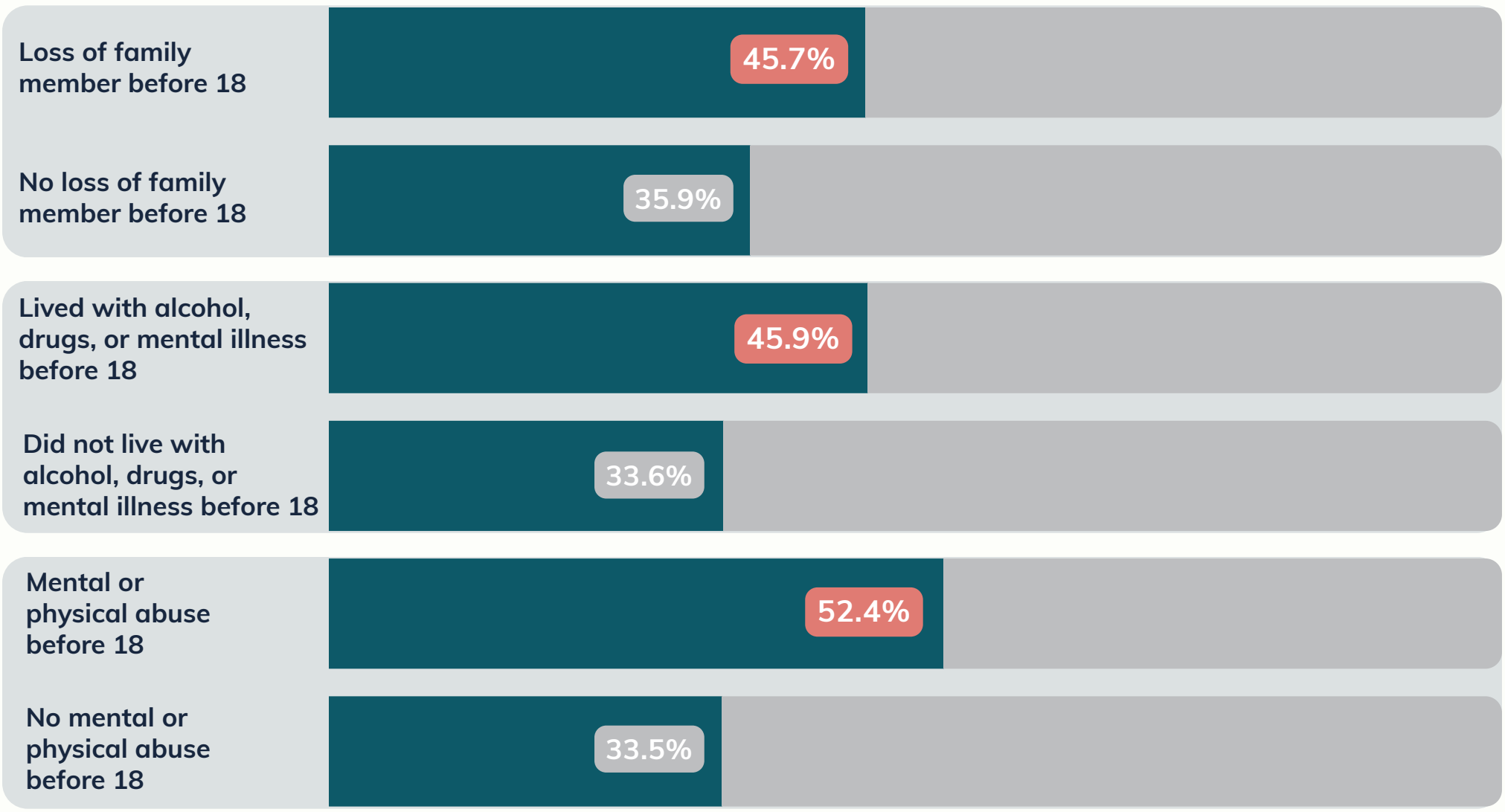
Childhood adversity is linked to higher rates of chronic pain

curable

People with adverse childhood experiences (ACEs) were more likely to report chronic pain in adulthood – with the strongest difference seen in those who experienced **childhood abuse**.

Childhood adversity was associated with higher chronic pain prevalence



n = 1,418 respondents

52.4%

of respondents who reported childhood mental or physical abuse also reported chronic pain in adulthood, compared to 33.5% of those who did not report childhood abuse.

These findings highlight the potential long term health impact of childhood experiences – particularly abuse.

Preventing ACEs and supporting early intervention may help reduce the burden of chronic pain later in life.

Methodology & Limitations: Findings are based on survey and data analysis of self-reported chronic pain and childhood adversity responses (average age 35.6; 99.9% age 18+). Associations between childhood adversity and chronic pain do not imply causation.