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The Lasting Effects of Childhood Trauma

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The Lasting Effects of Childhood Trauma



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Abstract

Objective: Analyze long-term effects of childhood trauma/maltreatment

Design: Mixed methods, quasi-experimental, comparative

Setting: Larned State Hospital Psychiatric Facility

Participants: Larned State Hospital inpatient PSP patients

Results: Pending results and data collection





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Introduction

Childhood maltreatment and trauma has lasting physical and psychological effects on victims. Adverse early experiences correlate to increased stress responses, dysfunction of glucocorticoid signaling, impaired psychological functioning, prevalence of mental illnesses, as well as increased morbidity and mortality rates for adults who have experienced childhood maltreatment (MacDonald, 2016). Childhood trauma is a risk factor for schizophrenia, bipolar I disorder, reduced brain volume, and impaired cognitive function (Quidé, 2017). Trauma exposure is detrimental to childhood development and affects children into adulthood. Therefore, this study intends to give the community a better understanding of the lasting effects of childhood trauma.

Purpose:

The purpose of this study is to compare the long-term physical and psychological effects of adults who experienced childhood trauma/maltreatment to adults who did not have exposure to or experience childhood trauma/maltreatment.

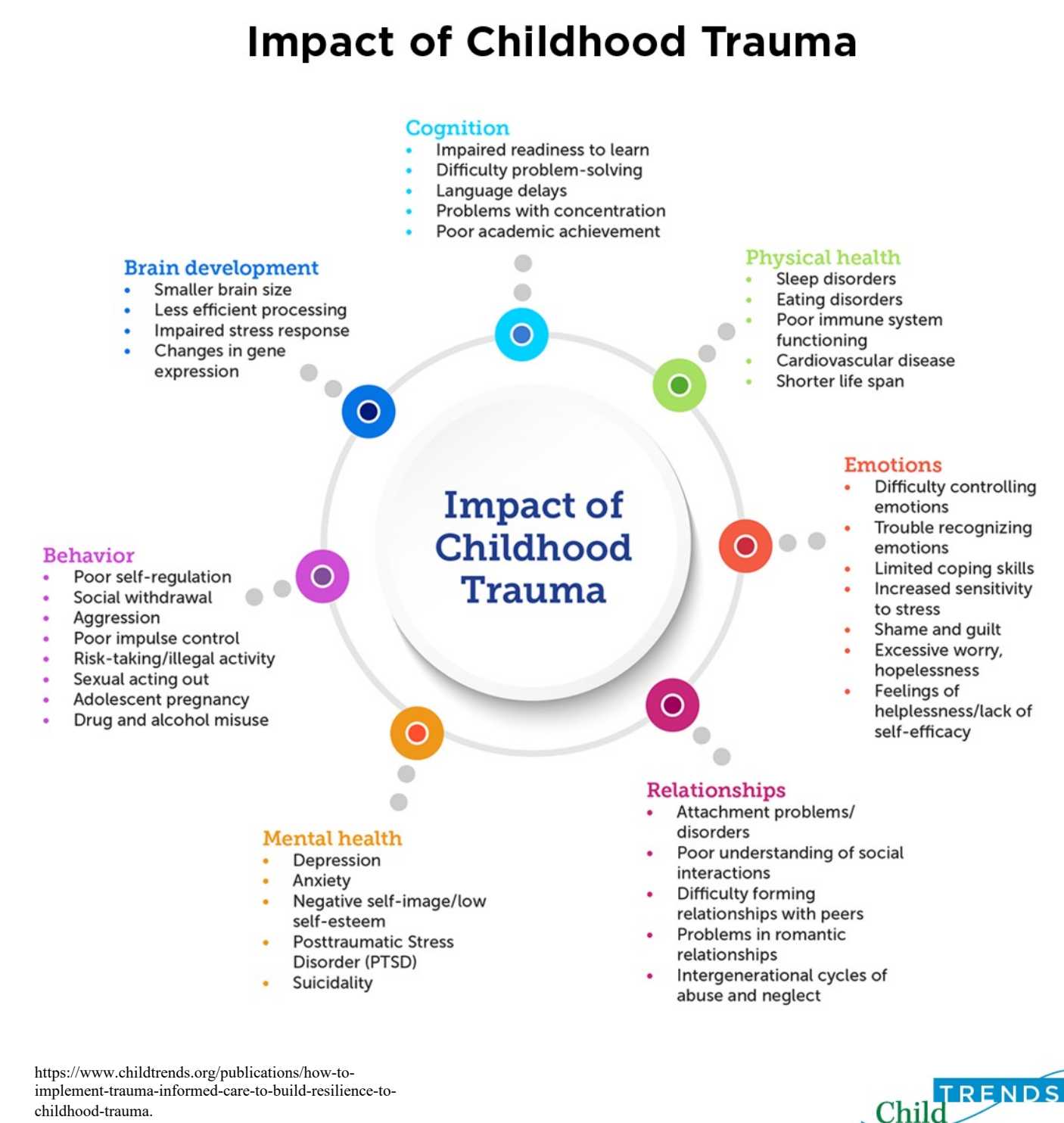
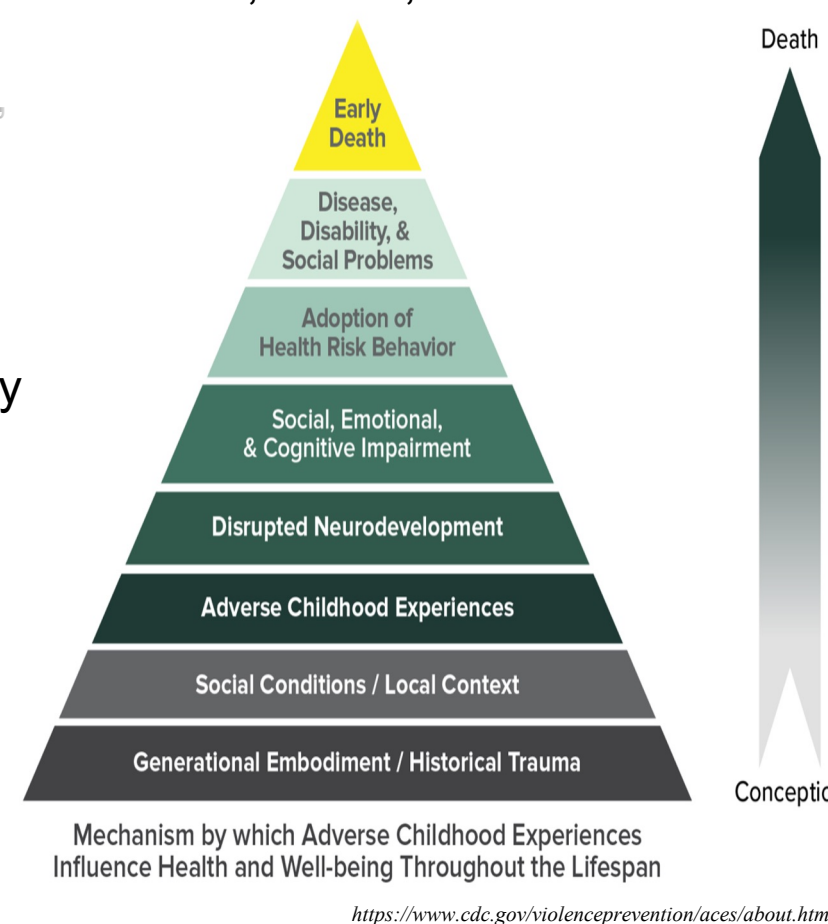
Key Terms-

Childhood Trauma: A traumatic event is a frightening, dangerous, or violent event that poses a threat to a child's life or bodily integrity (Peterson, 2018).

Childhood Maltreatment: Abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role, including all types of physical and/or emotional ill-treatment, neglect, sexual abuse, or exploitation, resulting in the potential for harm to the child's survival, health, development, and dignity (World Health Organization, 2022).

Framework

The CDC-Kaiser ACE Study produced the ACE pyramid that focuses on the strong relation between adverse childhood experiences and the development of risk factors for disease, and wellbeing throughout the course of life (CDC, 2021).



Methodology

Research Design:

Mixed methods, quasi-experimental, comparative

Interventions:

IV: Prevalence of childhood trauma/maltreatment

DV: Physical and psychological developmental effects

Proposed Research Question:

In adults, how does childhood trauma/maltreatment compared to no childhood trauma/maltreatment affect victims physically and psychologically through childhood into adulthood?

Literature Sources

Sample:

50 adult participants receiving psychiatric treatment/therapy in Larned State Hospital Psychiatric Services Program.

50 healthy adult participants with no personal or family history of psychotic or mood disorders.

Ethical Considerations:

Seeking full review from Larned State Hospital Psychiatric Services Program, Kansas Department of Disability Services (LSH), Fort Hays State University Department of Nursing, and Fort Hays State.

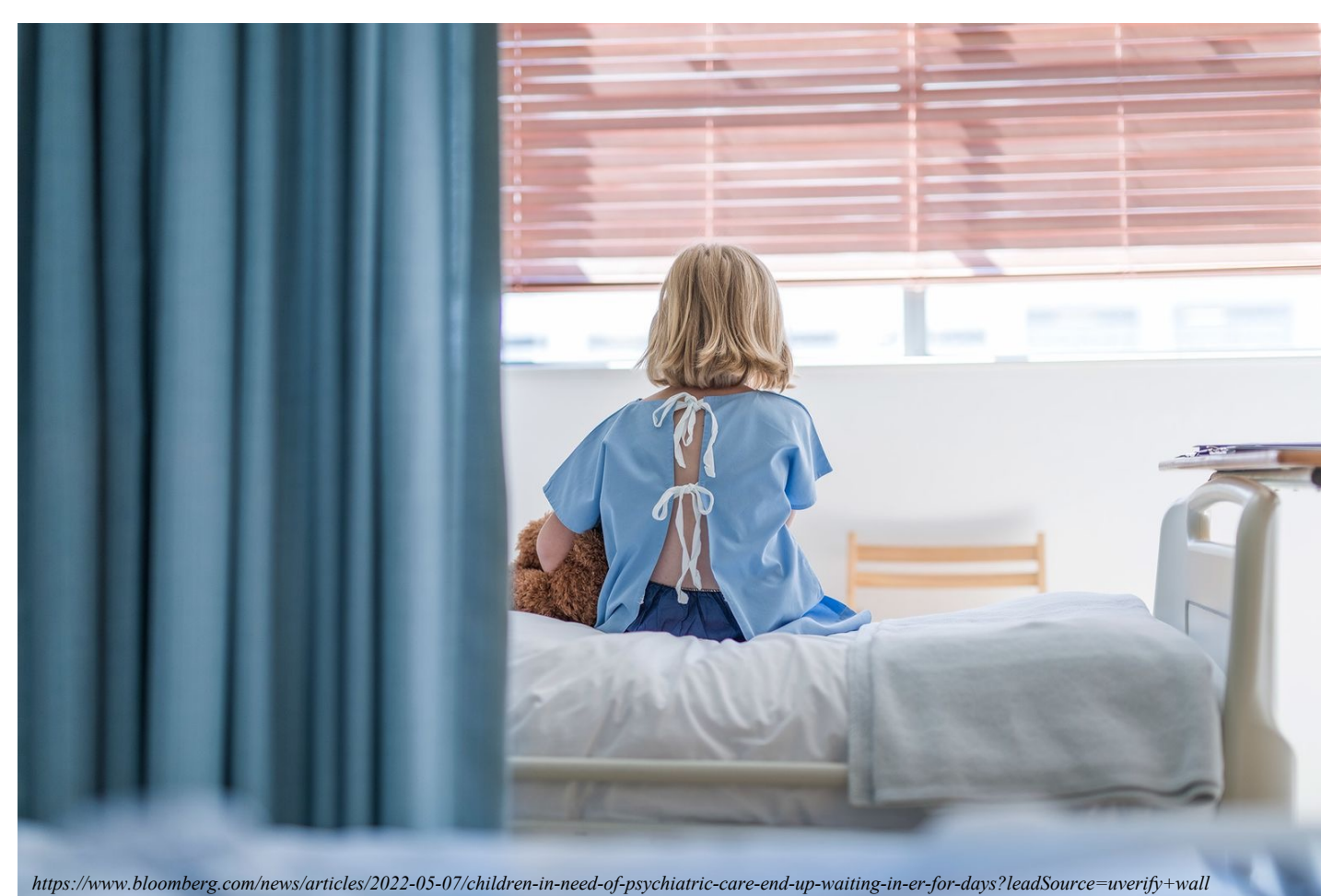
Data Collection

N = 100

n = 50 adult participants receiving psychiatric treatment/therapy at Larned State Hospital Psychiatric Services Program.

n = 50 healthy adult participants with no personal or family history of psychotic or mood disorders

Over the course of 2 years, this study will compare the physical and psychological developmental effects and childhood trauma/maltreatment in adult patients who are receiving inpatient psychiatric treatment to healthy adults with no personal or family history of psychotic or mood disorders. The results will be collected by having participants complete a questionnaire with questions relating to childhood experiences, physical health, and mental health. The questionnaire will allow a collection of both subjective and objective data, as well as protect the privacy of participants. The data will be analyzed with a comprehensive chart concluding the study.



Results/Findings

Projected Data Analysis Method

An independent T-test analysis will be used to analyze the relationship between childhood trauma/maltreatment and physical and psychological affects.

Literature Findings

The most commonly-used and well-validated measure is the Childhood Trauma Questionnaire (CTQ). The CTQ scale measures different categories of childhood maltreatment. These categories include Emotional (EA), Sexual (SA), and Physical Abuse (PA), Emotional (EN) and Physical Neglect (PN). More specific and adequate tools used to quantify childhood maltreatment are in development. Results from the CTQ analysis revealed that childhood trauma has a casual role in increasing the risk for a wide range of psychiatric illnesses (MacDonald, 2016).

Discussion

Implications For Nursing

The pending results will be used to further analyze the correlation between childhood trauma/maltreatment and long-term effects. This information can be used to educate caregivers on how to recognize and evaluate the effects of childhood trauma/maltreatment in their patients, as well as create and provide patient-centered treatment plans.

Conclusion

Pending results and data collection. Studies have shown that children who have had adverse experiences of trauma/maltreatment are at an increased risk for long-term physical and psychological effects in comparison to children who do not have these experiences.

Future research should continue to examine the relationship between childhood trauma/maltreatment and lasting physical and psychological effects. Utilizing a larger population could further the validity of the results.

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