

# Types of Trauma Experienced by Women who are Alcoholics

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## Introduction

For several decades, the prevalence of alcoholism in women has been rising. According to the NESARC study, 4.9 percent of women had alcohol use problems. Although this rate is 2.5 times lower in women than in men, the gap is closing: in the 1980s, the ratio was 5 to 1; presently, it is less than 3 to 1. Female specificities have been discovered, such as more isolated and disguised drinking linked with significant guilt feelings, a greater rate of mental comorbidities, and a higher proportion of women with a history of trauma. According to a 2007 study, 78 percent of alcohol-dependent women had undergone a potentially traumatic occurrence. Alcohol-dependent women are more likely than alcohol-dependent men to have a history of trauma. Any type of trauma plays a role in the etiopathogenesis of female alcoholism. A number of researches have confirmed the link between trauma and alcoholism in women. In 2013, a longitudinal study revealed the long-term effects of childhood maltreatment and neglect on the development of alcohol-related diseases. Women who have experienced this form of trauma are more prone to proceed from non-problem drinking to severe and hazardous drinking than other women. Traumatic experiences, regardless of psychiatric comorbidities, raise the chance of alcohol dependency [1,2].

## Description

### Alcoholic women

In clinical and anecdotal literature, i.e. case studies, the link between incest and alcoholism has been noted. is a reoccurring subject in alcoholic women's biographies However, according to a review of empirically based research, the link between a history of father-daughter (or father figure) incest and the onset or development of alcoholism in women has gotten minimal attention. Despite the fact that clinicians frequently record incest history among alcoholic women patients [3]. Women who are alcoholics are more likely than men to have had terrible childhoods. Based on clinical experience and study with chemically addicted women who have been sexually abused. According to Densen-Gerber, "traumas that lead children to feel they have little say over their own destiny, even over their own territory or inner space: depression," incestuous childhood experiences are "traumas that lead children to feel they have little say over their own destiny, even over their own territory or inner space." Substance abuse lulls the agony and results in powerlessness [4].

Apart from incest's psychological and emotional repercussions on the individuals Incest has a social impact since it drives some of the participants to prostitution. Abuse of drugs and alcohol, as well as violence as well as a slew

of other social issues [5]. The link between incest and alcohol dependence, as well as other self-destructive and antisocial behaviours, is solely based on clinical observation. The effects of incest, according to them, include rage, self-blame, and guilt. a sense of worthlessness, helplessness, sentiments of being one-of-a-kind, and a fundamental distrust. There is also agreement that self-destructive conduct is a form of self-punishment as well as a way for these women to cope with their sorrow and loneliness.

## Conclusion

Incest danger, disturbance, and a sense of loss are all characteristics that contribute to a catastrophic occurrence. Second, incest victims (1) do not have a transition time like Vietnam veterans; (2) have limited access to other vicinis with whom they might exchange experiences, feelings, and so on; (3) frequently face condemnation or disinterest from others; (4) They frequently lack access to treatment and support services, and (5) their involvement in incestuous actions stigmatises them.

## Acknowledgements

None.

## Conflict of Interest

There are no conflicts of interest by author.

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Received: 02 March, 2022, Manuscript No. JTM-22-61121; Editor assigned: 04 March, 2022, PreQC No. P-61121; Reviewed: 16 March, 2022, QC No. Q-61121; Revised: 22 March, 2022, Manuscript No. R-61121; Published: 28 March, 2022, DOI: 10.37421/jtm.2022.11.500

How to cite this article: James, Hooley and Sarrah Anam. "Types of Trauma Experienced by Women who are Alcoholics." *J Trauma Treat* 11 (2022): 500.