

The Relationship between Religiosity, Childhood Attachment, and Childhood Trauma in Adulthood

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Abstract : The present study explores the relationship and possible effects of religiosity on both adverse childhood experiences and childhood attachment. Furthermore, to explore the idea that adult religiousness may play as a protective role, specifically protecting adults with a past of adverse childhood experiences and an insecure childhood attachment from reporting depression. Analyses are based on 57 participants (N= 57, 32.1% of ages 18-22; 70.2% female, 28.1% male, 1.8% other). In the form of an online Qualtrics survey through questionnaires, childhood attachment, adverse childhood experiences, sense of religiosity, and depression were measured. While not significant at conventional levels, there was no direct relationship between adverse childhood experiences, insecure childhood attachment, and sense of religiosity, and when assessing age for the relationship in later adulthood, there was no significance. Positive childhood experiences of feeling protected, love, and special had a direct relationship with a positive image and sense of closeness to God. Results highlight the importance of positive childhood experiences, secure childhood attachment quality relationship, such as trust, communication for positive health outcomes, such as less depression.

Keywords : religiosity, childhood trauma, childhood attachment, depression

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