

**Childhood emotional maltreatment predicts social well-being beyond
individual well-being: A daily diary study**

Ying Ye ^a, Ningzhe Zhu ^a, Jingjing Zhao ^a, Xiaotong Yang ^a, Qiaosheng Wang ^a and

Feng Kong ^{a *}

^a School of Psychology, Shaanxi Normal University, Xi'an, China

***Correspondence Author:** Feng Kong, Ph.D. (E-mail: kongfeng87@126.com); Jingjing Zhao, Ph.D. (E-mail: zhaojingjing_31@126.com). School of Psychology, Shaanxi Normal University, Xi'an 710062, China.

Abstract: Childhood emotional maltreatment can have a profound impact on well-being. However, past research has largely focused on individual well-being, making it noteworthy to examine whether childhood emotional maltreatment predicts social well-being beyond individual well-being. To fill this gap, the current study employed a daily diary approach to investigate the independent effect of childhood emotional maltreatment on social well-being, and examined gratitude's mediating role in the relationship. A total of 483 participants ($M_{\text{age}} = 19.30$, $SD_{\text{age}} = 2.12$) completed daily surveys for 14 consecutive days. The results of the multilevel regression analysis indicated that childhood emotional maltreatment negatively and independently predicted social well-being, even after controlling for individual well-being, other **forms** of maltreatment (i.e., physical and sexual maltreatment), **age and gender**. Moreover, multilevel mediation analysis elucidated that gratitude served as a mediating factor in this association. In summary, these findings underscore the adverse effects of emotional maltreatment on social well-being and suggest gratitude as a possible intervention focus.

Keywords: Childhood emotional maltreatment; Social well-being; Gratitude; Daily diary study

1 Introduction

Childhood maltreatment (CM) is a pervasive and detrimental experience that affects millions globally (World Health Organisation, 2016). CM encompasses any intentional or unintentional harm or threat inflicted upon a child by their caregivers (Gilbert et al., 2009) and can manifest as physical, emotional, or sexual forms (Gibb et al., 2001). Childhood emotional maltreatment requires special attention due to its prevalence and subtlety, making timely intervention challenging (Stoltenborgh et al., 2012). According to Stoltenborgh et al. (2015), a recent meta-analysis found that 54.7% of people worldwide have experienced this form of maltreatment. Childhood emotional maltreatment is characterized by the act of demeaning, terrorizing, exploiting, or showing indifference toward the child's emotional needs (Bernstein, 2002). Numerous investigations have substantiated that experiencing emotional maltreatment during childhood has a detrimental impact on mental well-being, including symptoms such as distress (Wright et al., 2009), depression (Domke et al., 2023), as well as an increased likelihood of engaging in violent behavior and experiencing suicidal tendencies (Wang et al., 2022). Recent scholarly inquiries have further delved into the correlation between childhood emotional maltreatment and well-being (Cao et al., 2022; Wu et al., 2022).

1.1 Childhood emotional maltreatment and social well-being

Well-being serves as a microcosm of mental health (Huppert, 2005). Essentially, mental health is not merely defined by the absence of illness, but also significantly includes the presence of well-being (Keyes, 2005). In accordance with the positive mental health model, well-being encompasses a comprehensive state that includes individual well-being and social well-being (SoWB) (Keyes, 2007). Individual well-being reflects individual's satisfaction

with their life and mental functioning, while **SoWB** emphasizes societal functioning, including social integration (i.e., quality relationships with society and communities), acceptance (i.e., positive views on human nature and trust in others), contribution (i.e., believing in one's valuable role in society), coherence (i.e., understanding and engaging with the social environment), and actualization (i.e., optimism for society's future potential) (Keyes, 1998).

Existing well-being models focus on personal factors, yet it's crucial to consider the role of social structures and communities (Keyes, 1998). **SoWB** is tied to relationships and community engagement, especially important during the university transition (Van Lente et al., 2012; Keyes & Shapiro, 2004; Ridner et al., 2016), with strong **SoWB** indicating better social adaptation. However, one's connections and affiliations with other individuals and with society as a whole often begin to develop during early childhood (Ebbert et al., 2019; Lamphear, 1985). Bowlby (1973) suggested that interactions with caregivers during childhood shape an individual's internal working model, which subsequently influences their relationship with the external world. This can in turn influence the sense of **SoWB** (Keyes, 1998).

Specifically, attachment theory (Bowlby, 1969) suggests that secure attachment stems from emotionally available, sensitive, and responsive parenting, whereas behaviors like contempt, rejection, or unpredictability by caregivers can lead to insecure attachment (Zeanah et al., 2011). Moreover, the quality of early attachment influences one's internal working model of self and others, shaping perceptions and beliefs about relationships both now and in the future (Simpson & Rholes, 2010). However, families that engage in emotional

maltreatment often exhibit inconsistent parenting styles, creating uncertainty for children in interpreting and anticipating their caregivers' actions (Cicchetti et al., 2003). This uncertainty extends beyond the parent-child relationship, leading to negative interpersonal interactions and unsuccessful social relationships, as children struggle to accurately understand and interpret emotions, perspectives, and intentions (Luke & Banerjee, 2013; Banerjee et al., 2011; Hughes, 2011). These dynamics often result in feelings of inadequate support and isolation, which can adversely affect their SoWB (Keyes, 1998).

Furthermore, previous research has shown that emotional maltreatment has severe and lasting effects on both social and cognitive development (Hart et al., 1996). For instance, emotionally maltreated children experience changes in brain function that impair their ability to understand others' emotions and respond to stimuli (Dye, 2020; Heim et al., 2013). This also leads to a more negative self-perception (Riggs, 2010). As a result, adults who were emotionally maltreated often face difficulties in processing social information and forming interpersonal relationships (Dykas & Cassidy, 2011; Ebbert et al., 2019), which can reduce their SoWB.

Until now, research on childhood emotional maltreatment and well-being has primarily focused on individual well-being (Cao et al., 2022; Wu et al., 2022). Only two cross-sectional studies have identified a relationship between childhood emotional maltreatment and SoWB (Arslan, 2023; Arslan et al., 2024). Specifically, Arslan (2023) found that emotional maltreatment was negatively associated with SoWB in Turkish college students. Using another Turkish sample, Arslan et al. (2024) replicated the relation and further found that the relation was mediated by mindful awareness and self-transcendence.

While these studies enhance our understanding of this relationship, they also highlight several issues that still need to be addressed. First, considering that individual well-being and SoWB are closely related, the studies by Arslan (2023) and Arslan et al (2024) did not control for individual well-being, therefore it is unclear whether childhood emotional maltreatment has an independent effect on SoWB. Second, these two studies on SoWB have used retrospective methods, asking participants to recall and evaluate their SoWB over extended periods, such as the past month. This approach, influenced by the most intense or recent memories, is prone to recall bias (Schneider & Stone, 2016; Kahneman, 2001). A daily diary method, where participants document daily events and emotions (Gunthert & Wenzel, 2012), can provide a more accurate view of their ongoing experiences and reducing bias in SoWB assessment. Furthermore, the daily diary method significantly reduces retrospective bias by minimizing the time interval between experiencing and reporting these experiences (Bolger et al., 2003) and has been widely used by researchers (Chiang et al., 2015; Li et al., 2023). Third, the samples for the two studies were collected in Turkey. Therefore, to enhance the generalizability of the findings, it is necessary to confirm them in different cultural contexts. Therefore, the current study used the daily diary method to evaluate SoWB and to examine whether childhood emotional maltreatment independently has a negative impact on SoWB in Chinese context.

1.2 Childhood emotional maltreatment, gratitude and social well-being

Gratitude, defined as the positive emotion felt when receiving a favor and the desire to reciprocate, plays a crucial role in social bonding and SoWB (McCullough et al., 2002). The find-remind and bind theory suggests that gratitude enhances social relationships by altering

one's perception of the benefactor, fostering appreciation for high-quality partners and strengthening interpersonal bonds (Algoe, 2012). This improved social functioning contributes to higher SoWB. Empirical evidence supports that gratitude not only fosters immediate connections but also sustains long-term relationships, significantly predicting SoWB over time (Bartlett et al., 2012; Ye et al., 2023). Hence, gratitude emerges as a vital predictor of SoWB.

Notwithstanding, experiencing childhood emotional maltreatment can hinder the development of gratitude, a process that unfolds over childhood and requires supportive environments for full maturation (Coleman et al., 2016; Tudge et al., 2015). The primary role of the family is crucial in fostering gratitude, but children with inadequate caregivers may face obstacles in developing this trait (Hussong et al., 2018; Kwok et al., 2019). Such maltreatment may lead to the formation of an insecure internal working model, characterized by relationship uncertainty and anxiety, which in turn can diminish gratitude and result in less fulfilling interactions and SoWB (Dinh, 2016; Hewlett et al., 2000; Mikulincer et al., 2008). Notably, recent findings by Kong et al. (2023) suggest that specifically childhood emotional maltreatment, more so than physical or sexual types, adversely affects gratitude. Therefore, it's hypothesized that gratitude may act as a mediating factor between childhood emotional maltreatment and SoWB.

Despite the theoretical foundation, the mediating role of gratitude in this context remains unexplored. Investigating how childhood emotional maltreatment affects SoWB through gratitude is essential for understanding and developing interventions. Thus, examining gratitude as a potential mediator warrants further research.

1.3 The present study

The current study aimed to explore the relationship between childhood emotional maltreatment and SoWB among undergraduates and examine the mediating role of gratitude. Specifically, we proposed the following hypotheses: (1) Childhood emotional maltreatment negatively predicts SoWB among undergraduates, even after controlling for individual well-being. (2) Gratitude mediates the relationship between childhood emotional maltreatment and SoWB among university students.

2 Methods

2.1 Participants

This research is part of an ongoing project which investigates the mental health of university students. In November 2022 and November 2023, we collected data from different subjects using the same procedure at a university in China, with a total of 521 university students participating in the study. Data that are unrelated to the theme of this study were not reported here and no articles have been published using this dataset yet. Out of the total, 38 participants who answered diaries fewer than ten days were excluded. The sample size consisted of 483 participants ($M_{\text{age}} = 19.30$ years, $SD_{\text{age}} = 2.12$ years, range 16 – 30 years), with 90.06% were women ($N = 435$).

In addition, the power analysis with Monte Carlo simulation using R package *simr* (Arend & Schäfer, 2019) demonstrated that to detect within-group effects in a 14-day diary study ($\gamma_{10.\text{std}} = 0.10$, $ICC = 0.50$, $\alpha = 0.05$), at least 131 participants are required to achieve a statistical power of 0.80. Therefore, our sample size is sufficiently powered for the statistical tests.

2.2 Procedure

Our study used a secure online platform (www.wjx.cn) to collect data from participants recruited from a local university. After agreeing to participate and being informed of the research procedure, participants filled out a questionnaire on CM and a 14-day gratitude/well-being diary. Participants received a daily questionnaire link via QQ, an instant messaging service, at 6 pm to report their day's feelings before midnight, accessible on both smartphones and computers. If they failed to do so, a follow-up link was sent the next morning to evaluate the previous day's state. The analysis included participants who completed their questionnaires before the following midday, with a minimum requirement of 10 days. We collected 6730 daily diaries, and each participant contributed an average of 13.93 days (with a range from 10 to 14 days). Upon task completion, participants were compensated thirty RMB. This research received ethical approval from the local university.

2.3 Measures

2.3.1 Within-person level variables

Gratitude. To alleviate the burden on participants in the diary study, two items with the highest factor loadings were adapted from the Gratitude Questionnaire-Six Item Form (GQ-6) to assess gratitude (McCullough et al., 2002; Garg et al., 2021). The two items are: “Today I have so much in life to be thankful for.” and “Today I am grateful to a wide variety of people”. Participants rated the two items on a 7-point scale ranging from 1 (strongly disagree) to 7 (strongly agree). The Chinese version of GQ-6 has shown satisfactory reliability and validity (Hao et al., 2022; Zhang et al., 2022). The GQ-6 displayed excellent between- and within-person Omega reliability coefficients of 0.99 and 0.87, respectively.

Social well-being. To evaluate SoWB, we utilized the five-item scale from the Mental Health Continuum-Short Form developed by Keyes (2008). This self-report measure includes five dimensions: social integration, social acceptance, social contribution, social actualization, and social coherence. Participants rated the items on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). Examples include “Today, I had something important to contribute to society” (social contribution) and “Today, the way our society works makes sense to me” (social coherence). A recent study validated the Chinese version of the MHC-SF, demonstrating good reliability and validity (Ye et al., 2023). The MHC-SF between- and within-person Omega reliability coefficients were 0.92 and 0.72, respectively.

Individual well-being. Previous research has shown that individual well-being can influence SoWB (Keyes, 2006; Li et al., 2015). Therefore, we controlled for individual well-being in our model testing to explore whether childhood emotional maltreatment can independently predict SoWB. Individual well-being included two components: subjective well-being and psychological well-being.

Subjective well-being was assessed using indicators such as life satisfaction, positive affect, and negative affect (Ryan & Deci, 2001). To calculate subjective well-being scores, we subtracted negative affect from the combined total of life satisfaction and positive affect (Diener et al., 1999). They have demonstrated good reliability and validity at the item level in prior studies (Zhang et al., 2022). Two items with the highest factor loadings were adapted from the Satisfaction with Life Scale to assess life satisfaction (SWLS; Diener et al., 1985). The SWLS between- and within-person Omega reliability coefficients were 0.97 and 0.82, respectively. The Positive and Negative Experience Scale (SPANE) was employed to evaluate

positive affect and negative affect (Diener et al., 2010). The SPANE consists of a 12-word list, with six labels measuring negative affect and six labels measuring positive affect. The positive affect subscale between- and within-person Omega reliability coefficients were 0.99 and 0.91, respectively. The negative affect subscale between- and within-person Omega reliability coefficients were 0.97 and 0.84, respectively.

We assessed psychological well-being using the 6-item psychological well-being subscale of the Mental Health Continuum-Short Form (Keyes et al., 2009; Yan et al., 2022). Participants rated each statement on a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). The psychological well-being subscale between- and within-person Omega reliability coefficients were 0.92 and 0.79, respectively.

2.3.2 Between-person level variables

Childhood maltreatment. We assessed exposure to abusive circumstances up to age 16 using the Childhood Trauma Questionnaire-Short Form (CTQ-SF; Bernstein et al., 2003). This self-report measure includes 28 items rated on a 5-point Likert scale, ranging from 1 (never true) to 5 (very often true), and covers five types of maltreatment: emotional abuse, emotional neglect, physical abuse, physical neglect, and sexual maltreatment. For our study, we focused on the 10 items specifically related to emotional abuse and emotional neglect from the CTQ-SF. Examples include “People in my family called me things like ‘stupid,’ ‘lazy,’ or ‘ugly’” and “People in my family looked out for each other.” Since emotional neglect and emotional abuse frequently co-occur, we created measures of childhood emotional maltreatment by combining scores of emotional abuse and emotional neglect (Van Harmelen et al., 2010). The Chinese adaptation of the CTQ-SF has exhibited reliability and

validity among Chinese adolescents (Li et al., 2023). The Cronbach's alphas for the study sample were satisfactory, with values of 0.86 for emotional maltreatment, indicating good internal consistency of the measures.

2.4 Data analysis

We employed multilevel modeling (MLM) to analyze our multilevel data, which comprised within- and between-person level data. In the 14-day diary study, 18 participants missed a day, 3 participants missed two days, and 2 participants omitted responses for 4 days. To address the issue of missing data, we replaced the 32 missing entries with the value “999”. The full information maximum-likelihood (FIML) estimation technique was employed to address the missing data. Our dataset consisted of daily diary data from 6730 observations at level 1, nested within 483 participants at level 2.

We conducted multilevel analyses using Mplus 8 software (Muthén & Muthén, 2017), beginning with a null model for descriptive and correlational analyses. We then employed a multilevel regression model to examine the influence of childhood emotional maltreatment on SoWB. To ensure that the observed effects were specific to emotional maltreatment, we also tested how other forms of maltreatment influenced SoWB. Subsequently, we utilized a 2-1-1 multilevel mediation model (Preacher et al., 2010) to explore the mediating role of gratitude in this relationship. Emotional maltreatment was deemed as a level 2 between-person variable, whereas gratitude, SoWB was categorized as level 1 within-person variables. We grand-mean centered all level 2 variables, and modeled the intercepts of gratitude and SoWB as random.

Additionally, we controlled for physical maltreatment, sexual maltreatment, individual

well-being, age and gender to determine the independent predictive effect of childhood emotional maltreatment on SoWB. In this model, different forms of maltreatment (emotional, physical, sex), age and gender were deemed as a level 2 between-person variable, while gratitude, SoWB, and individual well-being were categorized as level 1 within-person variables.

3 Results

3.1 Preliminary analysis

Table 1 presents the descriptive statistics for the primary variables and individual well-being at the between-person level, including means, standard deviations, and intercorrelations. Among the 483 participants, 89.03% reported experiencing emotional maltreatment during childhood. As hypothesized, there existed interrelations among childhood emotional maltreatment, SoWB, and gratitude. We further calculated the intraclass correlation coefficient (ICC) and discovered that gratitude had an ICC of 0.59, while SoWB had an ICC of 0.70. These findings suggested that 41% of the variability in gratitude and 30% in SoWB was due to variations among participants. Consequently, the data was appropriate for a multilevel analysis (Sonnentag et al., 2020).

---- Insert Table 1 here ----

3.2 The multilevel regression analysis

First, we investigated whether childhood emotional maltreatment could predict SoWB. The results revealed that childhood emotional maltreatment significantly affected SoWB ($\beta = -0.40, p < 0.001$). That is, individuals who have experienced a higher severity of childhood emotional maltreatment tend to exhibit lower levels of SoWB.

To rule out the effect of other forms of maltreatment, we conducted a multilevel multiple regression analysis to test how various forms of maltreatment affect SoWB. The results indicated that childhood emotional maltreatment is a significant predictor of SoWB ($\beta = -0.44, p < 0.001$) after controlling for age and gender. In contrast, physical and sexual maltreatment during childhood did not significantly predict SoWB (Childhood physical maltreatment: $\beta = 0.06, p = 0.55$; Childhood sexual maltreatment: $\beta = 0.01, p = 0.92$) (see Table 2). These findings underscore the unique and substantial influence of childhood emotional maltreatment on SoWB.

In addition, we examined whether the impact of childhood emotional maltreatment on SoWB is specific to individual well-being. Consistent with previous results, after controlling for physical maltreatment, sexual maltreatment, individual well-being, age and gender, emotional maltreatment still significantly predicted SoWB ($\beta = -0.44, p < 0.001$), while physical and sexual maltreatment during childhood did not significantly influence SoWB (Childhood physical maltreatment: $\beta = 0.06, p = 0.54$; Childhood sexual maltreatment: $\beta = 0.01, p = 0.92$).

In summary, after controlling for other forms of maltreatment, individual well-being, age and gender, the results were consistent with previous findings. This demonstrates that childhood emotional maltreatment independently predicts SoWB, unaffected by other forms of maltreatment, individual well-being, age and gender.

----- Insert Table 2 here -----

3.3 The multilevel mediation analysis

We employed a multilevel structural equation modeling (MSEM) analysis to examine whether gratitude mediates the association between childhood emotional maltreatment and SoWB. In this model, emotional maltreatment was the predictor, gratitude the mediator and SoWB the outcome. Consistent with our hypothesis, the results revealed that emotional maltreatment significantly impacted gratitude ($\beta = -0.31, p < 0.001, 95\% \text{ CI} = [-0.40, -0.22]$). This indicated that university students who have experienced emotional maltreatment may have lower gratitude. Furthermore, the results revealed gratitude positively related to SoWB ($\beta = 0.67, p < 0.001, 95\% \text{ CI} = [0.60, 0.73]$). Therefore, when an individual's gratitude function is impaired, their SoWB is also likely to decrease.

As Figure 1 shows, even when considering the mediating role of gratitude, emotional maltreatment still significantly influenced SoWB directly ($\beta = -0.20, p < 0.001, 95\% \text{ CI} = [-0.28, -0.12]$). Additionally, our findings revealed that gratitude acted as an intermediary in the connection between emotional maltreatment and SoWB ($\beta = -0.20, p < 0.001, 95\% \text{ CI} = [-0.26, -0.14]$). We evaluated the effect size of the mediation effect by computing how much the indirect effect account for the total effect. In our analysis, the proportion mediated amounted to 54.31%.

Furthermore, after controlling for physical maltreatment, sexual maltreatment, individual well-being, age and gender, multilevel mediation analysis showed that gratitude played a mediating role in this relationship, with an indirect effect of $-0.21 (p < 0.001, 95\% \text{ CI} = [-0.27, -0.14])$, indicating that the mediating effect of gratitude is not influenced by other forms of maltreatment, individual well-being, age and gender.

---- Insert Figure 1 here ----

4 Discussion

Although previous studies have emphasized the significant impact of childhood emotional maltreatment on SoWB, it is still not clear whether it independently predicts SoWB. Our findings indicated that, compared to other forms of maltreatment, only childhood emotional maltreatment independently predicted SoWB, even after controlling for individual well-being. Additionally, gratitude mediated this relationship, further influencing SoWB irrespective of individual well-being. These findings underscore the need to specifically focus on emotional maltreatment and its effects on gratitude and SoWB later in life.

4.1 Childhood emotional maltreatment and social well-being

Our results compared the effects of different forms of maltreatment on SoWB and found that only emotional maltreatment negatively predicted SoWB. This supports our hypothesis and extends previous retrospective and cross-sectional studies, which identified childhood emotional maltreatment as a significant factor affecting SoWB (Arslan, 2023; Arslan et al., 2024). This pattern can be interpreted through the framework of the attachment theory (Bowlby, 1977). In families where emotional maltreatment occurs, inconsistent parenting practices can make it challenging for children to understand and predict their parents' actions and future relationships. Emotional maltreatment may impair children's abilities to grasp the emotions, viewpoints, intentions, and beliefs of others (Dunn & Cutting, 1999; Hughes, 2011). This impairment can ultimately lead to interpersonal difficulties, failed social relationships, and a gradual decline in SoWB. Moreover, studies have shown that emotional maltreatment impairs the brain's ability to develop emotional functions, making it difficult for individuals

to recognize and express emotions (Heim et al., 2013). Compared to other forms of maltreatment, emotional maltreatment more significantly contributes to emotional dysregulation and the adoption of unhealthy emotional strategies, such as suppression and ambivalence towards emotional expression, in adulthood (Burns et al., 2010; Gratz et al., 2007). As a result, emotional maltreatment not only negatively impacts daily interpersonal interactions and relationship building but also hinders the development of emotional functioning and ultimately impairs **SoWB**.

In addition, our study found that even after accounting for individual well-being, emotional maltreatment remained a crucial predictor of **SoWB**. This suggests that its impact on **SoWB** is independent and specific, beyond general effects on individual well-being. On one hand, our results **aligned** with prior research that documents the influence of individual well-being on outcomes (Keyes, 2006). On the other hand, the findings seem to support the notion that individual well-being and **SoWB** are correlated but distinct construct (Gallagher et al., 2009). This also underscores the importance of separately examining these two types of well-being in future research.

4.2 Childhood emotional maltreatment, gratitude, and social well-being

In accordance with Hypothesis 2, gratitude served as a mediating factor in the connection between childhood emotional maltreatment and **SoWB**. Our study, utilizing an independent sample of undergraduates, **replicated** the findings of Kong et al. (2023) and **aligned** with previous research indicating that emotional maltreatment impairs emotional functioning (Dye, 2020). Specifically, negative interactions between parents and children affect the development of children's attitudes towards gratitude (Graham & Weiner, 1986),

and may lead to the formation of negative beliefs about themselves and others. This culminates in negative mental portrayals and convictions about the motives of others, reducing the likelihood of feeling gratitude towards them (Bowlby, 1973; Mikulincer et al., 2007).

Furthermore, aligning with prior research, our study found that gratitude predicts SoWB (Khanna & Singh, 2021; Ye et al., 2023). The predictive effect of gratitude on SoWB elucidated through the find-remind-and-bind theory (Algoe, 2012). This theory suggests that gratitude functions to facilitate the discovery of new connections, evoking memories of existing relationships, and subsequently fostering the establishment or reinforcement of these relationships. The strengthening of new friendships or existing connections leads individuals to perceive a greater sense of connection with society or others, thereby experiencing an increased level of SoWB. In conclusion, our research provides preliminary evidence that emotional maltreatment may hinder the cultivation of gratitude, resulting in reduced SoWB.

4.3. Limitations and Future Directions

While our research provides valuable findings, it is essential to acknowledge that several limitations should be noted. Firstly, in our study, we used a retrospective measure to assess childhood emotional maltreatment. While prior research has affirmed the effectiveness of this approach and shown that such measures can reliably predict mental health outcomes (Garrusi & Nakhaee, 2009; Pinto Pereira et al., 2021), it would be beneficial for future studies to incorporate prospective measures of childhood maltreatment. Secondly, our study was conducted in China. The differences in child-rearing practices across cultures can lead to divergent perspectives on maltreatment (Gilbert et al., 2009; Liu et al., 2021). Hence, future

research should explore the associations from a cross-cultural standpoint. Thirdly, our findings are based on a mainly female sample due to convenience sampling at universities with more female students, limiting the study's generalizability. To examine the generalization of our findings, future studies are recommended to employ random sampling from a larger population (Tan, 2004). Fourthly, in the definition, CM is described as harm or threat inflicted upon a child by their caregivers. However, our choice of the widely used and psychometrically sound CTQ focuses primarily on describing maltreatment experiences within the family context (by guardians or parents).

4.4 Implication

Despite the limitations of this study, it still holds considerable theoretical and practical value. In terms of theoretical innovation, our study employed a daily diary method to examine the relationship between childhood emotional maltreatment and **SoWB**, as well as the mediating role of gratitude. The findings indicated that emotional maltreatment during childhood can independently undermine **SoWB**. This highlights the severe impacts of childhood emotional maltreatment and the mechanisms through which it predicts **SoWB**. In practical terms, emotional maltreatment is highly prevalent and is more likely to cause harm to the emotion and social functioning of children (Berzenski, 2019; Garbarino et al., 1997; Scher et al., 2004). Moreover, our research findings also indicate that emotional maltreatment independently affects gratitude and **SoWB**, after ruling out the effect of other forms of maltreatment. Thus, it is essential for caregivers to provide sufficient emotional support from the outset to avoid neglect and abuse.

Furthermore, our findings **indicated** that gratitude can serve as a mediating factor in the

relationship between childhood emotional maltreatment and SoWB. Aligned with other studies, recent research has also shown that gratitude plays a role in mitigating the effects of childhood emotional maltreatment on various social-behavioral outcomes (Kong et al., 2023). These studies emphasize the importance of nurturing gratitude early in life for future social emotions and behaviors. If children are not adequately nurtured in gratitude during their early years, appropriate interventions should be introduced in adulthood. For instance, practices such as 'gratitude visits,' where individuals write and read letters to those who have helped them (Seligman et al., 2005), may effectively enhance the SoWB and social behavior of children who have experienced emotional maltreatment.

5. Conclusion

This study is the first to employ a daily diary method to compare the effects of various types of childhood maltreatment on SoWB. It uniquely reveals that only emotional maltreatment during childhood has a detrimental effect on SoWB. Additionally, the research demonstrated that gratitude mediates the relationship between emotional maltreatment and SoWB, emphasizing the importance of creating a family atmosphere that fosters gratitude. These findings not only highlight the specific influence of emotional maltreatment on SoWB, separate from individual well-being, but also explore the potential benefits of gratitude-focused interventions to improve SoWB, thereby increasing awareness of the negative impacts of emotional maltreatment in childhood.

Disclosure statement

No potential conflict of interest was reported by the author(s).

Data availability statement

The data that support the findings of this study are available from the corresponding author, FK, upon reasonable request.

References

- Algoe, S. B. (2012). Find, Remind, and Bind: The Functions of Gratitude in Everyday Relationships: Gratitude in Relationships. *Social and Personality Psychology Compass*, 6(6), 455–469. <https://doi.org/10.1111/j.1751-9004.2012.00439.x>
- Arend, M. G., & Schäfer, T. (2019). Statistical power in two-level models: A tutorial based on Monte Carlo simulation. *Psychological Methods*, 24(1), 1–19. <https://doi.org/10.1037/met0000195>
- Arslan, G. (2023). Psychological maltreatment predicts decreases in social wellbeing through resilience in college students: A conditional process approach of positive emotions. *Current Psychology*, 42(3), 2110–2120. <https://doi.org/10.1007/s12144-021-01583-0>
- Arslan, G., Kabasakal, Z., & Taş, B. (2024). Childhood psychological maltreatment, mindful awareness, self-transcendence, and mental well-being in emerging adults. *Emerging Adulthood*, 12(1), 18–28. <https://doi.org/10.1177/21676968231208246>
- Banerjee, R., Watling, D., & Caputi, M. (2011). Peer relations and the understanding of faux pas: Longitudinal evidence for bidirectional associations. *Child Development*, 82, 1887–1905. <https://doi.org/10.1111/j.1467-8624.2011.01669.x>
- Bartlett, M. Y., Condon, P., Cruz, J., Baumann, J., & Desteno, D. (2012). Gratitude: Prompting behaviours that build relationships. *Cognition & Emotion*, 26(1), 2–13. <https://doi.org/10.1080/02699931.2011.561297>
- Bernstein, D. P. (2002). Cognitive therapy of personality disorders in patients with histories of emotional abuse or neglect. *Psychiatric Annals*, 32, 618–628. <https://doi.org/10.3928/0048-5713-20021001-10>
- Bernstein, D. P., Stein, J. A., Newcomb, M. D., Walker, E., Pogge, D., Ahluvalia, T., Stokes, J., Handelsman, L., Medrano, M., Desmond, D., & Zule, W. (2003). Development and validation of a brief screening version of the Childhood Trauma Questionnaire. *Child Abuse & Neglect*, 27(2), 169–190. [https://doi.org/10.1016/S0145-2134\(02\)00541-0](https://doi.org/10.1016/S0145-2134(02)00541-0)
- Berzenski, S. R. (2019). Distinct emotion regulation skills explain psychopathology and problems in social relationships following childhood emotional abuse and neglect. *Development and Psychopathology*, 31(02), 483–496.

<https://doi.org/10.1017/S0954579418000020>

- Bolger, N., Davis, A., & Rafaeli, E. (2003). Diary methods: Capturing life as it is lived. *Annual Review of Psychology*, 54(1), 579–616. <https://doi.org/10.1146/annurev.psych.54.101601.145030>
- Bowlby, J. (1969). *Attachment and loss. Vol. 1: Attachment*. New York: Basic Books
- Bowlby, J. (1973). *Attachment and loss: Vol. 2*. New York: Basic Books.
- Bowlby, J. (1977). The Making and Breaking of Affectional Bonds: II. Some Principles of Psychotherapy: The Fiftieth Maudsley Lecture (expanded version). *British Journal of Psychiatry*, 130(5), 421–431. <https://doi.org/10.1192/bjp.130.5.421>
- Burns EE, Jackson JL, & Harding HG. (2010) Child maltreatment, emotion regulation, and posttraumatic stress: The impact of emotional abuse. *Journal of Aggression, Maltreatment & Trauma*.19, 801–819.
- Cao, H., Ma, R., Li, X., Liang, Y., Wu, Q., Chi, P., Li, J.-B., & Zhou, N. (2022). Childhood Emotional Maltreatment and Adulthood Romantic Relationship Well-Being: A Multilevel, Meta-Analytic Review. *Trauma, Violence, & Abuse*, 23(3), 778–794. <https://doi.org/10.1177/1524838020975895>
- Chiang, J. J., Bower, J. E., Almeida, D. M., Irwin, M. R., Seeman, T. E., & Fuligni, A. J. (2015). Socioeconomic status, daily affective and social experiences, and inflammation during adolescence. *Psychosomatic Medicine*, 77(3), 256–266. <https://doi.org/10.1097/psy.0000000000000160>
- Cicchetti, D., Rogosch, F. A., Maughan, A., Toth, S. L., & Bruce, J. (2003). False belief understanding in maltreated children. *Development and Psychopathology*, 15, 1067–1091. <https://doi.org/10.1017/S0954579403000440>
- Coleman, S. R., Zawadzki, M. J., Heron, K. E., Vartanian, L. R., & Smyth, J. M. (2016). Self-focused and other-focused resiliency: Plausible mechanisms linking early family adversity to health problems in college women. *Journal of American College Health*, 64(2), 85–95. <https://doi.org/10.1080/07448481.2015.1075994>
- Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71–75.

https://doi.org/10.1207/s15327752jpa4901_13

- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125, 276–302. doi:10.1037//0033-2909.125.2.276
- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143–156. <https://doi.org/10.1007/s11205-009-9493-y>
- Dinh, T. T. H. (2016). *Attachment security as a basis for gratitude: An empirical investigation*. PhD Thesis. Australian National University.
- Domke, A., Hartling, C., Stippl, A., Carstens, L., Gruzman, R., Bajbouj, M., Gärtner, M., & Grimm, S. (2023). The influence of childhood emotional maltreatment on cognitive symptoms, rumination, and hopelessness in adulthood depression. *Clinical Psychology & Psychotherapy*, 30(5), 1170–1178. <https://doi.org/10.1002/cpp.2872>
- Du, H. (2022). Relationship between childhood physical abuse, neglect and alexithymia and mobile phone addiction in adolescents. *Psychiatria Danubina*, 34(4), 653–659. <https://doi.org/10.24869/psyd.2022.653>
- Dunn, J., & Cutting, A. L. (1999). Understanding others, and individual differences in friendship interactions in young children. *Social Development*, 8, 201–219. <https://doi.org/10.1111/1467-9507.00091>
- Dye, H. L. (2020). Is emotional abuse as harmful as physical and/or sexual abuse? *Journal of Child & Adolescent Trauma*, 13(4), 399–407. <https://doi.org/10.1007/s40653-019-00292-y>
- Dykas, M. J., & Cassidy, J. (2011). Attachment and the processing of social information across the life span: Theory and evidence. *Psychological Bulletin*, 137(1), 19–46. <https://doi.org/10.1037/a0021367>
- Ebbert, A. M., Infurna, F. J., Luthar, S. S., Lemery-Chalfant, K., & Corbin, W. R. (2019). Examining the link between emotional childhood abuse and social relationships in midlife: The moderating role of the oxytocin receptor gene. *Child Abuse & Neglect*, 98,

104151. <https://doi.org/10.1016/j.chiabu.2019.104151>
- Gallagher, M. W., Lopez, S. J., & Preacher, K. J. (2009). The hierarchical structure of well-being. *Journal of Personality*, 77(4), 1025 – 1050. <https://doi.org/10.1111/j.1467-6494.2009.00573.x>
- Garbarino, J., Eckenrode, J., & Bolger, K. (1997). The elusive crime of psychological maltreatment. In J. Garbarino & J. Eckenrode (Eds.), *Understanding abusive families* (pp. 101–113). San Francisco: Jossey-Bass.
- Garg, N., Katiyar, N., & Mehak. (2021). Gratitude questionnaire (GQ-6)—Exploring psychometric properties in India. *Journal of Religion and Health*, 60(5), 3716–3731. <https://doi.org/10.1007/s10943-021-01419-y>
- Garrusi, B. & Nakhaee, N. (2009). Validity and reliability of a Persian version of the Childhood Trauma Questionnaire. *Psychological Reports*, 104, 509–516. <https://doi.org/10.2466/PRO.104.2.509-516>
- Gratz KL, Bornova MA, Delany-Brumsey A, Nick B, & Lejuez C. (2007). A laboratory-based study of the relationship between childhood abuse and experiential avoidance among inner-city substance users: The role of emotional nonacceptance. *Behavior Therapy*, 38, 256–268. <https://doi.org/10.1016/j.beth.2006.08.006>
- Gibb, B. E. (2002). Childhood maltreatment and negative cognitive styles: A quantitative and qualitative review. *Clinical psychology review*, 22(2), 223–246. [https://doi.org/10.1016/S0272-7358\(01\)00088-5](https://doi.org/10.1016/S0272-7358(01)00088-5)
- Gibb, B. E., Wheeler, R., Alloy, L. B., & Abramson, L. Y. (2001). Emotional, physical, and sexual maltreatment in childhood versus adolescence and personality dysfunction in young adulthood. *Journal of Personality Disorders*, 15(6), 505–511. <https://doi.org/10.1521/pedi.15.6.505.19194>
- Gilbert, R., Kemp, A., Thoburn, J., Sidebotham, P., Radford, L., Glaser, D., & MacMillan, H. L. (2009). Recognising and responding to child maltreatment. *The Lancet*, 373(9658), 167–180. [https://doi.org/10.1016/S0140-6736\(08\)61707-9](https://doi.org/10.1016/S0140-6736(08)61707-9)
- Gilbert, R., Widom, C. S., Browne, K., Fergusson, D., Webb, E., & Janson, S. (2009). Burden and consequences of child maltreatment in high-income countries. *The Lancet*,

- 373(9657), 68–81. [https://doi.org/10.1016/S0140-6736\(08\)61706-7](https://doi.org/10.1016/S0140-6736(08)61706-7)
- Graham, S., & Weiner, B. (1986). From an attributional theory of emotion to developmental psychology: A round-trip ticket? *Social Cognition*, 4(2), 152–179. <https://doi.org/10.1521/soco.1986.4.2.152>
- Gunthert, K. C., & Wenzel, S. J. (2011). Daily diary methods. In M. R. Mehl, & T. A. Conner (Eds.), *Handbook of research methods for studying daily life* (pp. 144–159). New York, NY: Guilford Press.
- Hao, Y., Zhang, L., Bai, C., Li, W., Li, C. & Kong, F. (2022). Gratitude and depressive symptoms in Chinese nurses: A longitudinal cross-lagged study. *Applied Psychology: Health & Well-being*, 14(1), 329–343. <https://doi.org/10.1111/aphw.12305>
- Hart, S. N., Brassard, M. R., & Karlson, H. C. (1996). Psychological maltreatment. In J. N. Briere, L. A. Berliner, J. Bulkley, C. A. Jenny, & T. A. Reid (Eds.), *The APSAC handbook on child maltreatment* (pp. 72–89). Thousand Oaks, CA: Sage.
- Heim, C. M., Mayberg, H. S., Mletzko, T., Nemeroff, C. B., & Pruessner, J. C. (2013). Decreased cortical representation of genital somatosensory field after childhood sexual abuse. *The American Journal of Psychiatry*, 170(6), 616–623. Retrieved from <https://login.iris.etsu.edu:3443/login?url=https://search-proquest-com.iris.etsu.edu:3443/docview/1368604752?accountid=10771>.
- Hewlett, B. S., Lamb, M. E., Leyendecker, B., & Scholmerich, A. (2000). Internal working models, trust, and sharing among foragers. *Current Anthropology*, 41(2), 287–297. <https://doi.org/10.1086/300135>
- Hughes, C. (2011). *Social understanding and social lives: From toddlerhood through the transition to school*. Hove: Psychology Press.
- Huppert, F. A. (2005). Positive mental health in individuals and populations. In F. A. Huppert, N. Baylis, & B. Keverne (Eds.), *The science of well-being* (pp. 307–340). Oxford University Press. <https://doi.org/10.1093/acprof:oso/9780198567523.003.0012>
- Hussong, A. M., Langley, H. A., Rothenberg, W. A., Coffman, J. L., Halberstadt, A. G., Costanzo, P. R., & Mokrova, I. (2018). Raising grateful children one day at a time. *Applied Developmental Science*, 1–14. <https://doi.org/10.1080/10888691.2018.1441713>

- Kahneman, D. (2001). Experienced utility and objective happiness: A moment-based approach. In I. Brocas, & J. D. Carrillo (Eds.), *The psychology of economic decisions* (pp. 187–208). Oxford University Press.
- Keyes, C. L. M. (1998). Social well-being. *Social Psychology Quarterly*, 61, 121–140. <https://doi.org/10.2307/2787065>
- Keyes, C. L. M. (2006). The Subjective Well-Being of America's Youth: Toward a Comprehensive Assessment. *Adolescent & Family Health*, 4(1), 3–11.
- Keyes, C. L. M. (2007). Promoting and protecting mental health as flourishing: A complementary strategy for improving national mental health. *American Psychologist*, 62(2), 95–108. <https://doi.org/10.1037/0003-066X.62.2.95>
- Keyes, C., Dhingra, S. S., & Simoes, E. J. (2009). Brief description of the mental health continuum short form (MHC-SF). *American Journal of Public Health*, 100(12), 2366–2371. <https://doi.org/10.2105/AJPH.2010.192245>
- Keyes, C. L. M., & Shapiro, A. D. (2004). Social well-being in the United States: A descriptive epidemiology. In O. G. Brim, C. D. Ryff, & R. C. Kessler (Eds.), *How healthy are we? A national study of well-being at midlife* (pp. 350–372). Chicago, IL: University of Chicago Press.
- Keyes, C. L. M., Wissing, M., Potgieter, J. P., Temane, M., Kruger, A., & van Rooy, S. (2008). Evaluation of the mental health continuum–short form (MHC–SF) in setswana-speaking South Africans. *Clinical Psychology & Psychotherapy*, 15(3), 181–192. <https://doi.org/10.1002/cpp.572>
- Khanna, P., & Singh, K. (2021). Stress management training and gratitude journaling in the classroom: An initial investigation in Indian context. *Current Psychology*, 40(11), 5737–5748. <https://doi.org/10.1007/s12144-020-01242-w>
- Kong, F., Zhu, N., Ye, Y., Li, C., Zhang, L., & Li, W. (2023). Childhood emotional but not physical or sexual maltreatment predicts prosocial behavior in late adolescence: A daily diary study. *Child Abuse & Neglect*, 139, 106123. <https://doi.org/10.1016/j.chiabu.2023.106123>
- Kwok, S. Y. C. L., Gu, M., & Cheung, A. (2019). A longitudinal study on the relationship

- among childhood emotional abuse, gratitude, and suicidal ideation of Chinese adolescents. *Child Abuse & Neglect*, 94, 104031. <https://doi.org/10.1016/j.chiabu.2019.104031>
- Lamphear, V. S. (1985). The impact of maltreatment on children's psychosocial adjustment: A review of the research. *Child Abuse & Neglect*, 9(2), 251–263. [https://doi.org/10.1016/0145-2134\(85\)90018-3](https://doi.org/10.1016/0145-2134(85)90018-3)
- Li, C., Zhu, N., Zhang, L., Li, W., & Kong, F. (2023). The relation between childhood maltreatment and hedonic and eudaimonic well-being in emerging adults: A daily diary study. *Child Abuse & Neglect*, 138, 106057. <https://doi.org/10.1016/j.chiabu.2023.106057>
- Li, M., Yang, D., Ding, C., & Kong, F. (2015). Validation of the Social Well-being Scale in a Chinese Sample and Invariance Across Gender. *Social Indicators Research*, 121(2), 607–618. <https://doi.org/10.1007/s11205-014-0639-1>
- Liu, S., Dong, S., & Wang, Z. (2021). Maternal History of Childhood Maltreatment and Control Strategies: A Search for Mechanisms. *Journal of Marriage and Family*, 83(4), 1099–1115. <https://doi.org/10.1111/jomf.12751>
- Luke, N., & Banerjee, R. (2013). Differentiated associations between childhood maltreatment experiences and social understanding: A meta-analysis and systematic review. *Developmental Review*, 33(1), 1–28. <https://doi.org/10.1016/j.dr.2012.10.001>
- McCullough, M. E., Emmons, R. A., & Tsang, J.A. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82(1), 112–127. <https://doi.org/10.1037/0022-3514.82.1.112>
- Mikulincer, M., & Shaver, P. R. (2007). Boosting attachment security to promote mental health, prosocial values, and inter-group tolerance. *Psychological Inquiry*, 18(3), 139–156. <https://doi.org/10.1080/10478400701512646>
- Mikulincer, M., & Shaver, P. R. (2008). Adult attachment and affect regulation, In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (2nd ed; pp. 503–53). Guilford Press.
- Muthén, L. K., & Muthén, B. O. (2002). How to Use a Monte Carlo Study to Decide on

- Sample Size and Determine Power. *Structural Equation Modeling: A Multidisciplinary Journal*, 9(4), 599–620. https://doi.org/10.1207/S15328007SEM0904_8
- Muthén, L. K., & Muthén, B. O. (2017). *Mplus user's guide* ((8th ed.)). Muthén & Muthén.
- Pinto Pereira, S. M., Rogers, N. T. & Power, C. Adult retrospective report of child abuse and prospective indicators of childhood harm: A population birth cohort study. *BMC Med.* 19, 286 (2021).
- Preacher, K. J., Zyphur, M. J., & Zhang, Z. (2010). A general multilevel SEM framework for assessing multilevel mediation. *Psychological Methods*, 15(3), 209–233. <https://doi.org/10.1037/a0020141>
- Ridner, S. L., Newton, K. S., Staten, R. R., Crawford, T. N., & Hall, L. A. (2016). Predictors of well-being among college students. *Journal of American College Health*, 64(2), 116–124. <https://doi.org/10.1080/07448481.2015.1085057>
- Riggs, S. A. (2010). Childhood emotional abuse and the attachment system across the life cycle: What theory and research tell us. *Journal of Aggression, Maltreatment & Trauma*, 19(1), 5–51. <https://doi.org/10.1080/10926770903475968>
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, 52 (1), 141–166. <https://doi.org/10.1146/annurev.psych.52.1.141>
- Scher, C., Forde, D., McQuaid, J., & Stein, M. (2004). Prevalence and demographic correlates of childhood maltreatment in an adult community sample. *Child Abuse and Neglect*, 28, 167–180. <https://doi.org/10.1016/j.chiabu.2003.09.012>
- Schneider, S., & Stone, A. A. (2016). Ambulatory and diary methods can facilitate the measurement of patient-reported outcomes. *Quality of Life Research*, 25(3), 497–506. <https://doi.org/10.1007/s11136-015-1054-z>
- Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410–421. <https://doi.org/10.1037/0003-066X.60.5.410>
- Simpson, J. A., & Rholes, W. S. (2010). Attachment and relationships: Milestones and future directions. *Journal of Social and Personal Relationships*, 27(2), 173–180.

<https://doi.org/10.1177/0265407509360909>

- Stoltenborgh, M., Bakermans-Kranenburg, M. J., Alink, L. R., & van IJzendoorn, M. H. (2012). The universality of childhood emotional abuse: A meta-analysis of worldwide prevalence. *Journal of Aggression, Maltreatment & Trauma*, 21, 870-890.
- Stoltenborgh, M., Bakermans-Kranenburg, M. J., Alink, L. R. A., & van IJzendoorn, M. H. (2015). The prevalence of child maltreatment across the globe: Review of a series of meta-analyses. *Child Abuse Review*, 24(1), 37–50. <https://doi.org/10.1002/car.2353>
- Sonnentag, S., Eck, K., Fritz, C., & Kühnel, J. (2020). Morning reattachment to work and work engagement during the day: A look at day-level mediators. *Journal of Management*, 46(8), 1408–1435. <https://doi.org/10.1177/0149206319829823>
- Torgerson, C. J. (2006). Publication bias: The Achilles' heel of systematic reviews? *British Journal of Educational Studies*, 54, 89–102. <https://doi.org/10.1111/j.1467-8527.2006.00332.x>
- Tan, L. P. (2004). The Effects of Background Music on Quality of Sleep in Elementary School Children. *Journal of Music Therapy*, 41(2), 128–150. <https://doi.org/10.1093/jmt/41.2.128>
- Tudge, J. R. H., Freitas, L. B. L., & O'Brien, L. T. (2015). The virtue of gratitude: A developmental and cultural approach. *Human Development*, 58(4–5), 281–300. <https://doi.org/10.1159/000444308>
- Van Harmelen, A.-L., De Jong, P. J., Glashouwer, K. A., Spinhoven, P., Penninx, B. W. J. H., & Elzinga, B. M. (2010). Child abuse and negative explicit and automatic self-associations: The cognitive scars of emotional maltreatment. *Behaviour Research and Therapy*, 48(6), 486–494. <https://doi.org/10.1016/j.brat.2010.02.003>
- Van Lente, E., Barry, M. M., Molcho, M., Morgan, K., Watson, D., Harrington, J., & McGee, H. (2012). Measuring population mental health and social well-being. *International Journal of Public Health*, 57(2), 421–430. <https://doi.org/10.1007/s00038-011-0317-x>
- Wang, X., Xie, R., Ding, W., Jiang, M., Kayani, S., & Li, W. (2022). You Hurt Me, so I Hurt Myself and Others: How Does Childhood Emotional Maltreatment Affect Adolescent Violent Behavior and Suicidal Ideation? *Journal of Interpersonal Violence*, 37(23–24),

- NP22647–NP22672. <https://doi.org/10.1177/08862605211072177>
- World Health Organisation (Producer), 2016. 8th August 2019). Child Maltreatment. Retrieved from. <https://www.who.int/news-room/fact-sheets>.
- Wright, M. O., Crawford, E., & Del Castillo, D. (2009). Childhood emotional maltreatment and later psychological distress among college students: The mediating role of maladaptive schemas. *Child Abuse & Neglect*, 33(1), 59–68. <https://doi.org/10.1016/j.chiabu.2008.12.007>
- Wu, Q., Cao, H., Lin, X., Zhou, N., & Chi, P. (2022). Child Maltreatment and Subjective Well-being in Chinese Emerging Adults: A Process Model Involving Self-esteem and Self-compassion. *Journal of Interpersonal Violence*, 37(15–16), NP13685–NP13706. <https://doi.org/10.1177/0886260521993924>
- Yan, W., Zhang, L., Li, W., You, X., and Kong, F. (2022). Associations of family subjective socioeconomic status with hedonic and eudaimonic well-being in emerging adulthood: A daily diary study. *Social Science & Medicine*, 298, 114867. <https://doi.org/10.1016/j.socscimed.2022.114867>
- Ye, Y., Zhang, L. T., Zhao, J. J., & Kong, F. (2023). The relationship between gratitude and social well-being: Evidence from a longitudinal study and a daily diary investigation. *Acta Psychologica Sinica*, 55(7), 1087-1098. <https://doi.org/10.3724/SP.J.1041.2023.01087>
- Zeanah, C.H., Berlin, L.J., & Boris, N.W. (2011). Clinical applications of attachment theory and research for infants and young children. *Journal of Child Psychology, Psychiatry and Allied Disciplines*, 52(8), 819–833. <https://doi.org/10.1111/j.1469-7610.2011.02399.x>
- Zhang, L., Li, W., Ye, Y., Yang, K., Jia, N., & Kong, F. (2022). Being grateful every day will pay off: A daily diary investigation on relationships between gratitude and well-being in Chinese young adults. *The Journal of Positive Psychology*, 1–13. <https://doi.org/10.1080/17439760.2022.2131606>

