

## P03-234

### TRAUMATIC CHILDHOOD EVENTS AND POTENTIAL CONSEQUENCES IN ADULT HEALTH

A.P. Amaral<sup>1</sup>, A. Vaz Serra<sup>2</sup>

<sup>1</sup>*Escola Superior de Tecnologia da Saúde de Coimbra - IPC*, <sup>2</sup>*Serviço de Psiquiatria - Hospitais da Universidade de Coimbra, Coimbra, Portugal*

**Aims:** The objectives of the study were:

1. Investigating the impact of early traumatic experiences in adult physical and mental health;
2. Analysing the relationship between early traumatic experiences and adult vulnerability to stress.

**Method:** The sample consisted of 552 adults of the general population. Individuals filled out a series of questionnaires inquired about physical and mental symptoms and early traumatic experiences. A correlational design was used.

**Results:** In relation to mental health, observed that the higher the impact of the situation of rape, aggressive family and alcoholism in parents, during childhood, more psychopathological symptoms have in adulthood. When we regard to physical health, sexual abuse and aggressive family are the early experiences most relevant, they are related with the perceived state of health at present, 1 year ago and 5 years ago, and with the existence of chronic disease. We must also add that, greater the impact of living in an aggressive family, in childhood, greater the vulnerability to stress in adulthood.

**Conclusion:** Given the results obtained, the main conclusion can be drawn from this study are: The higher the degree of impact of traumatic experiences in childhood, worse physical and mental health, and greater vulnerability to stress in adulthood.