

Psychological mediators between childhood experiences and the development and maintenance of PTSD and CPTSD: A systematic review and metaanalysis

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Background

- Adverse and benevolent childhood experiences can affect the development of PTSD and CPTSD symptoms in adulthood, with BCEs providing a protective effect against ACEs¹

- It remains unclear which psychological mechanisms mediate these relationships

Where do ACEs and BCEs impact psychological functioning?

Aims

- To describe and synthesise studies which explored psychological mediators in the relationship between childhood experiences (both ACEs and BCEs) and psychological outcomes PTSD and CPTSD

Methods

- Adhering to PRISMA guidelines
- Pre-registered on PROSPERO
- Databases PsycINFO, PubMed, PTSDpubs, PsycARTICLES, Web of Science, alongside relevant journals and reference lists searched

PTSD or traumatic N1 stress or PTSS or CPTSD

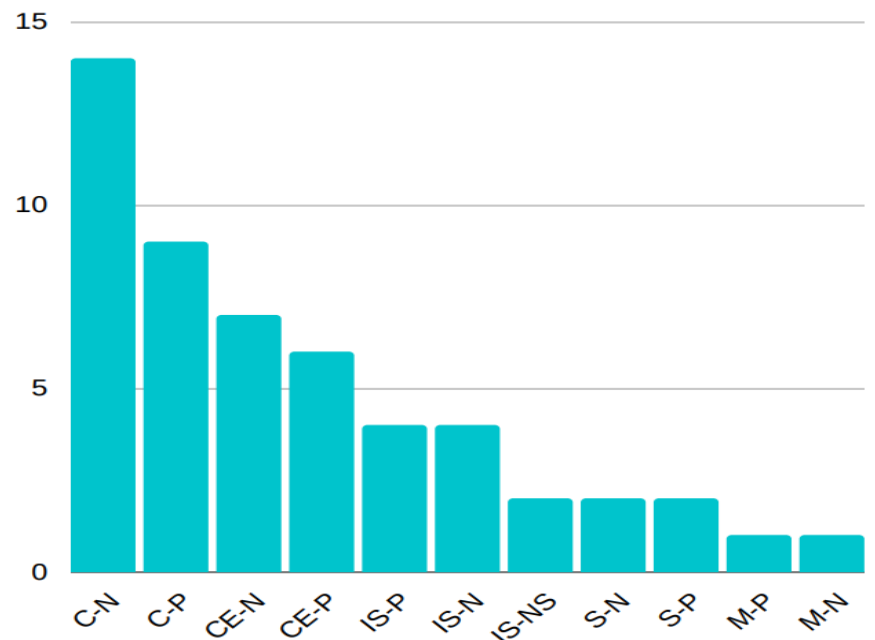
AND

child* N2 experiences or ACEs or BCEs or child* N2 advers* or child* N2 benevolen* or child* N2 maltreat* or child* N2 trauma*

AND

mediat* or associat* or relat*

Mediator Family Spread



C-N: cognition negative, C-P: cognition positive, CE-N: cognitive-emotional negative, CE-P: cognitive-emotional-positive, IS-P: interpersonal/social positive, IS-N: interpersonal/social negative, S-N: spiritual negative, S-P: spiritual positive, M-P: multidimensional positive, M-N: multidimensional negative

Results

- 62 articles meet inclusion criteria
- Mediators spread across several psychological families including cognition, cognitive-emotional, social/interpersonal, and spiritual
- Most considered mediators were social support (n = 10), dissociation (n = 5), and emotion regulation/dysregulation (n = 13).
- Only 9 studies out of 62 considered CPTSD**
- BCE/positive childhood experiences are only considered in one study**

Next steps

Complete GRADE quality assessment

Group mediators for analysis & remove mediators which may be symptoms of CPTSD

Conduct metaanalysis

1. Karatzias, T., Shevlin, M., Fyvie, C., Grandison, G., Garozi, M., Latham, E., Sinclair, M., Ho, G. W. K., McAnee, G., Ford, J. D., & Hyland, P. (2020). Adverse and benevolent childhood experiences in Posttraumatic Stress Disorder (PTSD) and Complex PTSD (CPTSD): implications for trauma-focused therapies. *European Journal of Psychotraumatology*, 11(1), 1793599. <https://doi.org/10.1080/20008198.2020.1793599>