

Childhood Adversity and Mental Health

hero



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Approximately 1 400 children and young adults in Luxembourg are in alternative care (ONE, 2023).

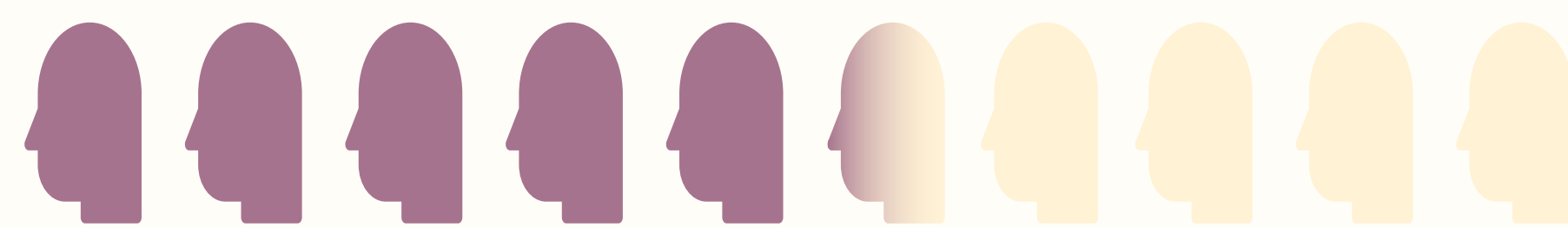
HERO: First nationwide study on mental health and associated risk and protective factors of children in alternative care.

Population: Children aged 4-18 growing up in residential care and family-based foster care in Luxembourg.

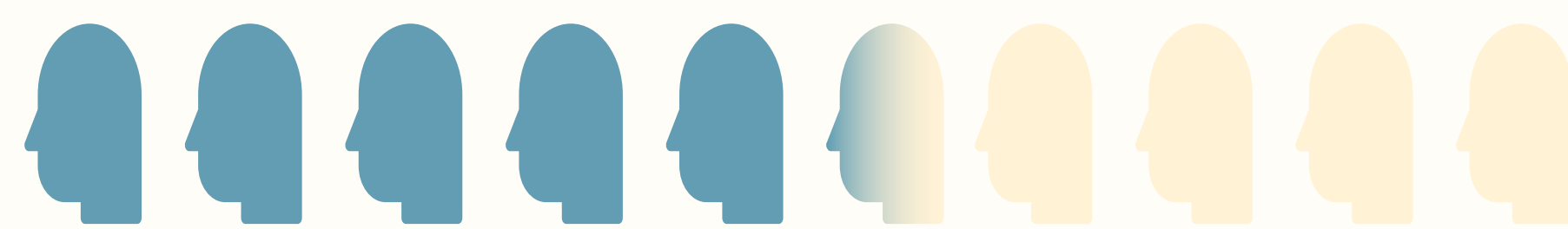
Methods: Self-completion questionnaires (for ages 11-18 years) and caregiver questionnaires (for ages 4-18 years).

Prevalence rates of psychopathological symptoms:

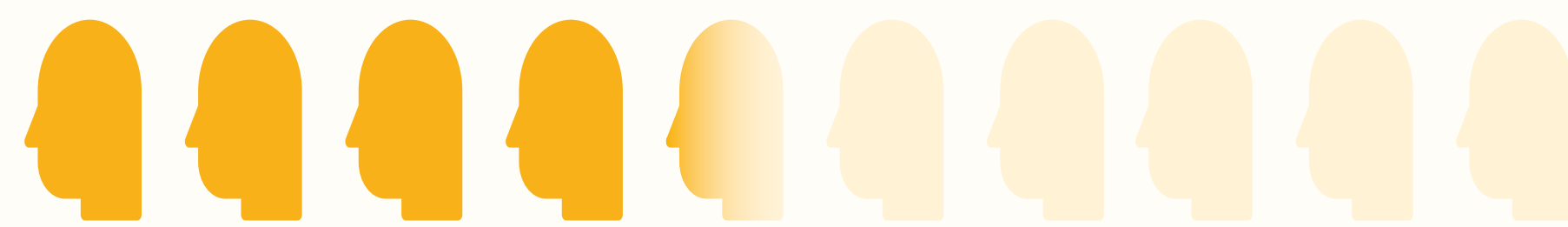
54% Anxiety



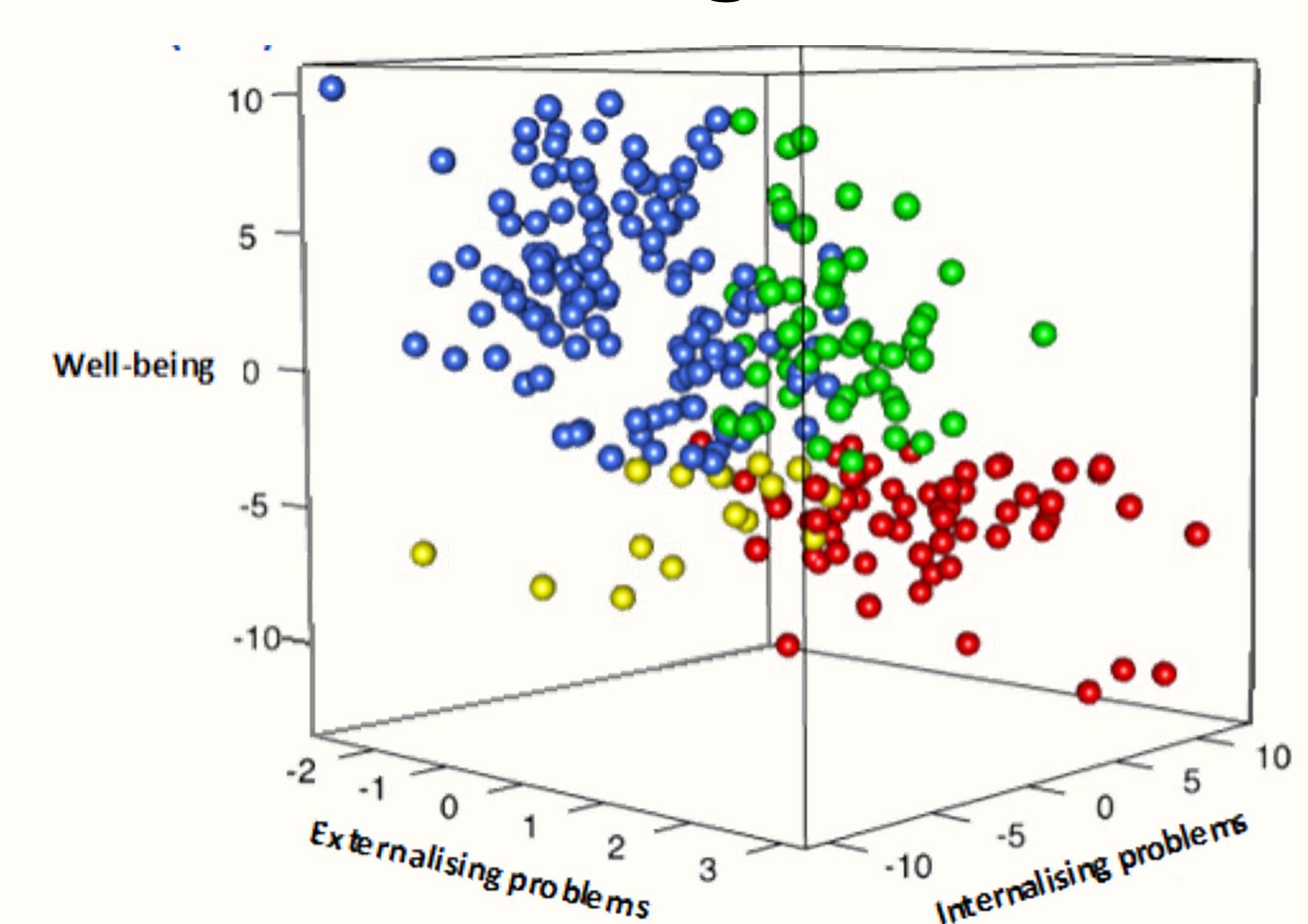
56% Depression



35% Conduct problems



BUT experiencing psychopathological symptoms did not always equate to low well-being



Protective factors

High degree of CHILD PARTICIPATION

Low degree of SCHOOL PRESSURE

23% Psychopathological symptoms, but not indicative of low well-being

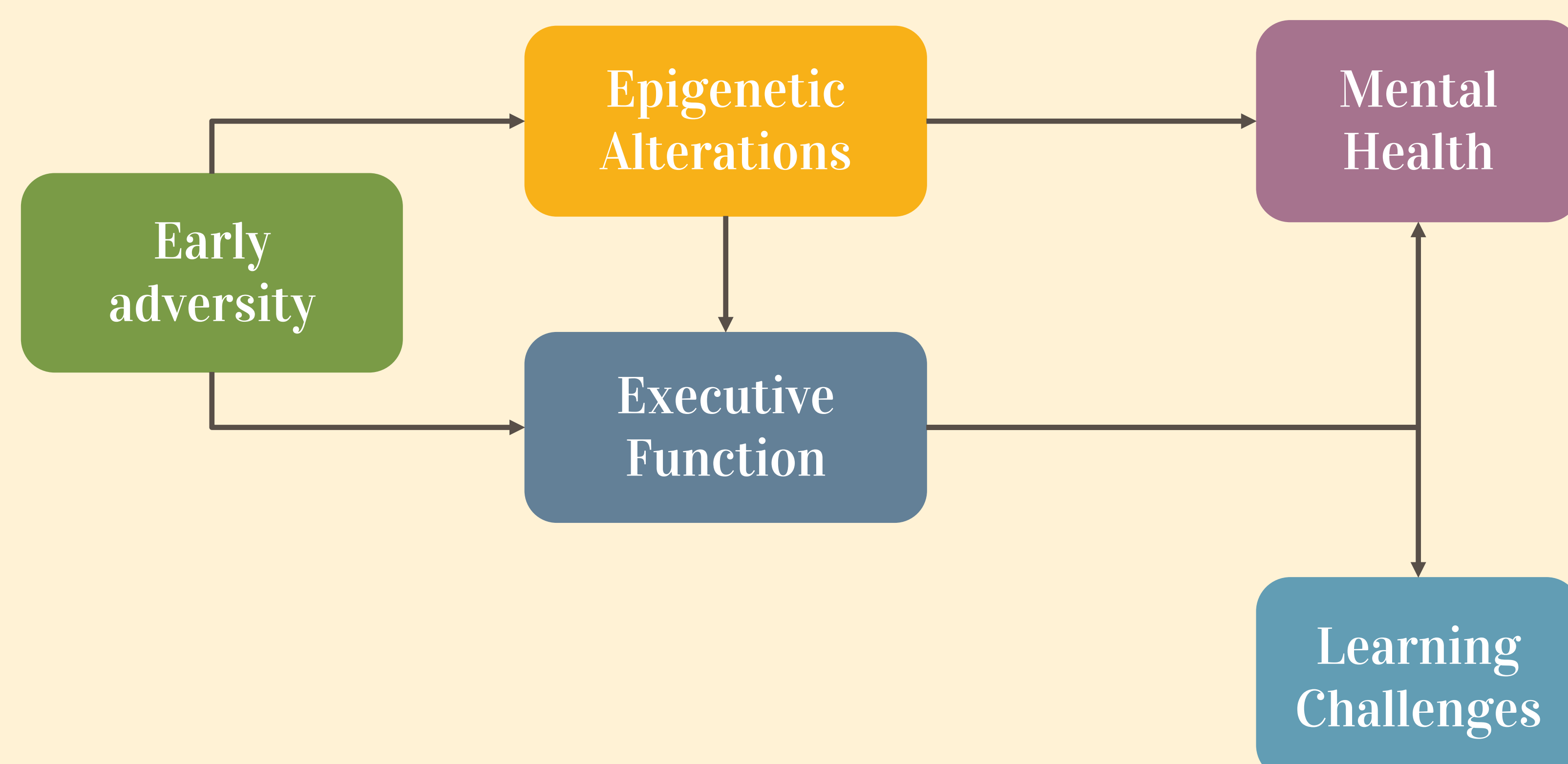


Read the scientific paper on the HERO study in the journal *Child Abuse and Neglect* (Engel de Abreu, Kumsta & Wealer, 2023)

CHAMP Childhood Adversity and Mental Health Project

2023-2026: Mapping Adversity to Mental Health & Cognitive Outcomes

Exploring the psychological, biological, educational, and social dimensions of early adversity for the first time within a single study in Luxembourg



Find out more about the CHAMP Project!



Thank you to our funders



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