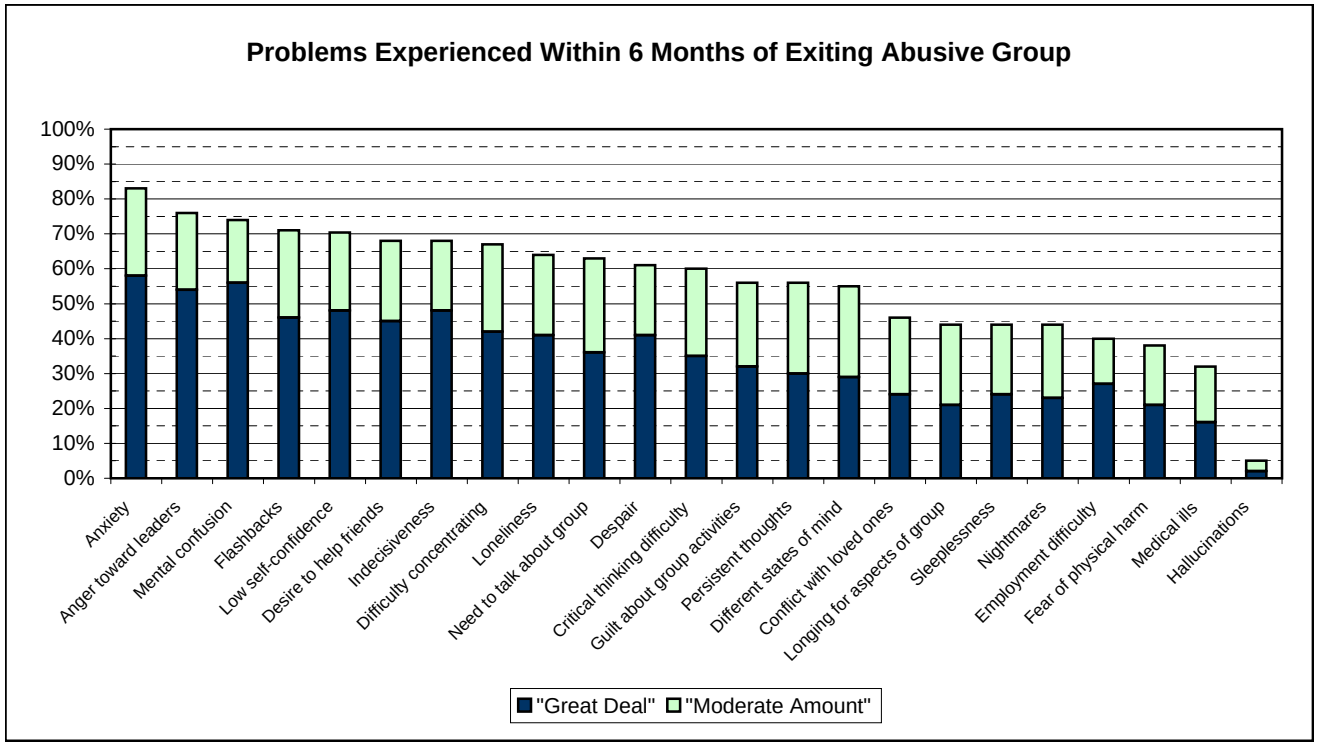
Problems Experienced by Ex-Members of Abusive Groups

QUESTION: *"How much were you troubled day-to-day during the first 6 months after leaving your group?"*

RESULTS: *The table below represents the percent responding "a moderate amount" or "a great deal" to the survey question.*

	"Moderate Amount"	***"Great Deal"***	***Sum***
Anxiety/Fear/Worry	25%	58%	83%
Feelings of anger toward group	22%	54%	76%
Mental confusion	18%	56%	74%
Vivid flashbacks to group experience	25%	46%	71%
Low self-confidence	22%	48%	70%
Desire to help friends in the group	23%	45%	68%
Indecisiveness	20%	48%	68%
Difficulty concentrating	25%	42%	67%
Loneliness	23%	41%	64%
Compulsive need to talk about the group	27%	36%	63%
Despair/Hopelessness/Helplessness	20%	41%	61%
Difficulty thinking critically	25%	35%	60%
Guilt about activity while in group	24%	32%	56%
Troubled by thoughts that can't be gotten rid of	26%	30%	56%
"Floating" among very different states of mind	26%	29%	55%
Conflicts with loved ones & family	22%	24%	46%
A longing to restore certain aspects of group	23%	21%	44%
Sleeplessness	20%	24%	44%
Nightmares	21%	23%	44%
Difficulty finding suitable employment	13%	27%	40%
Fear of physical harm by the group	17%	21%	38%
Medical ills	16%	16%	32%
Hallucinations (i.e. seeing things not there)	3%	2%	5%



Michael D. Langone, Ph.D.
ICSA
P.O. Box 2265
Bonita Springs, FL 33959