

Backflips and Flippancy

I went online to find a really inclusive yet concise definition of mental illness. Even after digging, what I found was either extremely broad and vague or specific to a certain disorder. This made me think that the scope of mental illness is becoming increasingly too large to put in a neat package, not only in its definition, but also in whom it affects. Are new disorders being added regularly because science is improving in its ability to detect maladies or because humanity is becoming increasingly more fractured? It's probably a little bit of both. Unfortunately, delusion has become a component which makes the reality of one's mental state a little more difficult to assess. Many feel completely justified, even righteous, in their diabolical viewpoints and responses. (Just look at the aftermath of Charlie Kirk's assassination for horrific examples.) Below are examples of three women I believe fit the bill:

- Lily Allen, singer. In her article entitled, "Abortion is no joke: Flippancy can be a gift to activists," pro-abortion feminist writer Poppy Sowerby highlights an interview with Allen in which the singer says she used to "get pregnant all the time." She continues, "Abortions, I've had a few. But then again, I can't remember exactly how many." Sowerby worries about feminists who "brag about countless procedures as though they were pedicures." Her article begins with a reference to a recurring post (circa 2020) which states, "I'm pregnant! Having a scan soon to find out if it's a girl or an abortion." Backlash to this post, Sowerby opines, could be a "punishment for the crime of feminist flippancy."
- Lena Dunham, television writer. Both of Dunham's TV shows include scenes promoting abortion. In one, her boyfriend was unsure of his love for her, so her solution was to "get an abortion or something, if you don't." Another scene includes a heavily sanitized version of an abortion. Dunham's scenes portray a nonchalant, "what's the big deal?" approach to abortion. This surely plays well with Planned Parenthood, who not only strives to normalize abortion, but worked closely with Dunham in crafting her abortion-related scenes to guarantee a stigma-free experience. But don't be fooled. Dunham is not laissez-faire about the issue itself. She calls abortion "the most basic of human rights" (which is just stupid, let's be honest), dressed up as a Planned Parenthood abortionist for Halloween, and announced that she has never had an abortion but *wishes she had!*
- Cynthia Nixon, actress. Nixon recently posted a picture of herself, proudly wearing a MAGA cap, as in "Make Abortion Great Again." She predictably views abortion as healthcare, but if this were so, why does the notion need so many backflips of rationalization and so many cheerleaders? Rai Rojas of National Right to Life intuitively sees through her schizophrenic activism as "wrapping herself in the language of social struggle while sipping Chardonnay (on her boat)" and "reducing human complexity to merch" (NRL News, 7/24). It seems her tone-deaf campaign is too clueless to consider why abortion rates disproportionately affect poor women and communities of color. Backlash from this post include, "I'm pro-choice...(none) of my friends who had an Abortion thought it was Great" and "I'm pro-choice and I think that hat is absolutely repulsive."



Photo: Cynthia Nixon

In light of these women, one could wonder if there is a correlation between abortion and mental illness. One study says, "Yes." The *Journal of Psychiatric Research* published a study which followed 28,721 women who induced abortions and 1,228,807 who gave birth in Quebec between 2006 and 2022.

Researchers found that having an abortion was associated with an increased risk of hospitalization for a mental disorder more than a decade later. These women had a greater risk of admission for psychiatric disorders, substance use disorders, and suicide attempts over time. Abortion was more strongly associated with eating disorders, hallucinogen use disorders, and cocaine use disorders. Abortion patients who were under the age of 25 years or had a preexisting mental health disorder were most at risk of mental health hospitalization (NRL News, 8/25).

Researchers conclude that while these findings are not evidence of a *causal* link between abortion and long-term mental health aftereffects, they support the possibility that abortion may be a marker of an increased lifetime risk of mental disorders.

Even though many women endure difficult life circumstances when faced with an unwanted pregnancy, it can still be said that life is a healthier option for everyone involved!