



Research Methodology

MSc. Data Science | Group 8 | Semester 1



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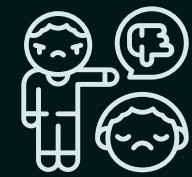
01. The Research Problem.

Understanding the long-term impact of childhood trauma on mental health and well-being resulting in distancing, neglect, and abuse in their future relationships as adults.





Why?



Childhood trauma is known to have far-reaching consequences in one's well-being in all aspects.



An abnormal childhood experience can cause neurobiological disruptions on the individuals as adults.



Such events can alter brain structures leading to long-term psychological & behavioral consequences.



The goal is to help adults understand the wounds of their inner children and hence encourage them to heal.

Research Categories



01. Analytical

Use of statistical techniques to analyze the data collected to identify patterns or connections.



02. Qualitative

Interviews, focus groups, or open-ended surveys to collect detailed narratives from experienced individuals.



03. Applied

Insights and knowledge used to develop treatment approaches & support systems.



04. Empirical

Analysis to draw conclusions, identify patterns, and make empirical claims based on the evidence gathered.



Research Categories (Cont.)

05. Longitudinal



Identifies long-term trends between trauma and future relationships.



06. Field-setting

Looks at test subjects' behavior in a natural environment without simulating or sampling.

07. Diagnostic



Researches the association between childhood experience and subsequent adult behavior.



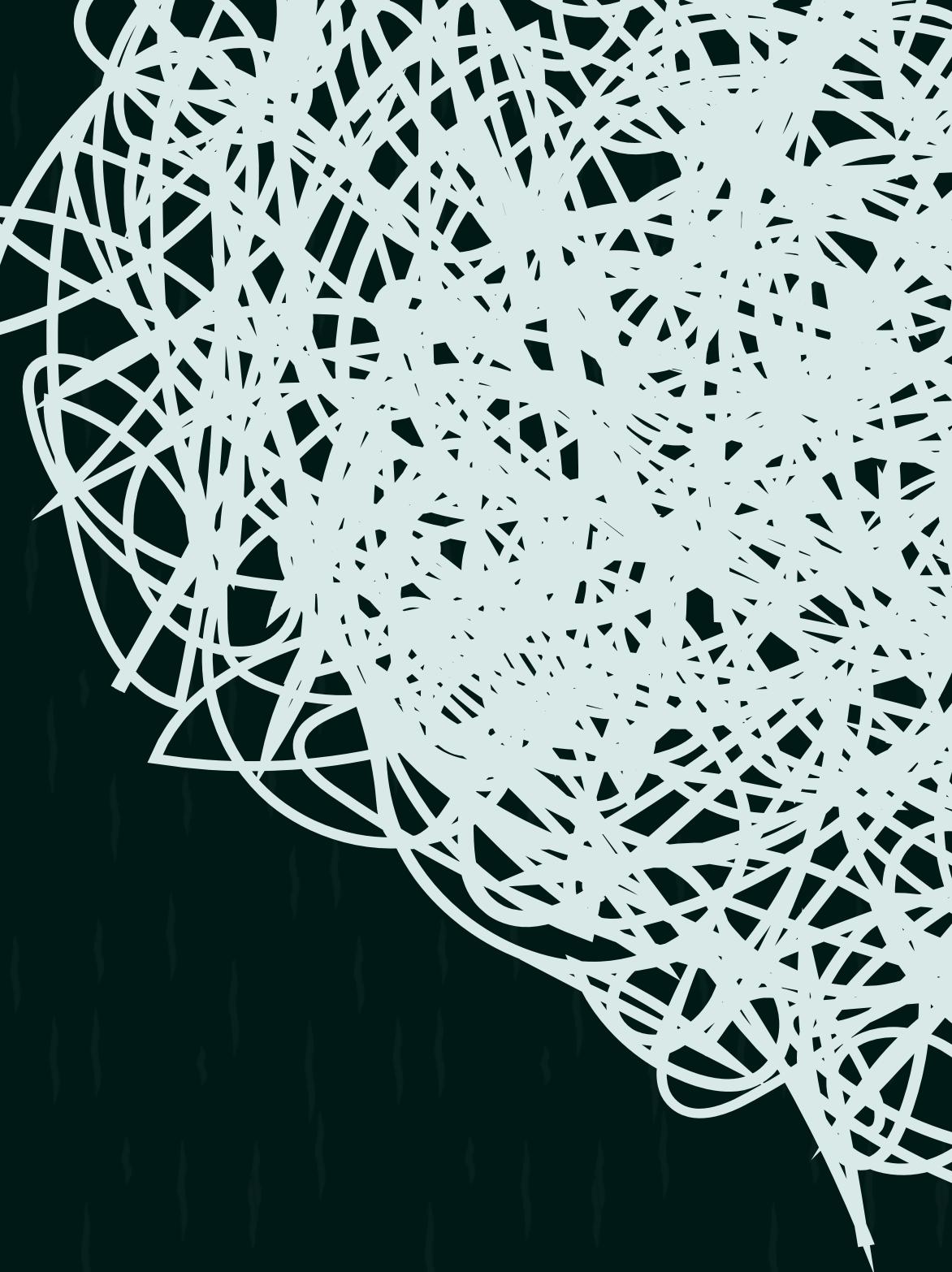
08. Conclusion-oriented

Another researcher is free to redesign the enquiry and conceptualize another conclusion.



02. Literature Review.

All the scholarly articles and research papers pertaining to the context that the research problem lies in.



I) Rhea Menon



Christ, C., De Waal, M. M., Dekker, J. J., van Kuijk, I., Van Schaik, D. J., Kikkert, M. J., ... & Messman-Moore, T. L. (2019). Linking childhood emotional abuse and depressive symptoms: The role of emotion dysregulation and interpersonal problems. *PLoS one*, 14(2), e0211882

- Explores childhood abuse (physical, sexual, emotional) and their independent association with depressive symptoms.
- Emotional abuse is found to be a causation for depression, which is subsequently related to attributes of weak interpersonal relationships: domineering/ controlling behavior or alexithymia.

Huh, H. J., Kim, S. Y., Yu, J. J., & Chae, J. H. (2014). Childhood trauma and adult interpersonal relationship problems in patients with depression and anxiety disorders. *Annals of general psychiatry*, 13, 1-13.

- Concludes and further proves the previous paper's claims that emotional trauma affects depression to a greater extent.
- This research in particular also specifies that physical abuse led less to problems forming relations than emotional aspects of abuse did.

I) Rhea Menon - Research Gap

- Emotional abuse is stated as a reason for interpersonal relationship in adulthood, however one of the most important aspects of relationships today is one's sexuality, along with others like attachment styles.
- It defines who or what a person is attracted to.
- A lack of sexual attraction (i.e., asexuality) can possibly be attributed to certain unpleasant experiences faced in childhood.
- The hypotheses to be formulated from this literature aims to bridge the gap between the unknown information that relates traumatic experiences (especially sexual) and asexuality.

II) Vedant Bohat



Drapeau, M., & Perry, J. C. (2004). Childhood trauma and adult interpersonal functioning: A study using the Core Conflictual Relationship Theme Method (CCRT). *Child abuse & neglect*, 28(10), 1049-1066.

- Childhood trauma can impact how adults think and feel in their relationships, even long after traumatic events occurred.
- People who experienced physical abuse in childhood might develop a desire to be hurt themselves and perceive others as strict or serious.
- Having a trusted person to talk to during childhood could reduce the need for seeking love and validation from others later in life.

Herrenkohl, T. I., Hong, S., Klika, J. B., Herrenkohl, R. C., & Russo, M. J. (2013). Developmental impacts of child abuse and neglect related to adult mental health, substance use, and physical health. *Journal of family violence*, 28(2), 191-199.

- Childhood abuse and neglect impact adult mental health, causing depression, anxiety, and overall health challenges.
- Childhood maltreatment increases the risk of lifetime alcohol problems, underscoring enduring effects on substance use.
- Addressing childhood trauma is crucial to reduce its lasting impact on adult mental health, substance use, and well-being.

III) Samriddhi Sharma



Nemeroff, C. B., Heim, C. M., Thase, M. E., Klein, D. N., Rush, A. J., Schatzberg, A. F., ... & Keller, M. B. (2003). Differential responses to psychotherapy versus pharmacotherapy in patients with chronic forms of major depression and childhood trauma. *Proceedings of the National Academy of Sciences*, 100(24), 14293-14296.

- Explores the influence of early childhood trauma (such as loss of parents at a young age, physical or sexual abuse, or neglect) on treatment response and also for individuals with a history of psychotherapy which alone was found to be more effective than antidepressant monotherapy (for SSRI).
- Major depression is linked to high morbidity, disability, and suicide risk. Common treatments include antidepressants, psychotherapy, or a combination, but response predictors are unclear.

Marusak, H. A., Martin, K. R., Etkin, A., & Thomason, M. E. (2015). Childhood trauma exposure disrupts the automatic regulation of emotional processing. *Neuropsychopharmacology*, 40(5), 1250-1258.

- Shows the significant predictor of emotional psychopathology in later life, and research has shown deficits in emotion regulation persisting from childhood into adulthood due to trauma.
- This study focused on trauma-exposed children and adolescents using functional MRI and an emotional conflict task, revealing that trauma-exposed individuals had difficulties regulating emotional conflict.

IV) Shivek Daswani



DLynch, K. S., & Lachman, M. E. (2020). The effects of lifetime trauma exposure on cognitive functioning in midlife. *Journal of traumatic stress*, 33(5), 773-782.

- This study used sample of middle aged and older adults, and examined the effect of childhood trauma in their cognitive functioning.
- This study indicated decreased cognitive functioning after exposure to trauma.

Schaaf, A.K. (2012). Descriptions of Childhood Trauma, Effects of the Trauma, and How Adults Moved Through the Trauma to Normalized Behavior.

- This study is done by interviewing individuals on their traumatic experience and how they overcame from the trauma towards their normalized behaviour.
- This study explored childhood trauma and its effects, and the victim's mechanism to cope with the trauma, through real life interviews.

V) Om Pawar



Downey, C., & Crummy, A. (2022). The impact of childhood trauma on children's wellbeing and adult behavior. European Journal of Trauma & Dissociation, 6(1), 100237.

- A study concluded that drug and alcohol abuse can be used as coping mechanisms to block out emotional wounds caused by trauma exposure.
- If an individual cannot get rid of their past, the stress hormones become overactivated in the body which eventually cause depression and anxiety related disorders.
- There are some serious effects of childhood trauma such as PTSD (Post Traumatic Stress Disorder), Anxiety disorders, uneven sleep cycle, uncomfortable in making friends, depression, attachment issues, denial, low self-esteem, physical as well as mental health issues, unhealthy relationships, alcohol and drug abuse, self isolation and many more.

Bartlett, J. D., & Steber, K. (2019). How to implement trauma-informed care to build resilience to childhood trauma. trauma, 9(10).

- Adolescents who experience trauma may become anxious, stressed, depressed, they feel guilt, anger, shame and also adopt view of people and society.
- In some cases, individuals also have negative thoughts about suicide or seeking revenge.

VI) Praveena Panicker



Copeland WE, Shanahan L, Hinesley J, et al. Association of Childhood Trauma Exposure With Adult Psychiatric Disorders and Functional Outcomes. *JAMA Netw Open*. 2018;1(7):e184493.

- Childhood trauma is now regarded as more of a normative experience that influences behavioural changes
- Posttraumatic symptoms can continue into adulthood and show up as personality changes.

McKay, M.T., Cannon, M., Chambers, D., Conroy, R.M., Coughlan, H., Dodd, P., Healy, C., O'Donnell, L. and Clarke, M.C. (2021), Childhood trauma and adult mental disorder: A systematic review and meta-analysis of longitudinal cohort studies. *Acta Psychiatr. Scand.*, 143: 189-205.

- The evidence suggests that childhood and adolescence are an important time for risk for later mental illness
- This association is particularly evident for exposure to bullying, emotional abuse

03. Hypothesis Formulation

The hypotheses that have been formulated keeping in mind
the literature review and the research matter.



◆ Hypothesis I - Rhea Menon

Null hypothesis: There is no relation between a child witnessing parental trauma (infidelity, violence etc.) and the asexuality and/or aromanticism they label for themselves later in life.

Alternative hypothesis: There is an association between a child witnessing parental trauma and subsequently identifying as asexual and/or romantic.

Data Collection

- The asexuality perspective: the claim will be supported by conducting personal interviews of individuals who identify as asexual or romantic.
- Using a diagnostic approach to find for each whether sexuality has been affected by external factors or not.
- The underlying psychological process behind this assertion will be solidified by a licensed psychotherapist.

◆ Hypothesis II - Samriddhi Sharma

Null hypothesis: The Effects of Childhood Trauma Do Not Persist or Evolve from Young Adulthood into Middle Age.

Alternative hypothesis: The Effects of Childhood Trauma Persist and Evolve from Young Adulthood into Middle Age, Influencing Psychological, Social, and Physical Well-being.

Data Collection

- The behavior pattern would be recognized on a longitudinal study design that follows participants from childhood into middle age. It would give the brief idea about the changes and developments over time.
- Psychological assessments to examine changes in mental health.
- The mental counselor will reinforce the foundational psychological process supporting this claim.

◆ Hypothesis III - Om Pawar

Null hypothesis: The nature of an adult's outlook is not influenced by their experience of childhood trauma, which subsequently impacts the quality of their relationships.

Alternative hypothesis: The nature of an adult's outlook is influenced by their experience of childhood trauma, which subsequently impacts the quality of their relationships.

Data Collection

- Taking help of a psychologist about the behavioural pattern of a person as a consequence of the trauma they faced.
- Collecting Qualitative data with the help of small surveys to understand an adult's approach towards dealing with trauma.

◆ Hypothesis IV - Shivek Daswani

Null hypothesis: Childhood Trauma does not affect cognitive abilities in later life.

Alternative hypothesis: Childhood Trauma does affect cognitive abilities in later life.

Data Collection

- The cognitive abilities will be understood through interviews, on how the academics, decision making, reasoning abilities have affected the person based on different kinds of stress/trauma the participant has been affected from.
- These abilities will also be supported by data given by the participant himself/herself.

◆ Hypothesis V - Vedant Bohat

Null hypothesis: Childhood Trauma does not contribute to higher rates of substance abuse in adulthood.

Alternative hypothesis: Childhood Trauma leads to increased rates of substance abuse in later life.

Data Collection

- Cross-Sectional Survey: Collect data from various age groups with childhood trauma. Use a survey to explore childhood experiences and substance use. Analyze data in one week to find links between trauma and substance abuse.
- Psychological Assessments: Use tools like BDI and GAD to track mental health changes, aiding our understanding of feelings and thoughts.

◆ Hypothesis VI - Praveena Panicker

Null hypothesis: Having a fallout with friends in childhood does not affect building new relations in future.

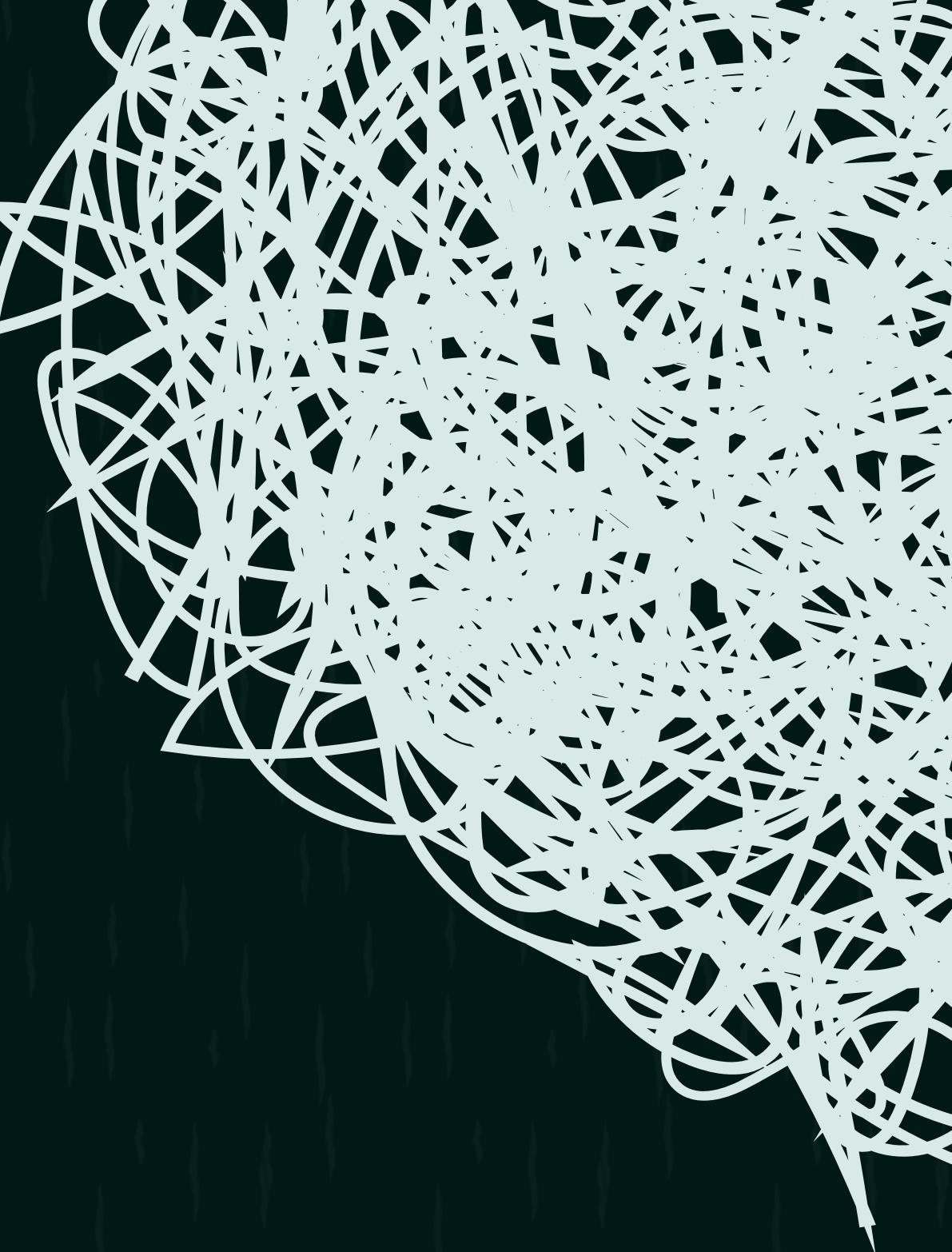
Alternative hypothesis: Having a fallout with friends in childhood has an effect on building new relations in future.

Data Collection

- Data will be collected by interviewing more people who faced a similar situation during their childhood.
- Meeting with a psychologist with specialization in interpersonal relationships would confirm the hypothesis.

04. Research Design

A structured representation of the procedure of the research.



Research Design

Sampling Design

- Purposeful and judgement sampling (in the category of non-probability samples) will be used.
- The criteria to be considered will include those who have undergone the experiences specified in the hypotheses, or those who face interpersonal issues at present.

Statistical Design

- Since our approach does not follow any quantitative measures, we focus more on in-depth probing and smaller sample sizes and hence little to no statistical design.

Research Design - Contd.

Observational Design

- Use of a naturalistic observational approach and projective techniques.
- The subjects' responses to these indirect questions will be analysed to understand their true motives.

Operational Design

- The data collection will be done on a smaller sample using semi-structured audio-recorded interviews.
- Thematic analysis of the transcripts to find out underlying patterns from the interviews.
- Axial coding to relate each trauma (individual key concept) to some relationship issue.
- Maintaining the ethical conducts of proper consent to record the interviews and assured anonymity.

05. Data Collection

Gathering of the actual data that will aid in deducing the results.



Pilot Survey - Questions

- Question 1: Do you think asexuality is ‘just a phase’ as people keep saying all the time?
- Question 2: I have been through many problems, and some of them have taken a toll on many of my abilities, which includes academics. Has there ever been a situation in your life that has affected your academic abilities positively or negatively?
- Question 3: Decision making plays a key role in our life, and sometimes we have to make split-second decisions in critical situations. Does the situations you went through, affect your logical reasoning and decision making abilities? Did it cloud your decision at any point in time and force you take an incorrect decision?
- Question 4: The problems which you have been through in your childhood phase, what kind of impact did it have to your outlook towards your relationships?

Pilot Survey - Questions (2)

- Question 5: In the course of your journey towards middle-age, have you observed any lasting impacts/changes in your psychological & physiological well-being that you associate with your childhood experiences?
- Question 6: If you have had any experiences with substance use, could you share any insights into how these experiences may be connected to events or influences from your past, particularly during your formative years?
- Question 7: Can you describe any significant experiences from your childhood that you believe may have had an impact on your emotional well-being or coping mechanisms later in life?
- Question 8: Do you feel that one significant experience with your friend has changed your outlook towards forming platonic bonds?

◆ Questionnaire - Shivek Daswani

Question 1: I have been through many problems, and some of them have taken a toll on many of my abilities, which includes academics. Has there ever been a situation in your life that has affected your academic abilities? If so, was it a positive effect or a negative effect?

Question 2: Decision making plays a key role in our life, and sometimes we have to make split-second decisions in critical situations. Does the situations you went through, affect your logical reasoning and decision making abilities, like it did mine? Did it cloud your decision at any point in time and force you take an incorrect decision?

Elaboration

- My first question revolves around academic ability. I delve deeper on how the trauma has affected the participant in their academics, and whether that has had a positive or negative effect.
- My second question is also along those lines, but it discusses cognitive ability more deeply, as in logical thinking and decision making abilities. This question also aims to understand the effects of trauma in a person's logical abilities.

◆ Questionnaire - Shivek Daswani - Contd.

Supporting data

My supporting data is the interview I conducted, and I inferred the following things from the response to my questions:

- The participant, although having good cognitive abilities, had decreased to just average.
- Their logical abilities including decision making were very low, and they sometimes were unable to decide in different circumstances.
- Their academic abilities were also affected, as they started to score less in their tests and exams.
- Although once out of the bad phase, their abilities increased by a large margin.
- They started to score more, and their cognitive abilities increased greatly.
- Based on the data I received, my hypothesis is currently on track with our problem statement.

◆ Questionnaire - Om Pawar

Question 1: The problems which you have been through in your childhood phase, what kind of impact did it have to your outlook towards your relationships?

Elaboration

- My hypothesis aims to understand on the outlook of a person towards forming relationships after receiving a trauma.
- That is, whether after receiving a trauma in childhood, has the person become more sensitive towards people, and tries to understand and help them, or is it different and has made the person closed off from rest of the world.
- In short, does the person like making relationships, or goes away from forming them.



◆ Questionnaire - Om Pawar-

Supporting data

My data is based on an expert interview, who helped me in answering my questions according to her experience in interaction with different people:

Q) Do the problems a person has been through in their childhood have a positive or a negative effect on their outlook towards relationships?

A) It does affect the way they perceive their partners. They check their intentions or moves constantly and may be living in fear of them leaving again. Suppose a child has gone through neglect in their childhood, then in later part of their life, i.e. adulthood, they may seem to fear making relationships and would not want to be neglected by them, if at all they form a relationship with them.



◆ Questionnaire - Rhea Menon

Question 1: What made you realise for the first time that you were asexual, or maybe not?

Question 2: Do you think that asexuality is ‘just a phase’, as people keep saying all the time?

Elaboration

- Since the interviews followed a semi-structured approach, the questions were open-ended and had a conversational pattern, with no hardwired questionnaire as such.
- These generalised questions often led to the subjects divulging some information about their personal life.
- The second question in particular is one way of making the subjects reveal whether their sexuality was influenced by some environmental factor.



◆ Questionnaire - Rhea Menon (2)

Supporting Data

- When asked about the person's asexuality, they said they weren't sure what to say because they "are not comfortable with the label". This person gave the impression of being guarded when asked about their personal experiences.
- However, when asked about asexuality in general, they said: "There are a lot of factors influencing it including internal as well as environmental aspects."
- Eventually they did admit, albeit reluctantly and after a lot of hesitation, that their "sexuality was defined after a relationship that left a very bad emotional scar."
- Therefore, a generalized question about asexuality can be enough to make people come to their own stories and inadvertently project their own views and experiences.

◆ Questionnaire - Samriddhi Sharma

Question 1: In the course of your journey towards middle-age, have you observed any lasting impacts/changes in your psychological & physiological well-being that you associate with your childhood experiences?

Elaboration

- The pattern of the in - depth interview was more based on the personal side. Unanimous approach with a confidential note was signed.
- Focused on the relevancy of the hypothesis and its effects on the adolescence.
- Behaviour recognition from young age to the adulthood based on the several measures was made in consideration .

◆ Questionnaire - Samriddhi Sharma (2)

Supporting Data

- Started with a friendly conversation with the idea of the past relationships and how it started to deflect.
- The questions asked were allowing the subjects to project their truths easily, albeit not as effortlessly; mixture of emotions were noticed throughout
- Pertaining to the heavy subject short breaks were held for the change of the pattern.
- Demographics with respect to the relationships and its affects with the adulthood was proved to be true at a certain point and it showed the anatomy of the human growth cycle and its retrospect to the topic.

◆ Questionnaire - Vedant Bohat

Question 1: Can you describe any significant experiences from your childhood that you believe may have had an impact on your emotional well-being or coping mechanisms later in life?

Question 2: If you have had any experiences with substance use, could you share any insights into how these experiences may be connected to events or influences from your past, particularly during your formative years?

Elaboration

- First question uncovers impactful early-life events, revealing potential sources of childhood trauma. It links these experiences to emotional well-being in adulthood, offering insights into coping mechanisms and linking past to present.
- Second question explores if early experiences influence substance use, revealing if it serves as a coping mechanism for past challenges, shedding light on the link between childhood and adult behaviors.

◆ Questionnaire - Vedant Bohat (2)

Supporting Data

- Respondents revealed childhood trauma experiences as potential triggers for their later engagement with substances, showing a clear connection between early-life events and subsequent behaviors.
- Participants demonstrated a range of coping mechanisms, including smoking, and alcohol consumption, indicating a varied approach to dealing with their traumatic past.
- A recurring theme was the influence of abusive parental figures, bullying in school, suggesting a significant impact on the participants' early experiences and subsequent coping strategies involving substance use.
- While each person's story is distinct, they all share a similar pattern: childhood trauma leading to specific substance use. This shows that while experiences vary, there's a common link between early life and later behavior in these cases.

◆ Questionnaire - Praveena Panicker

Question 1: Do you feel that one significant experience with your friend has changed your outlook towards forming platonic bonds?

Supporting Data

- The questions are framed by conducting a simple interview and few questions were asked related to the trauma.
- The interview started with generalised questions and followed by questions specific to the trauma.
- The interviewee initially seemed a bit confused about how exactly he/she felt but with more questions asked we got more clarity and helped in framing relevant questions.

06. Data Analysis

An intuitive interpretation of the data collected through the depth interviews.



◆ Analysis Of Data - Om Pawar

So, when asked participants about what kind of impact did it have to the outlook towards their relationships, factors like difficulty trusting others, fear of intimacy, fear of abandonment, difficulty in managing emotions and self-destructive behaviors came into picture. The following conclusions can be found out :

- I was betrayed by someone I trusted as a child hence I had difficulty trusting others in my adult relationships. I was constantly worried that my partner is going to leave me or hurt me.
- I was emotionally or physically abused as a child thus I was afraid of getting too close to others. I was worried that if I let someone in, they will hurt me.
- I was abandoned by a parent or caregiver as a child, I might have a fear of abandonment in my adult relationships.



◆ Analysis Of Data - Om Pawar (2)

Conclusion

It is important to note that everyone experiences childhood trauma differently. Some people are more resilient than others and are able to overcome the negative effects of trauma. However, for others, the effects of trauma can last a lifetime. A person may have a positive outlook or a negative outlook depending on the severity of that trauma.

◆ Analysis Of Data - Shivek Daswani

As per collected data, The participants I interviewed showed decline in their cognitive abilities. The reason is the stress caused during that period of suffering, clouds your decision making process to a major extent. This is because trauma can impair cognitive function, memory, and attention. It can also lead to emotional problems such as anxiety, depression, and post-traumatic stress disorder (PTSD). These problems can make it difficult to think clearly, weigh options, and make sound decisions.

- “My decision making and understanding ability went downhill during that period. I was unable to make decisions, and always had self-doubt”.
- “Yes, I was unable to study during that time. All I was thinking was about the current situation, and the weight of it was dragging me down, so much so that it affected my academics and scored way lower than my caliber.”

These lines clearly indicate that trauma does affect cognitive abilities, and academic abilities, in a negative way.

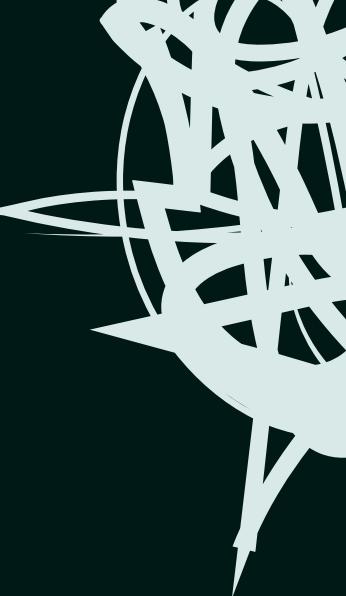
◆ Analysis Of Data - Vedant Bohat

After conducting personal interviews, it is clear that childhood trauma has a significant impact on substance abuse tendencies in adulthood. Several key factors emerged: Childhood trauma, stemming from abusive parenting and early physical harm, significantly shapes adult tendencies towards substance abuse. School-based bullying and subsequent low self-confidence lead to isolation and a reliance on smoking as a coping mechanism. In some cases, the emotional pain prompts alcohol consumption as a temporary means of escape. The participants' own words validate this connection:

“Being left out and neglected is what I feel about my childhood. There was not much of an emotional connection”

“I used to feel very annoyed at home and I started smoking cigarettes daily. It was an escape for me. Rather than spending time with myself, i would depend on the substance to make me feel better”

These stories from participants strongly suggest that childhood trauma has a significant impact on adult substance use.



◆ Analysis Of Data - Rhea Menon

- Person A stated, “You wear skinny jeans even though they are out of trend because you want to make your friends happy, but does that really mean you like skinny jeans? You might compromise sometimes but that does not mean it is a phase. It just means that society has failed you.”
- The burden of asexual visibility (and the lack thereof) was very vehemently put onto society by this person, insinuating that they do not think any internal personal factors play into forming a person’s sexuality.
- Person B on asexuality impairing their relationships :“I had a chance to experience a wonderful relationship but could not let my past carry forward onto somebody, it was not fair on my part.”
- According to them, the presence of infidelity in their parental life has seemed to have a magnifying effect on the sentiments mentioned above.

◆ Analysis Of Data - Rhea Menon (2)

- Even though Person C themselves identified as asexual, they reluctantly and implicitly admitted that “the label I go by is actually just to cover up a lack of trust I have towards people.”
- Person C seemed noticeably guarded while talking about the connections between their childhood experiences with sexual assault and about how it potentially changed their views on asexuality.
- Person D, who happens to be a clinical psychologist, confidently quoted: “Asexuality is a ruse used by people to conceal their unhealed trauma. If you no longer identify as asexual, it means that a part of you that was in denial has healed.”

Hence, it can be concluded that although asexuality cannot be ruled out as a valid sexuality, a significant part of why people tend to lean towards it is due to a sense of security that the label comes with, where they do not have to indulge in physical relationships due to their distrust. Therefore, a fairly confident inference can be made that unpleasant childhood experiences do alter people’s sexualities, especially asexuality.

◆ Analysis Of Data - Samriddhi Sharma

The interview cum conversation with the participants started off with light chat about their daily routine . As per the participants languages and hand gestures , hesitant feeling was confronted at the first which slowly lead to comfort through the external surroundings.

- Participant 1 : “ I become lost when people do ask about my childhood because all of my memories have been faded which had a tougher impact on my presence . ”
- The participant started to shiver as the pressure exerted made them feel more miserable . This had a huge toll on their mental health after a week ahead as the participant felt bonding connections with their family .
- Participant 2 : “ I lost my mom while she was giving birth to my younger sibling. Relating it now and feeling that disconnection with my step mom’s i faced nothing but physical abuse from her, i still feel how things would have been different if i was the one in the hospital ”
- The participant started to tear as this was one of the most sensitive topic to talk about . This has affected the participant their whole life and still feels those aches and pain .

◆ Analysis Of Data - Samriddhi Sharma(2)

- Participant 3: “ I saw my parents in a physical fight one night and it got so worse i couldn’t help myself but to lock the door and slit through my nerves. ”
- Participant started to deflect from the topic as it was more sliding towards the darker side which was getting overwhelmed to talk about .
- Mutual hugs were conducted at the end of the interviews.

All these interviews implies the the effects of Childhood Trauma and how it still persists and evolves from young adulthood into a middle age, influencing psychological, social, and physical impact.

◆ Analysis Of Data - Praveena Panicker

After asking series of questions it was observed that the past experiences faced by the participant developed fear of abandonment.

During the interview there was a bit of hesitation initially to open up but gradually the participant got comfortable.

These are the few statements made by the participant -

- "From being a complete extrovert to not even talking to the ones who were close" I completely changed as a person because of that one incident.
- "it is difficult to build new relationships or trust anyone"
- "Years have passed since that incident but I still struggle to open up but I have realised that I need to overcome this fear"

It could be concluded that trauma experienced at early age did affect the participants adulthood relationships but conscious efforts are made to overcome the fear.

Conclusions

- From all the data gathered in the interviews, all of the alternate hypotheses can be accepted with a fair amount of confidence, on the basis of the inferences made with respect to the interviewee answers.

Hence, it can be concluded that:

- Childhood experiences may alter a person's sexuality especially in regards to asexuality.
- Trauma can affect cognitive abilities in later life.
- The traumatized feelings linger well into late-adulthood.
- It changes a person's outlook on relationships.
- There is a meddling in cognitive abilities because of trauma.
- These bad experiences and memories are associated with a significant increase in drug abuse cases.

Limitations

- Since the research relied on qualitative approaches, a general consensus of a huge sample was not considered. The results may have varied if a more superficial methodology was used with a larger sample size.
- Qualitative research in its essence depends highly on individual moods and behaviour. Someone who answered the questions a certain way may not feel the same a few months or years down the line.
- The interviewer may also influence the way the interviewee answered. It was ensured that the interviewee is comfortable with answering the questions, however, full clarity is not guaranteed.

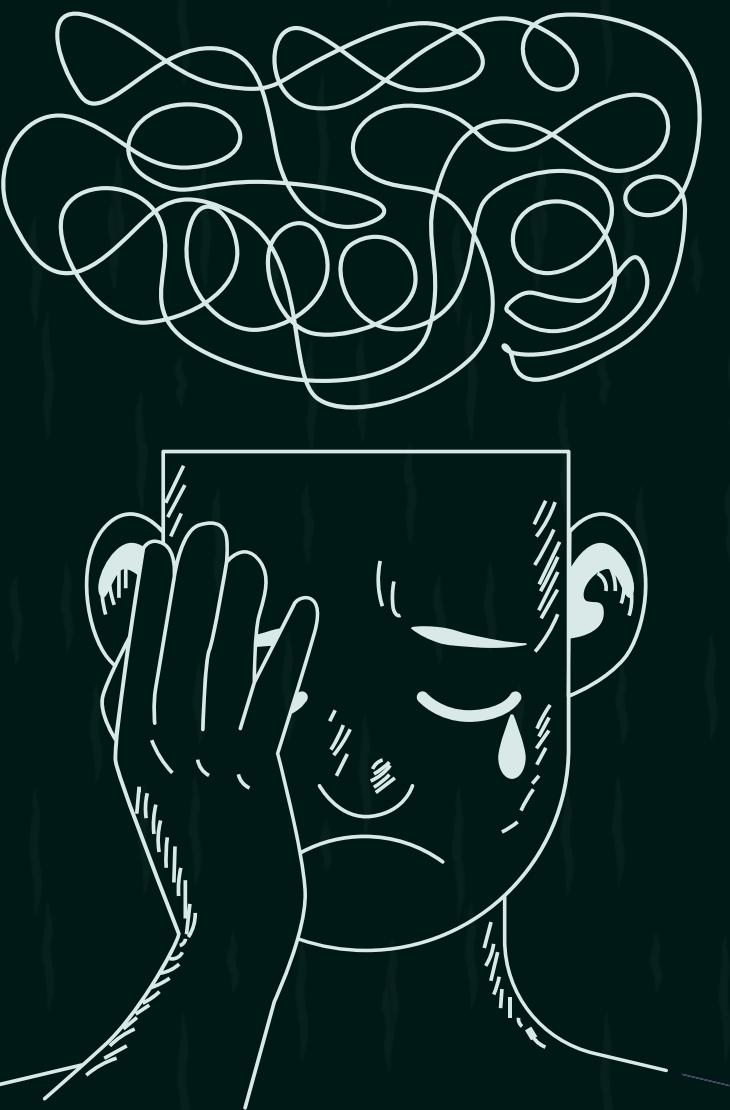
Future Scope

- This research focused on the ‘whether’ and ‘how’, an extension to this project would be to find out the ‘why’ using more advanced projection techniques and deduction.
- A clear relation of which kind of trauma leads to which kind of interpersonal issue can be probed, and a possible map of all the interconnections between types of trauma and coping mechanisms in adulthood can be constructed.
- A solution to holistic counselling can be proposed by extending this research to target the specific issues faced by these subjects in order to heal that part of them.
- To develop and evaluate digital and telehealth interventions for individuals affected by traumatic incidents. These interventions can provide accessibility and support to a wider population.

Fostering Resources

In honor of the mental health month and to raise awareness and increase various aids to the younger generation coming through, we the team members have selected the best programmes to outreach for the people .

- over a cup of tea : Online Psychological Wellness Centre having a Pan India presence. Works proactively with adults, youngsters and parents to promote positive psychology in order to build better relationship & communication skills, leading to stronger families and stronger communities through programmes, workshops, seminars and support groups for schools, colleges and corporates, and other social enterprises.
- now & me : Online platform providing e -therapy to help individuals which includes includes video conferencing, phone calls, texts, or email to improve their mental health and well-being, overcome emotional and psychological issues, and achieve personal growth and development.
- Provides therapeutic relationship is built on trust and confidence.



**THANK
YOU**

