Myths About Abortion and Women's Mental Health Are Widespread, Experts Say

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It's an unfounded message experts say is repeated again and again: Having an abortion may damage a woman's mental health, perhaps for years.

"There's so much misinformation, so many myths about abortion. Abortion will lead to substance abuse, depression, suicidal thoughts; abortion is bad for your health; every woman is going to regret it," said social psychologist Brenda Major, a distinguished professor emeritus in the department of psychological and brain sciences at the University of California, Santa Barbara.
In reality, decades of research has shown "the vast majority of women feel they made the right choice, and they don't experience regret," said Major, who led a 2008 American Psychological Association task force exploring the science on abortion and mental health.

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