### About this Study

Given the high burden of child maltreatment, there is an urgent need to know more about resilient functioning among those who have experienced maltreatment. The aims of the study were to: 1) identify distinct profiles of resilience across cognitive, emotional, behavioral, and social domains in young children involved in the child welfare system; and 2) examine maltreatment characteristics and family protective factors in relation to the identified resilience profiles. A secondary data analysis was conducted using the National Survey of Child and Adolescent Well-Being (NSCAW-II), which includes a national probability sample of children involved with the child welfare system in the United States. To identify profiles of resilience among young children involved with the child welfare system, we conducted latent profile analysis (LPA).

We identified three resilience profiles: 1) low cognitive resilience (24%); 2) low emotional and behavioral resilience (20%); and 3) multi-domain resilience (56%).

- The low cognitive resilience profile included children who showed below the normal level (scores < 85) of expressive and auditory language development, moderate level of social functioning, and positive emotional and behavioral functioning (i.e., emotional and behavior problems scores within the normal range).
- The low emotional and behavioral resilience profile consisted of children whose emotional and behavioral problems scores were in the borderline range. Children with this profile had moderate levels of cognitive and social functioning.
- The multi-domain resilience profile included children who exhibited positive adaptation (within the normal range) and competence across all domains of functioning.

### Conclusion

This study demonstrates the potential usefulness and applicability of a person-centered analytic approach (i.e., latent profile analysis) in examining heterogeneity in resilience. Additionally, the findings of distinct and different profiles of resilience across multiple domains of functioning highlight the importance of treating resilience as a multi-faceted construct as well as considering specific, individual dimensions of resilience when studying resilience. Our work suggests that practitioners should intentionally consider the heterogeneous nature of resilience when working with children who have experienced early childhood maltreatment. Further, rather than focusing only on reducing psychopathology, practitioners could instead consider adopting strengths-based approaches; assessing and identifying areas of strength for children, while also targeting those domains in which children struggle to obtain competence and help them achieve optimal and balanced development.

### KEY FINDINGS

- Three distinct resilience profiles were identified: 1) low cognitive resilience (24%); 2) low emotional and behavioral resilience (20%); and 3) multi-domain resilience (56%).
- Caregiver cognitive stimulation, no out-of-home placement, higher caregiver education level, older child age, and being a girl were associated with the multi-domain resilience profile.

### ABOUT THE RESEARCH

This paper is a part of a larger research project titled “Early Childhood Maltreatment and Profiles of Resilience” funded by the National Institute of Child Health and Human Development (grant # R03HD100603).

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