

# THE EFFECT OF CHILDHOOD MALTREATMENT ON THE PERSISTENCE OF POST-TRAUMATIC STRESS DISORDER

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## Introduction

Childhood abuse increases the risk of mental health problems in adulthood, including post-traumatic stress disorder. The prevalence of PTSD in survivors of child maltreatment ranges from 21% to 74%.

## Aim

The purpose of this study was to determine the effect of childhood trauma or abuse on the persistence of post-traumatic stress disorder (PTSD) in adulthood

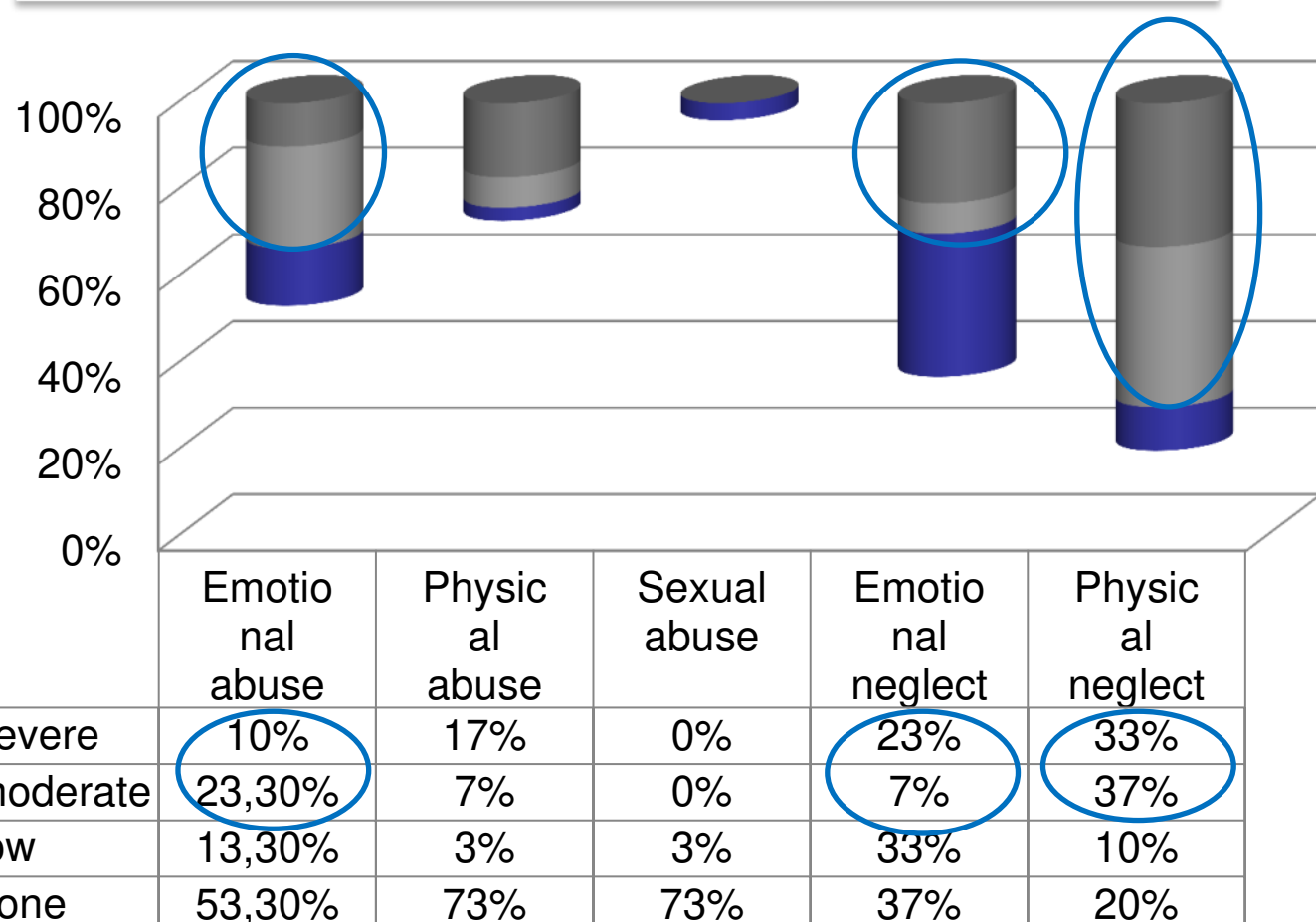
## Methods

This is a cross-sectional study conducted in the Department of Psychiatry of the Military Hospital of Tunis, including all consulting patients having PTSD according to DSM-5 after a minimum of 11 months of follow-up from first July 2018 to September the 18th 2018. Two Childhood Trauma Questionnaire (CTQ) and PTSD self-questionnaires Checklist for DSM-5 (PCL-5) Translated into Arabic were filled by these patients in an anonymous way for the reliability of the answers.

## Results

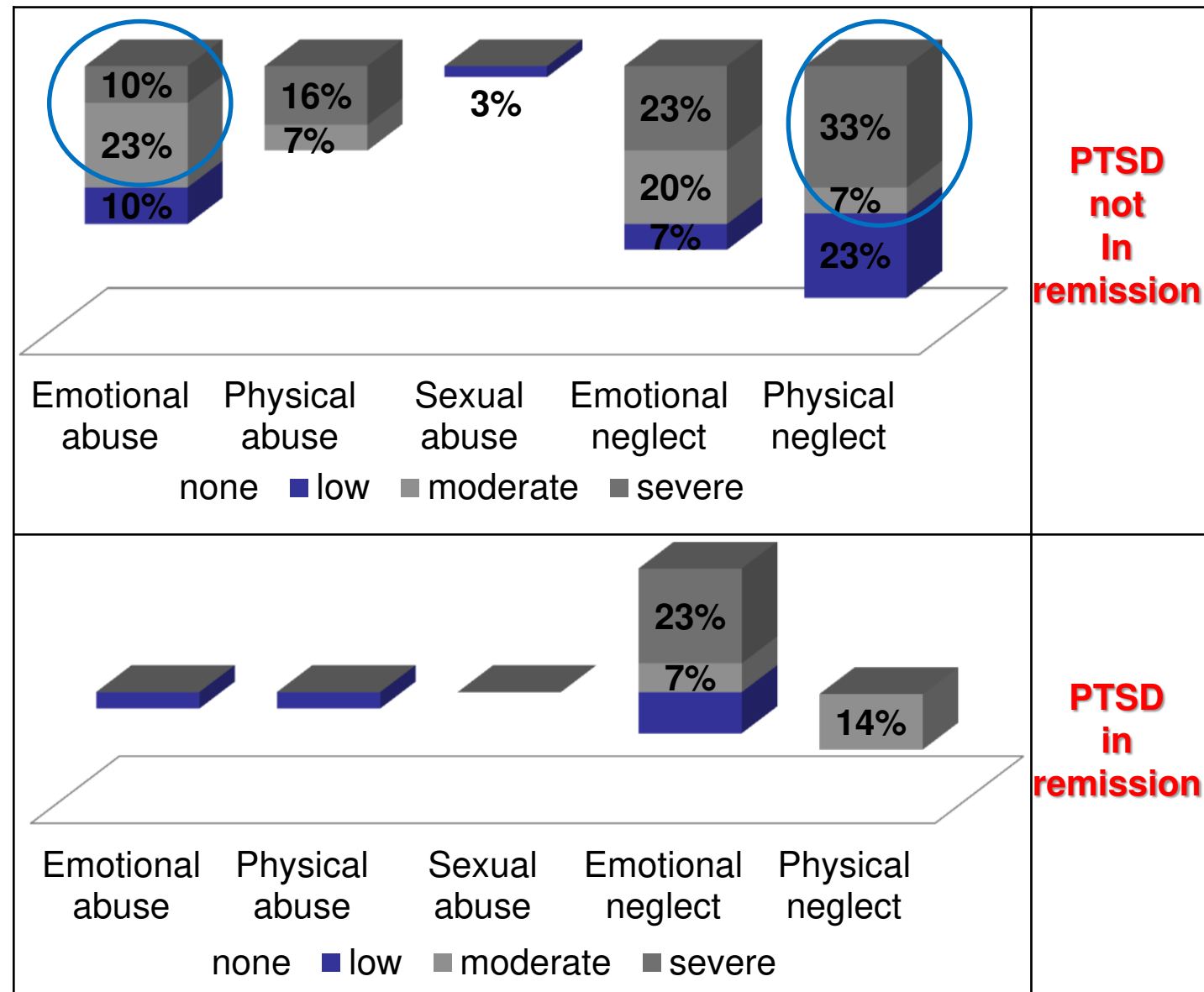
<b>Number</b>	30 Patients
<b>Sex Distribution</b>	✓ Male: 39,3% ; Women: 6,7% ✓ sex ratio M / F = <b>14</b>
<b>Average age</b>	<b>35 years</b> [24 - 47 years].
<b>Average age of trauma patients</b>	<b>30 years</b> [22-42 years].
<b>Martial status</b>	✓ Single :57% ; Married: 43%
<b>Profession</b>	All were military soldiers except one
<b>Personal and family psychiatric histories</b>	Depression: 20%
<b>Early traumatic event during childhood</b>	Deaths of Father and Brother: 10%
<b>The traumatic Event</b>	✓ Terrorist Attack : <b>50%</b> ✓ Public road accident : 30% ✓ Explosion of mine : 13% ✓ Fire : 7%
<b>Treatment</b>	✓ 2 patients : antidepressant (AD) ✓ 28 patients: AD + anxiolytic ✓ 10 patients : AD + anxiolytic + EMDR

### The results of childhood trauma questionnaire



## Results of PCL-5

Score	Number	Pourcentage	Remission
<b>&lt;33</b>	8	27%	Yes
<b>&gt;33</b>	22	73%	No



## Childhood trauma

- Factor of **vulnerability** for PTSD in adulthood
- **Worsen** the evolution of PTSD.

## Discussion

- Abuse in childhood increases the risk of mental health problems in adulthood, including post-traumatic stress disorder and depression
- The prevalence of PTSD in survivors of child maltreatment ranges from 21% to 74% [1].
- 172 scientific articles conclude strong association between childhood sexual abuse, physical seizures or neglect and post-traumatic stress disorder in adulthood [2-5].
- A recent meta-analysis shows that each of the four forms of abuse during childhood is associated with either PTSD or depression [6].
- The forms of physical abuse and neglect are more strongly associated to PTSD while sexual and psychological abuse are more strongly associated to depression.
- A study concludes that emotional neglect coupled with sexual abuse in childhood increases the risk of developing more of an affective disorder [6].
- According to The theory of attachment and complex trauma maintain that the abuse suffered during childhood leads to the victim: he is not safe with others[5].

## Conclusions

- An early detection of the history of childhood abuse would be desirable, as well as spousal abuse experienced in adulthood.
- This screening would provide treatment services to victims of abuse and reduce potential consequences in the short, medium or long term.

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