

The Relationships Between Childhood Adversity, Anxiety, and Coping Mechanisms

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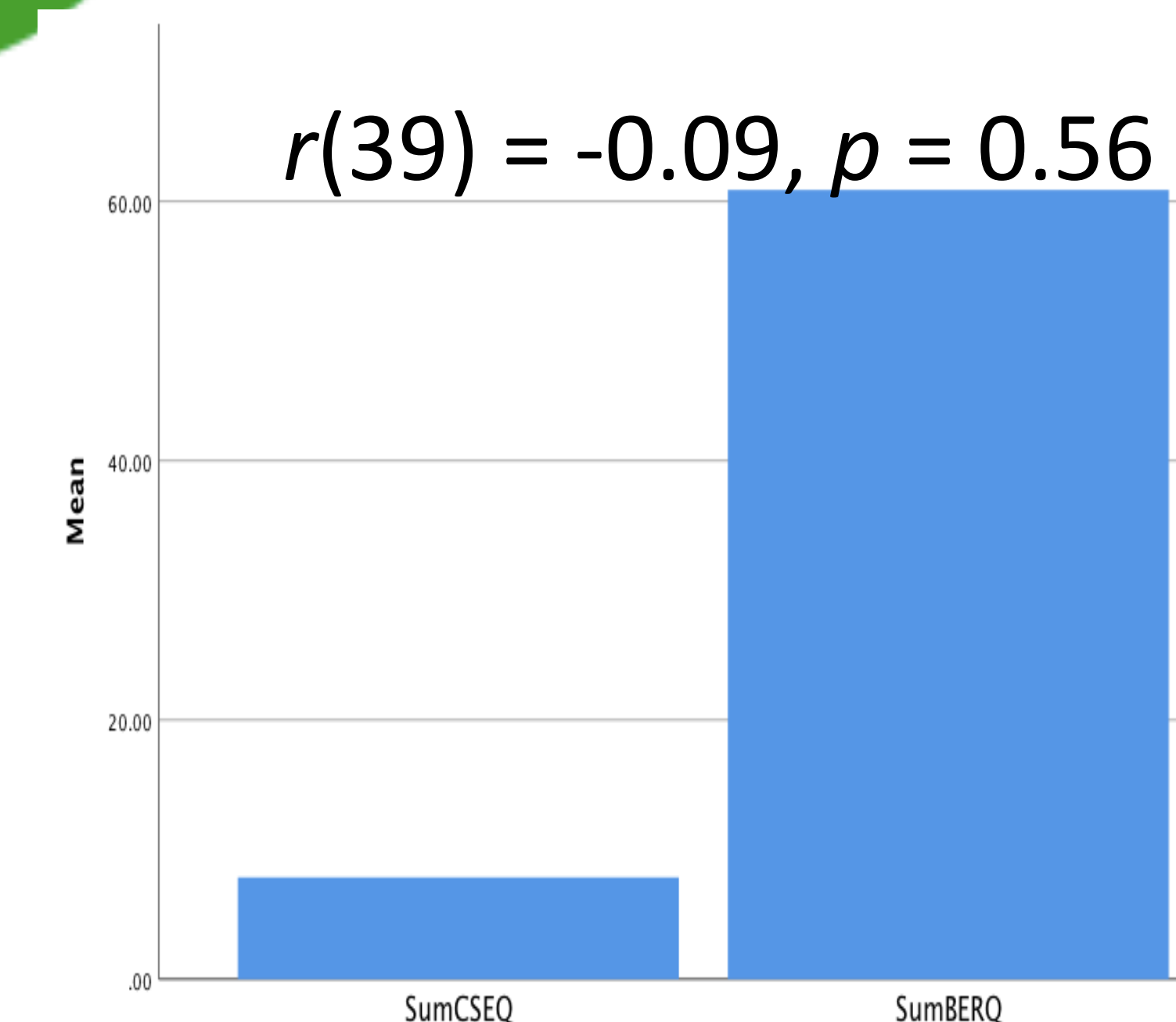
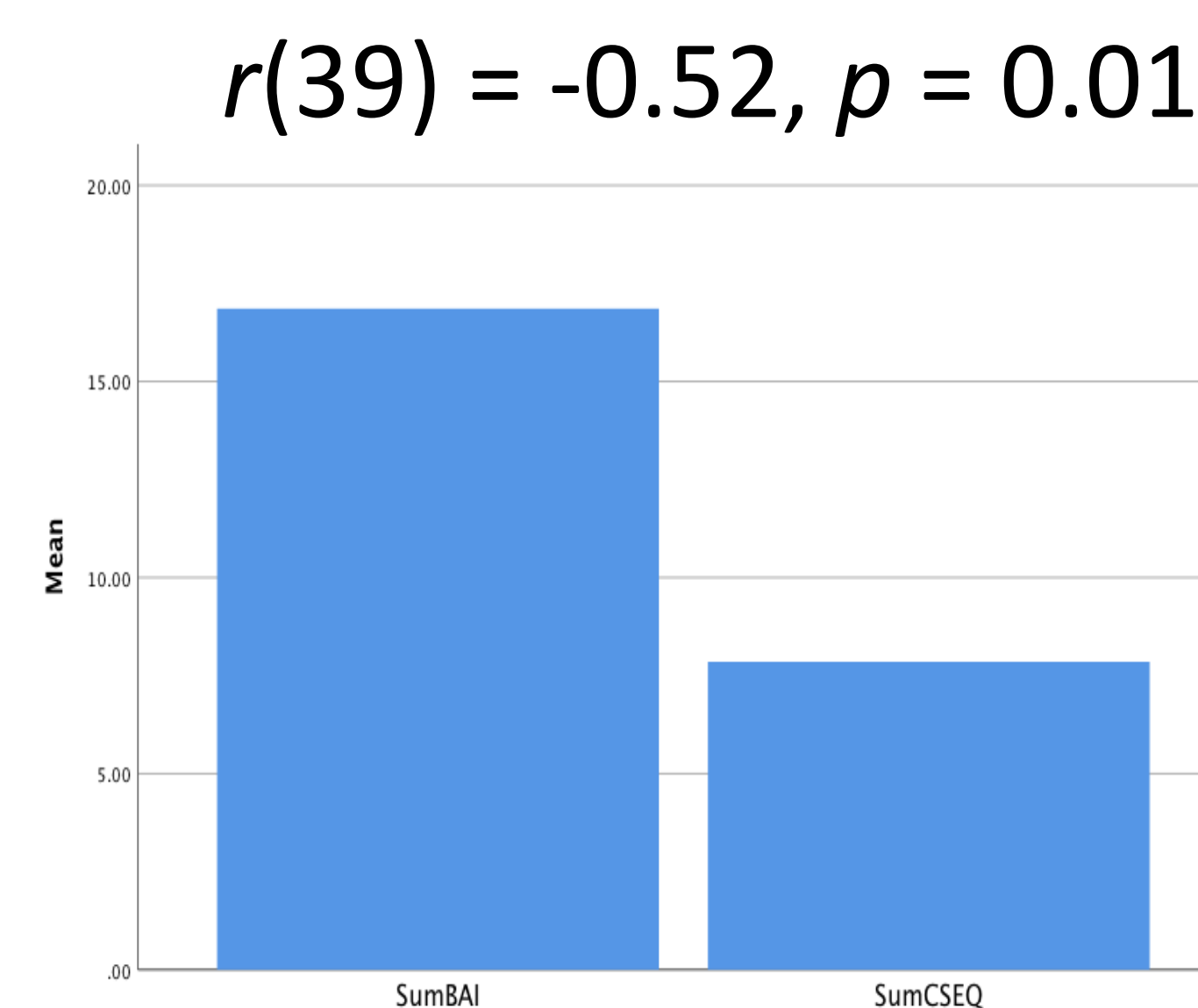
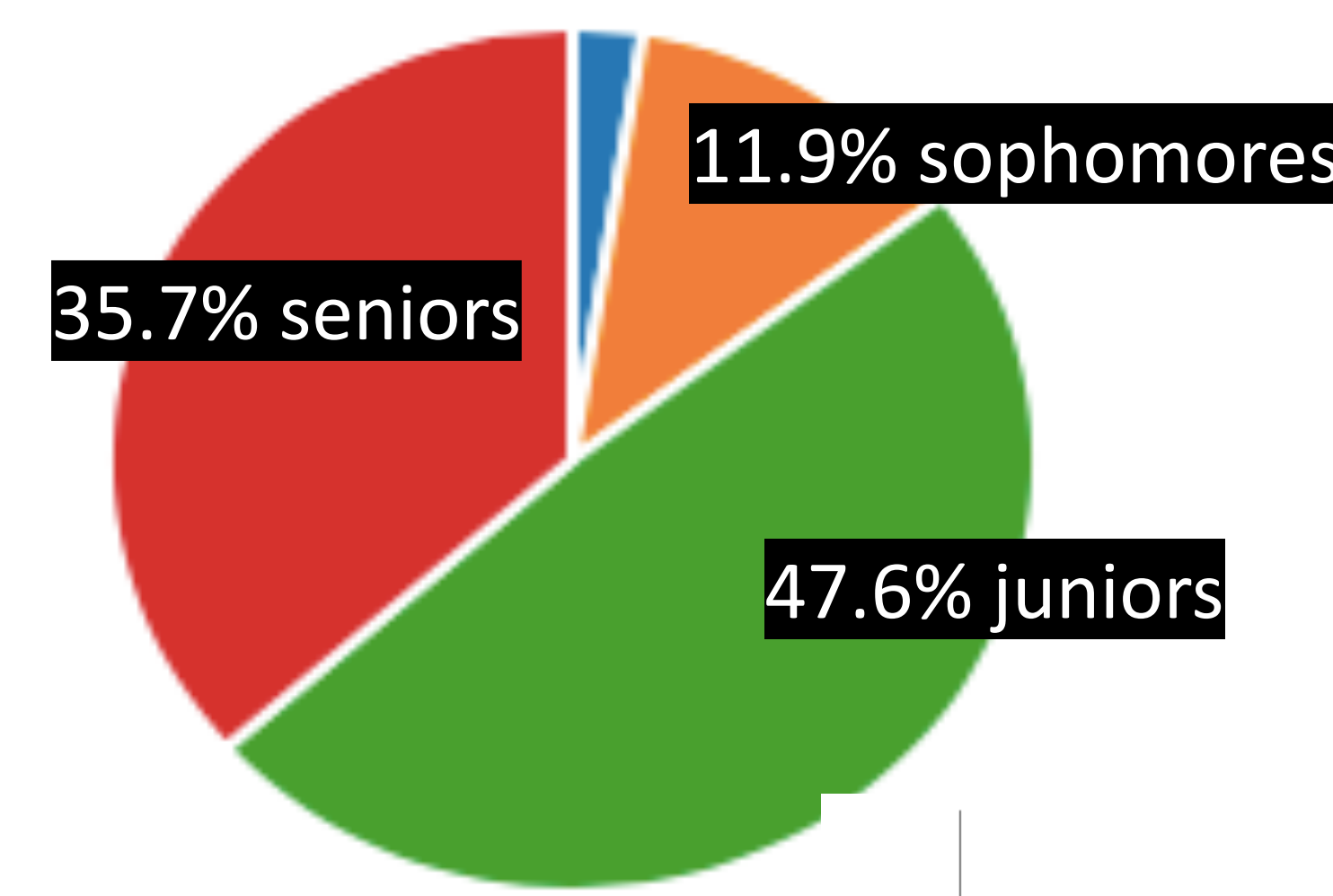
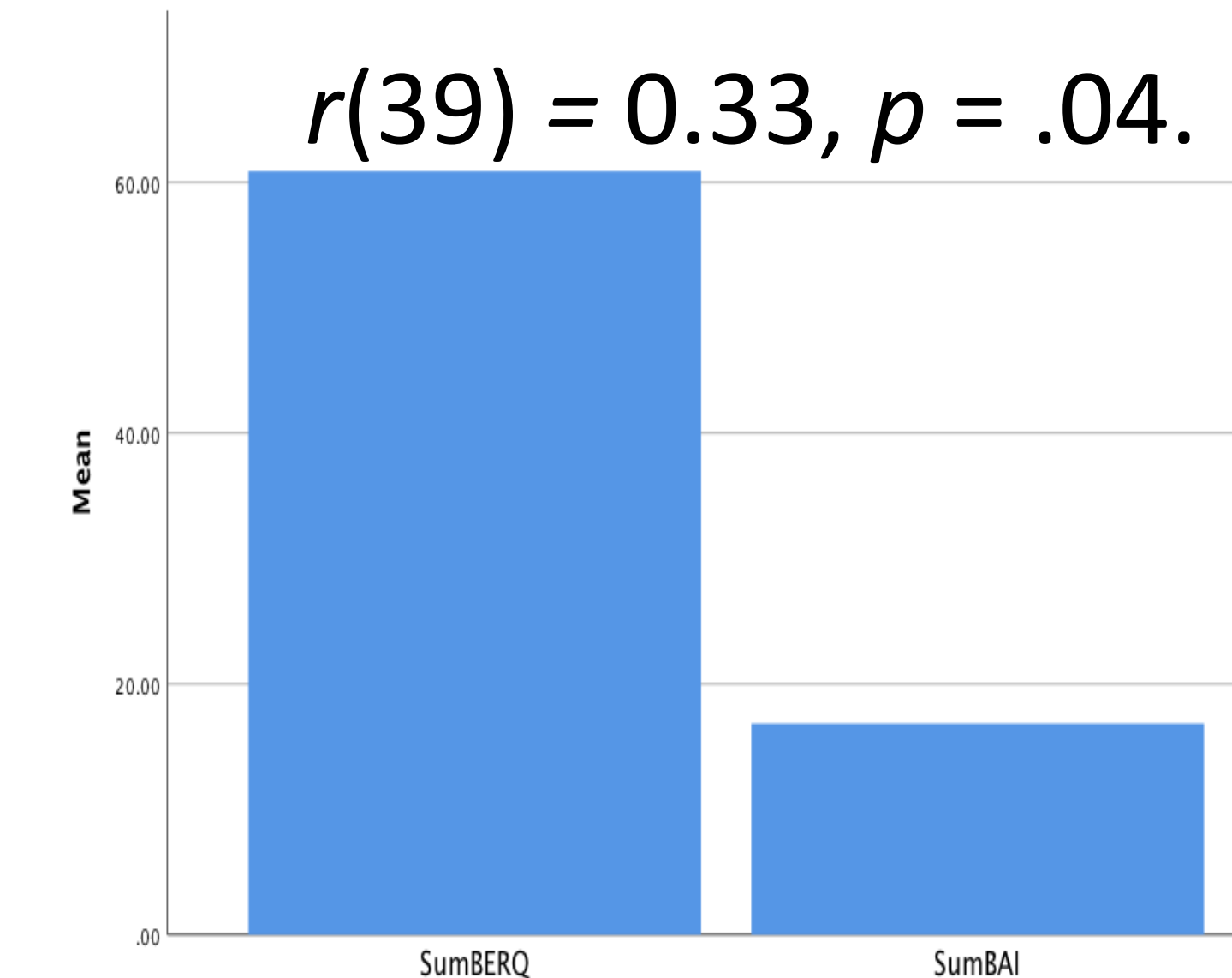
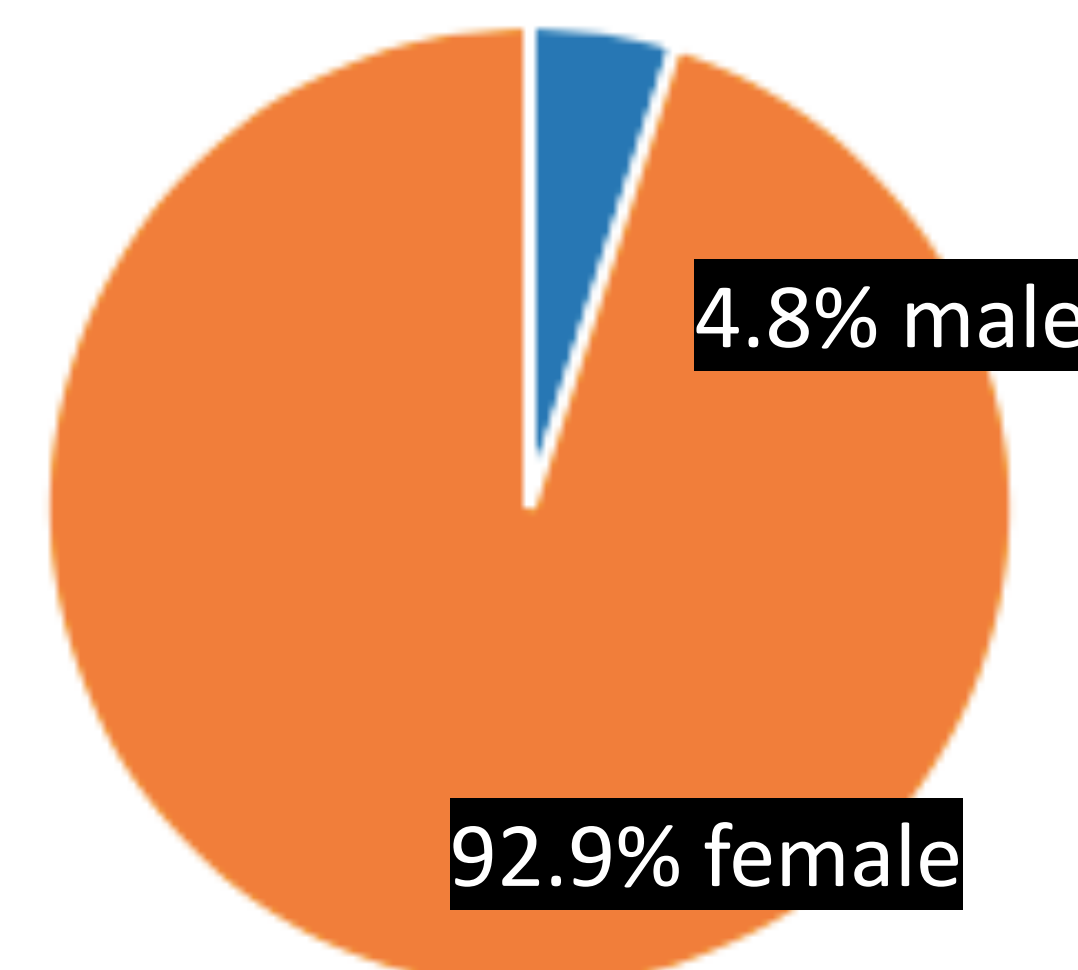
Introduction

- Adversity during childhoods can have a positive relationship with anxiety and coping methods in adulthood.
- The purpose of this study was to investigate childhood adversity has a relationship with anxiety and coping mechanisms.

Method

- 41 undergraduate students from Eastern Connecticut State University.
- Demographics were recorded, along with anxiety levels (Beck Anxiety Inventory), adversities experienced prior to age 16, (Childhood Social Environment Questionnaire), and common coping strategies used (Behavioral Emotion Regulation Questionnaire).

Results



Implications

- Childhood adversity was correlated with anxiety.
- Childhood adversity did not have a relationship with coping mechanisms.
- More coping strategies were displayed amongst anxious individuals.

Limitations

- Larger percentage of White or Caucasian students at ECSU.
- Inaccurate responses to the CSEQ.
- Anxiety levels effected by COVID- 19 .

Future research

- Equal gender sample size.
- Additional questions to ensure accurate responses in CSEQ.
- Examine cross culturally.

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