

CHILDHOOD TRAUMA AND ANXIETY IN YOUNG ADULTHOOD

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A CLOSER LOOK AT THE RELATIONSHIP BETWEEN CHILDHOOD TRAUMA AND ANXIETY
IN YOUNG ADULTHOOD

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Abstract

Researchers have found that traumatic events stemming from community violence have been linked to adverse outcomes, such as behavioral problems, disengagement, mental health problems, trouble with relationships and more. In particular, many individuals who have experienced childhood trauma are at higher risk for developing anxiety. Research suggests that women experience higher rates of anxiety than any other gender. Theorists propose that childhood trauma is associated with anxiety because many individuals exposed to violence tend to have problems utilizing healthy ways to manage the symptoms left behind. Childhood trauma is a form of toxic stress that negatively affects the body and mind across all stages of development. The relationship between exposure to community violence and anxiety is important to understand because it continues to contribute to youth misconduct, social and emotional problems and difficulty guiding adulthood. This study was a replica study that investigated the relationship between childhood trauma via community violence and anxiety in early adulthood. In this study, 133 SUNY Purchase College students participated in an online survey, where they reflected on their past exposure to violence within their communities and their current experiences as college students. The results of analyses examining the association between exposure to community violence before age 18 and anxiety in adulthood indicated participants who experienced more community violence did not report more anxiety symptoms, which did not support the main study hypothesis. No gender differences were identified in this association.

Keywords: Exposure to community violence, Anxiety, College students

A CLOSER LOOK AT THE RELATIONSHIP BETWEEN CHILDHOOD TRAUMA AND ANXIETY IN YOUNG ADULTHOOD

Approximately five out of seven individuals have experienced at least one traumatic event in their lifetime (Hull, 2021). More importantly, those who have experienced a traumatic event in childhood alone are potentially prone to developing a mental health disorder such as anxiety later on in early adulthood (Savolainen, 2019). Researchers have found that traumatic events stemming from community violence have been linked to individuals experiencing adverse outcomes, such as behavioral problems, disengagement, symptoms of depression and anxiety (Strickland et. al, 2009). This relationship between community violence and anxiety has been important in understanding why these adverse effects occur and how we can better reach a goal in providing a safe and welcoming environment to touch base on this issue and get individuals the help they need early on to avoid it spreading into adulthood. Individuals who have continued to face community violence have been faced with the physiological symptoms of trauma. It has been found that women are specifically at risk to develop these symptoms that lead to anxiety at higher rates than men (Niles et. al, 2017). The psychological health outcome of post traumatic stress disorder after exposure to trauma was 6.9%, higher in women than men when women were physically threatened (Hapke, 2006). This study aims to examine the relationship between exposure to community violence in childhood and anxiety in young adulthood to see whether it

has an influence on anxiety in adulthood as well as if this anxiety is higher in women than any other gender.

Those who have experienced childhood trauma in comparison to those who have not experienced childhood trauma, are more likely to experience increased mental health issues including higher rates of anxiety, depression and substance abuse in their early adulthood (Hovens et. al, 2010). One specific type of childhood trauma that is particularly important to study is community violence. Community violence includes violent acts against a person or community intended to cause harm (Strickland et. al, 2006). Community violence has left many individuals to deal with the difficulties of managing the physical and mental changes that happen to the brain during these high levels of stress (Bremner, 2006). In addition to this, research has been done to show some of the gender differences in this association between community violence and anxiety that individuals are experiencing. Community violence is a traumatic event that poses a threatening, violent or dangerous experience in adverse childhood. These events can be associated with any traumatic event like sexual abuse, physical abuse, physical neglect, emotional abuse and much more (Hornor, 2015).

Review Of Literature

Many of the short term and long term effects of community violence have been known to contribute to different rates of anxiety, PTSD and more. Many studies have been published on the effects of trauma, violence and anxiety and how all of them may affect an individual's self esteem, motivation, relationships, emotional control and more (Bremner, 2006). Prior research has also found that anxiety in relation to community violence has profoundly affected individuals

in long term ways because their consistent exposure to the violence that leaves not only affects individuals physically, but mentally and emotionally as well. Some of these profound effects include disruptive and aggressive behavior, substance abuse, academic failure and physical injuries (Strickland et al, 2009). As well as the increase of community violence has affected youths' own behavioral changes (Guerra et al, 2011). We see how community violence also contributes to the absence of basic necessities needed for development. The increase of trauma may lead to more anxiety in adolescents. While anxiety causes some physical changes like increased heartbeat, tremors and sweats, increased worrying and more, we see anxiety affecting the way one may live their lives and the changes that happen to their brains. As mentioned before, more importantly the emphasis on the relationship between childhood violence on anxiety is important to understand when looking at how this has resulted in the effects left behind that continue on until adulthood (Rosenthal et al, 2001). Moreover, this relationship will continue to be experienced in one's adulthood if left untreated because traumatic stressors contribute to lifelong problems that include anxiety (Bremner 2006). To get individuals the help they need first hand, understanding where the root of anxiety may stem from and how community violence plays a big part in this can result in attributing proper care and organizations to help those dealing with the hardships of this all. The current research will explore these findings.

Understanding Community Violence

Many communities have had to face the hardships of violence and its adverse effects on the individuals living there. Some of the types of experiences that can count as community

violence are gang fights, shootings, witnessing an attack or crime, being assaulted and more.

Higher rates of community violence take place in cities. This is more common in low income communities where the majority are hispanic and black children growing up in poverty stricken areas. Due to the lack of many resources and help, violence is increased. Not everyone has had the privilege to grow and strive in loving, comfortable and supportive environments. This is an important factor to take into account because environmental factors play a big role in your development more than many may realize. Millions of children have experienced at least one or more types of traumatic events from their childhood. Nearly 34.8 million children are exposed to adverse childhood experiences that can severely harm their future health and well-being (NICHQ, 2022). Moreover, many studies have found that those exposed to community violence in their childhood alone have been linked to impacts of anxiety, depression and substance abuse (Guerra et. al, 2011).

Community violence causes harm in both short and long term because many of these traumatic events in childhood occur at key psychosocial and biological stages of development, their impact can continue into adult life. Many who experience community violence are at risk for a variety of negative health outcomes (Greenburg 2018). These events stick with you because of how traumatic they were and affect the way you may process a lot of parts of your life and how your personality and behaviors may develop. Many may get the help they need to work through their problems caused by their trauma, but many others may hide behind their trauma and suffer experientially in many aspects of their lives. For example, managing relationships and emotions may be tricky because it is harder to handle these matters in a healthy way due to the

lack of regulation for emotions that are disrupted during an essential part of development due to trauma (Huh et. al, 2017). Additionally, many studies on community violence have been able to express that the communities that faced more violence that included shootings, gang wars, sexual and emotional abuse, bullying, and drug wars have been a predictor of psychological distress in youth (Tracy et. al, 2011). As mentioned prior, many low income communities who are experiencing these events first hand are more at risk of developing these mental health outcomes versus those who aren't exposed to the violence and trauma. Community violence is a factor of childhood trauma because many individuals facing very traumatic and negative experiences in their communities have been left behind with the unwanted effects of witnessing first hand the different outcomes and changes it can leave behind and how it can potentially harm one's future (Tracy et. al, 2011).

Anxiety across the Lifespan

Anxiety is an emotional and/or physical feeling that is felt worldwide by millions of people. Anxiety may come in different ways, shapes and forms. Anxiety is defined as the feeling of worry, nervousness or unease (Huh et. al, 2017). It is an intense, excessive and persistent worry and fear about everyday life. Anxiety may be due to different reasons for different people, but past traumatic experiences plays a big role in why some individuals specifically have anxiety related symptoms due to the fear that they carry with them the physiological effects everyday. Some symptoms of anxiety may include: feeling nervous, increased heart rate, trembling, overthinking, panic/fear, shortness of breath, cold sweats and much more. The experience of anxiety often involves a bundle of interconnected symptoms and disorders characterized by

confusing the circulation of organs that work together between the triggers to anxiety and the responses that it invokes (Mental Health Foundation, 2014).

Furthermore, anxiety is specifically connected to childhood trauma because people who experienced childhood trauma not only have physical symptoms that relate to anxiety but they as well have been documented to have changes in the brain and nervous system that can be long-lasting. It is researched that anxiety affects specific parts of the brain like the amygdala. One of the changes caused is a larger or overactive amygdala. This part is deep in the center of the brain, and is involved in detecting and responding to threats, among other functions. An enlarged or overactive amygdala is associated with an increase in reaction to danger. People who have this symptom might detect danger or threats where there are none, similar to how anxiety functions. Becoming afraid or worrying over even minor occurrences constantly, is similar to anxiety that many individuals experience (Binensztok, 2020). This emphasizes that because many have dealt with the harmful effects of childhood trauma (whatever that may be to each individual) who may have had a big amount of suffering or discomfort they show signs in their brain as well reacting to anything else that may trigger them whether that's related to the trauma or because of their trauma. Furthermore, anxiety is a mental health issue that is felt worldwide. Anxiety can potentially cause further threats and struggles if left untreated.

Understanding the relationship between community violence and anxiety is important to understand because as mentioned before most of these traumatic events can affect an individual's life in adulthood. Many may be stuck with the unwanted psychological effects community violence trauma can leave behind and not getting the proper help one may need can lead to

further mental health outcomes. Research has shown that individuals who have been associated with exposure to community violence are at higher risk of developing anxiety because of dysregulation of emotions. Not being able to properly process and treat emotional changes due to trauma can contribute to many of these psychiatric disorders like anxiety (Huh et. al, 2017). To add on to this, community violence affects anxiety because many individuals left in the position of being exposed to violence tend to have problems displaying healthy ways to manage the symptoms left behind. One study that addressed the relationship between community violence and anxiety was done through a longitude study. They were able to conclude that among girl's exposure to violence was significantly correlated with total, physiological, and concentration anxiety, in relation to boys who were not significantly correlated specifically within a predominantly African American sample of 385 children in an urban public school system (White et. al,1998). The results demonstrated that the measures grasp the violent events those in an urban community faced and the impacts of them. Childhood trauma is a toxic stress that affects the body and mind. It may affect how one may feel, think and act. It can affect the way one grows up to develop, community violence specifically interferes with adjustments (Guerra 2011). Community violence exposure is known to be a public health problem. It has been documented to impact development across different stages of development at different rates. Researches highlight it is important for communities to help people explore and create a sense of self, trauma due to community will continue to lead to a cascade of problems.

Furthermore, all genders may be faced with the same hardships and similar traumatic events in their lifetimes. Everyone may experience these events differently and grasp them

differently but research has found that women tend to be targeted more to specific traumas as well as facing anxiety and anxiety disorders at higher rates than men or any other genders (Allen et. al, 2018). Previous research has suggested that the differences in anxiety on gender stem from the role of genetics, development, and environmental factors. Even parts of the brain are affected differently when relevant to anxiety (Allen et. al, 2018). Community violence specifically has shown to affect women differently when left behind with more distressing symptoms of trauma than men. Although both genders witness the violence and may both be traumatized, women are frequently more likely to be faced with PTSD and anxiety symptoms because of how their own genetics, development and environmental factors are handled. (Foster at. el, 2004). To add on to this, research has also been found on the socialization and broader acceptance of women psychologizing trauma that display differences on how both genders are affected (McLean et. al, 2009). This association between anxiety and gender is important to understand because it allows there to be potential help and guidance to those women who may need it. Assessing the problem first and getting more women help that they need lowers the chances of them potentially having to deal with anxiety and other mental health issues in their adulthood.

The Present Study

This study examined the relationship between community violence and anxiety in early adulthood and also considered gender differences. Previous research has shown that those individuals who have been exposed to community violence have higher levels of anxiety. This study attempted to replicate this previous research with a sample of Purchase College students.

The following research questions were addressed:

1. What is the association between childhood trauma and anxiety in early adulthood?
2. Are there gender differences in the association between childhood trauma and anxiety in early adulthood?

It was hypothesized that more exposure to community violence in childhood would be associated with higher levels of anxiety in early adulthood and that this association would be stronger for females than for males or individuals who identify as non-binary or another gender.

Method

Participants

In this study participants from SUNY Purchase College enrolled in Intro to Psychology class, were recruited to participate in the study through an online software called Qualtrics. The sample included 133 students who were willing to participate between the ages of 18-25 ($M=20.00$, $SD= 2.20$). Participants' races and ethnicities were representative of the student population at Purchase College. Participants, self-reported gender and racial/ethnic identities are shown in table 1.

Table 1.

Demographic Characteristics of the Sample

Demographic Characteristic	<i>n</i>	%
Gender		
Female	77	63.115

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Male	34	27.869	
Non-Binary	8	6.557	
Race/Ethnicity			
Asian	9	7.377	
Black/African American or Caribbean	19	15.702	
Hispanic or Latinx	25	20.492	
White or Caucasian	42	34.426	
Multiple Races	32	18.852	

Measures

Exposure to community violence. The first measure that was used in this study was the Survey of Exposure to Community Violence (Richter’s & Saltzman, 1990). This measure includes 24 items that ask about traumatic events that participants may have witnessed or directly experienced, including, “Have you ever seen someone selling or buying drugs?” and “Have you yourself ever been threatened?”. This measure was an important tool for capturing different violent events one may experience in their community whether it was once or multiple times. In this study this scale was used to measure childhood trauma. This scale has been used to conclude on trauma symptoms and anxiety and depression (Rosenthal 2000). This scale has been used in research done on exposure to violence and psychological stress among adolescents during their high school years witnessing exposure to community violence. They found that recurring community violence was linked to anger, anxiety, depression and more (Rosenthal 2000).

Anxiety symptoms. The second measure used was the Generalized Anxiety Disorder 7 item (GAD-7) (Spitzer, Kroenke, Williams, & Löwe, 2006). This measure consists of seven items that ask about symptoms of anxiety including not being able to stop or control worrying and worrying too much about different things. The scale is used to screen and measure anxiety. This scale has been used in previous research done in 15 primary care clinics in the United States. They had a total of 2,740 patients complete a study questionnaire and 965 do telephone interviews with a mental health professional in a week. The study results contributed to the findings that most general anxiety disorders were reflected and shown through the scale (Spitzer et. al, 2006).

Procedures

To begin, participants had access to the Intro to Psychology participant pool page via Moodle and were given the opportunity to sign up for the study for class credit. After they have signed up, they are given access to a link that will directly take them to the software that was used, Qualtrics where they are then approached with a consent form that reviews the study and explains the procedure. Participants answered a battery of questions, including demographic questions, a measure of childhood trauma exposure, and a measure of current anxiety symptoms. As mentioned, to assess exposure to community violence the Survey of Exposure to Community Violence: Self-Report Version was used (Richters & Saltzman, 1990). To assess anxiety the Generalized Anxiety Disorder 7 item (GAD-7) was used (Spitzer, Kroenke, Williams, & Löwe,

2006). After participants finished the survey, they were given a debriefing summary and the data was then collected and analyzed.

Results

Descriptive Analysis

In this study 133 participants were given several surveys that included both the Exposure to community violence and Generalized Anxiety 7 item scales. Participants' ages mainly range from 20 years young ($M=20$, $SD= 2.2$), to the maximum being 37. That being 63.11% female, 28% male, 6.6% Non-Binary and 1.6% identifying as Transgender male. The data reported from participants' sums on scales, that of community violence ($M=6.33$, $SD=3.5$) and anxiety ($M=10.5$, $SD=7.0$) were as follows.

Inferential Analysis

First, this study investigated the association between childhood community violence exposure and anxiety in early adulthood. It was hypothesized that more exposure to community violence in childhood would be associated with higher levels of anxiety in early adulthood. A Pearson's correlation was conducted to determine whether or not this relationship was significant. The results indicated that community violence exposure and anxiety were not significantly correlated ($r= -0.07$, $p= 0.71$). These results do not support the hypothesis that those who are exposed to community violence in childhood will experience higher levels of anxiety in young adulthood.

The second analysis investigated whether there were gender differences in the association between community violence exposure in childhood and anxiety in early adulthood. It was hypothesized that this association would be stronger for females than for males or individuals who identify as non-binary or another gender. To examine this, a series of Pearson's correlations were conducted with each gender group. The results indicated that for females, the association was not significant ($r = 0.00, p = .99$) For males, the association was also not significant ($r=0.04, p = .90$). Lastly, for those who identified as non-binary or transgender male because less than 3 participants reported the results were inconclusive. These findings did not support the hypothesis that there would be gender differences in the association between exposure to community violence in and anxiety in early adulthood

Discussion

This study aimed to analyze the relationship between exposure to community violence and anxiety in early adulthood and whether there would be gender differences in this association. This analysis wanted to support the hypothesis of much research on the negative impacts anxiety may have on individuals both mentally, emotionally and/or physically. The same goes for trauma as well. Many individuals who face traumatic events are left behind with unwanted feelings, triggers, vulnerability, upsetting emotions and sometimes chronic mental illnesses like depression and anxiety (Robinson et, al, 2021). More specifically those who suffer from more community violence in their childhood can be seen with higher rates of anxiety. Community Violence being internal acts of interpersonal violence ranging anywhere from bullying, gang

related activities, fights, shootings and more (NCTSN). Research studies have been able to conclude that recurring exposure to community violence was moderately correlated to physiological trauma symptoms (Heights et. al, 2000). This is important to emphasize because trauma related symptoms can be seen as follows: anger, isolation, anxiety, depression, and dissociation. Individuals being exposed to violent crimes on the daily can experience trouble monitoring their feelings and emotional and/or physical being. These traumatic events can lead up to anxiety because of the fact that trauma directly affects the brain and its structure. The area of the brain that controls fear, can actually shrink due to overwhelming stress (Bremner 2006). We may also see how rates of anxiety can be higher in females than those who identify as non-binary or transgender male. Women are targetted towards more sexually related traumas. For example, anxiety and depression symptoms have been more strongly related to community violence exposure for girls than for boys, whereas being a victim of violence versus witnessing or hearing about violence was associated with greater mental health challenges overall for boys (Foster et. al, 2004). However, in line with the hypothesis the following study results did not support the hypothesis and the data did not show any significant correlations to community violence and anxiety or to gender and anxiety. There was no significant correlation of community violence and anxiety as well as there was no significant correlation with higher rates of anxiety in women versus any other genders.

Implications

My study was a replica to emphasize present research findings that the relationship and impact of childhood trauma via community violence, impacts anxiety in individuals early

adulthood as well as gender differences in those experiencing anxiety due to childhood trauma.

This study wanted to analyze how individuals who have faced community violence whether it was directly or indirectly faced with traumatic experience of: Being physically threatened, exposure to drug use, witnessing a crime etc may face anxiety at higher rates in those who identify as female. The proposed hypothesis was that more exposure to trauma in childhood will be associated with higher levels of anxiety in early adulthood. In this association, it will be stronger in females than in males or individuals who identify as non- binary or another gender. Through this research individuals can be faced with the help of knowing how to deal with traumatic events firsthand, to possibly avoid developing mental health issues like anxiety. Previous research has emphasized that individuals who get the proper help with dealing with violence and traumatic events are more likely to decrease their chances of dealing with prolonged mental health issues (NIMH, 2020). It is important to add as well that research has also found that dealing with violence and trauma is an important tool for human development. When these traumatic events happen in key stages in development it is important to recognize and contribute to learning and knowing how to have a strong coping mechanism and handle those tough emotions that can contribute to one's growth and maturity. Diving deeper into gender, it is important to understand that the prevalence of anxiety disorder in women tends to be significantly higher (Breslau 2009). Recognizing this can help build a community to support this finding and give women access to getting help and not feeling alone in the world. As mentioned before, although previous research has been able to conclude on these findings, the results of the study indicated that there was no significant correlation between the relationship of community

violence and anxiety. The results also indicated there was no significant correlation between gender and anxiety.

Limitations

Although many previous research has been done on both community violence/trauma and anxiety, with some correlations and patterns between the two, the data and results did not meet my expectations or support the hypothesis proposed. The results of the study did capture the understanding that there are majorities of individuals that do face community violence and anxiety to some degree. The study also is able to conclude although there wasn't a significant correlation between the gender of female with anxiety that doesn't automatically conclude that there isn't a specific gender that may in fact experience community violence and/or anxiety at higher rates than the others. There wasn't enough participants to fully capture the validity of this more specifically because there were very few participants who identified as non-binary and transgender male. My study did not look like many studies' findings. Contrary to the hypothesis proposed, there are outside factors that contribute to our findings not aligning with our data but still in agreement to research that has been found. The results might suggest that community violence in childhood may in fact influence early adulthood in adverse ways, but that doesn't mean that it can't be cared for and treated before individuals start facing higher levels of anxiety over others. Another important factor to take into account is reports of community violence was taken into account but direct reports of community violence in one's community was not distinguished. Also the Exposure to Community Violence scale did not directly ask about violence in childhood. Furthermore, all genders may face rates of anxiety but due to unknown

factors (medication/therapy etc) Individuals may express similar rates of Anxiety versus not experiencing it. To add on to this, the study also fails to take into consideration what kind of communities each individual is coming from. Many participants in this study identified as White/Caucasian which can directly impact findings. It is known that low income communities of black and hispanics backgrounds are faced with more violence on a day to day basis. They are experiencing community violence and its effects simply because of the environments they are coming from. They are left behind with the feelings of hopelessness, limit of motivation and barriers to health promotions (Phillips 1996). Most importantly this study was also done during COVID 19 Pandemic, online. The pandemic itself has been hard on many individuals and caused its own personal mental health issues that this study does not take into account. Individuals faced their own hardships that aren't included in this study that can also possibly cause anxiety in itself. Also this study being done online leaves room for biases, answers left blank which can leave into conclusive findings, some individuals might not be truthful, can be rushed and more.

Future Directions

For this study future research should consider, as mentioned before, expanding the participant pool further, doing this study after COVID, and possibly doing it in person versus online. Future research should focus on taking into account any and all mental health issues prior to the study and focusing on one to one interviews with participants to fully grasp their intakes with community violence and how it has directly either affected or influenced their anxiety. Giving participants a safe space to share out their experiences and taking their time to give their answers. Furthermore, further research should highlight exactly what type of community

violence is directly linked to higher rates of anxiety but also take into account what the outlook is of facing all kinds of community violence and its linked to anxiety as well. Expanding the proposed hypothesis further and distinguishing which gender identified has been faced with anxiety but also maybe any other mental health disorders that can come with community violence. Furthermore, many researchers have touched on a lot of these findings so it is essential to construct this research still following the foundation base between the relationship of community violence and anxiety as well as gender.

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APPENDIX A

Survey of Exposure to Community Violence [*adapted*]

Citation: Richters, J. E., & Saltzman, W. (1990). *Survey of exposure to community violence: Self-report version*. JE Richters.

Instructions: Listed below are various kinds of violence that you may have experienced or seen. For each question, please indicate whether you have ever experienced or seen this before. Do not include in your answers things you may have seen or heard about only on tv, radio, the news, or in the movies.

	No, never	Yes, before I was 18	Yes, since I turned 18	I'm not sure
Have you ever seen someone selling or buying drugs?	x	x	x	x
Have you yourself ever offered, sold, or bought drugs?	x	x	x	x
Have you ever seen someone's house broken into?	x	x	x	x
Has your own house ever been broken into?	x	x	x	x

Have you ever seen someone else being arrested?	x	x	x	x
Have you yourself ever been arrested?	x	x	x	x
Have you ever seen someone being threatened?	x	x	x	x
Have you yourself ever been threatened?	x	x	x	x
Have you ever seen someone get slapped, punched, or hit?	x	x	x	x
Have you yourself ever been slapped, punched, or hit?	x	x	x	x
Have you ever seen someone get chased by an individual or a gang?	x	x	x	x
Have you yourself ever been chased by an individual or a gang?	x	x	x	x
Have you ever seen someone get mugged?	x	x	x	x
Have you yourself ever been mugged?	x	x	x	x
Have you ever seen someone else get sexually assaulted?	x	x	x	x
Have you yourself ever been sexually assaulted?	x	x	x	x
Have you ever seen someone carrying a gun or knife (other than a police officer)?	x	x	x	x
Have you ever heard the sound of gunfire in your community?	x	x	x	x

Have you ever seen someone get attacked with a knife?	x	x	x	x
Have you yourself ever been attacked with a knife?	x	x	x	x
Have you ever seen someone get shot with a gun?	x	x	x	x
Have you ever been shot at with a gun?	x	x	x	x
Have you ever seen someone get killed?	x	x	x	x
Have you ever been threatened with death?	x	x	x	x

You said “yes, before age 18” to the following violent acts. For each, please indicate:

- About what age were you when this happened? [*slider bar between 0 - 25*]
- Was the perpetrator of the violent act known or unknown to you?
- Was the perpetrator of the violent act a child, a teenager, or an adult?

Generalized Anxiety Disorder 7-item (GAD-7) Scale

Citation: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of Internal Medicine*, 166(10), 1092-1097.

Instructions: Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all sure	Several days	Over half the days	Neary everyday
Feeling nervous, anxious or on edge	x	x	x	x

Not being able to stop or control worrying	x	x	x	x
Worrying too much about different things	x	x	x	x
Trouble relaxing	x	x	x	x
Being so restless that it's hard to sit still	x	x	x	x
Becoming easily annoyed or irritable	x	x	x	x
Feeling afraid as if something awful might happen	x	x	x	x