Betrayal Trauma (Freyd, 1996)
- Betrayal trauma occurs when the people or institutions we depend on for survival violate us in some way. An example of betrayal trauma is childhood physical, emotional, or sexual abuse.
- Betrayal trauma causes a profound conflict for the dependent victim because of the need to preserve the relationship for survival.
- If the betrayed person is in a child and the betrayer is a parent, it is especially essential the child does not stop behaving in a way that will stimulate attachment. For the child to survive, the child must continue to depend on the perpetrator.

Definition of Adverse Childhood Experiences (Freid, 1995)
- Adverse childhood experiences (ACEs) are events that represent health or social problems of a magnitude or frequency likely to have adverse effects on life outcomes.

The Adverse Childhood Experiences (ACE) Study

- The largest study of its kind ever done to examine the health and social effects of these childhood experiences throughout the lifespan (17,425 participants).

What do we mean by Adverse Childhood Experiences?
- Experiences that represent health or social problems of a magnitude or frequency likely to have adverse effects on life outcomes.
  - Childhood abuse and neglect
  - Growing up with domestic violence, substance abuse or mental illness in the home, parental discord, crime


Crude prevalences of mental health problems by Betrayal

<table>
<thead>
<tr>
<th>Mental health problem</th>
<th>Low Betrayal (1.24 (1.00–1.54)</th>
<th>High Betrayal (1.47 (1.14–1.88)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>1.20 (1.01–1.42)</td>
<td>1.21 (1.02–1.42)</td>
</tr>
<tr>
<td>Suicide attempts</td>
<td>1.09 (0.91–1.41)</td>
<td>1.05 (0.86–1.29)</td>
</tr>
<tr>
<td>Anxiety</td>
<td>1.02 (0.86–1.24)</td>
<td>1.01 (0.83–1.28)</td>
</tr>
<tr>
<td>Anger</td>
<td>1.05 (1.01–1.09)</td>
<td>1.05 (0.96–1.16)</td>
</tr>
</tbody>
</table>

Support for Betrayal Trauma Theory was demonstrated in

- SF-36 scales and in dichotomous mental health symptoms
- These associations were reduced by the addition of other adverse childhood experiences
- These reductions in associations may reflect confounding due to the effect of other types of trauma, that may or may not share underlying properties of betrayal theory

Conclusions
- High betrayal trauma leads to poorer health among trauma survivors
- More work needs to be done to understand the relation between betrayal and health.