

Men and Abortion: Abbreviated Summary of Research Findings

The research concerning the potential effects of elective abortion on men is limited but growing. Common findings from the scholarly papers and studies that have been published on this topic include the following:

- Most men whose partners undergo elective abortion do not perceive it to be a benign experience with many men describing it as one of the worst experiences of their lives.^{1, 2, 3}
- Men dealing with abortion may need, desire, and/or benefit from counseling.^{4, 5, 6, 7}
- Men experience ambivalent emotions concerning abortion including relief, anxiety, grief, depression, guilt, powerlessness and anger.^{8, 9, 10}
- Men tend to defer the abortion decision to their partners.^{11, 12}
- Men tend to repress their own emotions in an attempt to support their partners.^{13, 14, 15}
- Men's relationships may be strained by abortion.^{16, 17, 18}
- Men may experience sexual problems following abortion.^{19, 20, 21}
- Men's masculine identity may be threatened by abortion.^{22, 23, 24}
- Men who experience abortion may be more stressed than men who experience unplanned pregnancy and fatherhood.²⁵
- Men may experience symptoms of Posttraumatic Stress Disorder and relationship problems following abortion.²⁶

Prepared by the *Alliance for Post-Abortion Research & Training*

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³ Shostak, A. & McLouth, G. (1984). Men and abortion: Lessons, losses and love. New York: Praeger.

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