

Genetics Related Article - Popular Source

The article titled “One Twin Was Hurt, the Other Was Not. Their Adult Mental Health Diverged” explores the relationship between the genetics of twins and their later-life outcomes by examining the experiences of two twins from Virginia. One twin suffered from an attack or molestation during childhood, while the other did not. Douglas, the unaffected twin, went on to marry and have three children, embracing a deeply religious lifestyle. Conversely, Dennis, the twin who experienced trauma, faced a more treacherous love life marked by multiple relationships, two divorces, and remained childless. Over time, Dennis developed severe mental health issues such as depression, while his brother did not.

The article then takes a turn, transitioning from storytelling to a more scientific approach, and delves into the history and studies conducted to confirm that genetics can be completely irrelevant to the success of a set of twins, emphasizing the significant role of environmental factors. Drawing from insights provided by Dr. Joseph Wellef, a psychiatrist at the Yale University School of Medicine, who states, “These terrible things that happen to children and young people change the brain, they physically change the brain, and in some ways cause mental illness” (Barry), the article underscores the profound impact of adverse childhood experiences on brain development and mental health. Additionally, an article published by the National Library of Medicine links childhood trauma to epigenetic changes, highlighting the correlation observed through comprehensive research and analysis.

Overall, the various cases, studies, and articles cited in the article converge on a common conclusion: childhood trauma, whether it takes the form of abuse, psychological harm, or adverse life events, can significantly impact the epigenetic mechanisms governing brain function, potentially leading to long-term alterations in mental health.

Works Cited

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