

Introduction to Research

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Introduction

Childhood trauma and the long-term impact.



Traumatic experience affect 1 in 3 children and young people in England and Wales.

(NHS, 2020)



Identify and address how adverse experiences in childhood can lead to mental health issues in adulthood.



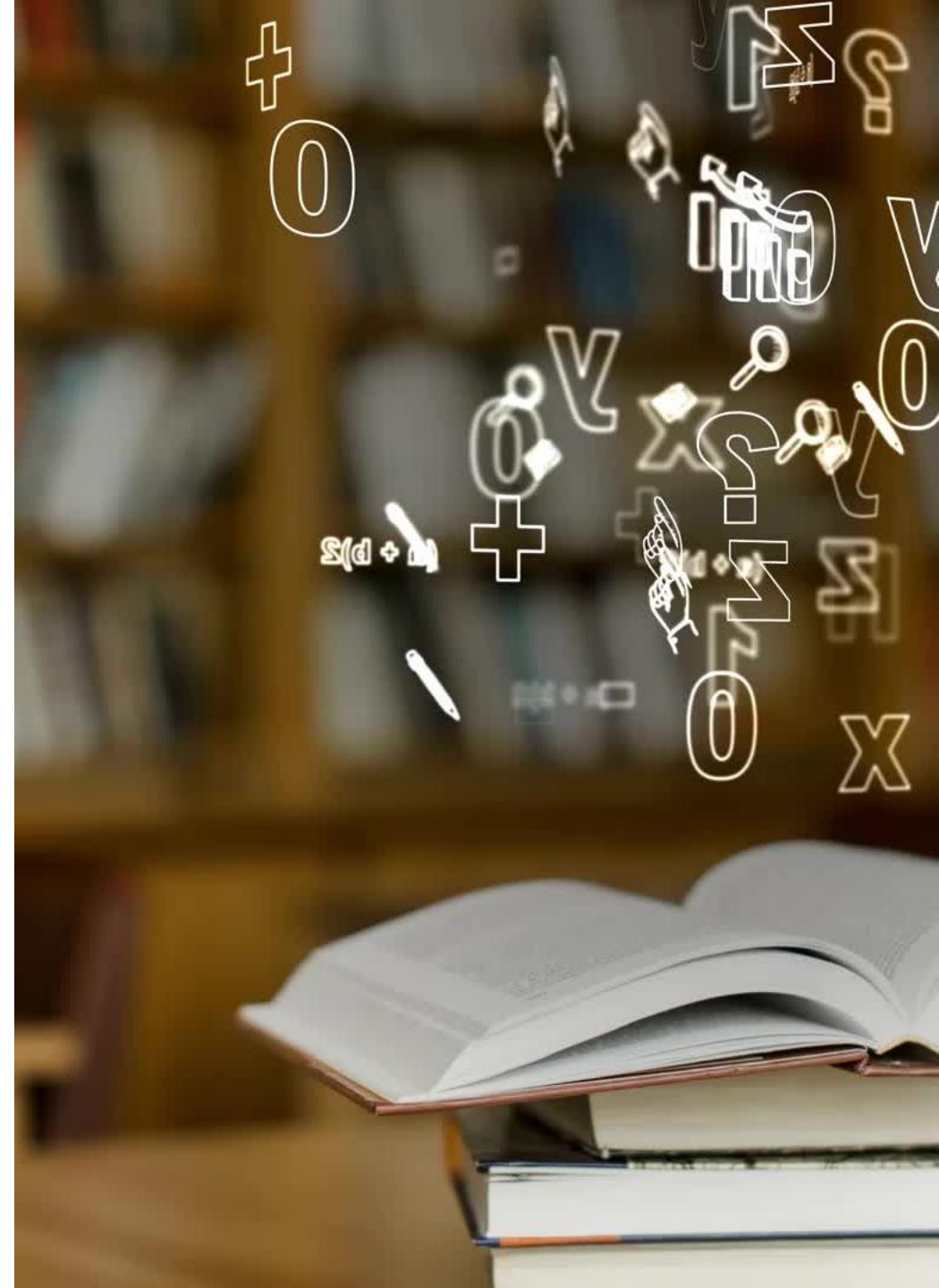
The aim of this study is to explore the long-term impact of childhood trauma in adulthood.

Objective

- Childhood trauma's main concept.
- Discuss childhood trauma in the UK, including policies, services, and legislation.
- An academic literature review on childhood should be conducted.
- Make recommendations.

Method

- It was secondary research
- Systematic: literature review
- Data base: UWTSD library, Google scholar and Pro Quest
- Key words Childhood trauma,
- Inclusion criteria: English language, 2013-2023, UK publication



Literature Review

Source citation	Aim of study	Methods & sample size	Summary of main finding
Gilbody & Atkin, (2023)	To explore associations between childhood trauma and social exclusion in adulthood	Questionnaire, 87,545 participants, age 40-69 adults	Increase the propensity for adulthood social exclusion.
Lee & Hanlon (2020)	To Identifying factors complicating management and child maltreatment.	Questionnaire, 502,640 adult participants	To link childhood exposure to toxic stress to a wide range of health problems in adulthood.
Quigg & Bellis, (2020)	To examine the relationship between abuse in childhood and violence revictimisation in adulthood	Survey, 21,845 participants, age 16-59 adults	Child abuse were significantly associated with each adulthood

Results

Theme 1. The long-Term impact of childhood trauma.

- These mental health issues are substantially more likely to develop if a child experiences trauma.
- The increased incidence of mental health disorders was also linked to childhood abuse.

Theme 2. Child abuse and neglect

- Child neglect and abuse were linked to more severe anxiety and depressive symptoms as well as a higher risk of self-harm.
- Individuals with childhood psychotic symptoms were also at higher risk of suicide and/or self-harm

Strength of secondary research

- Ease of access
- Fast to find information and save time.
- Allow you to generate new insights from previous analysis.

Limitation of secondary research

- Limited on Primary research in the UK.
- Lack of clear research in childhood trauma.
- Not answer my research questions

Recommendations

- Psychotherapy, particularly Cognitive behavioural therapy.
- Support and advice the children
- Encourage children to express and communicate how they feel.
- Explain to children the different emotions and moods people may experience after a tragedy. (UNICEF, 2022)

Cancellation

References

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