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Friendship Stress Buffering in Young People with Childhood Adversity

Maximilian König

Propositions

1. Childhood adversity is a ubiquitous yet preventable public health problem.
2. Breaking the cycle of victimization and improving health outcomes requires greater translation of knowledge about how neurocognitive mechanisms are shaped by childhood adversity and influenced by social support. *This dissertation*
3. Friendships play a pivotal role in buffering stress responses and safeguarding mental health in young people with childhood adversity. *This dissertation*
4. Friendship quality over quantity: “A friend to all is a friend to none.” (a paraphrase of ideas from Aristotle’s *Nicomachean Ethics*, Book 9, Chapter 10).
5. Young people with more severe childhood adversity are at heightened risk of diminished access to or maintenance of supportive friendships. *This dissertation*
6. Critical knowledge gaps remain in understanding stress-related mechanisms underlying the protective effects of friendships in young people with childhood adversity. *This dissertation*
7. Assessing the severity of different dimensions of adversity is crucial for specifying the mechanisms underlying victimization and psychopathology risk.
8. Adequately predicting individualized health risks, identifying mechanisms, and developing effective interventions for childhood adversity requires rethinking how it is conceptualized, operationalized, and measured.
9. To address the global burden of childhood adversity and ensure that interventions are equitable, effective, and globally relevant, future research must prioritize understanding the protective factors and mechanisms underlying risk and resilience within diverse samples.