

## HEARTSMAP CME – ABUSE

HEARTSMAP Domain	Abuse
Number of articles	3
General Theme	Clinician Bottom Line
<p><b>Abuse and divorce</b></p> <ul style="list-style-type: none"> <li>• Parent-child relationship characterized by warmth and low levels of conflict (as opposed to abuse) is associated with fewer negative mental health outcomes following a divorce. (Level of Evidence: II.1)</li> <li>• If there is a high level of conflict such as abuse, children appear to cope better with divorce than with the continuation of the marriage. (Level of Evidence: II.1)</li> </ul>	<ul style="list-style-type: none"> <li>• Interventions aimed at reducing the level of conflict and abuse in the family can potentially improve parent and child adjustment after separation and divorce.</li> <li>• See article #1</li> </ul>
<p><b>Street involvement and abuse</b></p> <ul style="list-style-type: none"> <li>• Street-involved youth are at a higher risk of physical and sexual abuse. (Level of Evidence: II.1)</li> </ul>	<ul style="list-style-type: none"> <li>• In dealing with street-involved youth, it is important to screen for abuse and connect the teen to an appropriate resource.</li> <li>• See article #2</li> </ul>
<p><b>Binge drinking and abuse</b></p> <ul style="list-style-type: none"> <li>• Neglect, physical abuse, and sexual abuse are predictors of binge drinking in adolescence. (Level of Evidence: II.1)</li> </ul>	<ul style="list-style-type: none"> <li>• If a child is suspected of abuse, the clinician or social worker should screen for binge drinking, and an appropriate psychiatric support should be provided to address both issues.</li> <li>• See article #3</li> </ul>

1. Clark, B. (2016). Supporting the mental health of children and youth of separating parents: Position statements and practice points. Canadian Paediatric Society. Retrieved from <http://www.cps.ca/documents/position/mental-health-children-and-youth-of-separating-parents>
  - a. **Objective:** to identify risk factors and protective factors for children and youth of separating parents.
  - b. **Method:**
    - i. **Population:** children and youth of separating or divorcing parents
    - ii. **Design:** a systematic summary of census, descriptive, ecological, cross-sectional, and longitudinal cohort studies
    - iii. **Primary outcome measure:** social, emotional, and psychological adjustment of children and youth after the separation of parents
  - c. **Result:** Violence and abuse can be a precipitating factor for divorce. If there is a high level of conflict such as abuse, children appear to cope better with divorce than with the continuation of the marriage. Parent-child relationships characterized by warmth and a low level of conflict (as opposed to abuse) are associated with fewer negative mental health adjustments following a divorce.
  - d. **Conclusion:** Given the wealth of resources supporting the systematic summary, there is a strong evidence for the article’s finding that the presence of hostile conflicts and abuse can have a negative impact on the child’s adjustment after divorce. Therefore, support programs

that mitigate parental conflict and abuse can reduce the harmful effects of divorce on children and adolescents.

- e. **Level of evidence:** II.1 (a systematic summary of various types of studies)
2. Elliott, A. (2013). Meeting the health care needs of street-involved youth: position statements and practice points. Canadian Paediatric Society. Retrieved from <http://www.cps.ca/documents/position/health-care-needs-of-street-involved-youth>
    - a. **Objective:** to identify the risk factors and special health care needs of street-involved youth
    - b. **Method:**
      - i. **Population:** street-involved youth
      - ii. **Design:** systematic review (MEDLINE search) of studies on street-involved youth between 1950 and 2012. Involves descriptive and ecological studies of street-involved youth, as well as cohort and cross-sectional studies on prevalence and incidence rate of various infections in street-involved youth
      - iii. **Primary outcome measure:** risk factors that predispose youth to street involvement; risk factors associated with street-involvement itself
    - c. **Result:** Street-involved youth face elevated risks in physical, emotional, mental, and social domains. In particular, street-involved youth are especially vulnerable to sexual and physical abuse. Sexual and physical abuse is also a predisposing factor to street involvement.
    - d. **Conclusion:** The systematic summary provides strong evidence for the risks of abuse that street-involved youth face. Therefore, it is warranted that in managing street-involved youth, a clinician or social worker check for signs of abuse and take a comprehensive abuse history.
    - e. **Level of Evidence:** II.1 (a systematic summary of various types of studies)
  3. Shin, S. H., Edwards, E. M., & Heeren, T. (2009). Child abuse and neglect: Relations to adolescent binge drinking in the national longitudinal study of Adolescent Health (AddHealth) Study. *Addictive Behaviors, 34*(3), 277–280.
    - a. **Objective:** to examine the relationship between child maltreatment and adolescent binge drinking.
    - b. **Method:**
      - i. **Study population:** 12,748 adolescents as part of Adolescent Health national longitudinal study that examines the social environment of adolescents from grade 7 through 12.
      - ii. **Method:** retrospective cohort study
      - iii. **Primary objective outcome:** odds ratio of binge drinking in adolescents with history of maltreatment compared to youth without a history of abuse
    - c. **Results:** Defining binge drinking as five or more drinks on a single occasion, at least 2-3 times per month,
      - i. Neglected youth were 1.2 times more likely to binge drink than peers without maltreatment.
      - ii. Youth with sexual abuse were 2.0 times more likely to binge drink than peers without maltreatment
      - iii. Youth who were both neglected and physically abused were 1.3 times more likely to binge drink than peers without maltreatment.
      - iv. Youth who suffered all mistreatment (neglect, sexual abuse, and physical abuse) were 1.8 times more likely to binge drink than peers without maltreatment.
      - v. Youth with parental alcoholism were 1.43 times more likely to binge drink than peers without parental alcoholism.
    - d. **Conclusion:** Given the large sample size and the longitudinal nature of the retrospective cohort study, the study provides robust evidence that child maltreatment, especially sexual abuse, is a

strong predictor of binge drinking in adolescence. If an adolescent is suspected of abuse, the clinician or social worker should screen for binge drinking and connect the teen to an appropriate intervention.

- e. **Level of evidence:** II.1 (well-designed retrospective cohort study)

Appendix: Guide for Level of Evidence

**Canadian Task Force on the Periodic Health Examination's Levels of Evidence\***

Level	Type of evidence
I	At least 1 RCT with proper randomization
II.1	Well designed cohort or case-control study
II.2	Time series comparisons or dramatic results from uncontrolled studies
III	Expert opinions