April 25, 2016

Eric Wong,
Senior News and Letters Editor
UBC Medical Journal

Dear Mr. Wong and Colleagues,

I am pleased to submit my manuscript entitled “The lasting effects of childhood trauma on mental health in adulthood: Current knowledge and practical next steps for clinical practice” for possible publication in the News and Letters section of the UBC Medical Journal Mental Health Issue.

As your editorial board will know, a large portion of the population has survived some form of childhood trauma (e.g., physical abuse and neglect). A growing body of evidence is revealing the serious mental and physical health implication of exposure to childhood trauma, even in adulthood.

In the enclosed article, I summarize the prevalence of childhood trauma; the impact of childhood trauma on various mental health outcomes among adults; the current medical practices undertaken to address childhood trauma; and recommendations to improve on the current clinical practices.

This letter will certify that the enclosed manuscript is not being considered for publication by any other journal. Moreover, should the enclosed manuscript be accepted for publication, all copyright to it will be transferred to the UBC Medical Journal.

If there is any other information you require, please do not hesitate to contact me.

Thank you for your consideration.

Yours sincerely,

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Keywords: Childhood trauma; Childhood abuse; Mental Health; Trauma-informed care