

Study: Negative Early Life Experiences have Adverse Effect on Health

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Body

LOS ANGELES, Sept. 30 -- Researchers at the University of California, Los Angeles, have conducted a study which has revealed that facing negative experiences in early life can severely affect the physical health of people, causing ailments such as diabetes and heart disease.

The researchers selected 756 adults as participants for the study called **Coronary Artery Risk Development in Young Adults**. Detailed measurements of 18 biological markers were carried out which indicated the amount of existing health risk, and a summary index called allostatic load was created after adding up the risks from these markers. Some of these markers included heart rate, cholesterol, blood pressure, stress hormone, inflammation, blood sugar regulation and waist circumference.

If the figures of these markers indicated a higher value, it was indicated that the patients had a higher biological risk factor for the disease.

Further, in order to find out the childhood stress levels of participants, a reliable self-report scale was used, known as the Risky Families Questionnaire. It was seen that the people who had a history of abuse or other such negative experiences in their childhood reported high multisystem health risks. However, the levels of these risks were found to be significantly lower in people whose childhood was associated with a good amount of affection and parental warmth.

The researchers conclude that apart from being associated with occurrence of conditions such as cholesterol and blood pressure, negative experiences in a person's childhood affect a large number of factors, covering a huge range of health risks.

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