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**Adverse Childhood Experiences as “Attention Robbers” that Lower Hope**

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Research has recently grown indicating a relationship between the experience of childhood trauma and lower hope in adulthood. Results have been consistent with the theory that exposure to trauma results in the regular recall of these traumatic events. These memories serve as “attention robbers” that limit a survivors’ ability to focus attention on developing and navigating pathways to their present-day goals. To further test the mechanisms that link childhood trauma exposure to lower hope, the current study tests a path model of exposure to trauma as a driver of ruminative thinking, which produces a lower state of mindfulness, leading to lower hope. Mindfulness was included because theory suggests that mindfulness is a state of higher attentional control, which may be compromised by the attention robbing nature of traumatic memories. Using the Adverse Childhood Experiences (ACEs) scale and other established scales that measure individual differences in rumination, mindfulness, and hope, a proposed path model was tested via covariance based structural equation and maximum likelihood estimations. The results indicated the proposed “full mediation” model provided excellent fit to the data (χ2 = 5.83; df =3; p =.12; RMSEA=.05 [90% CI: .000, .11]; CFI =.975). Such results illuminate the relationship of trauma exposure to reductions in well-being, supporting the theory that traumatic memories are attention robbers that hamper a survivor’s ability to focus on achieving present day goals. The results also provide support for interventions, like meditation, that may enhance one’s ability to focus attention away from traumatic memories toward a hopeful future.

Key Words**:** Childhood Trauma, Rumination, Lower Hope

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