



Generaties en trauma alertering

Updates 16 september 2025

Familiepatronen kunnen worden overgedragen van generatie op generatie wat betreft gevoelens, gedragingen en herinneringen. In het onderbewuste worden herinneringen opgeslagen. Het zijn met name de niet verwerkte verlieservaringen en trauma's die apart worden opgeslagen en een individu kan sturen in het opnieuw creëren van situaties waar zijn of haar (voor)ouders zich in bevonden.

Regelmatig zet de ARQ-bibliotheek (geassisteerd door ChatGPT) nieuwe publicaties over *Generaties en trauma* op deze lijst.

Voor eventuele fulltext of voor eerdere updates kunt u ook mailen naar de [ARQ-bibliotheek](#). Deze alertering en meer vindt u ook in ons [themadossier Generaties en Trauma](#).

1.

El-Khalil, C., et al. (2025). Lebanese civil war intergenerational trauma: Modes of transmission and impacts on second-generation descendants. Psychological trauma: theory, research, practice, and policy,

Objective: Despite the growing research on intergenerational trauma, empirical studies on its transmission modes and impacts on second-generation descendants remain largely focused on events such as the Holocaust, genocide, the colonization of Indigenous peoples, and war invasions, while studies on civil wars are scarce. The main objective of this study is to investigate the modes of transmission of the Lebanese Civil War (1975–1990) to second-generation descendants born after its end (i.e., post-1991) and to examine the impact of this trauma on these descendants. Method: The study utilized in-depth interviews with 14 second-generation descendants and 14 key informants, including two psychologists, two social workers, two politicians, two researchers, two journalists, and four activists. Additionally, four focus group discussions were conducted with 25 parents who survived the Lebanese Civil War. Thematic analysis, guided by Braun and Clarke's six-phase framework, was employed to systematically identify and refine themes, ensuring a comprehensive interpretation of findings. Results: Thematic analysis identified

2.

Escobar, L. G. (2025). Psychopathology, Symptomology, and Treatment in Offspring of Holocaust Survivors: an Integrative Systematic Review. Graduate School of Education and Psychology, Pepperdine Universit. **Doctor of Psychology**,
https://scholar.google.com/scholar_url?url=https://search.proquest.com/openview/4198dc64cd39f420b065c3f0f4092119/1%3Fpq-origsite%3Dgscholar%26cbl%3D18750%26diss%3Dy&hl=nl&sa=X&d=7821987971283371585&ei=71SQaP7VFvuvieoPKNbT2AE&scisig=AAZF9b93ozlob_N6Za60mBc-27UP&oi=scholaralrt&html=&pos=0&folt=kw

This systematic review aimed to evaluate the symptomatology, psychopathology, and treatment of offspring of Holocaust survivors (OHS). A comprehensive search was conducted in PsycINFO, PILOTS/PTSD, and Scopus for studies published between 1990 and 2024. Inclusion criteria required peer-reviewed studies, reports, books, literature reviews, and meta-analyses written or translated into English that reported on symptomatology and treatment for OHS. From an initial yield of

2,532 articles, 119 studies met the inclusion criteria. The findings suggest that OHS demonstrate significantly higher levels of symptomatology and psychopathology reported in nine clinical classifications. Psychodynamic treatment was the most commonly found treatment modality for OHS, and multiple treatment variables were analyzed and reported on. These findings suggest long-term psychoanalysis may be a promising approach for addressing psychopathology and symptom presentation in offspring of Holocaust survivors.

3.

Iannitelli, A. and M. Biondi (2025). Le ferite non rimarginabili della guerra: danni epigenetici e intergenerazionali [Het kan geen gevolgen hebben voor de oorlog: er zijn epigenetische en intergenetische conflicten - Italiaans]. *Rivista di Psichiatria*, https://scholar.google.com/scholar_url?url=https://www.rivistadipsichiatria.it/archivio/4548/articoli/45485/&hl=nl&sa=X&d=16205594522867178045&ei=3KuDaPr4E-2rieoPwlj14QY&scisig=AAZF9b-T_RzlSSRuoSZ9DqUMm28k&oi=scholaralrt&html=&pos=0&folt=kw

The consequences of war extend beyond the directly exposed generation, affecting the mental and physical health of descendants. Recent studies show that trauma can be transmitted intergenerationally through epigenetic mechanisms, altering gene expression without changes to the DNA sequence. This editorial explores the psychological impact of war, highlighting epigenetic effects in the offspring of survivors.

4.

Khatib, H., et al. (2025). "Epigenetic Consequences of Famine: Lessons Learned and Future Research Directions." *Preprints.org*. 10.20944/preprints202507.0908.v1

The recent rise in global food insecurity has renewed scientific interest in understanding the long term health consequences of early-life nutritional deprivation. This study critically evaluates the experimental designs and methodological approaches of key publications examining the epigenetic and phenotypic effects of the Dutch and Chinese famines. Specifically, these studies were assessed for sample size, control group selection, relevance of tissue sampling, timing of famine exposure, and the quality of statistical reporting. Research on both famines has centered on prenatal exposure and subsequent health outcomes, providing important insights into how in utero nutritional deprivation may lead to long-lasting epigenetic modifications. These changes have been linked to elevated risks for metabolic, cardiovascular, and neuropsychiatric disorders. Despite these contributions, many studies exhibited notable limitations, including small sample sizes, questionable accuracy in reporting health outcomes, and issues with the selection of control groups. Such methodological shortcomings may have led to misinterpretation of some findings. Ongoing and recent famines in regions such as Sudan, Somalia, and Gaza—driven by conflict and environmental disasters, including droughts and floods—represent some of the most pressing humanitarian crises of our time. Lessons learned from studies of the 20th century Dutch and Chinese famines can inform the design of future research on the biological and intergenerational consequences of famine and trauma. Improved study designs will enhance the ability to generate reliable evidence and guide global health strategies for populations at risk of transgenerational effects from nutritional deprivation.

5.

This researcher hypothesized that African Americans today suffer from the same phenomena. This study presents a written ethnography of the narratives of formally enslaved individuals in comparison to present-day African American females to determine whether a link exists between the two narratives that would underscore the continual experience of oppression and existence of intergenerational trauma. The researcher conducted 14 semi-structured interviews and found evidence in the participants' narratives of intergenerational trauma in all four realms of individual, family, community, and nation. Additionally, within the study participants narratives there is evidence that African American females suffer from high degrees of cognitive dissonance and attributional ambiguity due to them navigating their corporeal reality in American society.

7.

Mottley, J. K., et al. (2025). Mediators of the Association Between a Parent's Experience of Trauma and Their Children's Well-Being: A Systematic Review. Trauma, Violence, & Abuse. **online first**.10.1177/15248380251357616

At present, our understanding of trauma's complexity is underdeveloped, particularly with regard to intergenerational effects. In this paper, we review peer-reviewed literature on parental trauma and child well-being, focusing on mediating factors. We conducted a global systematic review of longitudinal, observational studies assessing mediators between a parent's traumatic exposure and their children's well-being. The primary outcome of the review was quantitative measures of child well-being (physical and psycho-social) assessed when the child was 18 years or under. We considered the following experiences as trauma exposures: intimate partner violence, rape, sexual assault, victimization during violent crime, childhood abuse, and exposure to direct, immediate threats to personal survival during war, political unrest, natural disasters, and sudden, critical injury/illness. Thirty-two studies met our inclusion criteria. The two most common mediator categories were caregiver mental health (n=13) and parenting behavior (n=10). Other studies measured aspects of the parent-child relationship (n=9), maternal stress factors (n=5), parental physical health (n=2), and child-level factors (n=6) as mediators. Almost all included studies (n=28) detected a mediation effect. The majority of studies (n=21) cited robust theoretical frameworks to support their mediator and outcome choices. Studies varied in quality, but most used appropriate, formal mediation analyses. Several study designs could be enhanced by methods to improve precision and reduce bias. Currently, there is little consistency in how similar constructs are measured between mediation studies. We did not locate any studies in low-income countries, and few studies examined aspects of family dynamics, physical health,

environmental characteristics, or paternal factors

8.

Mulligan, C. J., et al. (2025). "Epigenetic signatures of intergenerational exposure to violence in three generations of Syrian refugees." *Scientific Reports* **15**(1): 5945. 10.1038/s41598-025-89818-z

Maternal trauma influences infant and adult health outcomes and may impact future generations through epigenetic modifications such as DNA methylation (DNAm). Research in humans on the intergenerational epigenetic transmission of trauma effects is limited. In this study, we assessed DNAm signatures of war-related violence by comparing germline, prenatal, and direct exposures to violence across three generations of Syrian refugees. We compared families in which a pregnant grandmother versus a pregnant mother was exposed to violence and included a control group with no exposure to war. We collected buccal swab samples and survey data from mothers and 1–2 children in each of 48 families (n = 131 participants). Based on an epigenome-wide association study (EWAS), we identified differentially methylated regions (DMPs): 14 were associated with germline and 21 with direct exposure to violence. Most DMPs showed the same directionality in DNAm change across germline, prenatal, and direct exposures, suggesting a common epigenetic response to violence. Additionally, we identified epigenetic age acceleration in association with prenatal exposure to violence in children, highlighting the critical period of in utero development. This is the first report of an intergenerational epigenetic signature of violence, which has important implications for understanding the inheritance of trauma.

9.

Oren, G., et al. (2025). "From trauma to resilience: psychological and epigenetic adaptations in the third generation of holocaust survivors." *Scientific Reports* **15**: 26193 10.1038/s41598-025-12085-5

The transmission of trauma across generations, particularly among descendants of Holocaust survivors, presents a complex interplay of psychological and epigenetic adaptations. This study explored the long-term impacts of Holocaust trauma on the third and fourth generations, focusing on the quality of social-emotional ties and psychopathology, as well as the epigenetic variation in the oxytocin system, the Hypothalamic-Pituitary-Adrenal (HPA) stress axis, and the Sympathetic Nervous System (SNA). Involving 371 participants, including 186 third- and fourth-generation descendants of Holocaust survivors (54.8% women, mean age = 29.67), we employed DNA methylation analysis of saliva samples to uncover these dynamics. Our findings revealed that descendants exhibited significantly lower general attachment avoidance, and a DNA methylation pattern associated with stronger activation of the oxytocin system, indicating enhanced social bonding and social emotion regulation. Conversely, they showed distinct DNA methylation patterns in CRH, CRHBP, FKBP5, and NR3C1 genes linked to increased HPA axis activation and more pronounced stress reactivity. Despite the presence of these two DNA methylation patterns, no elevated levels of psychopathology were observed. Our results highlight the dual nature of trauma transmission, with descendants displaying both vulnerabilities and resilience. While stronger oxytocin system activation may support social cohesion and stress reduction, stronger HPA axis reactivity could ensure sustained vigilance and preparedness. Our findings thus underscore the intricate balance between genetic, epigenetic, and environmental factors in shaping resilience and offer insights into the potential for long-term growth following inherited trauma.

10.

Proietti, G. (2025). "Intergenerational memory and trauma. From the micro to the macro, and back again: It is not that easy." *Memory Studies* **18**(3): 720–737.

<https://journals.sagepub.com/doi/abs/10.1177/17506980251330557>

In this article, I approach Cordonnier's data from the vantage point of collective memory studies as they are applied to historical reconstruction. Memory studies equip the historian with new interpretative tools for exploring how individuals and communities reconstruct, represent, and narrate their past depending on their socio-cultural context. ... Building on current discussions on micro-histories, multi-scalar memory models, intergenerational and transgenerational trauma, as well as, to some extent, post-memory, I will try to shed light on the interactions between micro, family, and collective narratives as they come to the fore in the conversation between a French-speaking Belgian woman, whose father was a Nazi collaborator during WW2, and the interviewer. ... Hence, the article highlights the role of the family frameworks as an obstacle to a linear multi-scalar approach, as it is implied by the recently proposed "hourglass model." ... I shall argue that when traumatic features intrude the mnemonic chain of family transmission, the transition from the micro to macro level, and back again, is far less easy and coherent than it is usually thought.

11.

The Vietnam War Files (2025). What Are Agent Orange's Intergenerational Effects From The Vietnam War? *YouTube*, <https://www.youtube.com/watch?v=3ythfAO8Zcc>

What Are Agent Orange's Intergenerational Effects From The Vietnam War? In this informative video, we will discuss the lasting effects of Agent Orange from the Vietnam War and how it continues to impact families today. We will cover the health issues reported by veterans exposed to this herbicide, including various diseases that have emerged over the years. Additionally, we will examine the potential intergenerational effects that have been observed in the children of these veterans, highlighting the concerning rates of birth defects and developmental disabilities.

The video will also touch on the hormonal disruptions caused by dioxin, the toxic substance in Agent Orange, and how these may lead to reproductive abnormalities in offspring. We'll address the ongoing debate surrounding the scientific evidence of these effects and the compensation programs established by the U.S. Department of Veterans Affairs for affected veterans and their families.

As we navigate through this complex topic, it is vital to understand the need for continued research and support for those impacted by Agent Orange. Join us as we uncover the ongoing narrative surrounding this chemical and its implications for multiple generations. Don't forget to subscribe to our channel for more informative content on the Vietnam War and its legacy.

12.

The Vietnam War Files (2025). What Are The Intergenerational Effects Of The Vietnam War? *YouTube*, <https://www.youtube.com/watch?v=Ccuck1Q91p8>

What Are The Intergenerational Effects Of The Vietnam War? The Vietnam War has left a lasting impact that extends beyond the battlefield, affecting families and communities for decades. In this video, we will examine the intergenerational effects of the Vietnam War on veterans and their children. We will discuss how the experiences of veterans during the conflict can influence their parenting styles and create unique challenges for their offspring.

We will also explore the mental health issues that arise in families affected by the war, including anxiety, depression, and the effects of post-traumatic stress disorder. The economic ramifications of the Vietnam War are another critical aspect we will cover, highlighting how long-term disabilities or unemployment among veterans can lead to unstable family environments.

By addressing these issues, we can better understand the importance of providing support to veterans and their families. Programs that focus on mental health, parenting, and substance abuse prevention are essential in breaking the cycle of disadvantage that can persist across generations.

Join us as we navigate the lasting legacy of the Vietnam War and its effects on American society today. Don't forget to subscribe to our channel for more informative content on this vital topic.

13.

Uwizeye, G., et al. (2025). "Prenatal exposure to genocide accelerates epigenetic aging in third- and fourth-generation clocks among young adults in Rwanda." Communications Medicine 5(1): 346. 10.1038/s43856-025-01065-5

Prenatal exposure to genocide-related trauma has been previously associated with increased morbidity. Whether the prenatal exposure to genocide and rape also impacts various aspects of biological regulation, including patterns of DNA methylation, remains unknown. The purpose of this study was to evaluate whether prenatal exposure to genocide-related trauma, including conception through rape, is associated with accelerated epigenetic aging, a molecular indicator of biological aging.

14.

Wang, Y., et al. (2025). "Parents' Childhood Invalidating Families and Children's Mental Health." Child Psychiatry & Human Development 10.1007/s10578-025-01893-5

The mental health problems of children and adolescents are increasingly becoming a focal point of public health and societal concern. Although existing research suggests that these problems may exhibit intergenerational transmission effects, empirical studies on the subject remain relatively limited. This study, grounded in the historical intergenerational trauma transmission model, investigates the intergenerational effects of parents' childhood experiences in invalidating family environments on preschool children's mental health, with a specific focus on the mediating roles of parents' authoritative and authoritarian parenting. Data were collected through a year-long longitudinal survey conducted across six kindergartens in Shanghai, China, involving a total of 624 matched families. Structural equation modeling (SEM) was used to construct the complex relationships between parents' childhood invalidating family experiences, parenting styles, and children's mental health. The results indicate that mothers' childhood invalidating family significantly predict children's mental health problems, whereas the corresponding effect for fathers was not significant. Additionally, both authoritative and authoritarian parenting styles of mothers mediated the relationship between their childhood invalidating family experiences and children's mental health. In contrast, neither authoritative nor authoritarian parenting styles of fathers demonstrated significant mediating effects in this relationship. This study enriches the theory of intergenerational trauma transmission, highlights the pivotal role of mothers in family upbringing, and provides empirical evidence for intervention strategies aimed at improving children's mental health.

15.

Židek, N. (2024). "The memory and history of the post-Second World War Croatian diaspora in Argentina." *Patterns of Prejudice* **58**(2-3): 173-195. 10.1080/0031322X.2024.2412912

After their defeat in the Second World War, thousands of Croats—including civilians, soldiers and the leadership of the Nazi-aligned Independent State of Croatia (NDH)—fled Croatia and established new communities throughout the western world. Argentina was one of the main destinations to which the NDH/Ustaša political and military leadership escaped. From 1945 to 1990, they preserved their narrative on the NDH as a fulfilment of a 1000-year-old yearning for Croatia's independence, as they pushed for the destruction of socialist Yugoslavia and the recreation of an independent Croatian state. Due to the Cold War context and local anti-Communist alliances, they managed to reconfigure themselves as anti-Communists and victims of Communism in Yugoslavia, and, eventually, as democrats. This paper by Židek historicizes the tools of the intergenerational transmission of memory and political ideas among the post-Second World War Croatian diaspora in Argentina. It is based on extensive archival research from fifteen archives in three countries (Croatia, Serbia and Argentina), as well as semi-structured interviews and oral testimonies across generations of the Croatian diaspora in Argentina. What emerges is a monolithic narrative transmitted across generations, with inevitable reorganizations and reinterpretations to fit each generation's needs. The resulting common denominator is a coherent and stainless victimization narrative devoid of any uncomfortable elements that would potentially unsettle a coherent collective memory and thereby collective identity.