PSYCHOLOGICAL EFFECTS OF A BURGLARY

545 completed surveys were analysed by Victim Support

Feelings after a burglary

- A high proportion of victims experience a range of emotional responses to the incident including anger, shock, worry and fear
- 60% of victims said that they were emotionally affected
- Other common responses experienced were 'depression or anxiety' (35%) and 'feeling tearful' (26%)
- Over half of victims (57%) said that they experienced difficulty sleeping after they were burgled

What about kids?

- Over half of those with children aged '10 or under' said that they felt fearful for their children after they were burgled.
- 21% of victims surveyed said that they had children and/or young people living in their household at the time of the burglary.
- Burglaries can be traumatic, resulting in nightmares, bed wetting, wanting to sleep in their parents' bed, not wishing to go to school or leave their parents.
- Children are often not affected so much by the loss of possessions but the fact that someone has been in their home.

How did the burglary occur?

- 47% were at home when they were burgled but unaware that the burglary was taking place.
- 10% were at home when the burglary took place and actually saw the offender.
- 4% were at home and aware that they were being burgled but did not see the offender.

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