

## Summary Tables

### Critical Findings

- Nearly every study included found a higher prevalence for mental disorders among people who had been sexually assaulted than in people who had not been assaulted.
- Among people who had been sexually assaulted, depressive disorders and PTSD were especially common.
- The prevalence of PTSD was higher in survivors of sexual assault than in survivors of other forms of trauma.
- This review cannot conclude that sexual assault causes mental disorders, but instead demonstrates that several mental disorders are much more common in people who have been sexually assaulted.

### Implications for Practice, Policy, and Research

- Service providers interfacing with survivors of sexual assault should be prepared to assess and make referrals to treatment for PTSD and depression. Referral options should include short-term cognitive behavioral therapies given their success in treating these conditions.
- It is important to create early interventions to prevent the development of PTSD after sexual assault. Such interventions could be disseminated by service providers responding in the early aftermath of sexual assault.
- Longitudinal research is needed to clarify the causal association between sexual assault victimization and psychopathology.
- More research is needed to understand how the impact of sexual assault differs across diverse groups and in non-US settings.