

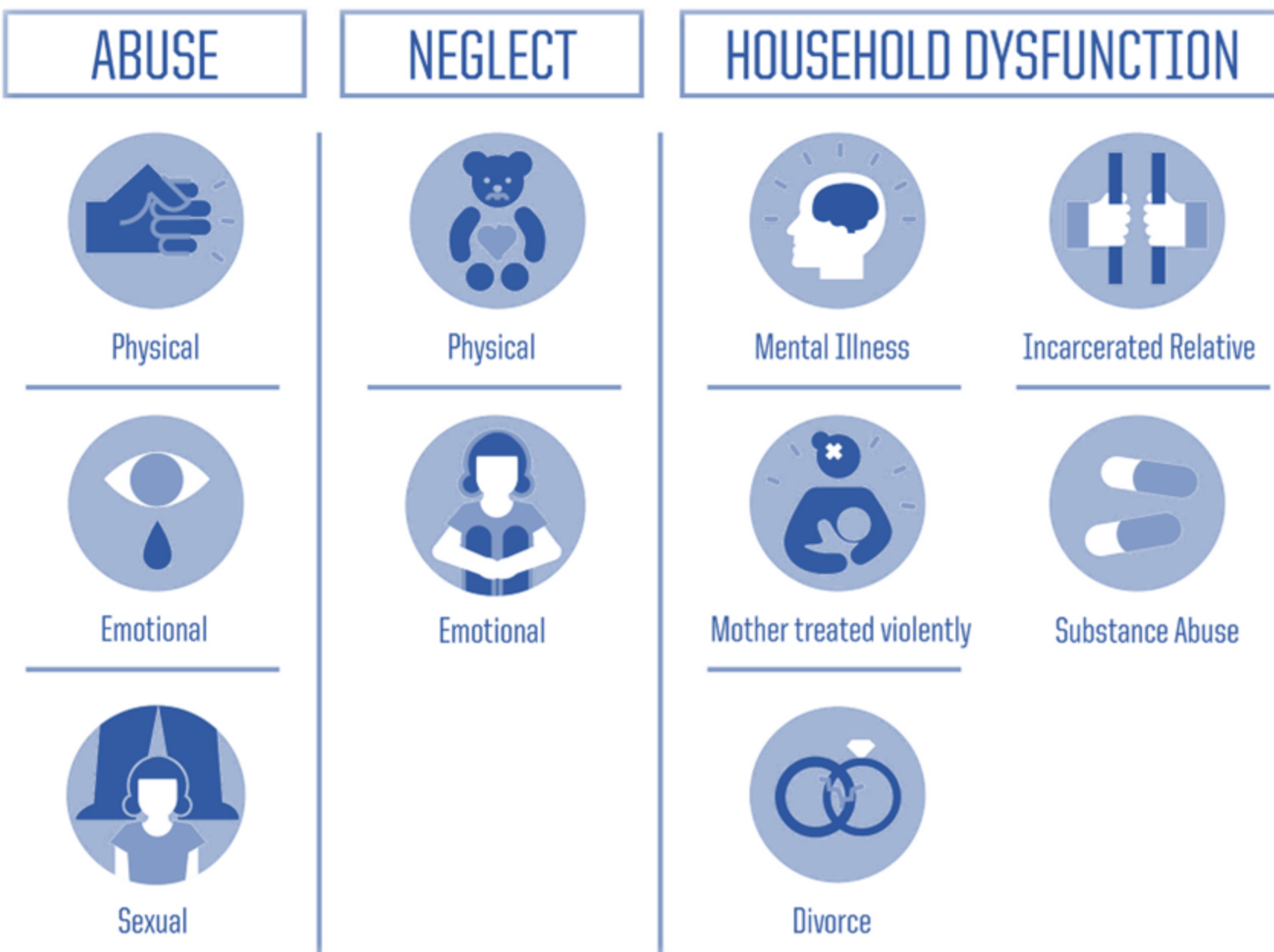
Adverse Childhood Experiences may Negatively Influence Physical and Mental Health

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INTRODUCTION

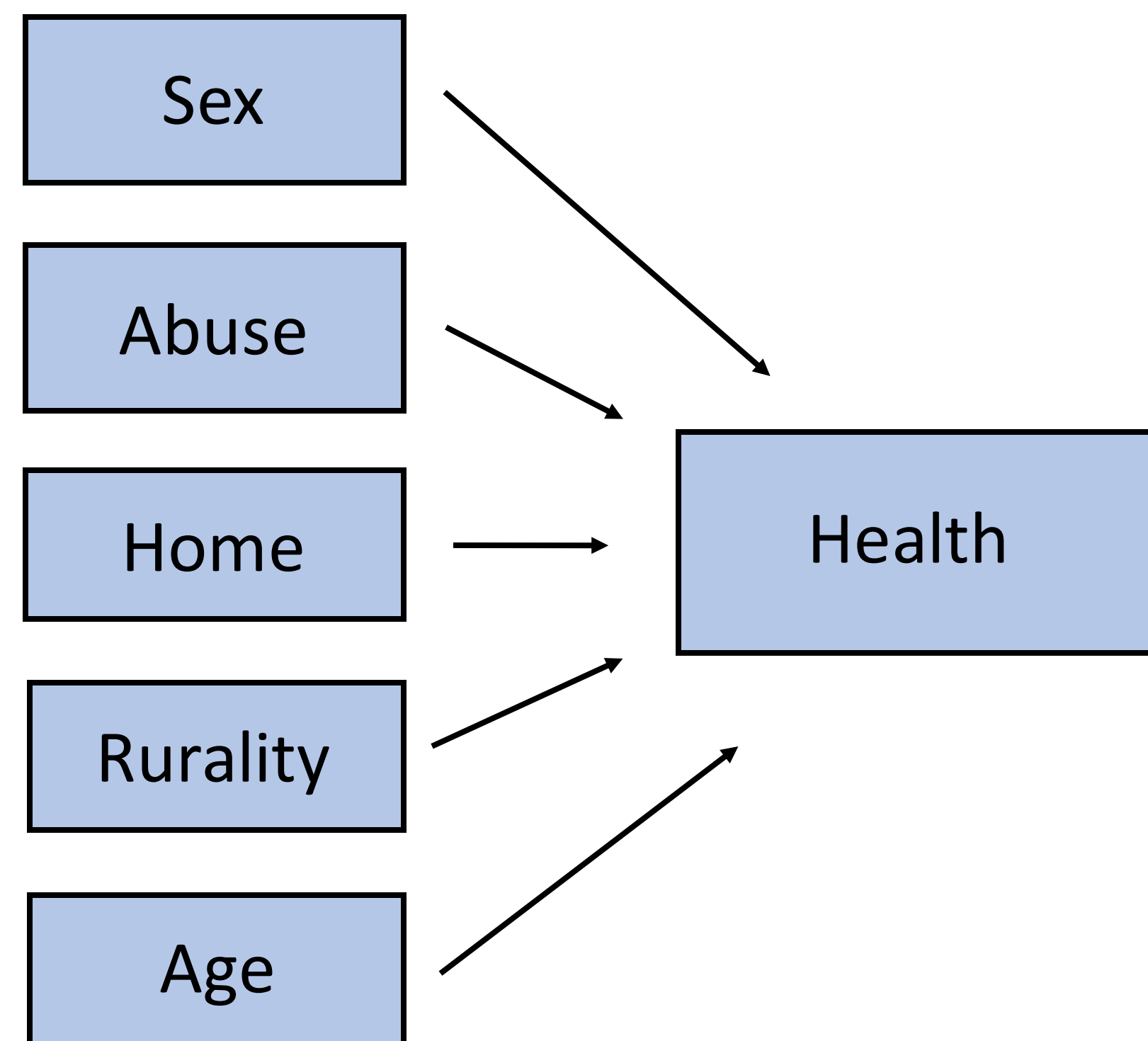
Adverse Childhood Experiences (ACEs) are events such as abuse, neglect, or household dysfunction that occur before the age of 18, which may have long-reaching effects (Walsh et al., 2019). We examined the relations of ACEs, race, sex and age on adult physical and emotional health.

The 3 specific ACEs used in this analysis were physical abuse, sexual abuse, and physical/emotional abuse.

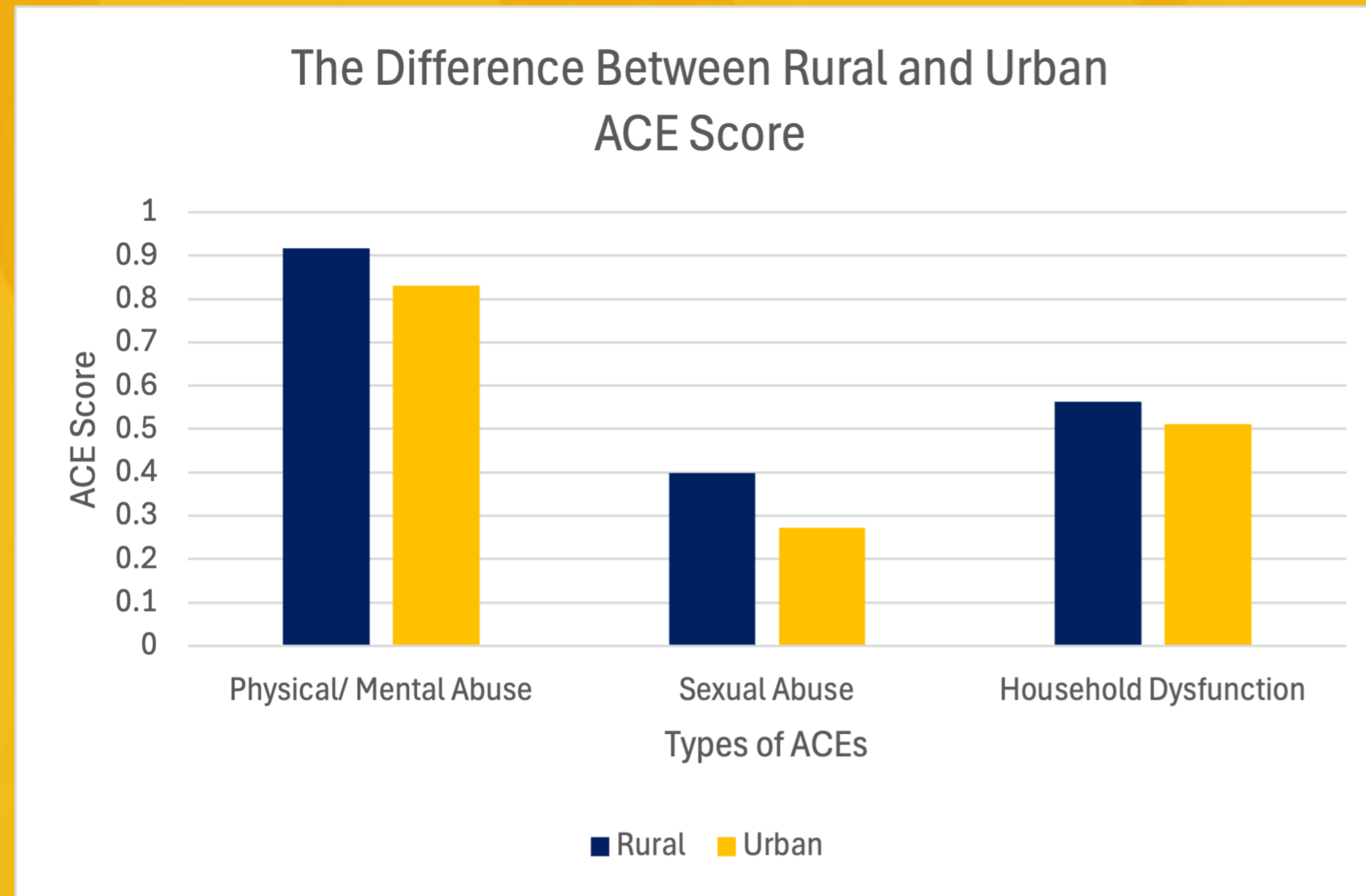


RESEARCH QUESTION

Does Adverse Childhood Experiences have a negative impact on physical and mental health in adults?



Potential Impact of Living With Lifelong Stress Due To ACEs



In this chart we see the scale of ACEs that was logistically transformed to show the means compared from rural to urban areas in the United States.

For more information scan the QR code for references



METHODS

- Data from 2,036 adults (*Age* = 62) who completed the 2020 Behavioral Risk Factor Surveillance System (BRFSS) were used.
- 11 ACEs were divided into 3 scales including dysfunctional home, sexual abuse, and physical/emotional abuse.
- A linear regression examined the relationship between aces, age, and rurality for each of the health outcomes.

RESULTS

For physical health, the model was significant $F(5,1952)= 16.86, p < .001$ $R^2 = .04$. Sexual abuse and dysfunctional home ACEs uniquely contributed, but with neither physical/emotional abuse or rurality uniquely contributed. In contrast, for emotional health, all five predictors contributed, $F(5,1969)= 50.19, p < .001$ $R^2 = .07$.

DISCUSSION

- The results show the relation between ACEs and physical and mental health.
- Given ACEs continue to exert effects on physical and mental health should be warranted.
- Future directions for analyzing the effects of ACEs would be looking at how ACEs impact social abilities and cognitive decline.
- I would be interested in researching is health care access for those who have experienced ACEs in rural areas compared to urban areas in the US.