

Influence of childhood trauma on depression in family factors

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Abstract. With the development of society and the increasing popularity of the internet, the number of patients with depression is increasing. As a mental illness, depression has seriously affected people's normal life, so it has attracted more and more attention. However, people often attribute the increase in the number of people with depression to external factors such as the rapid development of the times, excessive life pressure, and the improvement of medical level, but there is still a gap in the family factors that lead to depression. Therefore, this paper mainly studies the influence of childhood trauma on depression in family factors. In this paper, by collecting the data on childhood trauma affecting depression, and by classifying and comparing the data, the influencing factors of childhood trauma on depression in family factors are explored. It is found that childhood trauma has a significant impact on depression, which not only directly leads to children's psychological problems related to depression, such as depression and anxiety, but also indirectly affects children by affecting their personality and social style, thus making it impossible for children to face difficulties with a positive attitude in their future work and life, and finally leading to depression. Therefore, childhood trauma has a great negative impact on children and should be treated with a long-term perspective.

Keywords: Family factors; childhood trauma; depression; socialization.

1. Introduction

A joint study by the World Bank, the World Health Organization, and Harvard University shows that depression has become the second most serious disease in China. There are many factors leading to depression, including genetic, biochemical, environmental, and psychosocial factors. This paper mainly discusses the relationship between childhood trauma and depression in family factors. Family is the first environment that a person comes into contact with after birth. It is often said that "a happy person is cured by childhood all his life, and an unfortunate person is cured by childhood all his life", which shows that family environment has a great influence on a person. According to the research of Liu Tongwei and others, if a family has great conflicts, contradictions, and even violence, the risk of depression among its family members will increase significantly [1]. According to Liao Shichao's research on the influence of childhood trauma on adolescents' depression, it is found that there is a certain correlation between childhood trauma and depression, and besides the direct influence, it will also gradually affect adolescents' depression through cognitive integration and empirical avoidance [2]. That is to say, childhood trauma will not only lead to depression among teenagers, but also make teenagers have negative and evasive thoughts, which will lead to depression. This shows that childhood trauma in family factors is an important influencing factor of depression. This paper mainly explores how childhood trauma affects depression and what different manifestations of depression will be produced by different childhood trauma.

2. Depression and family environment

2.1. Introduction to the concept of depression

Depression is a common mental illness, also known as clinical depression. It can lead to depression, loss of interest in life, low sense of self-worth, sleep problems, changes in appetite, and decreased attention and concentration. The research on depression by Hua Daping and others shows that the family environment is closely related to the depression of teenagers [3]. When an individual life in an environment, his personality, and way of doing things will be affected by the environment.

Similarly, the environment will change accordingly for individuals. If people cannot receive normal education in the family environment, it will directly affect the prevalence of depression. If a person's depression caused by family injury in adolescence is not well treated, it will also be affected his future social life. Therefore, psychologists often analyze the family environment of a person when studying his personality. Because it is difficult to get rid of the personality and habits formed in the family environment, the family environment should attract more people's attention, otherwise, it will not play a positive role in the treatment and prevention of depression.

2.2 The relationship between family environment and depression

A good family environment will bring good mental health and personality to children, so that children will face difficulties and setbacks with a more optimistic attitude when they grow up, and adapt to society more, thus reducing the occurrence of depression. Brown and other studies have found that when a person needs social support, he can't get the support he needs, or people with poor interpersonal relationships are prone to depression [4]. Wade and others have also found that if a person has more interpersonal problems and less social support, he will have a higher risk of depression, and interpersonal problems are a big factor for depression, and a better family environment will cushion the pressure and pain brought by society. Therefore, it can be seen that a good family environment will play a vital role in a person's personality and even future development. If a person has a good family environment, then even if he will be under pressure and frustrated in the future society, he will have a better ability to resist stress and reduce his risk of depression than people who have suffered childhood trauma. Therefore, depression is closely related to the family environment.

3. Childhood trauma

3.1. The concept of childhood trauma

Childhood trauma in the family environment refers to some negative experiences or events experienced in the family during childhood, which have a long-term negative impact on children's physical and mental development. These injuries may include but are not limited to, domestic violence, sexual abuse, emotional neglect, divorce of parents, death of relatives, etc. Childhood trauma is a key family factor leading to depression, and severe psychological trauma may have a long-term negative impact on an individual's physical, mental, and health. Zhang Renyun and others found in the study of 283 cases of adolescent depression that 97 cases had childhood trauma, accounting for 34.28% [5]. Medeiros and others found that 50% of patients with recurrent or chronic depression had childhood trauma. Luo Xianmei's research on patients with depression found that more than 75% of patients were accompanied by at least one type of childhood trauma. Generally speaking, studies at home and abroad have shown that people who have experienced childhood trauma are more likely to suffer from depression and the degree of illness will be heavier.

3.2. Classification of childhood trauma

There are many kinds of childhood trauma, including physical abuse, sexual abuse, psychological abuse, parental divorce, and neglect.

3.2.1 Childhood abuse

First of all, physical abuse, together with sexual abuse and psychological abuse, is collectively referred to as childhood abuse. Physical abuse refers to physical violence, beating, beating, punching, and kicking that do harm to children's bodies. Sexual abuse refers to sexual abuse, sexual harassment, rape, and sexual exploitation of children, while psychological abuse includes verbal abuse, threats, intimidation, humiliation and indifference that hurt children's psychology. These behaviors may be in adults. It is estimated that around the world, about 23% of children have been physically abused, 36% of children have been psychologically abused and 13% of children have been sexually abused every year. This shows that if you randomly find 10 people in the world, 2 people have been

physically abused, 3 people have been psychologically abused and 1 person has been sexually abused. That is to say, assuming that one person has only suffered one kind of childhood abuse, almost half of the children in the world have suffered childhood abuse.

There are many factors influencing childhood abuse, including children's characteristics, parents' characteristics and social factors. First of all, each child's characteristics are different. As far as gender is concerned, male children suffer more physical abuse, while female children suffer more psychological abuse and sexual abuse. Moreover, if children are abused, they may have irritable reactions, and such reactions may be abused more. If this continues, it may have a great psychological impact on children. Secondly, in terms of parents' characteristics, Li Sen's analysis shows that childhood abuse is strongly related to three risk factors: parents' anger, parents' overreaction to daily life and family cohesion [6]. Most family members are the first kind of people that children come into contact with after birth, and they are the people they rely on and trust most in childhood. If family members abuse and insult their children a lot at this stage, it will bring an indelible influence on them. Finally, in terms of social factors, different countries and cultures make families have different educational methods. For example, in China, with a large population and great pressure of academic competition, China teenagers and their parents generally have greater pressure and anxiety, and they are more likely to suffer from depression.

Therefore, as parents, children should be given more patience and set an example instead of beating and cursing. Secondly, in society, countries should pay more attention to the family environment of minors. For example, in the United States, most States prohibit the use of severe corporal punishment, and even some States prohibit any form of corporal punishment, which also reduces the possibility of children being abused by families to some extent.

3.2.2 Parents divorced

Secondly, parents' divorce is also a factor that may cause children to suffer childhood trauma. With the development of society and the change of people's ideas, there are more and more divorced families. According to the author's observation, children from divorced families are more likely to be neglected, lack care or overindulge, which will have adverse factors for their growth, and they are prone to negative emotions in the face of difficulties, unable to socialize normally, and thus more likely to be depressed. According to Zhang Jiayu's research on the influence of divorced families on teenagers' negative emotions, it is found that children from divorced families are more likely to experience emotional problems, and are prone to negative emotions, social problems, aggression and hostility, and anti-social behavior, so if a family is divorced, more attention should be paid, and pay more attention to children's psychological problems [7].

3.2.3 Neglect

Neglect refers to the neglect and omission of parents or guardians on children's basic needs, emotional needs or safety needs. According to Wang Peng and others, the investigation on the clinical treatment of depression by statistical method shows that childhood experiences of neglect in a family environment will harm children's psychological growth, and psychological and personality problems are prone to occur, so parents or guardians should pay enough attention to their children, communicate with them more and listen to their thoughts [8].

3.3. The harm of childhood trauma

Therefore, childhood trauma is an important factor leading to depression. According to the research on the relationship between childhood trauma and family upbringing of depressed patients by Wen Li et al, it can be concluded that the possibility of a person suffering from depression has a great correlation with the parenting style of his family [9]. The research shows that if parents overrule their children's ideas or attack their self-confidence, then children will reduce their desire to share, and are prone to inferiority complex. If children live in this environment for a long time, there is a risk of depression. On the contrary, if parents can give enough understanding and support to depressed patients, it can help patients reduce their psychological burden and pressure and alleviate their

symptoms. Therefore, parents should pay attention to the influence of their family environment on their children. If a child suffers from depression, insomnia and other phenomena, they should distinguish whether they have suffered childhood trauma and intervene and make changes in time.

4. Discussion and suggestion

4.1. Suggestions

According to the data from mental health survey in China, the number of patients with depression shows a trend of younger age and becomes the most common chronic mental illness [10]. Therefore, the treatment and prevention of depression should start from childhood. Parents, as the closest people to minors, should give their children more patience and care. They should not educate their children in a long-term way of beating, cursing and insulting. If their children encounter family changes or disasters, they should be psychologically counseled in time to ease their sadness and fear. Society should also pay more attention to the influence of the family environment on minors, formulate relevant policies to supervise parents' education, and reduce the chances of minors suffering from childhood trauma.

4.2. Impact of Social Factors

In today's society, depression has aroused widespread concern, but people often only notice the rapid development of contemporary society, so people are generally under great pressure. However, in fact, some patients with depression develop an inferiority complex and cannot socialize normally because of damage to the family environment or even childhood trauma. These defects may not show up during their school days because of the tolerance of the school, but when they work, they can't communicate with colleagues and leaders normally. Or when they often suffer from insomnia and can't complete their work tasks, they will have anxiety and depression. long-term anxiety and the growing age but lack of achievement have become the main drivers of depression. As far as China is concerned, most of the people who are currently working may be the first college students or only children at home. In a country with a strong family concept like China, they may need a couple to take care of four elderly people, and many of their parents are farmers, so they can't give them enough understanding and support. Therefore, at this stage, in addition to today's society, people individuals should also analyze the causes of depression from the perspective of childhood trauma, so that we can more accurately analyze the causes of depression in contemporary society.

5. Conclusion

Depression, as the most common chronic disease, has attracted people's attention, Childhood trauma, as an important influencing factor of depression, should also be paid attention to. The Family environment is the first environment that children come into contact with after birth. If children are neglected or abused in this environment, it will have a great impact on their personality and mental health and bring them indelible pain. Therefore, parents and the related national department should pay more attention to the harm caused by childhood trauma in the family environment and pay attention to childhood in the treatment of depression.

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