

Analyzing the Role of Accumulation in the Development of Psychological and Physical Trauma

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Abstract: *Chronic childhood trauma affects all aspect of a person's life. Studies link trauma symptomology to accumulation in all risk and harm domains. A comprehensive literature review examined the evidence that accumulation leads to childhood trauma's physical and psychological effects. Relevant searches were done for "consequences and outcomes" and "cumulative harm" or "cumulative trauma." Database and manual searches yielded 1199 publications; 12 fulfilled inclusion criteria. Only January 2011–January 2022 peer-reviewed works were included. Multiplicity and polyvictimization, parental history and intergenerational trauma transmission, systemic cumulative damage, and developmental lifetime outcomes were linked to physical and psychological harm accumulation, according to the review. New findings from the review will help us understand the long-term impact of childhood trauma on the body and mind. This knowledge will help doctors treat traumatized or vulnerable children and adults by enhancing intervention, prevention, and management.*

Keywords: Psychological Trauma, Physical Trauma

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