

Prevalence of Childhood Trauma among Married Individuals in Ngando, Nairobi County, Kenya

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ABSTRACT

Childhood trauma is a pervasive issue that affects many individuals, often carrying significant implications into adulthood. Childhood trauma prevalence among married individuals can significantly impact relationship dynamics, emotional health, and overall marital satisfaction. This study examined the prevalence of childhood trauma among married individuals in Ngando, Nairobi County, Kenya. The study was grounded on Attachment Theory and Structural Family Theory. The study employed descriptive research design with a sample size of 167 participants. The data was collected using the Childhood Trauma Questionnaire. The data was analyzed using descriptive statistics particularly frequencies and percentages with SPSS. The findings revealed a high prevalence of childhood trauma across all five subscales; Emotional abuse was reported by 62.9% of participants, physical abuse by 70.0%, sexual abuse by 62.9%, emotional neglect by 69.3%, and physical neglect by 79.3%. The study recommends that married individuals should embrace therapeutic processes that could help them process the unaddressed trauma they witnessed in childhood. Also, trauma screening and therapy could be integrated into pre-marital counselling sessions in order to address hidden emotional wounds.

Keywords: Prevalence, childhood trauma, married individuals, Ngando, Nairobi County, Kenya

INTRODUCTION

Childhood trauma is a pervasive issue that affects many individuals, often carrying significant implications into adulthood. Childhood trauma prevalence among married individuals can significantly impact relationship dynamics, emotional health, and overall marital satisfaction. In the USA, Afifi et al. (2020) conducted a study on the intergenerational relationships between child maltreatment, behavioral outcomes, and mental health conditions. The study used a sample of 10,530 adults, with a cross-sectional study. It utilized logistic regression to estimate prevalence and associations with mental health outcomes, relying on retrospective self-reports via structured interviews. Findings revealed a 22% prevalence of childhood maltreatment, with emotional abuse (13%) and physical abuse (10%) being the most common, significantly increasing the odds of mental health issues. Another study by Bell (2024) revealed that unresolved trauma often manifests as trust issues and emotional withdrawal in marriages.

Berry et al. (2019) conducted a study on childhood adversity and its effects on adult relationships in the United Kingdom. The sample included 250 adults aged 30-60 in the UK, focusing on those who experienced various forms of childhood adversity. The study employed a cross-sectional survey design with standardized measures to assess childhood adversity and relationship satisfaction. Findings revealed a strong correlation between childhood adversity and difficulties in adult relationships, particularly concerning communication and emotional intimacy. Participants indicated that their childhood experiences significantly shaped their expectations and behaviors in romantic partnerships. However, the study did not specifically address childhood adversity in socio-cultural context which differs notably from Ngando's patriarchal and resource-limited environment.

In Australia, Higgins et al. (2021) conducted a study on the prevalence of diverse childhood adversities and their impact among young Australians. The sample included 9,277 young adults aged 16-25, using a cross-sectional

research design. Findings revealed a 62% prevalence of childhood adversities, with emotional abuse (28%) and household dysfunction (25%) being the most common, both linked to increased social disconnection. Similarly, Colapinto (2019) revealed that early trauma significantly impacted relationship stability and satisfaction, with couples reporting increased conflict and decreased emotional support over time. Mathew et al. (2023) study showed that the respondents experienced physical abuse, sexual abuse, emotional abuse, neglect, and exposure to domestic violence before age 18, emphasizing the widespread occurrence of maltreatment and the need for continued public health efforts to address and prevent abuse. This study only focused on young adults rather than married couples, and the Australian context differs significantly from that of Ngando Location.

Arogbofa (2023) conducted a cross-sectional study in Gwagwalada, Nigeria, to investigate the impact of childhood trauma on cognitive functioning among adolescents. The study involved 240 participants (120 males and 120 females), with an average age of 14.5 years. Results showed that 75% of the adolescents had experienced some form of trauma, with emotional abuse being the most frequently reported (45%). Statistical analysis revealed a significant negative correlation between trauma and cognitive performance ($r = -0.42$, $p < 0.01$). Furthermore, emotional abuse emerged as a strong predictor of lower cognitive scores in the regression analysis ($\beta = -0.35$, $p < 0.01$), with the effect being more pronounced among female participants. These findings emphasize the urgent need for gender-sensitive and trauma-informed interventions to support the cognitive and emotional development of adolescents affected by early-life. In South Africa, Sevenoaks et al. (2022) conducted a study on the impact of childhood trauma, stressful life events, and HIV stigma on mental health in adolescents. The findings revealed that higher levels of childhood trauma and HIV stigma were significantly associated with increased anxiety ($\beta = 0.32$, $p < .01$), depression ($\beta = 0.28$, $p < .01$), and disruptive behavior ($\beta = 0.25$, $p < .05$), and negatively correlated with self-concept ($r = -0.30$, $p < .01$).

In Ghana, Tenkorang (2023) conducted a study on the physical, sexual, and psychosocial health impacts of child abuse: evidence from Ghana. The study used a sample of 2,289 ever-married women aged 15-49, and a quantitative, retrospective design, collecting data via structured interviews on childhood abuse (physical, sexual, emotional) and health outcomes, analyzed with logistic regression to estimate prevalence and associations with psychosocial health (depression, anxiety). Findings revealed that 78% of women reported at least one form of childhood abuse, with physical abuse (45%) and emotional abuse (30%) most prevalent, significantly linked to lifelong psychosocial issues (OR = 2.5, 95% CI: 1.8–3.4). This informs the Ngando study's trauma prevalence context, particularly for women.

In Malawi, Pulerwitz et al. (2022) conducted a study on the effects of men's lifetime adverse events experience on violence, HIV Risk, and wellbeing: insights from three countries. The sample included 611 men aged 18 and older, recruited via the PLACE methodology at community hotspots and HIV service sites in Malawi in 2017–2018. The cross-sectional study used structured interviews to assess adverse childhood events (being beaten at home) and adulthood traumas, with log-binomial regression to estimate prevalence and health outcomes (depression, IPV perpetration). Findings showed 70% of men experienced childhood adverse events, with frequent beatings (35%) most common, associated with increased depression (52% among those with 3+ traumas) and IPV perpetration (OR = 2.1, 95% CI: 1.5–2.9). This highlights trauma's prevalence and relational impact, relevant to Ngando's focus.

Kamukama et al. (2022) conducted a qualitative study in Uganda with 25 parents to explore their understanding of child sexual abuse (CSA) and its link to HIV prevention. Using in-depth interviews, the study found that 20% of parents reported CSA experiences among their children, with non-consensual sexual debut identified as a key HIV risk factor. However, stigma likely led to underreporting. While insightful, the study's small, qualitative, parent-focused sample limits generalizability and does not address other forms of childhood traumas. In Ethiopia, Amare et al. (2025) conducted a study on one in six children and adolescents in South Ethiopia who had childhood trauma. The sample included 423 children and adolescents aged 5-14, selected via systematic random sampling from Wolaita Sodo University Comprehensive Specialized Hospital in 2022. The hospital-based, cross-sectional study used structured, interviewer-administered questionnaires (adapted ACE Questionnaire) to assess trauma prevalence (physical, emotional, sexual abuse, neglect), analyzed with descriptive statistics and

logistic regression to identify associated factors (poverty, parental substance use). Findings revealed a 16.7% prevalence of childhood trauma, with emotional abuse (8%) and physical abuse (6%) sexual abuse.

In Kenya, Wanjiru et al. (2020) conducted a study on the impact of childhood trauma on mental health outcomes in Kenyan Adolescents. The sample population consisted of 300 adolescents aged 12-18 years from various regions in Kenya. Utilizing a cross-sectional survey methodology, the researchers assessed the prevalence of childhood trauma and its association with mental health issues such as anxiety and depression. The findings revealed that 65% of participants reported experiencing some form of childhood trauma, with emotional abuse being the most common. The study highlighted a significant correlation between childhood trauma and increased levels of anxiety and depression among adolescents. However, it identified a gap in longitudinal studies that could provide insights into the long-term effects of childhood trauma on mental health outcomes.

Ochieng et al. (2021) conducted a study on prevalence of childhood trauma and its effects on academic performance among Kenyan Public Secondary School Students, Meru County. The sample included 400 secondary school students aged 14-18 years. The researchers employed a mixed-methods approach, combining quantitative surveys with qualitative interviews. The results indicated that 70% of students reported experiencing childhood trauma, with physical abuse being prevalent. The study found that there is a negative impact of childhood trauma on academic performance, as students with traumatic experiences had lower grades and higher dropout rates. Mutiso et al. (2022) conducted a qualitative study on the understanding of childhood trauma in Kenyan communities from a cultural perspective. The sample population consisted of 50 caregivers and community leaders from diverse ethnic backgrounds in Kenya. Through focus group discussions and in-depth interviews, the researchers aimed to understand cultural perceptions of childhood trauma and its prevalence. The findings revealed that many participants recognized emotional and physical abuse as common forms of trauma, yet there was a lack of awareness regarding its long-term effects. The study identified a gap in culturally sensitive interventions that address childhood trauma within the Kenyan context, emphasizing the need for community-based programs that incorporate local beliefs and practices.

Karanja et al. (2023) conducted a study on childhood trauma and its relationship with substance abuse among Kenyan youth. The sample included 250 youths aged 15-24 years from urban slums in Nairobi. Using a quantitative survey methodology, the researchers assessed the prevalence of childhood trauma and its correlation with substance abuse behaviors. The findings indicated that 60% of participants reported experiencing childhood trauma, with a significant association between trauma and increased likelihood of substance abuse. The study highlighted the urgent need for targeted prevention and intervention programs for at-risk youth. However, it pointed out a gap in understanding the specific mechanisms through which childhood trauma leads to substance abuse. Moreover, Njeri et al. (2024) conducted a study on the role of childhood trauma in shaping adult relationships in Nakuru County, Kenya. The sample population consisted of 200 adults aged 25-40 years who reported experiencing childhood trauma. The researchers utilized a qualitative methodology, conducting in-depth interviews to explore the impact of childhood trauma on adult relationships. The findings revealed that participants often struggled with trust and intimacy issues, leading to difficulties in forming healthy relationships. The study emphasized the need for therapeutic interventions to address these issues. However, this study used qualitative and the current study will use a quantitative research design that could measure the prevalence of specific childhood trauma experienced by married individuals.

Ayaya et al. (2023) investigated the prevalence of child abuse among orphaned, separated, and street-connected children and adolescents (OSCA) in Uasin Gishu County, Kenya, following 2,393 participants under 18 years across institutional care, family-based care, and street-connected groups. The findings of the study revealed that 47% of OSCA reported experiencing abuse, increasing to 54% at follow-up, with street-connected children facing significantly higher rates of physical, emotional, and sexual abuse compared to those in family-based care, while abuse rates in institutional care were comparable to family-based settings (Wambui, 2022). Afullo (2020) examined emotional disorders among 232 adolescents aged 13-18 living in charitable children's institutions (CCIs) in Nairobi, using the Harvard Trauma Questionnaire (HTQ), Beck's Anxiety Inventory (BAI), and Beck's Depression Inventory II (BDI-II). The study found that 63.2% had experienced abuse and neglect,

emphasizing the mental health burden in institutional care.

Mbwayo et al. (2020) carried out a study among 2046 (83.9%, 95% CI = 82.3%–85.5%) children from four primary and four secondary public schools in urban Kasarani and rural Kiambu West in Kenya. The findings revealed, seeing someone in their area beaten up, shot at or killed (46.9%), hearing about the violent death or serious injury of a loved one (42.0%), seeing someone dead (41.9%) and being in a place where fighting/war was going on around them (37.4%). The least commonly endorsed PTEs were exposure to fire, flood or other kind of natural disaster (11.7%) and being in a bad accident (9.2%). A total of 337 children (13.9%) reported having witnessed post-election violence within the past 12 months. Of the children, 654 (26.8%, 95% CI = 25.1%–28.7%) met full criteria for PTSD. In adulthood, unresolved trauma may manifest as anxiety, depression, or irritability, affecting both partners' emotional well-being.

Chepkorir (2022) conducted a study mapping child abuse vulnerability across Nairobi County, highlighting significant socio-economic risk factors that contribute to childhood trauma. Using spatial data and statistical modeling, the research identified that unemployment, poverty density, education levels, household size, and population density were critical in influencing the risk of child abuse. The findings from the Geographically Weighted Regression (GWR) indicated that these socio-economic factors accounted for 66% of the variation in vulnerability, with sub-counties like Kibra, Embakasi North, Starehe, and Kasarani being particularly affected. Notably, higher poverty levels and population density increased the risk of abuse, while improved education correlated with reduced vulnerability. The study underscores the importance of addressing socio-economic disparities in efforts to mitigate childhood trauma, emphasizing the need for tailored child protection based on neighborhood conditions. Though there numerous studies are conducted on childhood trauma, there is a gap of studies on prevalence of childhood trauma among married individuals and therefore, the current study sought to fill this gap.

METHODOLOGY

The current study utilized descriptive research design to examine the prevalence of childhood trauma among married individuals. The study was conducted in Ngando, a residential area within Dagoreti Sub-County in Nairobi County, Kenya. According to the 2019 Kenya Population and Housing Census, Ngando has an estimated population of approximately 118,000 people (Kenya National Bureau of Statistics, 2019). This vibrant and diverse urban area is primarily composed of individuals working in the informal sector, small-scale businesses, and service industries. The area was selected for this study due to its socio-economic diversity, providing an ideal context for exploring the relationship between childhood trauma and marital satisfaction among married individuals.

This study focused on married individuals within the Ngando Location, Nairobi County, Kenya. These married individuals, representing diverse social, economic, cultural, professional, informal, and formal settlements and experiences, provided valuable insights into the relationship between childhood trauma and marital satisfaction. The target population was 167 married individuals drawn from 5 small Churches in Ngando Location, Nairobi County. The inclusion of Catholic outstations and PCEA churches was guided by their strong presence in the area and their organized pastoral structures, which facilitate access to married congregants for research purposes. In this study, the census method approach was utilized, with the aim of gathering data from the entire intended population instead of using probability sampling to select a subset. This approach ensured that most members of the population participated in the study, offering a comprehensive understanding of the research phenomenon.

The study collected data in two sections. The first section collected data on demographic of the participants who included age, gender, education level, marital status and work status. The second section collected data on childhood trauma using Childhood Trauma Questionnaire (CTQ), which was developed by John and Carl in 1998. It has 28-items, measuring an individual's experiences of child abuse, sexual abuse, and physical neglect. This questionnaire is a shortened version of the 70-item Childhood Trauma Questionnaire (Bernstein et.al, 1997). It is important to note that although there are 28 questions, only 25 are scorable. The remaining 3 questions are

usually used to assess the under reporting of trauma cases. The 25 scorable items are separated into five subscales with five items each: emotional, physical, and sexual abuse, and emotional and physical neglect. The ratings are measured on a five-point Likert scale and are assigned scores using five numerical values. The ratings are: 1 = Never True, 2 = Rarely True, 3= Sometimes True, 4 = Often True, and 5 = Very Often True. The data was analyzed using descriptive statistics particularly frequencies and percentages with Statistical Packages for Social Sciences version 26.

RESULTS

The aim of this study was to examine the prevalence of childhood trauma among married individuals in Ngando Location, Nairobi County, Kenya. This section provides the findings of the study. The section starts by providing the demographic of the participants followed by the findings of the study.

Demographic Details of the Participants

The demographic of the participants were age, gender, marital status, level of education, and employment status. These details are presented in Table 1:

Table 1: Demographic Characteristics

	Frequency	Percentage
Age		
18 - 25 years	12	8.6
26 - 35 years	39	27.9
36 – and above	89	63.6
Gender		
Male	54	38.6
Female	86	61.4
I prefer not to disclose		
Marital Status		
Married	86	61.4
Separate	54	38.6
Duration of Marriage		
1 – 5 years	32	22.9
6 – 10 years	44	31.4
11 – 15 years	26	18.6
16 – 20 years	25	17.9
20 years and above	14	9.3
Social Support		
Partner	53	37.9
Extended Family	25	17.9
Co-workers	23	16.4
Friends	39	27.9

Table 1 presents the demographic characteristics of this study's participants. Concerning the age of participants, 89 participants (63.6%) which formed majority were between the ages of 36 years and above, this was followed by 39 participants (27%) who fell within the 26 to 35 years of age, and only 12 participants (8.6%) were between the ages of 18 and 25 years. The study had 86 female participants (61.4%) making them more than their male counterparts who were only 54 (38.6%). With regards to marital status 86 participants (61.4%) were married making them more than 54 participants (38.6%) who were separated. With regards to the duration of marriage, 44 participants (31.4%) were married for 6 – 10 years, this followed by 32 participants (22.9%) who fell into the 1 – 5 years category. This was followed by smaller groups with 26 participants (18.6%) falling within the 11 –

15 years category, 25 participants (17.9%) falling within the 16 – 20 years category, and 14 participants (9.3%) falling within the last category of 20 years and above. With regards to source of social support, 53 participants (37.9%) reported getting support from their partners, this was followed by 39 participants (27.9%) who got support from friends, 25 participants (17.9%) received support from extended family, and 23 participants (16.4%) received support from colleagues.

Prevalence of childhood trauma among married individuals in Ngando Location, Nairobi County, Kenya

The study aimed to examine the prevalence of childhood trauma among married individuals. The study focused on five childhood traumas which were emotional abuse, physical abuse, sexual abuse, emotional neglect and physical neglect.

Prevalence of Emotional Abuse

A descriptive statistics was run to establish the prevalence of the childhood trauma and the results are presented in table 2.

Table 2: Prevalence of Emotional Abuse

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No Emotional Abuse	62	44.3	44.3	44.3
	Presence of Emotional Abuse	78	55.7	55.7	100.0
	Total	140	100.0	100.0	

Table 2 presents the findings for the prevalence of emotional abuse for the respondents, 78 individuals (55.7%) out of the 140 participants reported experiencing some kind of emotional abuse at childhood. The remaining 62 participants (44.3%) reported having no experience of emotional abuse. These findings show us that more than half of the married participants (55.7%) in Ngando location have had a history of emotional abuse, indicating that emotional abuse was relatively common among the participants of the study.

Prevalence of Physical Abuse

A descriptive statistics was conducted to examine the prevalence of physical abuse among married individuals in Ngando location and resulted are presented in table 3.

Table 3: Prevalence of Physical Abuse

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No Physical Abuse	42	30.0	30.0	30.0
	Presence of Physical Abuse	98	70.0	70.0	100.0
	Total	140	100.0	100.0	

The descriptive results shown in Table 3 indicates that out of 10 participants, 98 participants (70%) reported experiencing some form of physical abuse, while only 42 participants (30%) reported the absence of physical abuse in their childhood. This indicates that there was a 70% prevalence of physical abuse among the study's participants. Hence, physical abuse is a prevalent childhood trauma.

Prevalence of Sexual Abuse

A descriptive statistics was carried out to establish the prevalence of sexual abuse among married individuals in Ngando location and the results are provided in table 4.

Table 4: Prevalence of Sexual Abuse

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No Sexual Abuse	52	37.1	37.1	37.1
	Presence of Sexual Abuse	88	62.9	62.9	100.0
	Total	140	100.0	100.0	

The findings as presented in Table 4 shows that out of the 140 participants, 88 (62.9%) reported experiencing sexual abuse in childhood, while only 52 participants (37.1%) reported no experience of sexual abuse. This indicates that nearly two-thirds of the participants reported experiencing sexual abuse during childhood. Therefore, the findings indicate a 62% prevalence of sexual abuse among the participants.

Prevalence of Emotional Neglect

A descriptive statistics was run to examine the prevalence of emotional neglect among married individuals in Ngando location and the results are presented in table 5.

Table 5: Prevalence of Emotional Neglect

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No Emotional Neglect	43	30.7	30.7	30.7
	Presence of emotional Neglect	97	69.3	69.3	100.0
	Total	140	100.0	100.0	

The findings as presented in Table 5 indicates that out of the 140 participants, 97 (69.3) scored above the established cut off point thereby indicating the presence of emotional neglect in the participant's childhood. Only 43 participants (30.7%) did not meet the threshold for the presence of emotional neglect. These statistics indicate that there is a 69.3% prevalence of emotional neglect among the study sample.

Prevalence of Physical Neglect

A descriptive statistics was run to establish the prevalence of physical neglect among married individuals in Ngando location and the results are presented in table 6.

Table 6: Prevalence of Physical Neglect

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No Physical Neglect	29	20.7	20.7	20.7
	Presence of Physical Neglect	111	79.3	79.3	100.0
	Total	140	100.0	100.0	

The findings presented in Table 6 indicates that 111 participants (79.3%) reported the presence of physical neglect during their childhood, and only 29 participants (20.7%) reported the absence of physical neglect during childhood. These findings suggest that nearly 4 out of 5 participants experienced physical neglect. This suggests that there is a 79.3% prevalence of physical neglect among the study's population. All subscales reported high prevalence rates with emotional abuse at 55.7%, physical abuse 70%, Sexual abuse 62.9%, emotional neglect 69.3% and physical neglect at 79.3%. When taken together, the findings of this study suggest that majority of the participants experienced at least one form of childhood trauma, with physical neglect as the most common.

DISCUSSION

The study sought to examine the prevalence of childhood trauma among married individuals specifically in Ngando Location, Nairobi County. The findings of the study reveal that 55.7% of participants reported emotional abuse, 70.0% physical abuse, 62.9% sexual abuse, 69.3% emotional neglect, and 79.3% physical neglect during childhood. This findings shows that there is a substantial presence of trauma experiences among the study's participants, with physical neglect and abuse emerging as the most prevalent of other forms of trauma. The findings provide a point of convergence and divergence when compared to the findings available in literature. The current findings were consistent with findings of Tenkorang (2023) who conducted a study in Ghana and revealed that 78% of women in the study's sample went through some form of childhood abuse, and the prevalence of physical abuse was 48%, and emotional abuse at 30%, with both being the most common form of trauma among the sample. Moreover, the findings of the current study was supported by the findings of Pulerwitz et al. (2022) who conducted a study in Malawi and found a 70% prevalence of adverse childhood experiences among the participants. The convergence of the findings from Ngando location and the studies by Tenkorang (2023) and Pulerwitz et al. (2022) suggests a broader regional and continental pattern where cultural practices and beliefs could exacerbate the vulnerability of children to some forms of abuse.

Local studies within the Kenyan context tend to be in convergence with the findings from Ngando. For instance, a study by Wanjiru et al. (2020) among adolescents reported a 67% prevalence of childhood trauma. Similarly, Ochieng et al. (2021) conducted a study among secondary school students in Kenya and the study revealed that 70% of the participants experienced childhood trauma with physical abuse being the most rampant form of abuse. The figures from the studies by Wanjiru et al. (2020) and Ochieng et al. (2021) are consistent with the figures of the findings of 70% physical abuse and 79.3% physical neglect in Ngando Location. However, there are some divergences in some other regional reports, a study from Ethiopia by Amare et al. (2025) indicated only a 16% prevalence of childhood trauma with emotional abuse (8%) and physical abuse (6%) being the most frequent forms of abuse. These figures from Amare et al.'s study are far lower than the findings from Ngando Location. This significant difference might stem from the use of different measurement instruments, sample composition (the study focused on younger individuals), or the cultural reporting practices which encourages or discourages reports of abuse.

The findings of the current study were not supported by the findings of Afifi et al. (2020) who conducted a study in United States and reported a 22% prevalence of childhood maltreatment in their study and the most common trauma forms being emotional abuse at 13%, and physical abuse at 10%. These figures are way lower when compared to the figures of the findings from Ngando location. The divergence in the prevalence may be attributed to socio-economic differences especially when it comes to reporting cases, and the different cultural understanding of abuse. Another similar study in Australia by Higgins et al. (2021) revealed a 62% prevalence of childhood adversity in their study sample, with emotional abuse (28%) being the most common form of childhood trauma in their sample. These figures are also lower than the emotional abuse (55%) findings from Ngando Location, also, the high prevalence of neglect in the Ngando sample suggests the possibility of limited resources which hinders thorough care for children.

The findings of this study on the prevalence of childhood trauma could be understood from the lens of the Attachment Theory (AT). The foundational argument for AT states that early childhood adverse experiences such as abuse, neglect or even inconsistent care from caregivers could disrupt the successful development of secure attachment therefore leading to the formation of insecure attachment styles that could later affect one's relationship patterns and emotional regulation (Basso et al., 2024; Mikulincer & Shaver, 2020). Hence the different prevalent childhood trauma found in data from Ngando Location should not be understood in isolation, but as part of broader developmental issues which were shaped by early family interactions.

CONCLUSION

Based on the findings, this study concludes that there was moderate to high prevalence of childhood trauma in dimensions of emotional abuse, physical abuse, sexual abuse, emotional neglect, and physical neglect among the married individuals in Ngando Location, with physical abuse and neglect being the most severe forms of

trauma. The study recommends that married individuals should embrace therapeutic processes that could help them process the unaddressed trauma they witnessed in childhood. Also, trauma screening and therapy could be integrated into pre-marital counselling sessions in order to address hidden emotional wounds.

SUGGESTIONS FOR FURTHER RESEARCH

The study recommends future studies to be conducted across different regions of Kenya to improve the generalizability of findings. Longitudinal studies should be conducted to examine how childhood trauma influences marital relationships and psychological outcomes over time. Researchers should incorporate additional measures assessing marital satisfaction, attachment patterns, emotional regulation, mental health status and coping strategies to provide a more comprehensive understanding of trauma impacts. Mixed methods approaches involving interviews or focus groups could capture participants' lived experiences and provide deeper contextual insights.

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