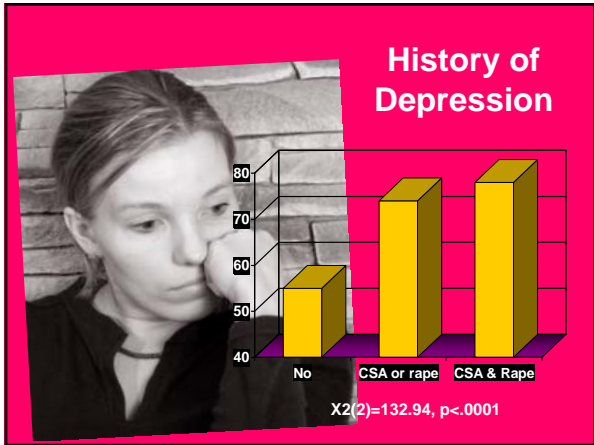
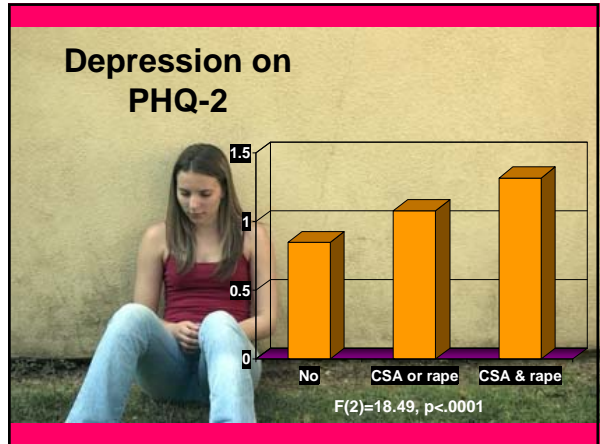


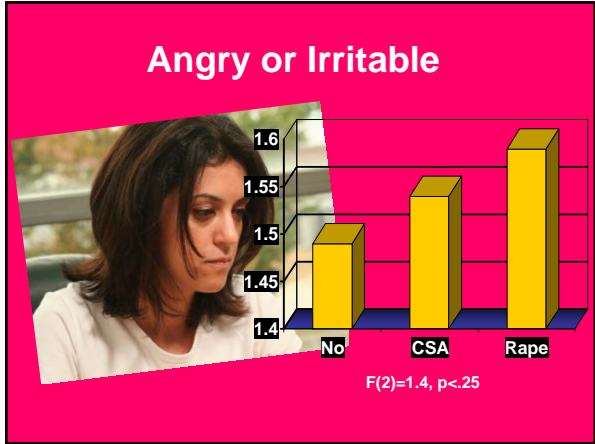
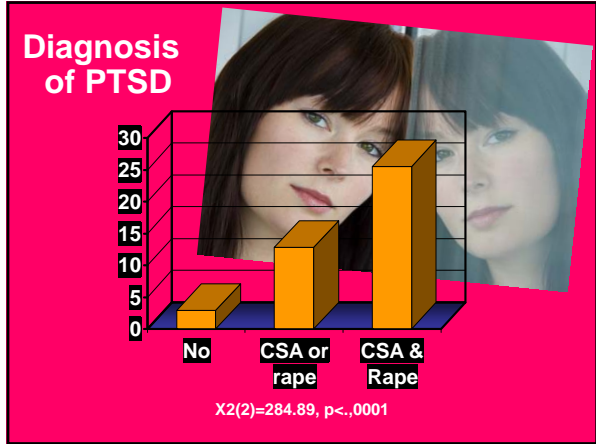
Minutes to Get to Sleep

Category	Minutes to Get to Sleep (Approximate)
No	20
CSA or rape	25
CSA & rape	30

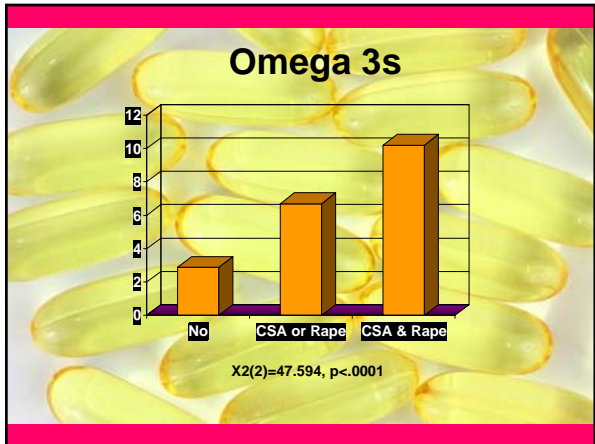
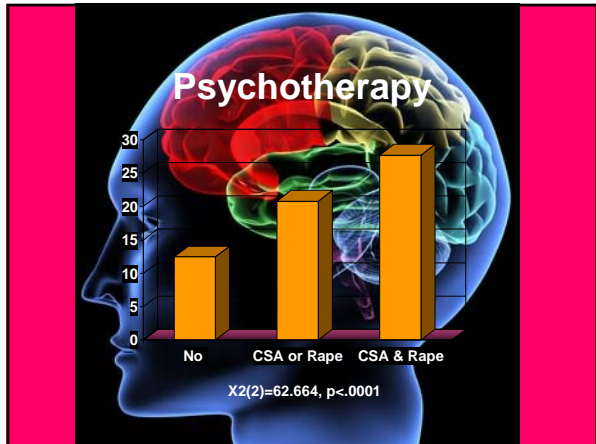
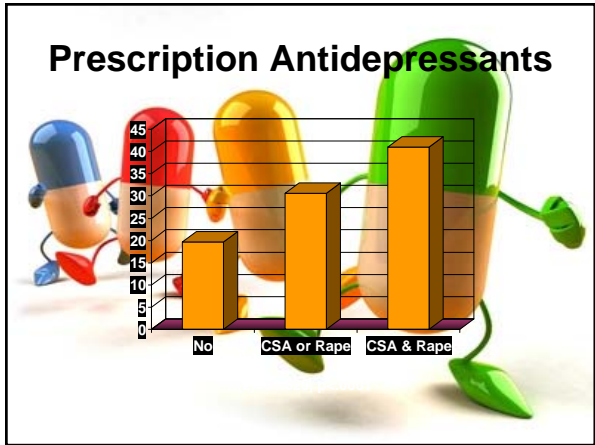
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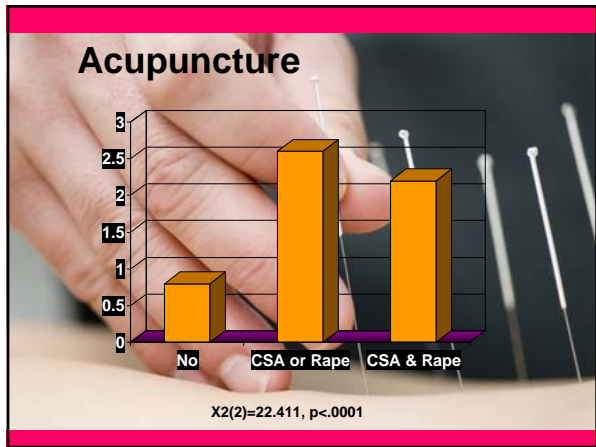
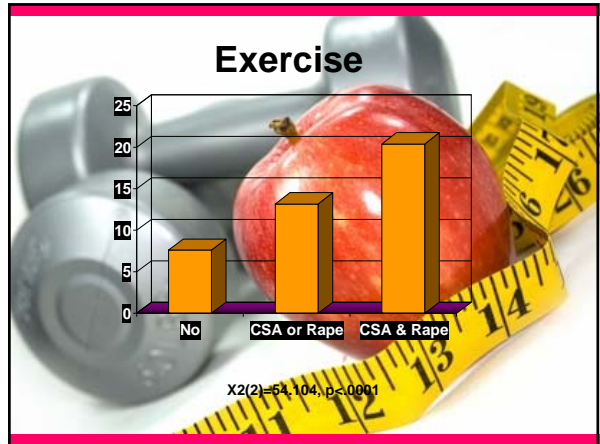
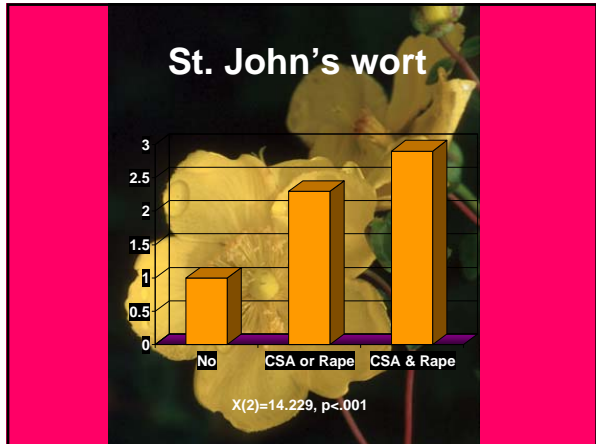






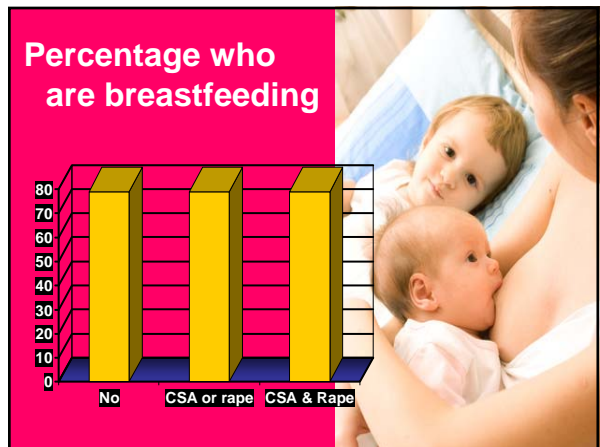
Treatments for Depression






- Does breastfeeding impact their choice?

- Infant feeding
 - 78.6% breastfeed
 - 18.5% combine breast- and bottle-feeding
 - 2.9% formula-feed only






Conclusions

- CSA/Sexual Assault survivors are significantly more likely
 - to use CAM for sleep problems
 - And medications and CAM for depression
 - Breastfeeding did not appear to impact their choice



For more information on inflammation, depression and disease

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