

Assessment title: Stage 1 –Project Proposal

Output: Dissertation

Course BSc (hons) Health and Social Care

Module: Independent Project BMHP 6020_LON

Lecture name: Eleni Koutsogeorgou

Student id: 1913128

Student name: Mihaita Munteanu

Student name	Mihaita Munteanu
Main area of interest	Childhood trauma, Anxiety, depression, Self-harm, young adult mental health (NHS, 2022)
The main thing I want get out of this module	The link between negative or positive childhood experiences and the development of young adults into society
Initial title of project	The impact of childhood trauma in the development of young adult social life
Initial aim of project	To identify, analyse how childhood trauma can affect young adult life. Identifying potential negative effects
Objective 1	Research has shown that childhood experiences negatively or positively

	affect the life of a young adult. Our goal is to examine the relationship between childhood trauma and integration into social life as a young adult. (van Duin et al., 2018)
Objective 2	The role of the family in the development of the individual in the first years of life. The impact of the environment in transition from child to young adult. (Daines, Hansen, Novilla and Crandall, 2021)
Objective 3	Identify and examine the impact of childhood trauma and how this can affect the social life of young adults base a literature review
Objective 4	The role of the health and social assistance system in the development of social protection programs. Involving communities in social integration programs.
What resource or people will I need	Secondary research, Books, Journals, Journals articles, Website
What I am most confident about	My determination
What I am most nervous about	Grammar, reference

Section B –Main Project Proposal

The impact of childhood trauma in the development of young adult social life

Main area of interest: Childhood trauma, Anxiety, depression, Self-harm, young adult mental health (NHS, 2022)

The main thing I want get out of this project: The link between negative or positive childhood experiences and the development of young adults into society

Aim of project: To identify and analyse how childhood trauma can affect young adult life. Identifying potential negative effects. (Van Duin et al., 2018)

Objective 1: t. Our goal is to examine the relationship between childhood trauma and integration into social life as a young adult. (van Duin et al., 2018)

Objective 2: The role of the family in the development of the individual in the first years of life. The impact of the environment in transition from child to young adult. (Daines, Hansen, Novilla and Crandall, 2021)

Objective 3: Identify and examine the impact of childhood trauma and how this can affect the social life of young adults base a literature review

Objective 4: The role of the health and social care system in the development of social protection programs. The community involvement in integration programs

The experiences that children have in the first years play a crucial role in the development of the brain. Exposure to positive factors, especially stable and receptive relationships with parents and other adults, as well as safe and supportive environments promote positive development. (Daines, Hansen, Novilla and Crandall, 2021). On the other hand, exposure to negative factors, trauma, can be reflected in adult life. A traumatic childhood can trigger serious mental illness by reducing the individual's confidence in their own identity. And here we can talk about anxiety, depression, self-harm and even suicide.) According to (Beilharz et al., 2019) the fundamental emotional, social and physical development that takes place in the first years of life, childhood experiences are essential in the development of a solid foundation in life.

As a method I will use secondary data research and specifically systematic literature review.

Resources: Books, Journals, Journals articles, Website

Timescale: Considering that the paper is 10,000 words I decided to divide the paper into 2 parts. Until the beginning of September abstract, introduction, and background and in the second part between September and December main body, conclusion and references.

Reference:

Beilharz, J., Paterson, M., Fatt, S., Wilson, C., Burton, A., Cvejic, E., Lloyd, A. and Vollmer-Conna, U., 2019. The impact of childhood trauma on psychosocial functioning and physical health in a non-clinical community sample of young adults. *Australian & New Zealand Journal of Psychiatry*, 54(2), pp.185-194.

Daines, C., Hansen, D., Novilla, M. and Crandall, A., 2021. Effects of positive and negative childhood experiences on adult family health. *BMC Public Health*, 21(1).

van Duin, L., Bevaart, F., Zijlmans, J., Luijckx, M., Doreleijers, T., Wierdsma, A., Oldehinkel, A., Marhe, R. and Popma, A., 2018. The role of adverse childhood experiences and mental health care use in psychological dysfunction of male multi-problem young adults. *European Child & Adolescent Psychiatry*, 28(8), pp.1065-1078.

Final dissertation

**Impact of childhood trauma in
adult life**



Prifysgol Cymru

Y Drindod Dewi Sant

University of Wales

Trinity Saint David



- BSc (Hons) Health and Social Care
- Student name: Mihaita Munteanu
- Student ID: 1913128
- Module name: Independent Project
- Module code: BMHP6020_LON
- Lecturer name: Dr Eleni Koutsogeorgou
- Date: 16/01/3023



Introduce the topic and rationale

The theme of the dissertation will be to investigate the impact that childhood traumas have on adult life

The rationale behind this research is to demonstrate the link between the risk factors children are exposed in childhood and the traumas they experience throughout their lives.

Aim:

To identify factors underlying a trauma and to analyse how childhood traumas can affect an adult's life.

Objective:

- Examining the factors that lead to childhood trauma from published literature research.
- Assessing the impact of the family/social environment on the child's development.
- Investigating the effects of childhood trauma in adult life based on research
- Elaboration of strategies and recommendations based on the evaluation of the research carried.

- 
- Background
 - Rock paintings, religious texts and recently, academic writings demonstrate that trauma has been experienced by humans since ancient times.
 - -The concept of trauma can be found in Homer's Iliad and Odyssey (9th-8th centuries BC). Also, in the Middle Ages, in the works of William Shakespeare (1564 -1616), Henry IV and The Rape of Lucrece
 - -Martin Charcot was the first neurologist to investigate the relationship between trauma and mental illness
 - -According to Freud theory, all trauma symptoms are caused by childhood abuse situations
 - -The WHO survey showed that approximately 70% of the global population has experienced at least one traumatic event in their lifetime.
 - -People from the Netherlands, Colombia and the USA have the highest exposure to trauma, and the lowest is in Romania, Spain and Italy.
 - -The May 2016 World Health Assembly resolution endorsed the global plan (WHO, 2016).
 - action plan to combat violence, especially violence against women, girls and children
 - -1 in 3 United Kingdom people are experience it at least once in their lifetime.
 - -Domestic Abuse Act 2021 (Nash, 2021)



Data collection: Secondary research

Databases used: PubMed, Sage Journals, ProQuest and ScienceDirect

Keywords used: childhood trauma, abuse, neglect, poverty, adult trauma, sexual abuse, mental illness, drug use, alcohol, anxiety, depression, PTSD, cognitive, United Kingdom, Great Britain, Wales, Scotland.

Inclusion criteria

- Peer-reviewed academic articles based on primary research.
- Articles published in the United Kingdom.
- Articles published between February 2012 and December 2022
- United Kingdom resource sample.
- Articles written only in English.

Exclusion criteria

- Journal published outside the UK
- Journal published before 2012
- Journal published in a language other than English
- Journal that violate human right



Data analysis:

Prism flow diagram

Critical appraisal skills program (CASP)

Ethical consideration:

- Honesty

- Transparency

- Privacy

- Integrity

- No harm

- Non-discriminatory.



95 journals were screened

- The articles included in the research contain data related to different traumatic events.
- The effects of traumatic events in the subjects' lives can lead to long-term physical and mental illness if not properly treated.
- Childhood traumas can affect the behavior of subjects in adult life
- Adverse child experiences (ACE) can lead to a life of crime.

Themes:

- Trauma in childhood, the path to the life of crime and violence
- Adverse child experience (Ace) in the development of mental health and well being
- Maltreatment and victimization among children's
- The role of adults and health services, their impact on adult life

The connection between childhood trauma and unhealthy habits in adult life



First theme is about the effect of family violence and interpersonal violence that a child has been subjected to or witnessed can lead to a life of crime and abuse.

The second theme describes how adverse childhood experiences (ACE) can be the basis for the emergence of mental illnesses and the reduction of the level of well-being in adult life

The third theme is about maltreatment and victimization among children and adolescents and how this can lead to self-harm and suicide.

Theme four shows us how adults and the health service can influence/contribute to reducing the consequences of trauma

Theme five brings to the fore the connection between childhood traumas and unhealthy addictions in adult life (gambling, drugs and alcohol)

Finding:

Research findings based on the literature review once again demonstrate that childhood trauma has a long-lasting negative impact on an individual's personal, social and cultural life.

The ability to use analytical skills in order to obtain the best result.

The limitation was the number of articles involved in the analysis (10) and it would be beneficial if for future research it was increased to a bigger number of articles

Reflection: Overall, the result of this study meets all the proposed objectives propose, but we cannot say that the research of the proposed theme is fully concluded, future researches prove to be necessary.

- 
- Recommendations
 - A better collaboration between Government institutions to prevent cases of maltreatment, abuse and adverse experience of the child (ACE).
 - Children are vulnerable and cannot take care of themselves, that is why it is necessary to adopt laws and policy designed to protect them.
 - Information campaigns in educational institutions about how children can protect themselves in case of abuse

- Conclusion

Reflecting on the research carried out, we can say with certainty that the physical and emotional experiences we live in childhood are reflected in adult life. Otherwise, trauma can appear regardless of age or social status. Nobody is safe

- 
- Reference
 - Nash, T. (2021) *The domestic abuse act 2021 and its impact*, The Daisy Chain Project. Available at: <https://www.thedaisychainproject.com/about-the-daisy-chain-project/the-domestic-abuse-act-2021-and-its-impact/> (Accessed: January 16, 2023).
 - WHO (2016) *World Health Assembly adopts framework on integrated people-centred health services*, World Health Organization. Available at: <https://www.who.int/news/item/28-05-2016-world-health-assembly-adopts-framework-on-integrated-people-centred-health-services> (Accessed: January 16, 2023).