Rape Yields Results of Stress and Depression on Women

Rachel Zipperer

Rape is defined as sexual intercourse that is not desired and/or not permitted by an individual and this is obtained with or without the assistance of drugs or alcohol. (Zinzow et al. 2010) The most well-known type of rape committed is forcible rape (FR), but drug-alcohol facilitated (DAFR) and incapacitated (IR) rape is also on the rise in colleges. (Zinzow et al. 2010) These three kinds of rape are all categorized under the above definition of rape; specifically, IR is rape on an individual unaware of their surroundings because they have intoxicated themselves willingly. (Zinzow et al. 2010) Also in DAFR, the victim is unable to familiarize themselves with their surroundings due to the committer intentionally drugging their victim prior to the act. (Zinzow et al. 2010) Women are the primary victims of rape and college is a place well-known for the performance of rape due to the high amounts of substance abuse with college students, in this case, women especially. (Zinzow et al. 2010) The effects of a rape experience are not only the physical results that follow the attack but more importantly, the mental and emotional instability that arises as time goes on. Two of the major issues that have been studied in the results of rape on women are stress and depression. Studies have been taken on college women who have encountered rape experiences to determine if FR, IR, and DAFR could contribute to PTSD and depression in these women. (Zinzow et al. 2010) The process of interviewing women that have experienced rape has revealed the correlation between the physical aspects of rape and the psychological results that occur afterwards. (Zinzow et al. 2010)

Even though college-aged women are a prime sample to study for the results of rape experiences, other studies collected results from women who have a history with rape experiences. (Resick et al. 2012) Along with studying how the physical aspects of rape contribute to stress and depression in its victims, time is a key factor to unveil how rape has affected the women who have experienced it. The performance of one study on women who have a lot of rape history can reveal the results of stress and depression to the individual but performing a long-term follow up study can truly show how dramatically the lives of individuals were affected due to rape. (Resick et al. 2012) The individuals studied went through cognitive process therapy (CPT) or prolonged exposure (PE) to see how these coincided with PTSD. (Resick et al. 2012) The PTSD and depression of these women have been changed in the long-run with the assistance of these CPT and PE techniques. (Resick et al. 2012)

References
