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Exploring Loss of Parental Attachment at a Young Age and Its Impact on Adult Health

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Abstract
Current research has established a link between traumatic childhood experiences and adult health and wellbeing (Centers for Disease Controls and Prevention, ACES). At least 1 in 6 has experienced some form of adverse childhood experiences (ACES). At least five of the top ten leading causes of death are linked to ACES. This exploratory project focused on adults who were, for a variety of reasons, not raised by their biological parents. This included children raised through the foster care system, raised by their relatives, and/or raised by family friends. The impact of losing attachment to one’s biological family was explored with adults using surveys and open-ended interviews. It was anticipated that participants who experienced trauma and/or child abuse will report struggles with both their mental and physical health and wellbeing.

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Literature Reviews
Current research has established a link between traumatic childhood experiences and adult health and wellbeing (Centers for Disease Controls and Prevention, ACES). At least 1 in 6 has experienced some form of adverse childhood experiences (ACES). At least five of the top ten leading causes of death are linked to ACES. This exploratory project focuses on adults who were, for a variety of reasons, not raised by their biological parents. This particular population has not been previously studied.

64% of adults have experienced at least one type of Adverse Childhood Experiences (CDC, 2019).
16% of adults have experience more than four types of Adverse Childhood Experiences (CDC, 2019).

Methods
The impact of losing attachment to one’s parents will be explored through cross-sectional internet surveys and non-probability interviews.

Possible Results
It is anticipated that individuals that have experienced trauma/and/or child abuse will report struggles with both their mental and physical health and wellbeing. Although, individuals with higher protective factors are hypothesized to have stronger health and wellbeing.

Research Question
What are the effects on health and wellbeing of one losing attachment to their biological parents at a young age?

References