

母亲童年期不良经历与学龄前儿童母子关系的关联

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【摘要】 目的 探讨母亲童年期不良经历(adverse childhood experiences, ACEs)对母子关系的影响,为提高亲子关系水平、促进儿童身心健康健康发展提供参考。方法 采用分层整群抽样,于2021年6月选取安徽省3个地区36所幼儿园的3~6岁儿童为基线研究对象,于2021年12月收集随访资料,共6111名儿童纳入研究。采用童年期不良经历问卷(ACEs-IQ)和儿童-家长关系量表(CPRS)分别评估母亲ACEs和母子关系,通过多元线性回归模型分析母亲ACEs与学龄前儿童母子关系的关联。结果 母亲童年期性虐待、躯体忽视和同伴欺凌与母子亲密呈负相关(r 值分别为-0.03, -0.03, -0.03),母亲情感虐待、躯体虐待、性虐待、情感忽视、躯体忽视、同伴欺凌、社区暴力、家庭功能不全与母子依赖和母子冲突均呈正相关(r 值分别为0.09, 0.08, 0.05, 0.14, 0.06, 0.11, 0.08, 0.04; 0.18, 0.17, 0.07, 0.20, 0.11, 0.16, 0.12, 0.10)(P 值均 <0.01)。多元线性回归分析显示,母亲各种类型ACEs与男童亲密性母子关系关联均无统计学意义(P 值均 >0.05),有躯体虐待、性虐待和同伴欺凌史的母亲与女童亲密性母子关系关联有统计学意义(β 值分别为-0.17, -0.62, -0.19, P 值均 <0.05);母亲各种类型ACEs对男童冲突性母子关系均有正向预测作用($\beta=0.37\sim 1.96$, P 值均 <0.05);母亲童年期性虐待与男童依赖性母子关系呈正相关($\beta=0.53$, $P<0.05$),与女童依赖性母子关系关联无统计学意义($P>0.05$),母亲其他类型ACEs对依赖性母子关系均有正向预测作用($\beta=0.09\sim 0.41$, P 值均 <0.05)。结论 母亲ACEs与学龄前儿童不良母子关系有关,关注有ACEs的母亲对改善亲子关系、促进儿童健康发展具有重要意义。

【关键词】 生活变动事件;母亲;亲子关系;回归分析;儿童,学龄前

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Association of maternal adverse childhood experiences and parent-child relationship in preschool children/HUANG Yongling*, LI Ruoyu, FANG Liang, WU Shudong, HE Haiyan, PENG Chunyan, WANG Xinzhu, WAN Yuhui. * Child Healthcare Department, Anhui Women and Children Medical Care Center, Hefei(230061), China

【Abstract】 Objective To explore the relationship of maternal adverse childhood experiences(ACEs) with mother-child relationship, so as to provide reference for parent-child relationship and child health promotion. **Methods** In June 2021, children aged 3-6 years old of 36 kindergartens in three areas in Anhui Province were selected by stratified cluster sampling method, follow-up data were collected in December 2021, and a total of 6 111 children were included in the study. Maternal ACEs and mother-child relationship were respectively assessed using the Adverse Childhood Experiences International Questionnaire(ACEs-IQ) and the Child-Parent Relationship Scale(CPRS). A multiple linear regression model was established to analyze the association of maternal ACEs and mother-child relationship in preschool children. **Results** History of maternal childhood sexual abuse, physical neglect and peer bullying were negatively associated with mother-child intimacy ($r=-0.03, -0.03, -0.03, P<0.05$). Maternal emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, peer bullying, community violence, and total family dysfunction were positively associated with mother-child dependence and mother-child conflict ($r=0.09, 0.08, 0.05, 0.14, 0.06, 0.11, 0.08, 0.04; 0.18, 0.17, 0.07, 0.20, 0.11, 0.16, 0.12, 0.10, P<0.01$). There was no statistically significant between all types of maternal ACEs and mother-child intimacy in boys($P>0.05$). Mothers with a history of physical abuse, sexual abuse and peer bullying had a statistically significant relationship between mother-child intimacy in girls($\beta=-0.17, -0.62, -0.19, P<0.05$). All types of maternal ACEs were positive predictors of mother-child conflict between boys and girls($\beta=0.37-1.96, P<0.05$). There was statistical significance between maternal childhood sexual abuse and mother-child dependence of boys($\beta=0.53, P<0.05$), but no statistical significance between maternal childhood sexual abuse and mother-child dependence of girls($P>0.05$). All other types of maternal ACEs were positive predictors of mother-child dependence($\beta=0.09-0.41, P<0.05$). **Conclusion** Maternal ACEs are associated with poor mother-child relationship among preschool children, and maternal ACEs should be actively followed, which is of great significance for improving the parent-child relationship and promoting child healthy development.

【Keywords】 Life change events; Mothers; Parent-child relations; Regression analysis; Child, preschool

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亲子关系指以血缘和共同生活为基础,家庭中父母与子女互动所构成的人际关系,是儿童早期发展的基础和核心^[1-2]。有研究发现,不良的亲子关系会增加儿童外化(攻击、违纪)和内化(抑郁、焦虑)问题行为的发生风险^[3-5],而高质量的亲子关系包括积极互动、亲密交流能够减少幼儿肥胖并促进儿童心理健康

发展^[6-7]。童年期不良经历(adverse childhood experiences, ACEs)指个体在 18 岁前经历的负性生活事件,主要包括虐待忽视、社区暴力、同伴欺凌以及家庭功能不全等^[8],这种创伤性经历会对自身身心健康产生持久的负面影响^[9]。相较于父亲,母子关系对儿童问题行为的影响范围更大,是影响儿童健康成长的重要因素^[10]。有研究显示,母亲 ACEs 会影响子代身心健康^[11]。本研究以安徽省 3 个地区的学龄前儿童为调查对象,分析母亲不同类型 ACEs 与学龄前儿童母子关系的关联及性别差异,为建立良好的亲子关系,促进儿童健康发展提供参考。

1 对象与方法

1.1 对象 采用纵向研究设计,于 2021 年 6 月按地理位置分布分层抽取安徽省皖南、皖中、皖北的芜湖市、六安市和阜阳市 3 个地区,每个地市选取城乡幼儿园各 6 所,共 36 所,对所纳入的幼儿园整群抽取所有 3~6 岁在园儿童进行基线调查,并在 2021 年 12 月对中、小班儿童进行随访(大班儿童已毕业离园)。获得家长知情同意后,由儿童母亲利用问卷星填写电子问卷。基线共收集有效问卷 6 443 份,将同时接受基线与随访的 6 111 名儿童纳入本次研究,随访率为 94.8%。调查儿童的平均年龄为(5.09±0.60)岁,其中男童占 51.0%(3 117 名),女童占 49.0%(2 994 名)。本研究已通过安徽医科大学伦理委员会审查(批号:20210655)。

1.2 方法 基线调查主要包括一般情况、母亲 ACEs 等;随访调查主要包括一般情况、亲子关系等。

1.2.1 人口学特征 包括儿童性别(男、女),儿童年龄,父母年龄,是否早产,出生时体重(<2.5,2.5~4,>4 kg),是否独生子女,母乳喂养持续时间(≤6 个月、>6 个月~1 年、>1 年),父母文化水平(初中及以下、高中或中专、大学专科及以上),家庭结构(联合/主干家庭、核心家庭、其他家庭)等。

1.2.2 母亲 ACEs 基线调查参考世界卫生组织童年期不良经历问卷(Adverse Childhood Experiences International Questionnaire, ACEs-IQ)对母亲 ACEs 进行评价^[12],从情感虐待、躯体虐待、性虐待、情感忽视、躯体忽视、社区暴力、同伴欺凌和家庭功能不全 8 个维度评估母亲 18 岁前的不良经历。除家庭功能不全各条目采用 2 级评分(1=没有,2=有)外,其他维度各条目均采用 5 级评分(1=没有,2=偶尔,3=有时,4=经常,5=总是),各因子得分越高代表受虐待情况越严重。本研究中问卷 Cronbach α 系数为 0.72。

1.2.3 母子关系 随访调查采用 Pianta^[13]编制的儿童-家长关系量表(Child-Parent Relationship Scale, CPRS)评估母子关系。该量表包括亲密性、冲突性和

依赖性 3 个维度,每个维度分别有 10,12,4 个条目。采用 Likert 5 分制评分法("1=完全不符合"至"5=完全符合"),得分越高表明母子关系在该维度上的水平越高。本研究中问卷 Cronbach α 系数为 0.85。

1.3 质量控制 调查前调查员根据知情同意的原则,采用召开家长会的方式向家长解释调查目的以及介绍电子问卷填写方法,对本次调查的信息承诺严格保密。随访时通过短信或打电话的方式联系家长。对缺失数据使用多重插补法等统计学处理,避免偏倚。

1.4 统计学方法 采用 SPSS 23.0 进行统计分析。母子关系得分采用($\bar{x}\pm s$)表示,不同性别儿童母子关系水平的比较使用独立样本 t 检验,采用 Pearson 相关分析母亲不同类型 ACEs 与母子关系得分之间的相关性。以母亲不同类型 ACEs 得分作为自变量,母子关系得分作为因变量,控制相关混杂因素,建立多元线性回归模型,分析母亲不同类型 ACEs 与亲密性、冲突性、依赖性母子关系的关联及性别差异,检验水准 $\alpha=0.05$ 。

2 结果

2.1 不同性别儿童母子关系得分比较 亲密性、冲突性、依赖性得分分别为(41.10±4.08)(29.40±7.63)(12.53±2.75)分。亲密性和依赖性母子关系在男童(40.97±4.21,12.44±2.75)、女童(41.23±3.93,12.63±2.75)间差异均有统计学意义(t 值分别为-2.52,-2.71, P 值均<0.05),冲突性母子关系水平男童女童间(29.37±7.58,29.42±7.69)差异无统计学意义($t=-0.23,P=0.82$)。

2.2 母亲不同类型 ACEs 与母子关系得分的相关分析 Pearson 相关分析结果显示,母亲童年期性虐待、躯体忽视和同伴欺凌与亲密性母子关系均呈负相关,母亲童年期情感虐待、躯体虐待、性虐待、情感忽视、躯体忽视、同伴欺凌、社区暴力、家庭功能不全与冲突性和依赖性母子关系均呈正相关(P 值均<0.01)。见表 1。

2.3 母亲不同类型 ACEs 与母子关系的多元线性回归分析 以母亲不同类型 ACEs 得分为自变量,母子关系得分为因变量,调整相关混杂因素(儿童年龄、父亲年龄、母亲年龄、是否早产、出生时体重、是否独生子女、母乳喂养时间、父亲文化水平、母亲文化水平、家庭结构等)后进行多元线性回归分析,结果显示,在亲密性母子关系中,母亲不同类型 ACEs 与男童关联均无统计学意义(P 值均>0.05),有躯体虐待、性虐待、同伴欺凌史的母亲与女童关联有统计学意义(P 值均<0.05);母亲各种类型 ACEs 对男童女童冲突性母子关系均有正向预测作用(P 值均<0.05);有性虐待史的母亲与女童依赖性母子关系关联无统计学意义

($P>0.05$),其他类型母亲 ACEs 对依赖性母子关系均有正向预测作用(P 值均 <0.05)。见表 2~4。

表 1 母亲不同类型童年期不良经历与母子关系得分的相关分析(r 值, $n=6\ 111$)

Table 1 Correlation analysis on the different types of maternal ACEs and mother-child relationship scores (r , $n=6\ 111$)

变量	情感虐待	躯体虐待	性虐待	情感忽视	躯体忽视	同伴欺凌	社区暴力	家庭功能不全	亲密性	冲突性
躯体虐待	0.67**									
性虐待	0.31**	0.32**								
情感忽视	0.35**	0.32**	0.15**							
躯体忽视	0.40**	0.34**	0.23**	0.35**						
同伴欺凌	0.41**	0.39**	0.50**	0.23**	0.30**					
社区暴力	0.39**	0.42**	0.37**	0.25**	0.27**	0.45**				
家庭功能不全	0.22**	0.20**	0.09**	0.23**	0.21**	0.15**	0.19**			
亲密性	-0.01	-0.02	-0.03*	0.00	-0.03*	-0.03*	0.00	0.00		
冲突性	0.18**	0.17**	0.07**	0.20**	0.11**	0.16**	0.12**	0.10**	0.03*	
依赖性	0.09**	0.08**	0.05**	0.14**	0.06**	0.11**	0.08**	0.04**	0.20**	0.56**

注: * $P<0.05$, ** $P<0.01$ 。

表 2 母亲不同类型童年期不良经历与母子亲密性得分关联的多元线性回归分析[β 值(β 值 95%CI)]

Table 2 Multiple linear regression analyses on different types on maternal ACEs and mother-child intimacy scores

[β (β 95%CI)]

自变量	男($n=3\ 117$)	女($n=2\ 994$)	合计($n=6\ 111$)
情感虐待	0.05(-0.12~0.22)	-0.12(-0.28~0.04)	-0.03(-0.15~0.08)
躯体虐待	0.03(-0.12~0.18)	-0.17(-0.32~-0.02)*	-0.07(-0.18~0.04)
性虐待	-0.18(-0.61~0.25)	-0.62(-1.09~-0.15)*	-0.37(-0.69~0.05)
情感忽视	0.01(-0.08~0.08)	0.02(-0.09~0.05)	-0.01(-0.06~0.05)
躯体忽视	-0.07(-0.17~0.04)	-0.04(-0.14~0.06)	-0.06(-0.13~0.02)
同伴欺凌	-0.01(-0.19~0.18)	-0.19(-0.37~-0.01)*	-0.09(-0.22~0.04)
社区暴力	0.06(-0.13~0.25)	-0.07(-0.25~0.12)	0.01(-0.13~0.14)
家庭功能不全	0.01(-0.13~0.16)	0.01(-0.14~0.16)	0.01(-0.10~0.11)

注: * $P<0.05$ 。

表 3 母亲不同类型童年期不良经历与母子冲突性得分关联的多元线性回归分析[β 值(β 值 95%CI)]

Table 3 Multiple linear regression analyses of different types of maternal ACEs and mother-child conflict scores

[β (β 95%CI)]

自变量	男($n=3\ 117$)	女($n=2\ 994$)	合计($n=6\ 111$)
情感虐待	1.60(1.30~1.89)**	1.40(1.10~1.71)**	1.50(1.29~1.72)**
躯体虐待	1.50(1.24~1.77)**	1.09(0.80~1.39)**	1.31(1.12~1.51)**
性虐待	1.96(1.19~2.73)**	1.17(0.25~2.09)*	1.64(1.05~2.23)**
情感忽视	0.86(0.72~0.99)**	0.77(0.63~0.91)**	0.81(0.72~0.91)**
躯体忽视	0.68(0.50~0.86)**	0.37(0.17~0.56)**	0.53(0.40~0.67)**
同伴欺凌	1.50(1.17~1.82)**	1.40(1.06~1.75)**	1.46(1.22~1.70)**
社区暴力	1.33(0.99~1.67)**	1.08(0.72~1.44)**	1.21(0.96~1.46)**
家庭功能不全	0.85(0.59~1.11)**	0.79(0.50~1.07)**	0.82(0.63~1.01)**

注: * $P<0.05$, ** $P<0.01$ 。

表 4 母亲不同类型童年期不良经历与母子依赖性得分关联的多元线性回归分析[β 值(β 值 95%CI)]

Table 4 Multiple linear regression analyses of different types of maternal ACEs and mother-child dependence scores

[β (β 95%CI)]

自变量	男($n=3\ 117$)	女($n=2\ 994$)	合计($n=6\ 111$)
情感虐待	0.35(0.24~0.46)**	0.19(0.08~0.30)**	0.27(0.19~0.35)**
躯体虐待	0.29(0.19~0.39)**	0.15(0.04~0.26)**	0.23(0.15~0.30)**
性虐待	0.53(0.25~0.82)**	0.25(-0.08~0.58)	0.41(0.20~0.63)**
情感忽视	0.21(0.16~0.26)**	0.19(0.14~0.24)**	0.20(0.16~0.24)**
躯体忽视	0.11(0.05~0.18)**	0.09(0.02~0.16)*	0.10(0.05~0.15)**
同伴欺凌	0.40(0.28~0.52)**	0.30(0.18~0.43)**	0.36(0.27~0.44)**
社区暴力	0.33(0.21~0.46)**	0.21(0.08~0.35)**	0.28(0.19~0.37)**
家庭功能不全	0.14(0.05~0.23)**	0.12(0.01~0.22)*	0.13(0.06~0.20)**

注: * $P<0.05$, ** $P<0.01$ 。

3 讨论

本研究结果表明,母亲童年期性虐待、躯体忽视和同伴欺凌与亲密性母子关系存在关联,与刘静等^[14]研究中父母童年期虐待经历与亲子亲密呈负相关结果相似。亲子互动是亲子亲密交流的重要组成部分, Khoury 等^[15]研究结果表明,母亲童年期躯体虐待和躯体忽视史可影响母子互动质量。可能因为母亲过去的创伤经历会干扰照顾者回应儿童发出依恋信号的能力,表现出更严重的情感失调^[16],进而会影响亲子亲密关系以及儿童心理、情感和社会认知的发展^[17-18]。母亲童年期不良经历与亲子亲密的关联可能还与童年期创伤史造成成年期抑郁、焦虑等心理健康问题有关^[19]。Hickey 等^[20]研究发现,父母不良的心理健康水平会减少亲子温暖,增加亲子批评。母亲的焦虑和抑郁情绪也会导致母子互动质量下降,影响亲子间的亲密水平^[21]。此外,有研究发现母亲不同类型 ACEs 与亲子关系存在差异,目前大多研究主要集中在母亲童年期虐待和忽视的影响^[15,22],却很少探讨其他类型 ACEs 对亲子关系的影响,未来还需要深入研究论证结果。

本研究发现,母亲不同类型 ACEs 对亲子冲突和亲子依赖均有正向预测作用,可能与母亲 ACEs 影响父母教养方式有关。如 Buisman 等^[23]针对 137 个核心家庭进行调查发现,虐待经历较多的父母在与孩子进行亲子游戏时会表现出更多的亲子冲突和厌恶。宋占美等^[24]研究发现,父母童年期躯体虐待和心理攻击经历存在代际效应,能够正向预测对子代的体罚和心理攻击,其中相较于父亲,母亲对儿童实施的频率更高。父母惩罚性的管教方式反过来会增加儿童对父母实施暴力的风险,增加了亲子冲突^[25-26]。基于亲子依恋理论,安全型依恋的儿童更容易获得与他人的亲密感和依赖感,并表现出良好的社会适应,而童年期有虐待和忽视史母亲的儿童会表现出更多不安全型依恋^[18]。因此,即便母亲在童年期有创伤经历,但为了减少对子代的影响,母亲会通过促进亲子关系,

营造良好的家庭氛围,减少自身 ACEs 给孩子带来的负面影响^[27]。

此外,本研究还发现母亲 ACEs 与学龄前儿童亲子关系间存在一定的性别差异。在亲子亲密中,女童更容易受到母亲躯体虐待、性虐待和同伴欺凌史的影响,而在亲子依赖中,男童更容易受到母亲性虐待史的影响。目前关于母亲 ACEs 与亲子关系的性别差异研究较少,并没有得出一致的结论。Letourneau 等^[28]研究发现,母亲 ACEs 可通过自身焦虑和抑郁情绪进行代际传递,男童会更容易受到母亲 ACEs 的影响。而一项纵向研究显示,暴露于母亲有童年期虐待史的女童更容易表现出语言网络与视觉网络的功能连接性增加,从而影响社交能力^[29]。此外,亲子关系也存在性别差异。研究发现,在女童中,亲子沟通会随着母亲男孩偏好的增加而显著下降^[30]。因此,今后的研究还需要更多地关注母亲 ACEs 和母子关系间的性别差异。

本研究在学龄前儿童中分析了母亲 ACEs 与母子关系的关联,但本文依然存在一些不足。首先,母亲 ACEs 问卷采用回顾性调查方式,存在一定的回忆偏倚。其次,研究数据主要来自母亲报告,易导致信息偏倚,今后还应扩展数据来源,增加父亲对亲子关系的评价。最后,本研究的样本来源仅局限于安徽省内 3 个地区的学龄前儿童,结论外推受限,未来还应进行更大范围的队列研究。

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