

The role of childhood neglect and childhood poverty in predicting mental health.

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Received: 01-Mar-2023, Manuscript No. AAJMHA-23-93793; **Editor assigned:** 03-Mar-2023, AAJMHA-23-93793 (PQ); **Reviewed:** 17-Mar-2023, QC No. AAJMHA-23-93793; **Revised:** 24-May-2023, Manuscript No. AAJMHA-23-93793 (R); **Published:** 31-May-2023, DOI:10.35841/ajmha.7.3.141

Abstract

Childhood neglect and childhood poverty can have significant impacts on an individual's mental health. Neglect refers to the failure of a caregiver to meet a child's basic physical, emotional and developmental needs, while poverty refers to the lack of access to resources necessary for basic needs, such as food, shelter, healthcare and education. Research has consistently shown that both childhood neglect and poverty are associated with a range of mental health issues, including anxiety, depression, Post-Traumatic Stress Disorder (PTSD), substance abuse and personality disorders. These issues may persist into adulthood and may impact an individual's ability to form healthy relationships, succeed in school or employment and achieve a satisfying quality of life. Childhood neglect can lead to a lack of attachment and trust in others, as well as feelings of shame and low self-esteem. These factors can contribute to depression, anxiety and other mental health disorders. Childhood poverty can lead to chronic stress, which can also contribute to the development of mental health issues.

Keywords: Physiotherapy, Physical medicine, Mental health, Stress, Adulthood

Introduction

The impact of childhood neglect and poverty on mental health can be compounded by other factors, such as exposure to violence or trauma, social isolation and limited access to mental health resources. However, early intervention and treatment can help mitigate the negative impacts of childhood neglect and poverty on mental health. Overall, it is important to recognize the potential long-term effects of childhood neglect and poverty on mental health and to provide support and resources to individuals who have experienced these challenges in their early lives [1].

Description

Childhood neglect and childhood poverty are two factors that have been shown to have a significant impact on mental health outcomes later in life. Both of these experiences can lead to a range of negative outcomes, including increased risk of mental health disorders, substance abuse, and social problems. Childhood neglect refers to a situation in which a child's basic needs for care and attention are not met by their caregivers. This can take many forms, including physical neglect such as failure to provide adequate food or shelter, emotional neglect such as lack of affection or attention and medical neglect such as failure to provide necessary medical care. Children who experience neglect are at increased risk for a range of mental health problems; including depression, anxiety and Post-Traumatic Stress Disorder (PTSD). Childhood poverty, on the other hand, refers to a lack of resources and opportunities due to economic hardship. Poverty can affect many aspects of a

child's life, including their access to education, healthcare and adequate nutrition. Children who grow up in poverty are at increased risk for mental health problems such as depression, anxiety and behavioral disorders [2].

Both childhood neglect and childhood poverty can lead to chronic stress, which can have a negative impact on brain development and increase the risk of mental health problems. Additionally, children who experience neglect or poverty may not have access to the support and resources they need to cope with stress and build resilience. It is important to note that childhood neglect and poverty do not necessarily cause mental health problems in all cases. Other factors, such as genetic predisposition and environmental stressors later in life, can also contribute to the development of mental health problems. However, addressing childhood neglect and poverty through early intervention and prevention programs can help reduce the risk of mental health problems and improve outcomes for children and families [3].

Childhood neglect and poverty are two significant risk factors that can have long lasting effects on an individual's mental health. These experiences can increase the likelihood of developing mental health problems such as depression, anxiety and Post-Traumatic Stress Disorder (PTSD) [4].

Childhood neglect refers to a failure to meet a child's basic physical and emotional needs. This can include neglect of food, shelter, clothing, medical care and education, as well as emotional neglect, such as lack of affection, attention and love. Neglect can lead to feelings of worthlessness, insecurity and low self-esteem, which can contribute to mental health issues.

Childhood poverty is another significant risk factor that can affect a child's mental health. Living in poverty can be stressful and can contribute to feelings of hopelessness, helplessness and despair. Poverty can also limit access to resources such as education, healthcare and social support, which can contribute to mental health problems. Research has shown that both childhood neglect and poverty can have long term effects on mental health. Individuals who have experienced neglect or poverty in childhood are more likely to develop depression, anxiety and PTSD later in life. They may also be more susceptible to substance abuse and other risky behaviors. It's important to note that not all individuals who experience childhood neglect or poverty will develop mental health problems. Other factors, such as genetic predisposition, family history and individual resilience, can also play a role. Overall, childhood neglect and poverty are significant risk factors that can contribute to mental health problems later in life. Early intervention and support can help mitigate the long term effects of these experiences and improve mental health outcomes.

Conclusion

In reality, mental health is likely a complex interplay between social and biological factors. While some mental health disorders may be primarily caused by biological factors, others may be influenced by environmental and social factors such as trauma, stress or social isolation. Therefore, it is important to consider both social and biological factors when discussing mental health.

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