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Effects of Traumatic Experiences on Obsessive-Compulsive and Internalizing Symptoms: The  
Role of Avoidance and Mindfulness

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**Abstract**

*Background:* Trauma exposure is associated with adverse psychological outcomes including anxiety, depression, and obsessive-compulsive (OC) symptoms. Adolescence is increasingly recognized as a period of vulnerability for the onset of these types of psychological symptoms. The current study explored the mediating roles of experiential avoidance and mindfulness processes in the association between retrospective reports of childhood trauma and current internalizing and OC symptoms in adolescents.

*Method:* A group of at-risk adolescents ( $N = 51$ ) and a group of college students ( $N = 400$ ) reported on childhood trauma, experiential avoidance, mindfulness, anxiety, depressive, and OC symptoms. Mediation analyses were performed to examine the mechanistic roles of avoidance and mindfulness in the association between trauma and internalizing and OC-specific symptoms.

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