

Title: *Adverse Childhood Experiences Negatively Influence Physical and Mental Health*

Author: Lindsey Lancaster

Background/Purpose: Adverse Childhood Experience (ACEs) include forms of childhood abuse and neglect, which may have long-reaching effects. We examined the relations of ACEs, race, sex and age on adult physical and emotional health.

Methods: Data from 2036 adults (*M age = 62*) who completed the 2020 Behavioral Risk Factor Surveillance System (BRFSS) were used. 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.