

Abortion Risk Factors Self-Assessment



If you seek an abortion, **make sure your abortion counselor goes over these risk factors with you.**

A "risk factor" is a pre-existing trait that predicts greater risk of negative psychological reactions, such as depression, prolonged grief disorder, alcohol abuse, or suicidal behaviors, for example. We will go over more about these after your self-assessment. All the risk factors in this checklist have been identified in peer-reviewed medical studies.

Risk Factor	Not at all true	A little true	Some-what true	Very true
Given my circumstances, I don't have any practical choice other than abortion.	0	1	2	3
I would feel grief, guilt or other negative emotions after an abortion.	0	1	2	3
I have had feelings of attachment to this pregnancy.	0	1	2	3
If I were in a better relationship, I would not be having this abortion.	0	1	2	3
If I had more financial resources, I would not be having this abortion.	0	1	2	3
Making a decision about an abortion is very difficult.	0	1	2	3
I don't feel like I have much control over my life.	0	1	2	3
I have been treated in the past for depression, anxiety or other mental health issues.	0	1	2	3
I'm afraid of others finding out that I might have an abortion.	0	1	2	3
There are people close to me pushing toward an abortion.	0	1	2	3
There are people close to me opposed to abortion.	0	1	2	3
If I had the baby, I would have no support from others.	0	1	2	3
I feel ashamed about even considering an abortion.	0	1	2	3
I wish I was in a place where I could carry this pregnancy to term.	0	1	2	3
I want to have one or more children in the future.	0	1	2	3
If I have an abortion, I will block it out and not think about it.	0	1	2	3
I have low self esteem	0	1	2	3
I have had abortions or miscarriages before.	0	1	2	3
Add up the total score, the sum of each column combined:				

Interpreting Your Results

The ideal, lowest-risk abortion patient will answer *not at all* to every item. The accumulation of even several “*a little true*” responses puts patients at higher risk.



If the total score of all columns combined is 5 or less, you are at lower risk compared to other women. Women with scores from 6 to 20, are at moderately high risk. A score above 20 means you are at very high risk of negative psychosocial outcomes that may be triggered or worsened by exposure to an abortion.

In every case, women may benefit from emotional and financial support from family, your church, or your community resources. You can find resources in your area through OptionLine.org (800-712-4357).

Explanation

An abortion that is not fully and completely freely chosen in a manner that is consistent with one's own values and preferences is problematic. It may reduce the stresses that are immediately before you. But it will also create new stresses that may be unresolved for decades.

The Importance of Risk Factor Assessments

Every medical treatment poses different benefits and different risks to different patients.

It is a doctor's job to review each patient's unique risk profile to determine if the likely benefits still outweigh the negative effects associated with that particular patient.

This is why 20% of people seeking LASIK vision correction surgery are *turned away*. In these cases, after examining the shape of the individual's eyes, reputable physicians will recommend against LASIK because the risks of it causing worse vision or corneal damage are too great.

Abortion Risk Assessments are Different

Most abortion providers expect you to **do your own research** into any risks and risk factors.

In their view, abortion is your choice. So, it is solely up to you to figure out if will hurt or benefit you.

Plus, in the fifteen-minutes abortion counselors have to talk with you, they simply don't have the time for a personalized risk versus benefits assessment.

That said, you have the right to request one.

If you do decide to go to an abortion clinic, ask them to review your self-assessment and provide you with a reasonable *evidence-based recommendation*

You Are Entitled to an Informed Medical Recommendation

Your doctor should only recommend an abortion when, based on the best medical evidence, the doctor concludes that an abortion is likely to produce medical and mental health *benefits that exceed any risks* that have been statistically associated with abortion in the medical literature.

If they cannot do so, *in writing*, then they are offering to do an abortion which is medically contraindicated . . . meaning the risk of negative effects are greater than any evidence for medical or psychosocial benefits.

Any refusal to document these risk factors and the doctor's own benefits-risk assessment in your medical record is a warning sign of a negligent pre-abortion evaluation.

If you change your mind here is approximately a 65% chance that treatment with natural progesterone can save the baby. Learn more at AbortionPillReversal.com, 24-hour hotline: 877-558-0333.