



## Current Research Tactics for Psychology

Student's Name

Institutional Affiliation

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### Article Selection

I chose the study conducted by Mock and Arai (2011) for this analysis because it is focused on evaluating linking psychology. The authors examine the connection between chronic illnesses experienced in adulthood and childhood trauma alongside factors influencing this relationship. In the article's conclusion, Mock and Arai (2011) stated that cumulative advantage processes were the primary contributing factors for the chronic conditions affecting adults who suffered distressing ordeals while growing up. The publication of the article by the National Institute of Health and the U.S. National Library of Medicine confirms its reliability and credibility as a peer-reviewed source, making it the perfect choice for this assignment.

### Theoretical Background or Study Perspective

The research is based on differential susceptibility theory which suggests that people are affected by environment in diverse ways. According to Belsky (2013), "the evidence on adverse rearing environments exert negative effects particularly on children and adults presumed "vulnerable" for temperamental or genetic reasons may actually reflect something else: heightened susceptibility to the negative effects of risky environments and to the beneficial effects of supportive environments" (p. 16). Mock and Arai (2011) utilized the model to demonstrate that individuals who experienced trauma while growing up were more likely to suffer adverse physical health consequences later on in life. The deteriorating conditions are linked to reduced socioeconomic resources and mental instabilities. Moreover, the study established that the number of resources one acquired could act as a protective factor against worse conditions like suicidal thoughts and loneliness.

### Research Design and Focus

The study relied on secondary data from the Canadian Community Health Survey (CCHS) to establish primary determinants of health, use of healthcare resources, and health status of individuals who had undergone abuse in their childhood years. The CCHS research incorporated 130,000 respondents aged above 12 years of age, not including members of the Canadian Forces, individuals residing on reserves, and institutional dwellers. The participants were asked to indicate notable instances of molestation or trauma that they had endured as children. These cases were categorized by Mock and Arai into seven groups for ease of coding. The scientists constructed linear regression models to evaluate the connection between chronic conditions such as diabetes, depression, heart attacks, anxiety, and hypertension in adulthood and childhood suffering. Moreover, controls were incorporated in one of the groups to examine the difference in health

outcomes and perspectives regarding the link between the aspects under study.

### **Conclusions of the Research**

The researchers suggested that individuals *who experienced trauma* as children were likely to suffer from mental illnesses, high blood pressure, and obesity, caused by diminished SES (socio-economic statuses), unemployment, and low self-esteem. However, the scientists emphasized a possible improvement in the adverse health conditions of affected individuals if they managed to access appropriate treatment and counseling to enable them to cope and adjust to their situations.

### **Thoughts on the Article's Usefulness**

The study was successful in its analysis of the relationship between childhood trauma and adverse health effect as well as well-being in adulthood. The primary strength of the research was the scope and breadth applied in evaluating the aspects under scrutiny. The scientists achieved generalizability of their findings by using a population-based sample. The information presented is useful for psychology researchers and policymakers seeking to address unexplored determinants of health, alongside the economic impacts of childhood experiences on public health systems.