



As a Matter of *fact*

The Relationship Between Child Maltreatment and Adult Health

The lasting adverse effects of child maltreatment on adult health issues are clear. Adults who were abused or neglected as children are at a greater risk for a variety of adverse physical and mental health conditions when compared with adults who were not maltreated as children. Preventing child abuse and neglect not only protects children, it creates healthier adults.⁽¹⁻⁵⁾

1 Individuals who experienced childhood abuse and neglect have an increased risk for a variety of physical ailments, including:⁽¹⁻⁶⁾

Autoimmune Disorders ⁽⁶⁻⁸⁾	Hypertension ^(6, 19)
Arthritis ^(6, 8-9)	GI Disorders ^(6, 20)
Lung Disease ^(6, 9-10)	Peptic Ulcers ^(6, 21)
Heart Disease ^(6, 11)	Type 2 Diabetes ^(6, 22)
Obesity & Increased BMI ^(8, 12-15)	Liver Disease ^(6, 23)
Migraines & Frequent Headaches ⁽¹⁶⁻¹⁸⁾	Chronic Pain ⁽²⁴⁻²⁵⁾

2 Adults who experienced child abuse and neglect may also experience negative mental health conditions well into adulthood, including:^(3, 8, 26)

Depression ⁽²⁶⁻²⁹⁾	Sleep Disorders ⁽²⁹⁾
Anxiety ^(26, 29)	Panic Disorders ⁽²⁶⁾
PTSD ^(26, 29)	Phobias ⁽²⁶⁾
Suicide Attempts ^(3, 29-31)	

3 Adults who were maltreated as children are more likely to engage in behaviors that put them at further risk for negative physical and mental health outcomes, including:⁽¹⁾

Alcohol Related Problems ^(8, 26, 32)	Anti-Social Behaviors ⁽²⁸⁾
Drug Use ^(8, 28)	Sexual Risk Behaviors ^(3, 8, 34-36)
Eating Disorders ^(12, 29)	Daily Cigarette Smoking ⁽³⁷⁾
Poor Pre- and Post-Natal Care ⁽³³⁾	Self-Mutilation ⁽⁸⁾

4 Individuals who experienced maltreatment during childhood utilize more medical and mental health services, including more emergency room visits resulting in higher healthcare costs.⁽³⁸⁻⁴¹⁾

5 Women with a history of child sexual abuse are much more likely to be revictimized sexually and physically as adults.^(8, 35, 42-43)

REFERENCES

- MacMillan, H. L. (2010). Commentary: Child maltreatment and physical health: A call to action. *Journal of Pediatric Psychology, 35*(5), 533-535.
- Corso, P. S., Edwards, V. J., Fang, X., & Mercy, J. A. (2008). Health-related quality of life among adults who experienced maltreatment during childhood. *American Journal of Public Health, 98*(6), 1094-1100.
- Dube, S. R., Anda, R. F., Whitfield, C. L., Brown, D. W., Felitti, V. J., Dong, M., & Giles, W. H. (2005). Long-term consequences of childhood sexual abuse by gender of victim. *American Journal of Preventive Medicine, 28*(5), 430-438.
- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. *American Journal of Preventive Medicine, 14*(4), 245-258.
- Adverse Childhood Experiences (ACE) Study*. Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/ace/index.htm>
- Goodwin, R. E., & Stein, M. B. (2004). Association between childhood trauma and physical disorders among adults in the United States. *Psychological Medicine, 34*(3), 509-520.
- Dube, S. R., Fairweather, D., Pearson, W. S., Felitti, V. J., Anda, R. F., & Croft, J. B. (2009). Cumulative childhood stress and autoimmune diseases in adults. *Psychosomatic Medicine, 71*(2), 243-250.
- Trickett, P. K., Noll, J. G., & Putnam, F. W. (2011). The impact of sexual abuse on female development: Lessons from a multigenerational, longitudinal research study. *Development and Psychopathology, 23*(2), 453-476.
- Fuller-Thomson, E., Stefanyk, M., & Brennenstuhl, S. (2009). The robust association between childhood physical abuse and osteoarthritis in adulthood: Findings from a representative community sample. *Arthritis & Rheumatism, 15*(61), 1554-1562.
- Brown, D. W., Anda, R. F., Felitti, V. J., Edwards, V. J., Malarcher, A. M., Croft, J. B., & Giles, W. H. (2010). Adverse childhood experiences are associated with the risk of lung cancer: A prospective cohort study. *BioMedCentral Public Health, 10*(20). Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2826284/pdf/1471-2458-10-20.pdf>
- Fuller-Thomson, E., Brennenstuhl, S., & Frank, J. (2010). The association between childhood physical abuse and heart disease in adulthood: Findings from a representative community sample. *Child Abuse & Neglect, 34*(9), 689-698.
- Fuemmeler, B. F., Dedert, E., McClernon, F. J., & Beckham, J. C. (2009). Adverse childhood events are associated with obesity and disordered eating: Results from a U.S. population-based survey of young adults. *Journal of Traumatic Stress, 22*(4), 329-333.
- Williamson, D. F., Thompson, T. J., Anda, R. F., Dietz, W. H., & Felitti, V. (2002). Body weight and obesity in adults and self-reported abuse in childhood. *International Journal of Obesity Related Metabolic Disorders, 26*(8), 1075-1082.
- Bentley, T., & Widom, C. S. (2009). A 30-year follow-up of the effects of child abuse and neglect on obesity in adulthood. *Obesity, 17*(10), 1900-1905.
- Rohde, P., Ichikawa, L., Simon, G. E., Ludman, E. J., Linde, J. A., Jeffery, R. W., & Operskalskid, B. H. (2008). Associations of child sexual and physical abuse with obesity and depression in middle-aged women. *Child Abuse & Neglect, 32*(9), 878-887.
- Tietjen, G. E., Brandes, J. L., Peterlin, B. L., Eloff, A., Dafer, R. M., Stein, M. R., ... Khuder, S. A. (2010). Childhood maltreatment and migraine (part I). Prevalence and adult revictimization: A multicenter headache clinic survey. *Headache, 50*(1), 20-31.
- Fuller-Thomson, E., Baker, T. M., & Brennenstuhl, S. (2010). Investigating the association between childhood physical abuse and migraine. *Headache, 50*(5), 749-760.
- Anda, R., Tietjen, G., Schumlan, E., Felitti, V., & Croft, J. (2010). Adverse childhood experiences and frequent headaches in adults. *Headache, 50*(9), 1473-1481.
- Riley, E. H., Wright, R. J., Jun, H. J., Hibert, E. N., & Rich-Edwards, J. W. (2010). Hypertension in adult survivors of child abuse: Observations from the Nurses' Health Study II. *Journal of Epidemiology and Community Health, 64*(5), 413-418.
- Ross, C. A. (2005). Childhood sexual abuse and psychosomatic symptoms in irritable bowel syndrome. *Journal of Child Sexual Abuse, 14*(1), 27-38.
- Fuller-Thomson, E., Bottoms, J., Brennenstuhl, S., & Hurd, M. (2011). Is childhood physical abuse associated with peptic ulcer disease? Findings from a population-based study. *Journal of Interpersonal Violence, XX*(X), 1-23.
- Rich-Edwards, J. W., Spiegelman, D., Hibert, E. N. L., Jun, H. J., Todd, T. J., Kawachi, I., & Wright, R. J. (2010). Abuse in childhood and adolescence as a predictor of Type 2 Diabetes in adult women. *American Journal of Preventive Medicine, 39*(6), 529-536.
- Dong, M., Dube, S. R., Felitti, V. J., Giles, W. H., & Anda, R. F. (2003). Adverse childhood experiences and self-reported liver disease: New insights into the causal pathway. *Archives of Internal Medicine, 163*(16), 1949-1956.
- Davis, D. A., Luecken, L. J., & Zautra, A. J. (2005). Are reports of childhood abuse related to the experience of chronic pain in adulthood? A meta-analytic review of the literature. *The Clinical Journal of Pain, 21*(5), 398-405.
- Sachs-Ericsson, N., Kendall-Tackett, K., & Hernandez, A. (2007). Childhood abuse, chronic pain, and depression in the National Comorbidity Survey. *Child Abuse & Neglect, 31*(5), 531-547.
- Molnar, B. E., Buka, S. L., & Kessler, R. C. (2001). Child sexual abuse and subsequent psychopathology: Results from the National Comorbidity Survey. *American Journal of Public Health, 95*(5), 753-760.
- Ritchie, K., Jausent, I., Stewart, R., Dupuy, A., Courtet, P., Ancelin, M. L., & Malafosse, A. (2009). Association of adverse childhood environment and 5-HTTLPR genotype with late-life depression. *Journal of Clinical Psychiatry, 70*(9), 1281-1288.
- Schilling, E. A., Aseltine, R. H., & Gore, S. (2007). Adverse childhood experiences and mental health in young adults: A longitudinal survey. *BioMedCentral Public Health, 7*(30).
- Chen, L. P., Murad, M. H., Paras, M. L., Colbenon, K. M., Sattler, A. L., Goranson, E. N., ... Zirakzadeh, A. (2010). Sexual abuse and lifetime diagnosis of psychiatric disorders: Systematic review and meta-analysis. *Mayo Clinic Proceedings, 85*(7), 618-629.
- Hughes, B. M. (2000). The prediction of suicidal behaviors in adults who were sexually abused as children. *Dissertation Abstracts International: Section B 50*(11B), 5775.
- Dube, S. R., Anda, R. F., Felitti, V. J., Chapman, D. P., Williamson, D. F., & Giles, W. H. (2001). Childhood abuse, household dysfunction, and the risk of attempted suicide throughout the life span: Findings from the Adverse Childhood Experiences Study. *Journal of the American Medical Association, 286*(24), 3089-3096.
- Lown, E. A., Nayak, M. B., Korcha, R. A., & Greenfield, T. K. (2011). Child physical and sexual abuse: A comprehensive look at alcohol consumption patterns, consequences and dependence from the national alcohol survey. *Alcoholism, Clinical and Experimental Research, 35*(2), 317-325.
- Leeners, B., Neumaier-Wagner, P., Quarg, A. F., & Rath, W. (2006). Childhood sexual abuse (CSA) experiences: An underestimated factor in perinatal care. *Acta Obstetrica et Gynecologica Scandinavica, 85*(8), 971-976.
- Wilson, H. W., & Widom, C. S. (2011). Pathways from childhood abuse and neglect to HIV-risk sexual behavior in middle adulthood. *Journal of Consulting and Clinical Psychology, 79*(2), 236-246.
- Steel, J. L., & Herlitz, C. A. (2005). The association between childhood and adolescent sexual abuse and proxies for sexual risk behavior: A random sample of the general population of Sweden. *Child Abuse & Neglect, 29*(10), 1141-1153.
- Senn, T. E., & Carey, M. P. (2010). Child maltreatment and women's adult sexual risk behavior: Childhood sexual abuse as a unique risk factor. *Child Maltreatment, 15*(4), 324-335.
- Topitzes, J., Mersky, J. P., & Reynolds, A. J. (2010). Child maltreatment and adult cigarette smoking: A long-term developmental model. *Journal of Pediatric Psychology, 35*(5), 484-498.
- Yanos, P. T., Czaja, S., & Widom, C. S. (2010). A prospective examination of service use by abused and neglected children followed up into adulthood. *Psychiatric Services, 61*(8), 796-802.
- Hulme, P. A. (2000). Symptomatology and health care utilization of women primary care patients who experienced childhood sexual abuse. *Child Abuse & Neglect, 24*(11), 1471-1484.
- Arrow, B. A., Hart, S., Scott, C., Dea, R., O'Connell, L., & Taylor, C. B. (1999). Childhood sexual abuse, psychological distress, and medical use among women. *Psychosomatic Medicine, 61*(6), 762-770.
- Tang, B., Jamieson, E., Boyle, M., Libby, A., Gafni, A., & MacMillan, H. (2006). The influence of child abuse on the pattern of expenditures in women's adult health service utilization in Ontario, Canada. *Social Science & Medicine, 63*(7), 1711-1719.
- Barnes, J. E., Noll, J. G., Putnam, F. W., & Trickett, P. K. (2009). Sexual and physical revictimization among victims of severe childhood sexual abuse. *Child Abuse and Neglect, 33*(7), 412-420.
- Lalor, K., & McElvaney, R. (2010). Child sexual abuse, links to later sexual exploitation/high-risk sexual behavior, and prevention/treatment programs. *Trauma, Violence, & Abuse, 11*(4), 159-177.

As a Matter of Fact was supported by Grant #2009-CI-FX-K010 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.