

What percentage of adult women have cptsd

It's hard to give a precise percentage of adult women who have Complex PTSD (C-PTSD), since estimates vary depending on the population, how C-PTSD is defined, geographic region, and whether the study is clinical, trauma-exposed, or general population. But here are some estimates and what the research suggests:

What the research says

- In a U.S. population-based sample, about **3.8%** of adults met criteria for C-PTSD under the ICD-11. [PubMed](#) +1
- Globally, a recent meta-analysis reported a pooled prevalence estimate of about **6.2%** (95% CI: ~3.7–10.3%) for C-PTSD in the general adult population. [ScienceDirect](#)
- Women are generally more likely than men to meet criteria for both PTSD and C-PTSD. For example, in that U.S. study, women had significantly higher rates of both PTSD and C-PTSD. [PubMed](#)

What that suggests for adult women

If women are more likely to have C-PTSD, then among adult women the prevalence might be somewhat higher than the average (e.g. 3-6%). But I haven't found a clear figure exclusively for adult women in the general international population.

If you like, I can try to find studies that specify *female only* rates for your region (US / North Carolina / etc.), to give a more precise estimate for your case. Do you want that?

     ...  Sources

What percentage of adult women have a history of sexual trauma

It depends on how "sexual trauma" is defined (rape, assault, harassment, childhood sexual abuse, etc.), and which country or population you're asking about. Here are a few estimates to give a sense of the range:

Key statistics

- Globally, about **29%** of women report having been a victim of *some* type of sexual violence in their lifetime. BioMed Central
 - In the U.S., nearly **1 in 6** women report having experienced attempted or completed rape at some time in their lives. RAINN
 - Also, based on U.S. survey data, nearly **27%** of women have experienced an attempted or completed rape. PTSD VA
 - Childhood sexual assault estimates globally suggest that more than **1 in 8** girls & women experienced rape or sexual assault before age 18. UNICEF
 - If including non-contact forms of sexual violence (e.g. harassment, unwanted exposure, etc.), the numbers are higher. UNICEF DATA +2
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So, depending on what counts as "sexual trauma," a rough estimate for adult women is that **20-30%** (or more) have experienced some form of sexual trauma in their lifetime. If you tell me the geographic area (e.g. U.S., Europe, global) and definition ("rape," "any sexual assault," "harassment," etc.), I can narrow it further.