Risk and Protective Factors of Child Trauma and Behavioural Problems: A Cross Cultural Study - Rayna Sadia

Early traumatic events impact child's developmental and psychological well-being (Barros et al., 2022; Cruz et al., 2022; Downey & Crummy, 2021). The prevalence rate of suicide attempts is significantly higher among adults who have experienced trauma, such as physical abuse, sexual abuse, and parental domestic violence, as a child. Childhood trauma demonstrates a strong association with risky behaviours (Copeland et al., 2018; Dugal et al., 2016). These traumatic life events are potential risk factors for depression (Malik et al., 2021; Seok et al., 2020), anxiety (Parker, 2019), and social isolation (Rubin et al., 2015; Katz et al., 2011; Eberhard-Gran et al., 2007). Notably, a stable pattern of delinquency and aggression (Auslder at al., 2016), crime and violence (Kim et al., 2016) exists among individuals exposed with early life adverse experiences particularly abuse and neglect (Verrill, 2018). Similarly, Hou et al. (2020) verified that girls exhibit higher internalizing behavioural problems as compared to boys. Additionally, the trauma induced prevalence of behavioural problems are higher among girls (50.6 %) as compared to boys (37.4 %) (Gutman & McMaster, 2020. Adolescents with behaviour problems are regarded as problematic and are often neglected at both school and home.

Childhood trauma and mental health is still a tabooed topic in different cultures and most of the cases still go unreported. Keeping this in mind, as a society even the family members force a child to keep the topic out of discussion, advising them to forget the event and try to move on in order to save family honor and dignity etc. This abandonment from family members most specifically from parents increase the risk of child's self-discouragement and the withdrawl from involving in any social activity. In recent times, with easy access to information, adolescents are at risk for both community and themselves. Considering this, it is equally to understand how adolescents cope with their trauma by indentifying risk and protective factors and how culture could play its role in mitigating the aversive affects of trauma on their behaviors (both internalizing and externalizing). The present research will assess resilience, emotional self-regulation, attitude towards help seeking behaviors, and behavior problems of adolescenst across different cultures. In addition to this, the present research aims to assess prevalence of childhood trauma and behavior problems of adolescents with an age of 12-18, after screening of trauma exposure. The research will be carried out in two phases: culturally appropiate questionnaires will be finlaised, translated, and psychometrics will be established through a pilot study in each cultures. In the second phase, data will be collected for prevelance and model testing from 200 adoelscents from each culture. These findings will provide a

baseline for trageted interventions to cope with childhood trauma. The findings will significantly contribute to the understanding, screening, assessment, of childhood trauma and behvaior problems across different cultures. By establishing prevelenace, culturaly appropiate interventions could be helpful for childrens to cope with their trauma. Additionally, policies regarding educational training programs for teachers are essential to train and guide adolescents who have experienced any trauma. Through joint effort of policy makers, professionals, and practictioners adolescents would be able to cope with their traumas and stigma surrounding childhood abuse could be lowered.

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