

Adverse childhood experiences in families with multiple members diagnosed with psychiatric illnesses

At DBT's Institute for Stem Cell Science & Regenerative Medicine (inStem), Bengaluru, the Accelerator Program for Discovery of Brain Disorders using Stem cells (ADBS), focuses on adverse childhood experiences (ACEs), which includes experiences that occur during the formative years and may have serious impact in adult mental illnesses. In this study, a group led at the Department of Psychiatry, NIMHANS and an investigator in ADBS, interrogated this relationship in individuals (affected or as controls) from 215 families having multiple individuals affected with severe psychiatric illness who were enrolled in the ADBS study cohort. The groups' findings indicate that ACEs affected the age of occurrence of psychiatric illness more in men and were associated with an earlier onset of specific psychiatric conditions such as obsessive-compulsive disorders (OCD) and substance use disorders (SUD), but not with schizophrenia and bipolar disorder.



This is the largest study in India to have examined the relationship between ACEs and severe psychiatric illnesses in a systematic manner. Longitudinal assessments in first-degree relatives from these families are ongoing to unravel underlying mechanisms. The authors include students enrolled for PhD, early career psychiatrists, psychiatric social workers and established senior psychiatrists. The findings were published in the *Australian & New Zealand Journal of Psychiatry (ANZJP)*.

Link: <https://www.instem.res.in/>

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