

Abstract

The effects of childhood trauma have been known to cause serious and at times lasting mental health issues into adulthood. The purpose of this research is to analyze the mental health outcome of female Hispanic women who have been exposed to childhood trauma. Data from the UC Berkeley Social Network Study used to examine childhood trauma among adult female Hispanics from (21-70 years). The findings suggest childhood trauma did not have an adverse effect on adult female Hispanics. These results lead to suggestions how to better measure the effects of childhood trauma, in particular seeking a wider demographics of the Hispanic female population.

Introduction

Significance of Study

- There is a void in the literature in distinguishing the types of traumas, the cultural impact, family dynamics, and how it plays a role on Hispanic women seeking supportive services

Purpose

- To increase knowledge related to the correlation between childhood trauma and mental health issues in adulthood faced by Hispanic female women.

Research Question

- What is the Effect of Childhood Trauma on Mental Health Amongst Female Hispanics?

Hypothesis

- Childhood trauma increases Mental Health symptoms in Hispanic Females.

Literature Review

- Research studies indicate that childhood trauma has a negative effect on the mental health of adults.
- The research indicates that the Hispanic culture appears to be more vulnerable to mental health issues due to the inequalities they face.
- Further research indicates that Hispanic women who have been victims of sexual abuse during their childhood face lifelong negative mental health consequences and disparities.
- Research indicates about 70% of women who face childhood trauma suffer adverse mental health outcomes
- Research indicates childhood trauma is certainly related to adult mental health issues such as personality and anxiety disorders, depression, fear, anger, and hostility..

Methods

Research Design

- The current study is a secondary analysis of the data from the UC Berkeley Social Networks Study (UCNets), San Francisco Bay Area, 2015-2018
- UCNets was a Longitudinal Study that had three waves of data collection from 2015 until 2018 on Understanding How Personal Networks Change.
- Wave I data was collected from 2015-2016 using survey questionnaire mailed to participants.
- Wave II data was collected in 2017 using phone interviews.
- Wave III data was collected from February to May of 2018 using phone interviews.

Sample

- The original study included a sample of over 1159 surveyees which included 76 Hispanic women.

Measures

Independent Variable: *Childhood Trauma*

- Violence

Dependent Variable: *Mental Health*

- Stress
- Depression
- Medication
- Hopelessness

Results

Chi-square Analyses

- A chi-square test was used to explore the significance of childhood trauma exposure in relation to the mental health of female Hispanic women. There were 76 participants identified who reported they have their mental health symptoms under control.
- The results of the chi-square analysis indicated that there was no significant relationship between early childhood trauma and mental health symptoms being under control categories ($\chi^2(8) = 5.48, p = 0.71$). Based on this sample, Hispanic females with childhood trauma reported having their mental health symptoms under control.

		Under Control Depression or another psychological problem- Is this psychological issue pretty much under control or is it still a problem?		P-Value
		Under Control (%)	Still a Problem (%)	
Childhood Trauma: Did any adult in your home swear at you, or put you down?	Never	66.7	16.7	0.71
	Once or twice	71.4	28.6	
	Sometimes	50.0	50.0	
	Often	50.0	50.0	
	Very Often	66.7	33.3	

Discussion

Strengths & Limitations

- The current study's limitations include: a selected demographic area, limited study sample, and a high socioeconomic status that did not represent most women.
- The current study strengths include examining variables, such as childhood trauma, mental health, violence, hopelessness, depression, and medication.
- The results of the study are inconsistent with the existing research literature as the literature indicates that children who face childhood trauma tend to develop mental health issues such as personality and anxiety disorders, depression, fear, anger, and hostility as they enter adulthood.

Implications & Future Research

- The results indicate childhood trauma does not have an effect on the mental health of adults.
- The results reflect the importance of future research focusing specifically on Hispanic women and the correlation between the childhood trauma they have faced and the effect on their mental health as they enter adulthood.
- Research indicates the benefit of providing cognitive behavioral interventions for women who have faced childhood trauma.
- Further research is required to comprehend the connection between childhood trauma and the physical and mental health impact as a person transitions into adulthood.
- Future research also must recognize children exposed to childhood trauma is not only a social issue, but also a health and medical care issue.

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