[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

**Psy**

1. They studied childhood trauma through the things including mental illness of parents for substance, neglecting, and abuse. It indicates that severe threats can lead to change in individual's physiology. The speaker observed the factors of “the attention deficit hyperactivity disorder” and took help from the research named "the adverse childhood experience study" which helped them to understand that childhood trauma is real.
2. Childhood trauma leads to the seven top reasons of death in America. In long run, childhood trauma affects the brain development. It also damages the hormonal system, immune system, and the way our DNA is read and transcribed. In later life, individuals acquire a high risk of lung cancer, heart disease, and twenty-year life expectancy difference. In addition, they have twelve times more chances for commenting suicide.
3. Research result indicates that 67% of the population had at least 1 ACE. Similarly, 12.6% of the population had four and more ACEs that means, one out of eight had four and above ACEs.
4. Dose-response relationship indicates the correlation between ACEs and health outcomes. It is observed that ACEs has a negative impact on health. In other words, dose-response relationship implies that higher the ACE score, worst the health outcome will be.
5. Childhood trauma impacts the brain areas like the nucleus accumbens and prevents the critical area for learning that is prefrontal cortex. It affects the stress response system of brain and body which give signals for the fight-or-flight response. The continuous activation of the system leads to health-damaging or maladaptive (TED).
6. The video is important to understand that childhood experiences have a great impact on the health outcomes in later life. Childhood trauma is real which results in issues like heart diseases, lung cancer, anxiety, depression, and even suicidal ideation. Therefore, it is necessary to face the issue and resolve it for better healthcare in future.

**References**

TED. *How Childhood Trauma Affects Health across a Lifetime | Nadine Burke Harris*. *YouTube*, https://www.youtube.com/watch?v=95ovIJ3dsNk. Accessed 11 July 2019.