

# Wellbeing among women who have experienced sexual violence

FINDINGS FROM THE AUSTRALIAN LONGITUDINAL STUDY ON WOMEN'S HEALTH

Factors that reduced the likelihood of good general health and good mental health among women who had experienced sexual violence:



Sexual violence during childhood



Recent non-sexual violence



Difficulty managing on available income



High alcohol consumption



Current smoking



Obesity

Factors that were associated with good general health and good mental health among women who had experienced sexual violence:



Physical activity



Emotional support and guidance\*



Affection and social interaction\*



Tangible or physical assistance (mental health only)

Women born 1989 to 1995 (aged 24 to 30 in 2019) and 1946 to 1951 (aged 68 to 73 in 2019)

who had experienced sexual violence were

**9 to 17% more likely**

**to report an improvement in mental health**

if they had reported a mental health consultation in the last 12 months, compared to women who had not reported a mental health consultation in the last 12 months\*\*



\* Associations between good general health and emotional support and guidance and affection and social interaction were found for women born 1973 to 1978 and 1946 to 1951 only.

\*\* Risk ratios varied for women born 1989 to 1995, 1973 to 1978, and 1946 to 1951.