

Childhood Trauma, Adult Psychosocial Stress, and the Mediating Effects of Alcohol Consumption

Sarah Katherine Fielding, M.S.

The University Of Texas Southwestern Medical Center at Dallas, 2011

Graduate School of Biomedical Sciences

Supervising Professor: Bryon Harlen Adinoff, M.D.

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The present study examined the relationship between childhood trauma and adult psychosocial stress, and assessed for the potential mediating effects of alcohol consumption. Data were collected from 66 alcohol dependent men currently enrolled in residential drug and alcohol treatment. Participants completed interviews and questionnaires to assess for the experience of childhood trauma, chronic psychosocial stress experienced in the six months preceding treatment, and the frequency and quantity of alcohol consumption.

While the relationship the experience of childhood trauma and adult psychosocial stress was not found to be significant, the presence of a statistical trend was identified. Additionally, alcohol did not mediate the relationship between childhood trauma and adult psychosocial stress. While study hypotheses were not supported, significant relationships were identified between various domains childhood trauma and alcohol consumption. Major findings included significant positive correlations between a total measure of childhood trauma and the number of drinks and the number of drinks consumed per drinking day in the six months preceding treatment, and number of drinks consumed in the six months preceding treatment. Present findings expand upon existing literature by using continuous variables to assess both trauma and stress in an alcohol dependent population.