



HEALTH IMPACTS OF STALKING: FACT SHEET



STALKING is a serious **PUBLIC HEALTH** issue that too often remains unidentified or unaddressed in healthcare settings. Healthcare providers can serve as a critical source of support for survivors, helping them address stalking's impact on their health and quality of life and connecting them with additional resources.

PHYSICAL HEALTH IMPACTS OF STALKING

- 25% of stalking victims report feeling sick as a result of their victimization.ⁱ
- Compared to those with no history of stalking victimization, stalking victims are more likely to report the following negative health conditions:ⁱⁱ
 - Female Stalking Victims*
 - Frequent headaches – 1.9 times more likely
 - Irritable bowel syndrome – 1.8 times more likely
 - Sleeping difficulties – 1.8 times more likely
 - Chronic pain – 1.7 times more likely
 - Asthma – 1.4 times more likely
 - Blindness/serious vision issues – 1.3 times more likely
 - Male Stalking Victims*
 - Blindness/serious vision issues – 2.2 times more likely
 - Frequent headaches – 2.4 times more likely
 - Sleeping difficulties – 1.8 times more likely
 - Chronic pain – 1.7 times more likely
 - Serious difficulty hearing – 1.4 times more likely
 - Asthma – 1.3 times more likely
- Stalking victims are significantly more likely to develop chronic disease than non-victims, including:ⁱⁱⁱ
 - Asthma or emphysema
 - Arthritis or connective tissue disease
 - Cancer
 - Diabetes
 - Hypertension or heart disease
- Stalking victims experience increased risk of physical injuries, especially to the neck and back.^{iv}
- Even when not physically injured, stalking victims report experiencing chronic pain that interferes with daily activities (as a result of their victimization).^v

MENTAL HEALTH IMPACTS OF STALKING

- 92% of stalking victims report one or more psychological impacts from their victimization.^{vi}
- Compared to the general population, victims of stalking experience significantly higher rates of:
 - Anxiety^{vii}
 - Depression^{viii}
 - Difficulty managing emotions^{ix}
 - Flashbacks and/or intrusive thoughts^x
 - Panic attacks^{xi}
 - Post-traumatic stress disorder (PTSD)^{xii}
 - Social dysfunction^{xiii}
 - Somatization^{xiv}
 - Substance misuse and abuse^{xv}
 - Suicidal ideation^{xvi}
- Stalking victimization is significantly and uniquely correlated with PTSD symptomology and/or diagnosis.^{xvii}
 - Anticipatory fear of the recurrence of trauma, as is experienced by stalking victims, was the strongest predictor of PTSD in survivors of war, torture, and natural disasters.^{xviii}
- Stalking victims are more likely to develop chronic mental illness than non-victims.^{xix}

STALKING VICTIMS ACCESSING HEALTHCARE SERVICES^{xx}

- Stalking increases the likelihood that victims of intimate partner violence will seek physical and/or mental health care.
- 28% of stalking victims see a doctor or other health professional.
- 32% of stalking victims see a mental health provider.



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Citations

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