



## CLSA Approved Project

### **Applicant**

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### **Project Title**

Association between Adverse Childhood Experiences, Allostatic Load, and Multimorbidity: Analyses of the Canadian Longitudinal Study of Aging

### **Project Summary**

Adverse childhood experiences, including exposure to child abuse and neglect, parental separation and loss, are significant risk factors for mental and physical health problems later in life. Research suggests that these adverse experiences early in life 'get under the skin' to affect the way our body works, such as how it responds to stressful situations. Over time, these biological changes are related to health outcomes and functioning later in life. Using baseline and three year follow up data from the Canadian Longitudinal Study of Aging (CLSA), we will examine the associations between childhood adversity, later biological function, and health outcomes.

### **Keywords**

Adverse childhood experience, Stress, Chronic conditions, Mood, Cognitive function, Physical function