

Interpersonal childhood trauma, emotion regulation and post-traumatic stress symptoms in adolescence

COMPARISON BETWEEN HETEROSEXUAL CISGENDER ADOLESCENTS AND GENDER AND SEXUALLY DIVERSE ADOLESCENTS

Concepts

Examples of post-traumatic stress symptoms:

- Intrusive images, thoughts, and memories related to the trauma
- Avoidance of people or places related to the trauma
- Constant alertness
- Difficulty feeling positive emotions
- Feelings of fear or sadness



Examples of interpersonal trauma:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Physical neglect
- Emotional neglect
- Witnessing inter-parental violence
- Bullying



Heterosexual/Cisgender: Individuals (1) attracted exclusively to people from the opposite sex or gender, and (2) whose gender identity corresponds to their sex assigned at birth.

Gender and sexually diverse: group of individuals whose sexual orientation differs from heterosexuality and/or whose gender identity does not correspond to their sex assigned at birth.

According to a study on 2904 adolescents (M = 14,5 years old)...

Results

- ➔ Having experienced interpersonal childhood trauma was associated with the presence of post-traumatic stress symptoms in adolescence.
- ➔ The greater these childhood interpersonal traumas were, the greater the symptoms of post-traumatic stress were as well.
- ➔ Adolescents who experienced greater interpersonal childhood traumas had also more difficulties in regulating their emotions.
- ➔ These emotional regulation difficulties were in turn associated with more post-traumatic stress symptoms in adolescents.



Considering adolescents' sexual orientation and gender identity...

- ➔ Gender and sexually diverse adolescents were at higher risk of having post-traumatic stress symptoms associated with interpersonal childhood trauma.

In addition...

non-binary = not adopting the exclusive binarity of genders (boy/girl)

- ➔ Gender and sexually diverse girls as well as non-binary individuals reported the highest rates of interpersonal childhood trauma and post-traumatic stress symptoms.
- ➔ Also, emotional regulation difficulties were more frequent among non-binary individuals compared to other adolescents in the present study.

In short...

Among all adolescents in the sample, regardless of sexual orientation and gender identity:

1. The experience of interpersonal childhood trauma was associated with the presence of post-traumatic stress symptoms in adolescence;
2. Difficulties in emotion regulation, among other things, could explain this link.

The present study suggests that:

- The capacity to regulate emotions could be a potential target in prevention and intervention among youth at risk of experiencing interpersonal trauma.
 - Gender and sexually diverse adolescents appear to be more inclined to experience interpersonal trauma and related post-traumatic stress symptoms.
- ➔ More efforts should be made to prevent these.



To cite this infographic:

Ramos, B., Dion, J., Desrosiers, M. et Bergeron, S. (2022). Interpersonal childhood trauma, emotion regulation and post-traumatic stress symptoms in adolescence: Comparison between heterosexual cisgender adolescents and gender and sexually diverse adolescents. Infographic: Knowledge transfer campaign of the PRESAJ Study. Université de Montréal et Université du Québec à Chicoutimi.

To read the complete original article and learn more:

Ramos, B., Dion, J., Bóthe, B., Girouard, A., Hébert, M., Wong, E., & Bergeron, S. (2022). Cumulative interpersonal childhood adversity and post-traumatic stress symptoms across heterosexual, cisgender and gender and sexually diverse adolescents: The mediating role of emotion regulation. *Child Abuse & Neglect*, 124. <https://doi.org/10.1016/j.chiabu.2021.105454>