CHILD SEXUAL ABUSE & ADOLESCENT DEVELOPMENT: MOVING FROM TRAUMA TO RESILIENCE

FINDINGS FROM THE MALTREATMENT AND ADOLESCENT PATHWAYS (MAP) RESEARCH STUDY

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https://youtu.be/OT2RlrBpTmk
“Triple Dividend:”
(1) youth mental health now,
(2) adulthood wellbeing
(3) potential as parents
ADVERSE CHILDHOOD EVENTS (ACES)

Cumulative ACES increase risk for poor health outcomes

4+ ACES increases the risk of poor outcomes at a higher rate

Pereira et al. (2017) Cohort Study > risk for all types of financial outcomes (lack of assets, education/training, unemployment, long-term sickness absence)

Hughes et al. (2017) Review Study
- Anxiety/Depression: 3x
- STIs: 5x
- Substance Abuse: 5-10x
- Relationship Violence: 7x
- Suicide Attempts: 30x

NCTSN Child Welfare Committee, 2012
• “Stress Desensitization Hypothesis” (Turner & Lloyd, 1995)
  - Higher threshold for stress
  - Delayed stress responding
  - Emotional avoidance
  - Dissociation levels

• “Stress Sensitization Hypothesis” (Hammen, Henry & Daley, 2000)
  - Lower threshold for stress
  - Stress Reactivity
  - Emotion-focused coping
  - Rumination
Early adolescence (10-14) target for addressing gender norms (social expectations) towards health and equality values – *sex differences*

Ages 10-14 - boys’ top cause of death road injury & drowning

Ages 15-19 – boys’ top cause of death road injury & interpersonal violence

Ages 10-19 – boys’ > likely than girls to have early & unprotected sex

2018 Meta-analysis – about 30% of youth engaged in sexting

and 12% are sexting without consent (Temple et al., 2018)

- Global Early Adolescent Study (Kagesten et al., 2016 review; 15 countries)

- “Boys” = Toughness, physical strength, competitiveness, ‘not act like girls’ (homophobic), need to demonstrate manhood by having sex with many girls (quantitative items endorsed by both boys and girls)
- SE = trading/exchanging sex for basic needs, drugs, protection
- Search of high income and LMIC countries (22 studies)
- High income countries 1.7% – 4.8%
- LMIC – 16.1%
- Risk factors:
  - Home breakdown
  - Born outside of country/newcomer
  - Substance abuse
  - Identification as homosexual or bisexual
TEAM RESEARCH ON SEXUAL VIOLENCE VICTIMIZATION: “WHAT ABOUT THE BOYS”?
WHAT IS THE MAP STUDY?


- First Canadian Child Welfare Study to track youth outcomes over time (at 6 month intervals) to 2-3 years

- Adolescents in the 14 - 17 year age range randomly selected from child welfare agencies’ lists of active cases

- Average Age = 16 years old

- Sampling from 3 large, urban agencies

- In total, 561 youth assessed, about 2/3 were Crown Wards/Guardians of the Government, about even sex representation (males/females). About 1/3 identified as bi- or multi-racial

- Utilized caseworker reporting on history of youth maltreatment (substantiated/risk) & youth self-report

- Outcomes: (1) mental health; (2) substance use; violence; (3) dating violence (4) health (sleep); (5) resilience
Sexually Active MAP Youth (having intercourse)
53% overall
  57.6% Females
  42.4% Males
89.6% Heterosexual
  9.7% Bisexual
Age at 1st Sex < 15
  Males > Females
3+ Sex Partners
  CSA > non-CSA
Sex w/ unknown/not known well person
  Males > Females
Use protection > 80%
MAP CHILD SEXUAL ABUSE EXPERIENCES

- From initial assessment (N=561) – Grouping into CSA experiences using youth self-report (CTQ/CEVQ) and Caseworker Report

Females (n=145; 49%)   Males (n=70; 27%)

Using CTQ

<table>
<thead>
<tr>
<th>Experience</th>
<th>Females (%)</th>
<th>Males (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fondling</td>
<td>54</td>
<td>45</td>
</tr>
<tr>
<td>Molested</td>
<td>47</td>
<td>38</td>
</tr>
<tr>
<td>&quot;I was sexually abused.&quot;</td>
<td>55</td>
<td>41</td>
</tr>
<tr>
<td>Agreement w/ Caseworker</td>
<td>37</td>
<td>5</td>
</tr>
</tbody>
</table>
MOTIVES FOR BEHAVIOURS: LINKS TO ADOLESCENT HEALTH RISKS

Valence

Positive

Negative

Source

Internal

Enhancement

External

Coping

Social

Conformity

Cooper, 1994

• Feels good
• Feel better about self

• Cope with negative affect
• Partner angry if I don’t have sex
• Friends having sex/peer approval

• Intimacy /Feel closer to partner

• Feels good
• Feel better about self

• Cope with negative affect
• Partner angry if I don’t have sex
• Friends having sex/peer approval
SEXUAL MOTIVES STUDY

- CSA youth report higher levels of all other forms of maltreatment than non-CSA youth

- Male CSA youth > Emotional Abuse & Exposure to Verbal IPV

- No significant difference on having sex for motives of:
  - Enhancement/pleasure
  - Intimacy/feel close
  - Self-affirmation
MAP STUDY VIDEO TALKS Awardee

https://www.youtube.com/watch?v=3Zes-Pji2OY&list=PLxWz0fEGuv6oBzjm34fYd2ykUH8IoXkCX&index=4
There’s an App for That!

- **Mood Tracking**
  - Positive Affect focus
  - Negative Affect > Action

- Evidence-based Strategies
  1. Journaling
  2. Safe Social Connectedness*
  3. Gaming
  4. Art
  5. Puzzles
Goal: Cognitive organization > ER and positive distraction

- Strategy games linked to self-regulation over time (Gabbiadini & Greitemeyer, 2017)

- Playing Tetris linked to decrease in traumatic memory flashbacks (Holmes, James, Coode-Bate, & Deeprose, 2009; James et al., 2009)

- Positive effects on spatial working memory (Bikic, Christensen, Leckman, Bilenberg, & Dalsgaard, 2017)
Age Range of 17-21

Targets underserved populations of youth:
- University/College entry youth
- Crown Wards/At-risk youth
- Indigenous youth
- Rural/Remote youth
- Youth transitioning systems

: A MOBILE-APP TO FOSTER RESILIENCE IN YOUTH
MANAGING EMOTIONS WITH RESILIENT ACTIONS

1. Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.

   Title
   Write your thoughts...

2. Take a breather! Pick an activity to start!
   - Puzzles
   - Breathing Exercises
   - Petris
   - Art

3. Would you like to talk to someone in your circle of trust?
   - Professional
   - Emergency
THANK YOU FOR YOUR ATTENTION!

MAP STUDY REFERENCES


