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Abuse in Childhood and Risk of Endometriosis

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Abuse in Childhood and Risk of Endometriosis

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An abstract of

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ABSTRACT

Abuse in Childhood and Risk of Endometriosis

By Friedrich Wieser

Objective: Evidence from epidemiologic studies suggests that early trauma is associated with diseases of the reproductive tract. The aims of this study are to examine the association of physical and sexual abuse occurring in childhood or adolescence and risk of endometriosis.

Methods: I used data collected from the Nurses' Health Study II (NHS II). The NHS II is a prospective cohort study of US nurses aged 25 - 42 at enrollment in 1989. The Nurses' Health study began in September 1989 with a sample of 116,678 registered female nurses from 14 US states. Premenopausal women aged 25 - 42 years at enrollment (1989) filled out questionnaires every two years including a retrospective questionnaire on childhood violence exposure (2001). Multivariable Cox proportional hazards models were applied to calculate relative risks (RR) and 95% confidence intervals (CI).

Results: A total of 60,410 women contributed 766,014 person-years through 2007, among whom there were 1968 incident premenopausal cases of laparoscopically-confirmed endometriosis. 65% of women in the cohort reported at least one abuse exposure. After adjusting for potential confounders, I observed a statistically significant dose-response association between abuse and endometriosis. Compared to those with no reported abuse events (emotional, physical, or sexual), there was a 13% greater risk of endometriosis for women reporting one episode of mild/moderate abuse (CI=1.02-1.26), RR=1.16 (CI=1.01-1.34) for multiple mild events or one severe episode of abuse, RR=1.33 (CI=1.12-1.57) for chronic moderate abuse of a single type, RR=1.34 (CI=1.03-1.27) for chronic severe abuse of a single type, and over a 2-fold increase in risk for those with chronic severe abuse of multiple types (RR=2.09, CI=1.60-2.73) (test for linear trend $p < 0.0001$). Associations were stronger among those who never reported infertility.

Conclusion: Severity and chronicity of child/adolescent sexual and physical abuse was associated with greater risk of endometriosis. Understanding the mechanisms underlying these relations may shed light on the pathophysiology and potential treatment and prevention of endometriosis.

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INTRODUCTION

Endometriosis affects about 10% of all reproductive-aged women and is one of the most common causes of pelvic pain and infertility¹. Endometriosis is determined by genetic factors and environmental influences²⁻⁴. The etiology of endometriosis depends on a delicate interaction of genetic factors and environmental factors including psychological factors^{2, 3, 5, 6}. The gene-environment interaction contributes to local inflammatory responses in the uterine and peritoneal cavity². Retrograde endometrial spilling and a subsequent peritoneal inflammatory response is thought to play a pivotal role in the establishment and maintenance of endometriosis⁷.

Studies about the heritability of endometriosis showing that surgically confirmed disease occurs about 10 times more commonly in the first-degree relatives of affected women compared to controls. These findings led to the search for genetic factors in the disease^{3, 8}. The exploration of candidate genes is partly a futile approach mainly due to low power of studies³. More current strategies utilize a genome wide analysis (GWAS) data approach via investigating several large population-based prospective study populations (e.g., Nurses' Health Study II)^{4, 5, 9, 10}. For example, Painter et al., discovered a locus on chromosome seven (7p15.2) that is significantly associated with the risk of endometriosis in women of European ancestry¹⁰. This report corroborated other findings of an association for SNPs close to the *WNT4* locus¹⁰.

Reproductive risk factors for endometriosis such as cycle length, and nulliparity have been reported and established as risk factors through epidemiologic studies^{11, 12}. A cadre of other environmental factors such as nutritional factors (e.g., caffeine intake),

physical activity, body mass index (BMI) may be also associated with endometriosis^{5, 6, 11, 13-19}.

Numerous reports in the literature suggest the involvement of stress in the pathophysiology and clinical presentation of pain syndromes including chronic pelvic pain, inflammatory bowel syndrome, fibromyalgia, and chronic fatigue syndrome (CFS)²⁰⁻²⁷. Violence against women is a major cause of stress and is a major public health issue. Healthy people objectives and health care providers such as the American Medical Association and American College of Obstetricians and Gynecologist identify violence against women as a major problem. Data from national samples approximate that between 10 and 30% of women report history of physical and sexual abuse during childhood or adolescence. Physical and reproductive health outcomes for abused girls are more likely to be worse. Victims of child sexual abuse experience significantly more health complaints than comparison groups²⁸. A strong association between sexual abuse during childhood and chronic pelvic pain has been reported^{29, 30}. In particular, women with chronic pelvic pain reported higher rates of sexual abuse during childhood than women without chronic pelvic pain. However, major limitations of these studies investigating the association of child abuse and health outcomes are methodological factors including small sample sizes.

To investigate the hypothesis that women who experienced abuse during childhood are at greater risk of endometriosis, I utilized data from the Nurses' Health Study II (NHSII), a large prospective cohort that began in 1989 when 116,678 female nurses were enrolled. The aim of this study was to examine the relations between

physical and sexual abuse occurring in childhood or adolescence and risk of endometriosis.

Within this large cohort that has been followed for more than 20 years, the wealth of data allows for time-varying adjustment for potential confounders and test for heterogeneity to evaluate potential effect modifiers to more finely elucidate the independent effect of childhood abuse on the rate of endometriosis diagnosis.

BACKGROUND

Endometriosis is a gynecologic disease defined as the growth of endometrial glands and stroma outside the uterine cavity. The implantation hypothesis is the most widely accepted³¹, supported by observations that retrograde menstruation and intraperitoneal spillage of viable endometrial cells occur frequently in cycling women and more commonly in those with genital outflow tract obstruction³²⁻³⁴. All women experience retrograde menstruation³² however, increased exposure to menstrual flow (reduced parity, long duration of menstrual flow or short cycle interval, early menarche, late perimenopause) have been identified as risk factors for endometriosis³⁵. The mode of hereditary transmission is complex and likely multifactorial³⁶. Several associations have been reported for candidate genes, which have selected for their biological plausibility including genes governing cancer susceptibility, hormone sensitivity and the immune system^{2, 10, 37-43}.

Some investigators propose that microscopic peritoneal defects allow the endometrial cells that have been spilled into the peritoneal cavity to contact the submesothelial matrix, where they proliferate and invade the subperitoneal space⁴⁴. However, other authors demonstrated that endometrial fragments adhere directly to intact mesothelium⁴⁵. Once established, endometriotic lesions are associated with local inflammation. An excessive number of leukocytes, (e.g., macrophages and T cells)^{46, 47} have been identified in the peritoneal fluid surrounding the implants and within the lesions themselves^{48, 49}. Several cytokines including the proinflammatory cytokines tumor necrosis factor (TNF)-alpha, Interleukin (IL)-1, and IL-6 produced by these leukocytes seem to play a role in pathogenesis of endometriosis^{7, 50, 51}. The

proinflammatory cytokines are secreted by endometrium, endometriotic and mesothelial cells, and peritoneal macrophages^{52, 53}. They have been shown to be increased at systemic (serum) and local levels (peritoneal fluid) of women with endometriosis and to be correlated with disease activity⁵⁴⁻⁵⁷. Proinflammatory cytokines are believed to contribute to the pathophysiology of endometriosis by enhancing attachment, persistence and progression of ectopic endometrial tissues in the pelvis^{51, 53}.

The Nuclear factor KappaB (NF- κ B) pathway is involved in the induction of gene expression of several key proinflammatory, chemokine, and angiogenic genes. Key mediators such as tumor necrosis factor (TNF)-alpha, regulated on activation, normal T cell expressed and secreted (RANTES) and vascular endothelial growth factor (VEGF) that are produced by eutopic and ectopic endometriotic cells, and peritoneal macrophages themselves^{40, 57-61} are under control of NF- κ B. Hence, NF- κ B, a key regulator of enhanced inflammatory and angiogenic responses in endometriosis is a potential target^{58-60, 62, 63}. The inflammatory and angiogenic response observed in the eutopic endometrium and pelvic cavity of women with endometriosis is postulated to promote an environment that fuels the pathogenesis^{7, 64-66}. Correspondingly, an important mechanism of psychological stress is that it has been associated with increased plasma cytokine responses⁶⁷, as well as activation of nuclear factor NF- κ B⁶⁸. Pace et al., showed that an enhanced inflammatory system activity in participants with childhood abuse-related posttraumatic stress disorder (PTSD) is observable at the level of NF- κ B, a lynchpin in the inflammatory signaling cascade in endometriosis⁶⁹.

Classically, the hallmarks of endometriosis are infertility and chronic pain^{70, 71}. Pain symptoms in women with endometriosis are dysmenorrhea (cramps or painful

menstruation), pelvic pain (non-menstrual intermittent or continuous pain in the pelvic area), and dyspareunia (pain during sexual intercourse, unassociated with vaginal dryness). These symptoms are non-specific and may also be found in patients without endometriosis. Diagnosis and treatment to ablate endometriotic lesions require costly, invasive surgery or medical approaches^{72, 73}. These medical treatments are often of limited efficacy and counterproductive to fertility, and can cause untoward side effects due to suppression of endogenous steroid hormone levels. Side effects can include cessation of the reproductive cycle, lipid alterations, hirsutism, thrombosis, postmenopausal symptoms, depression, and osteoporosis. As most therapeutic drugs cease menstrual cyclicity, they are counterproductive to fertility. Unfortunately, endometriosis cannot be cured by any known treatment. And regardless of treatment, endometriotic lesions rapidly and spontaneously recur, with reduced fecundity and ongoing pelvic pain⁷⁰.

Childhood adversity is unfortunately common in our society. According to the National Child Abuse and Neglect Data System, an estimated 896,000 children were reported to be victims in 2002. More than 60% of these children experienced neglect; 20% were physically abused, 10% were sexually abused; and 7% were emotionally maltreated. It was estimated that about 1,400 children died of abuse and/or neglect in the U.S in 2002. Girls are more often victims of sexual abuse than boys; more than 85% of sexual abuse goes unreported. Numerous retrospective studies have assessed rates of self-reported early lifetime stress in adult samples. Rates of abuse vary as a function of definition of the events, survey tactics, and study reviewer population⁷⁴. Briere & Elliott⁷⁵ conducted a mail survey in a community sample and found that 14.2%

of men and 32.2% of women reported sexual abuse before the age of 18 years. Rates of physical abuse were 22.2% for men and 19.5% for women. Twenty-one percent of the total sample had experienced both types and 37% had experienced either type of abuse. Gould et al.⁷⁶ reported similar rates for a primary care sample with 44% of subjects reporting any type of sexual, physical or emotional abuse and 22% reporting multiple types of abuse. This co-occurrence of multiple types of early lifetime stress is also common, particularly sexual and physical abuse. In this study, I will utilize the NHS II data set, where nurses have been followed for more than 20 years and diagnosis of laparoscopically verified endometriosis was recorded⁷⁷. The major objective of this study is to elucidate the independent effect of childhood abuse on the rate of laparoscopically verified endometriosis.

Following conventional distinctions of childhood and adolescence derived from developmental psychology, the age of 12 years as cut-off for differentiating childhood and adolescence abuse seems appropriate⁷⁸. This age-cut is considered an approximation to the developmental stage of sexual maturation, i.e. menarche in girls. There is evidence that this age cut is clinically meaningful: Maercker et al.⁷⁹ reported that women who experienced trauma during childhood (before the age of 12 years) showed an increased risk for major depression; in addition, women who experienced trauma between 12 - 18 years more frequently developed PTSD. Traumatic experiences in different developmental phases seem to have different effects.

As for the stress criterion, prevailing models suggest that stress is generally experienced when an individual is confronted with personally threatening situations for which adequate coping resources are unavailable⁸⁰. In addition, threats to

physiological homeostasis, such as injury or illness, elicit stress responses. Any such situation occurring within the defined developmental period may be classified as early life stress. Severity of abuse is not well defined and often judged by frequency, duration, degree of physical force or harm, and type of activity⁸¹. Various forms of early life stress comprise a whole cadre of situations (e.g., accidents, physical illness,). Less obvious experiences, that pose significant distress on a child, include unstable families, inadequate parental care, dysfunctional relationships between parent and child, and poverty. While early lifetime stress may be a single event, it more typically occurs as chronic or ongoing adversity.

Critical involvement of stress in the pathophysiology and clinical presentation of pain syndromes have been reported for chronic pelvic pain, inflammatory bowel syndrome, fibromyalgia, and chronic fatigue syndrome (CFS)^{26,27}. Endometriosis is associated with these pain syndromes including fibromyalgia, migraine, and CFS. Epidemiological studies have provided strong evidence that stress or emotional trauma is associated with increases in the risk to chronic pelvic pain, particularly when experienced early in life⁸². Rich-Edwards et al. found an association between the number of experienced childhood adversities (sexual abuse, physical abuse, or witnessing paternal violence) and general health problems in adulthood (e.g., type 2 diabetes)⁸³⁻⁸⁶. In a recent NHS II study, Boynton-Jarret et al. 2011 showed that severity and chronicity of child/teen sexual and physical abuse was associated with increasing risk of clinically detected fibroids⁸⁷. Furthermore, lifetime maternal experiences of abuse lead to an increased risk of pre-natal depression in two demographically distinct populations in Boston, MA⁸⁸. Growing up in an emotionally

adverse family environment accentuated the association between abuse/violence and general mental health problems such as chronic pelvic pain. An association between early trauma experience and endometriosis has been implicated, however has never been studied independently.

With regard to endometriosis, I postulate that persistent endocrine adaptations in response to early trauma might influence the implantation of endometrial cells on the peritoneal surface and the immunological activity of these cells and lead to increased incidence of endometriosis (Figure 1 and 2).

METHODS

Characteristics of Study Design

Cohort Study

Study population

I utilized data from the Nurse's Health Study (NHS) II. The NHS II is an ongoing prospective cohort study designed to explore factors that influence morbidity and mortality among women. The Nurses' Health study began in September 1989 and is comprised of a sample of more than 100,000 registered female nurses aged 25 - 44 years from 14 US states (n = 116,678). Study participants of this cohort have been contacted biennially with questionnaires regarding health behaviors and disease occurrences.

The study population for this analysis was restricted to women premenopausal with intact uteri in 1989 and who responded to the 2001 violence survey.

Outcome Variable

In 1993, the women were first asked if they had "ever had physician-diagnosed endometriosis as previously reported^{77 5, 6, 77.}" As described previously in previous studies^{5, 6, 16, 19}, if "yes," they were asked to report when the diagnosis had occurred and if it had been confirmed by laparoscopy – a standard surgical method for diagnosing endometriosis^{89, 90}. These questions were asked again in each subsequent questionnaire. As described previously⁷⁷ in March 1994 a study was conducted to

corroborate self-reported endometriosis diagnosis within the Nurses' Health Study II study population. For validation purposes, additional questionnaires were mailed to 200 women who were randomly selected among identified 1,766 endometriosis women who had reported incident diagnosis. A diagnosis of endometriosis was confirmed in 96%, among those who reported laparoscopic confirmation and for whom records were received and reviewed (n = 105), as described ⁷⁷. However, among women without laparoscopic confirmation (n = 26), evidence of clinical diagnosis was found in only 54% of the records ⁷⁷. Data showed that the majority of laparoscopically confirmed cases (61%) had minimal or mild disease in this representative subgroup of the NHS II cohort ⁷⁷. Requests for permission to review medical records were also sent to any woman who indicated that she had had a hysterectomy during the two-year interval. A diagnosis of endometriosis at the time of surgical procedure was confirmed in 80% of the records received (n = 144/181). Endometriosis was the primary indication for hysterectomy in only 6% (n = 9/163) of women for whom indication information was available. Self-reported physician-diagnosed endometriosis without laparoscopic confirmation is likely to be substantially misclassified based on these results. As reported ⁷⁷, allowing women to be cases if they report a combination of endometriosis and a hysterectomy in the same follow-up period might yield specious results; in this context it would be unclear whether the associated risk factors are related to endometriosis or to the pathology for which the hysterectomy was performed ⁷⁷. A relation between violence and uterine fibroids risk has been noted within this population ⁸⁷. Therefore, to reduce the magnitude of misclassification and prevent confounding by

indication for hysterectomy, the analyses of incident diagnosis of endometriosis were restricted to those women who reported laparoscopic confirmation of their diagnosis.

Exposure assessment

A supplemental questionnaire on lifetime exposure to violence victimization was sent out to 91,248 study participants (excluding those who had previously requested short form surveys or who had required more than 4 mailings before responding to the 1999 questionnaire) in 2001 (Figure 3). Participants who did not respond received a reminder postcard. 68,505 questionnaires (a 75% response rate) were received. Overall, there were three prompts of sending out trauma questionnaire allowed by the IRB as approved by the Institutional Review Board at Brigham and Women's Hospital and the Human Subjects Committee at Harvard School of Public Health. Completion of the supplemental questionnaire indicated their consent to participate. 8059 women were excluded when they reported endometriosis at baseline (n = 3891), had cancer (n = 552), were postmenopausal (n = 948), had a hysterectomy (n = 1909), did not answer to the one of the main exposure variables (n = 553) or had unclear menopausal status (n = 242).

Assessment of Exposure to Violence During childhood and Adolescence

The questionnaire included assessment of physical and sexual abuse. Childhood and adolescent exposures to abuse were measured using items from the Childhood Trauma Questionnaire short form⁹¹, the Revised Conflict Tactics Scale⁹² and the Sexual Experience Survey⁹³, as described⁸⁷. An adapted McFarlane Abuse Assessment

screen was employed to measure adult emotional, physical, and sexual abuse through an intimate partner^{87, 94}.

Childhood Trauma Questionnaire

The Childhood Trauma Questionnaire short form was used to evaluate exposure to physical, emotional, and verbal abuse during childhood (prior to age 11)⁹¹. A 3-item subscale on physical abuse was included and answered by the study members of the NHS II population, as described in the publication of Boynton-Jarret et al.,⁸⁷ (e.g., “People in my family hit me so hard that it left me with bruises and marks,” “The punishments I received seemed cruel,” and “I was punished with a belt, a board, a cord, or some other hard object”) and two items on emotional abuse (e.g., “People in my family said hurtful or insulting things to me” and “yelled and screamed at me”)^{87, 91}.

Sexual and Physical Abuse

Five items from the Revised Conflict Tactics Scale instrument were used to assess exposure to physical abuse by a parent, step-parent, or adult guardian, as described⁸⁷.⁹² Respondents were queried about specific types of abuse for childhood (prior to age 11) and adolescence (11 - 17 years). These included physical attack, choke or burn, kick bite or punch, push or grab, and being hit with something that hurt as previously described^{87, 92}; the frequency of each type of abuse was indicated on a 4 point scale (never, once, a few times, more than a few times), using the Revised Conflict Tactics Scales questionnaire that was described by Straus et al., and utilized by Boynton-Jarret et al.,^{87, 92}. Questions on forced sexual experiences were modified from questions on

the Sexual Experiences Survey⁹³. As described previously⁸⁷, study members of the NHS II population also rated the frequency of the following exposures on a 3-point scale (never, once, more than once): “were you ever touched in a sexual way” or “forced into any sexual activity” by an adult or an older child, separately for childhood and adolescence. Subjects also reported whether their parent(s) or guardians spanked them for discipline (up to age 11) (Table 1a) as previously described in the paper of Boynton et al., 2011⁸⁷. Categories that classify violence exposure by severity and chronicity were based on the factor analysis and frequency trends within each factor (Table 1b)⁸⁷. As described in the publication by Boynton-Jarret et al.⁸⁷, a principle component factor analysis methodology with oblique (promax) rotation was used to capture a latent construct namely-cumulative violence exposure.

Analysis, Statistical Approach

Analysis was conducted using SAS 9.2 for Windows (©2008, Cary, NC). Descriptive analyses were conducted to explore the relationship between the demographic variables and difference categories of exposure to violence, using frequency distributions for categorical and dispersion parameters (mean, standard error or median, range where appropriate) for continuous variables. The referent group includes women who reported no violence in childhood or adolescence and women who reported spanking only. Women who reported only exposure to spanking for discipline were considered part of the referent group; spanking is considered to be theoretically and empirically (as measured by the factor analysis by Boynton-Jarret et al.)⁸⁷ distinct from abuse.

Person-months of follow-up were counted from the date of return of the 1989 questionnaire (as early as September 1989), until report of laparoscopic confirmation of endometriosis, menopause, hysterectomy, cancer diagnosis (other than non-melanoma skin cancer), loss to follow-up, death, or until the date of return of the 2005 questionnaire (as late as July 2007). Person-months of follow-up were assigned to groups according to baseline exposure status. The incidence rates of endometriosis, confirmed by laparoscopy, for specific violence exposure categories were computed by dividing the number of events by the person-time at risk in that category.

Multivariable Cox proportional hazards regression models with time-varying covariates (including age, BMI, age at first birth, and parity) were used to estimate relative risk while controlling for potential confounders. By definition, the Cox model adjusts finely for age (months) and calendar time (months). Non-time varying covariates included race/ethnicity and parental education. The impact of multivariable adjustment for various factors was investigated. Known risk factors for endometriosis and factors were also previously associated with childhood violence, were explored as confounders. These risk factors were described by Missmer et al., and Vitonis et al.,^{5, 6, 12, 16, 19, 77} and included nulliparity (yes, no); age of menarche (<12, 12, 13, >13 years of age); cigarette smoking (never, past, current), age at menarche (<12, 12, 13, >13), oral contraceptive use (never, ever); parity (ever, nulliparous), lactation (0-<1, 0-18, >18) BMI (continuous measure in kg/m²); history of infertility (yes, no); menstrual cycle length (<26, 26 - 31, 32 - 50, 51+). I also included fibroids in the model in a subanalysis.

We also investigated the effects of fibroids on the association of physical and sexual abuse and endometriosis. In a subanalysis, we included fibroids in the multivariate cox proportional hazard regression model. Women reported fibroids in the following way as “ever uterine fibroids (yes/no)”, as previously described by Boynton et al., 2011⁸⁷. Fibroids were confirmed by ultrasound, as previously described⁸⁷.

I analyzed the association of abuse and endometriosis in the study population before the stress questionnaire was sent out (1989 - 2001) and in the study population after the stress questionnaire was sent out (2001 – 2005).

Moreover, I also treated infertility as an effect modifier. I stratified the entire study population by report of clinical evaluation for infertility. To verify the validity of self-reported infertility, 100 randomly selected women who reported ovulatory infertility - 95% of the self-reports were confirmed through medical record review⁹⁵.

The association between endometriosis and infertility is multifaceted. Endometriosis is a common cause for infertility. However infertility can also be associated with endometriosis. Women (with no reported infertility) who have had a laparoscopic diagnosis are more likely to report chronic pelvic pain symptoms as otherwise an invasive surgical evaluation would not have been conducted. It can be also assumed that among cases with infertility, that have not attempted to become pregnant, a great proportion may never have received a laparoscopic diagnosis of endometriosis. In addition, the setting of infertility evaluation introduces the potential for detection/diagnostic bias. I treated infertility as a typical effect modifier and stratified the entire study population by report of having had a clinical evaluation for infertility (Figure 2). Tests for heterogeneity comparing the effect estimates among cases who never

reported infertility with effect estimates among cases having concurrent infertility were calculated with a Wald statistic referred to a chi-squared distribution with 1 degree of freedom ⁹⁶.

RESULTS

Characteristics of the Study population

After baseline exclusions, a total of 60,410 women contributed 766,014 person-years to these analyses; these included 1968 incident cases of laparoscopically confirmed endometriosis. Distribution of potential risk factors for endometriosis according to total abuse in childhood/adolescence at baseline (1989) among women in the Nurses' Health Study II is shown in Table 2. We analyzed patient characteristics between those who responded to the trauma questionnaire and those who did not respond to the trauma questionnaire. Distribution of potential risk factors for endometriosis between stress questionnaire responders vs. non-responders at baseline (1989) among women in the Nurses' Health Study II are shown in Table 3. Distribution of potential risk factors for endometriosis according to total categories of cumulative abuse in childhood/adolescence at baseline (1989) among women in the Nurses' Health Study II are shown in Table 4. Several potential risk factors for endometriosis were at least modestly increased among women who had experienced abuse; these included higher BMI, cigarette smoking, and younger age at menarche (< 11 years).

Frequencies of childhood and adolescence abuse exposures are reported in Table 5. Overall, 64.9% of women in the cohort reported one or more abuse exposures during childhood or adolescence, and 56% reported abuse that started in childhood (up to age 11). Specifically, 32.1% (n = 19,385) reported child/teen physical abuse only 11.9% (n = 7177) reported child/teen sexual abuse, and 20.94 % (n = 12649) reported child/teen physical and sexual abuse.

Both physical and sexual abuse history were positively associated with a higher incidence of endometriosis (Table 6). Women with history of exposure to abuse had an increased risk of endometriosis for the four measures of abuse (cumulative abuse history, childhood trauma questionnaire scores, abuse severity, and abuse type). A graded association between cumulative abuse exposure and adjusted RR of endometriosis was demonstrated (Table 7). There was little change in effect magnitude from model to model representing low influence of the selected potential confounding variables.

Compared to those with no reported abuse events (emotional, physical, or sexual), there was a 13% greater risk of endometriosis for women reporting one episode of mild/moderate abuse (CI=1.02-1.26), HR=1.16 (CI=1.01-1.34), mild-multiple or severe-type of abuse, HR=1.33 (CI=1.12-1.57), moderate-chronic or-multiple types of abuse, HR=1.34 (CI=1.03-1.27), and severe-chronic or multiple types of abuse, and a 209% greater for those with severe-chronic abuse and multiple types (CI=1.60-2.73).

I observed a dose-response relation with increasing severity of cumulative abuse history testing for a linear trend ($p < 0.05$). Results were analogous when I repeated analyses using the Child Trauma Questionnaire score for childhood abuse, abuse severity score, and abuse type score (Table 7). When I differentiated between mild, moderate, and severe physical abuse, I observed an increased risk of endometriosis in women with history of severe physical abuse (RR=1.30; 95%CI=1.11 - 1.52). I differentiated for different grades of severity of sexual abuse and I observed the highest risk for endometriosis in women with history of forced sexual activity during childhood and adolescence (RR=1.55; 95%CI: 1.21 - 1.98). I observed an increased risk of

endometriosis in cases of physical abuse only (RR=1.23; 95%CI=1.01 - 1.26) and sexual abuse only (RR=1.15; 95%CI=0.99 - 1.33); the highest risk of endometriosis was observed in women with a combination of physical and sexual abuse history (RR=1.34; 95%CI=1.19 - 1.51).

I also performed a subanalysis and included fibroids in the model (model 4) (Table 8). The inclusion of fibroids in the model (model 4) did not indicate multicollinearity. The addition of the predictor variable fibroids did not induce changes in the estimated regression coefficients. The association of endometriosis and abuse was similar in model 3 (without fibroids) compared to model 4 (with fibroids). The risk for endometriosis was increased in women with history of severe chronic and multiple types of abuse (RR=2.05; 95%CI=1.57 - 2.69, severe physical abuse (RR=1.29; 95%CI=1.10 - 1.52) and forced sexual activity as child and teen (RR=1.54; 95%CI:1.21 - 1.97) (Table 8).

In a subanalysis, we compared the association of abuse and endometriosis of the study group before the questionnaire was sent out (1989 - 2001) to the association of the group after the questionnaire was sent out (2001 - 2005). In the time period 2001 – 2005 were substantially fewer incident endometriosis cases (Table 6). In the study group 2001 -2005, there were very few cases for the following categories mild physical abuse (n = 34), childhood trauma category: 6-10 (n = 71) childhood trauma category: 21-25 (n = 1), cumulative abuse history: severe-chronic or-multiple types (n = 3), and cumulative abuse history: severe-chronic and multiple types were only (n = 3). I observed an association between endometriosis and abuse for all abuse categories in the group of premenopausal women between 1989 and 2001 (Table 9). For those

premenopausal women that have been observed between 2001 and 2005, I showed an association of endometriosis and sexual abuse only as well as cumulative abuse history (Table 9). There was a protective effect of childhood trauma scale-6 -10, childhood trauma scale-21-25, and severe-Chronic-or-Multiple-Types (RR=0.73; CI95%:0.23 – 2.34). However, the incident cases of endometriosis were very low in these abuse categories, n = 92, n = 1, n = 3, respectively (Table 9).

I stratified by having reported infertility vs. never having reported infertility. Tables 10a and 10b show the associations between physical, sexual, and cumulative abuse history within strata of never versus ever having reported a clinical evaluation for infertility. Among those who have reported infertility the risk for endometriosis was slightly increased in women with history of severe chronic and multiple types of abuse (RR=1.04; 95%CI=0.47 - 2.28, test for linear trend $p < 0.2477$), and severe physical abuse (RR=1.15; 95%CI=0.80 - 1.65; p - value test for linear trend 0.06). Among women who reported infertility, risk of endometriosis was decreased in women with history forced sexual activity as child and teen (RR=0.79; 95%CI:0.40 - 1.58; P - value test for linear trend 0.95). Among those who never had an infertility report the risk was increased considerably with a history of severe chronic and multiple types of abuse (RR=2.60; 95%CI=1.95 – 3.47; p -value, test for linear trend $p < 0.0001$), severe physical abuse (RR=1.42; 95%CI=1.18 - 1.70; P - value, test for linear $p < 0.0001$), and forced sexual activity as child and teen (RR=1.93; 95%CI=1.52 - 2.51; P - value test for linear trend < 0.0001).

DISCUSSION

In this large cohort study, I found a positive association between abuse in childhood and endometriosis. After controlling for age, parental education, reproductive factors (e.g. menstrual cycle length characteristics, age at menarche) and BMI this association still remained.

Findings correspond to studies on the association of childhood abuse and reproductive diseases such as fibroids⁸⁷. Interestingly, early trauma has been shown to be associated with several reproductive outcomes. Temporality and a dose-response relation support the findings of an association of abuse and endometriosis in the current investigation. Reproductive factors including early onset of puberty and early onset of perimenopause were shown to be associated with violence^{97, 98}. I hypothesized that reproductive factors including menstrual cycle characteristics –length, age at menarche, OCP use, infertility, parity, and age at first delivery, as well as BMI are potential confounders for the association of abuse and endometriosis. However, the overall findings showed little evidence of confounding of additional reproductive parameters and BMI.

Infertility was treated as an effect modifier and the population was stratified into two groups (1) the “ever reported infertility” group and the (2) “never reported infertility” group, as described in a previous publication¹⁸. In women with evidence of infertility, the relative risk associated with severe sexual abuse was 0.79 (0.40 – 1.58) (Table 10b). In this group with the most severe type of sexual abuse were only five cases. Although utilizing a large cohort of surgically confirmed endometriosis cases, I am still

underpowered when I tease out the nuances and the numbers get small when someone further stratifies by history of infertility. I therefore cannot conclude that there is a preventative effect of sexual abuse. The relative risk of endometriosis was higher in the never infertility group. Chronic pelvic pain was not assessed in the NHS2 study, however, it can be assumed that the frequency of women with endometriosis and pelvic pain is higher in the never infertility report group. It was shown in previous studies that physical and sexual abuse was associated with chronic pelvic pain ²⁷. Someone might interpret that the never infertility group more likely consists of those women with endometriosis that report chronic pelvic pain and therefore the relative risk of endometriosis is higher.

One question that arises from the results concerns the significance of the involvement of a neuroendocrine dysregulation in some women that have been exposed to violence during childhood and develop with endometriosis. Detection of a prominent neuroendocrine disease mechanism is likely to represent an initial step in the characterization of a subpopulation of women with endometriosis. Although not shown it can be hypothesized that early trauma is a potential pathophysiological mechanism that leads to increased morbidity of the reproductive tract. An association of early trauma and fibroids has been shown in the NHS II cohort ⁸⁷. These findings and others' suggest a pathomechanism of early abuse that lead to reproductive disorders such as leiomyoma and endometriosis. Evidence from developmental neuroscience suggest that early adverse experiences during times of heightened neural plasticity persistently programs neural, endocrine, and immune responses to additional stressors in adulthood leading to chronic inflammatory diseases such as endometriosis ⁹⁹.

Psychological stress may trigger or exacerbate disorders that are associated with immune dysfunction such as endometriosis via neuropathogenetic mechanisms. Physiological and psychological stress stimulates corticotropin releasing factor (CRF), an amino-acid peptide which is synthesized in the paraventricular nucleus of the hypothalamus in the human brain. During recent years a growing literature has suggested that early traumatic experiences induce persistent sensitization of the central stress response systems, including changes in CRF neuronal systems and dysregulation of the hypothalamic-pituitary adrenal (HPA) axis¹⁰⁰. This peptide is released into the hypothalamo-hypophyseal portal circulation, where it stimulates the production of adrenocorticotropin (ACTH). ACTH then stimulates the synthesis of glucocorticoids in the adrenal cortex, which in turn modulate immune responses and in a negative feedback loop down-regulate the neuroendocrine stress response¹⁰¹. Aberration in the HPA axis has been reported to be involved in the development of psychiatric disease (e.g., anxiety disorders)^{100, 102, 103}. It has been also suggested that HPA axis dysregulations might contribute to the pain perception in chronic inflammatory diseases¹⁰⁴. In addition, aberrations in the HPA axis may also influence bioavailability of estrogens thereby increasing risk for endometriosis development.

Experimental data provide evidence that stress leads to subsequent inflammatory responses^{69, 105-111}. Self-reported childhood traumatic stress is associated with an enhanced cellular immune responses, low grade inflammation, and a range of inflammatory diseases and autoimmune diseases (e.g., inflammatory bowel syndrome)^{99, 112 105, 113-116}. Children maltreated by their parents, have been shown to be susceptible to increased morbidity and mortality (e.g., vascular disease, diabetes

type II, breast cancer, and autoimmune disorders)^{86, 99, 102, 117, 118}. In individuals, exposure to psychosocial stress has been associated with increased plasma IL-1 and IL-6 responses^{67, 119}, as well as activation of nuclear factor (NF)-κB⁶⁸, a transcription factor that serves as a lynchpin in the inflammatory signaling cascade in endometriosis. I and others showed that local inflammatory^{58, 120} and systemic inflammatory parameters are increased in women with endometriosis^{40, 121-123}. Childhood abuse may trigger a pathomechanism that increases inflammatory responses leading to an increase in inflammatory disorders such as endometriosis (Figure 1).

Strengths and Limitations. This is the first study that investigates the association of childhood and teen abuse and endometriosis. The study has several strengths. These include prospective design and detailed information on abuse history, and laparoscopically validated endometriosis. The study comprises a large population with 1968 incident cases of endometriosis. The response rate for the main questionnaire including endometriosis and covariates was higher than 90%. The response rate (75%) for the detailed exposure assessment was high. This study has several limitations to be noted. The NHS II study population includes primarily Caucasian middle-aged female nurses who were middle-aged (36 – 53) when answering the early life stress and violence questionnaire. As such, these reports are not necessarily generalizable to women of other ethnicities^{86, 87, 124}. Second, the endometriosis cases were not classified in the different subtypes of endometriosis including ovarian endometrioma and peritoneal endometriosis, and deep endometriosis. Furthermore, the predictor variable violence exposure was recalled by the study participants and may be subject of

misclassification. Although case-control studies are most subjected to recall bias also in cohort studies differential recall is possible if exposure status is transient. All studies on exposure to violence depend on self-reporting and therefore this is the gold standard. In respect to exposure of violence, victims may not report due to societal factors. It has been shown that about 5% of sexual abuse survivors report a history of abuse to their physician ¹²⁵. As a result, physicians are unaware of this aspect of their patients' medical history. The fact of misrepresentation of history of abuse may lead to underrepresentation of an association of exposure to violence and endometriosis in studies.

Implications. The reported incidence of violence is consistent with the current data on childhood violence in the literature ⁷⁶. The reported incidence of endometriosis is corresponding to current estimates. These results support a possible mechanistic link between exposure to violence and the development of endometriosis, a condition of the female reproductive tract. These findings need to be confirmed in different populations. Whether early lifetime stress is associated with an increased inflammatory pelvic response and whether endometriosis is associated with a pathologic neuroendocrine stress response leading to increase in inflammatory activity have still to be determined in future studies. The potential association of early trauma and endometriosis warrants further studies on the role of violence on the regulation of the development of the reproductive tract and the identification of mechanisms that lead to reproductive disorders such as endometriosis. In future experiments, studies on the influence of abuse, stress and social support utilizing in vivo models of endometriosis may bring

some insights in the mechanism of action of relevant psychological factors.

Identification of mechanisms of disease leads to better understanding of pathogenesis of pain and infertility in women with endometriosis.

Conclusion. In a sample of female nurses, I found an association between abuse in childhood and adolescence that was independent of demographic and reproductive factors as well as of BMI. These findings may have an inference on public health including prevention and clinical treatment of endometriosis.

FIGURES

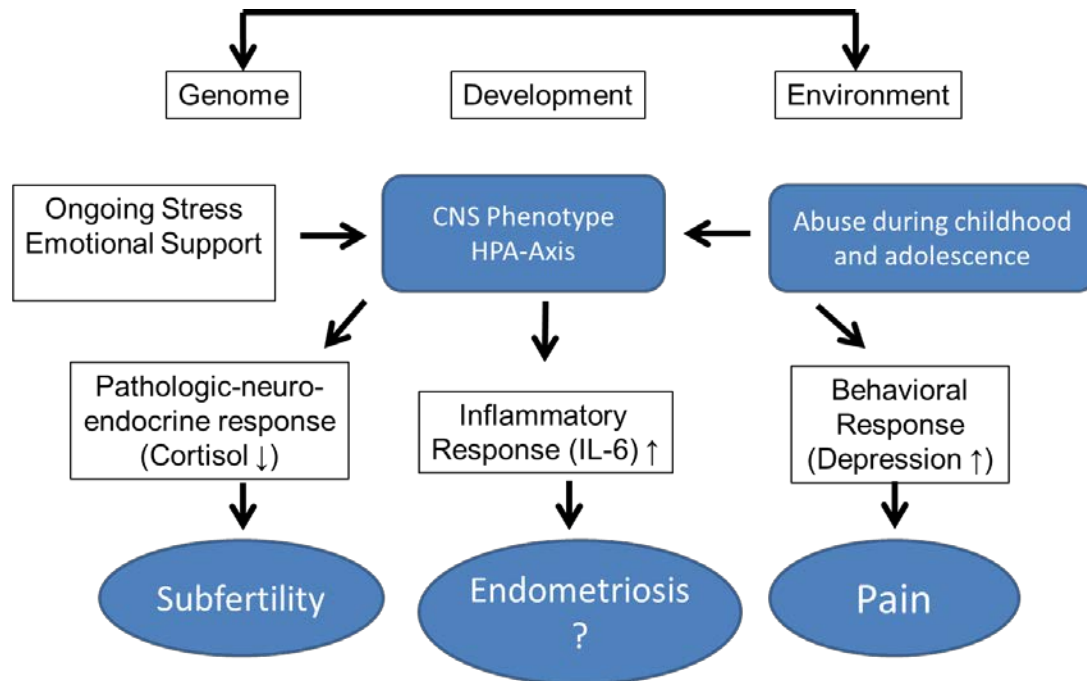
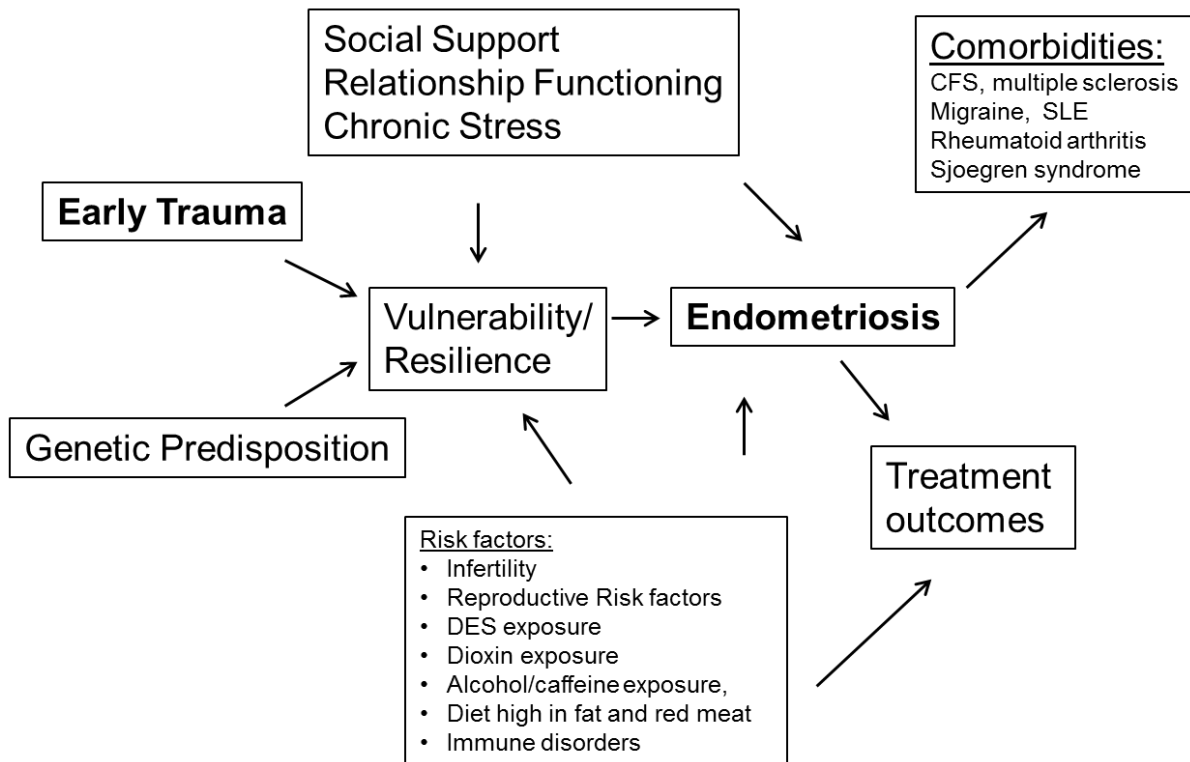


Figure 1. Working model for the study.

Causal Diagram



Directed acyclic graph

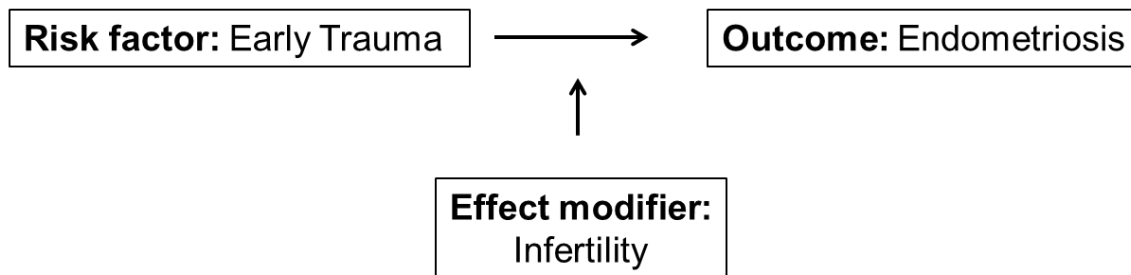


Figure 2: Causal Diagram and directed acyclic graph

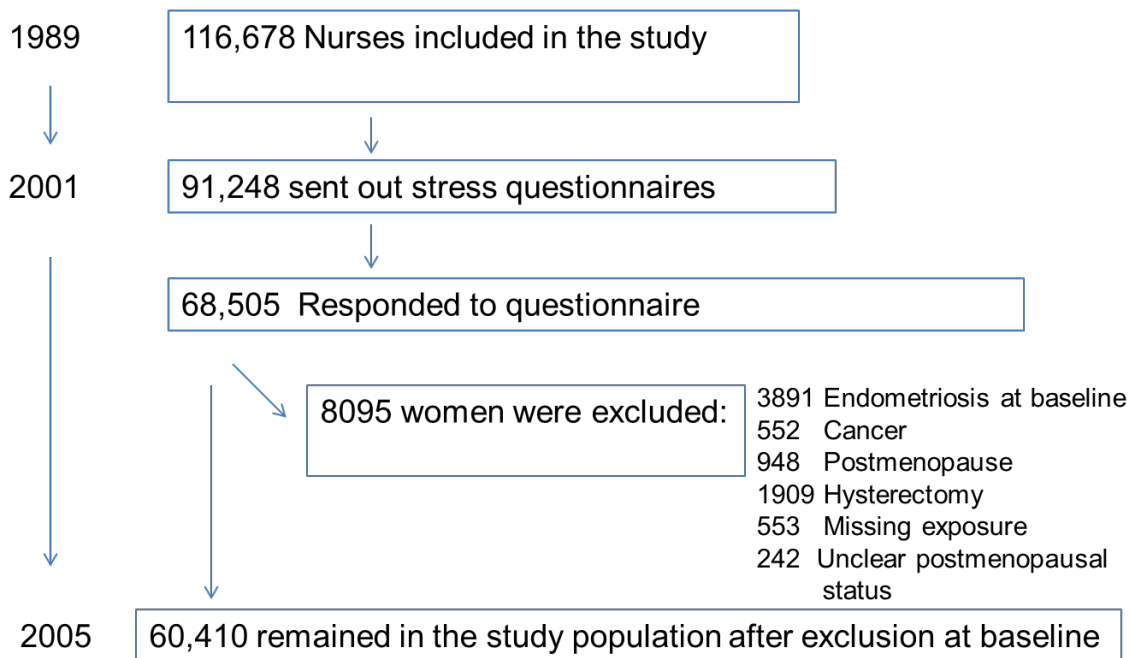


Figure 3. Flowchart of the selections of participants.

TABLES

Table 1a - Violence Variable Categorization

Severity Categories		
	Physical Abuse	Sexual Abuse
Mild	Kicking, biting, or hitting once Any frequency of pushing	Sexual touching
Moderate	Physically attacked once Hit a few times or more	Forced sexual activity during one developmental period
Severe	Choked or burned ever Physically attacked more than once Kicked, pushed, or bitten more than once	Forced sexual activity during multiple developmental periods

Table 1b - Violence Variable Categorization Cumulative Violence Measure

Mild/Moderate Single Type	During one developmental period: *Mild/Moderate physical abuse only or *Mild sexual abuse only
Mild/Moderate Single or Severe-Single Type(s)	During one developmental period: *Mild/moderate physical and mild sexual abuse or *Moderate sexual abuse only *Severe Physical abuse only
Moderate-Chronic or – Multiple Types	During one developmental period: *Severe physical abuse and mild sexual abuse or *Mild/moderate physical and Moderate sexual abuse During both developmental periods: *Severe physical abuse only or *Severe sexual abuse only
Severe-Chronic or – Multiple Types	During one developmental period: *Severe physical and moderate sexual abuse During both developmental period periods: *Severe physical and mild sexual abuse *Severe sexual and mild/moderate physical abuse
Severe-Chronic and – Multiple Types	Both severe physical and moderate/severe abuse with one or both exposures occurring during both developmental periods

I utilized the classification system of physical and sexual abuse and for cumulative violence published by Boynton-Jarret et al., 2011⁸⁷. Categories that classify violence exposure by severity and chronicity were based on the factor analysis and frequency trends within each factor. Physical abuse was classified by severity categories which incorporated both type of violence exposure and frequency of abuse. Sexual abuse was classified based on type of abuse and number of developmental periods that abuse was experienced (chronicity). The cumulative violence measure merged both physical and sexual abuse.

Table 2 - Distribution of potential risk factors for endometriosis according to total abuse in childhood/adolescence at baseline (1989) among women in the Nurses' Health Study II (n = 60194).*

	Status		Total
	Normal (n = 21138)	Abuse (n = 39056)	
Race			
White	20235 (96.2)	36878 (94.4)	57203
Black	148 (0.7)	491 (1.3)	639
Asian	239 (1.1)	495 (1.3)	734
Multi	266 (1.3)	776 (2.0)	1042
Other – unknown	160 (0.8)	416 (1.1)	576
Total	21138	39056	60194
Body mass index			
< 19	1444 (6.9)	2248 (5.8)	3692
19 – 20.4	3596 (17.1)	5960 (17.1)	9556
20.5 – 21.9	4714 (22.4)	8236 (21.2)	12950
22 – 24.9	5939 (28.2)	10990 (28.3)	16929
25 – 29.9 (overweight)	3453 (16.4)	7101 (18.3)	10554
>= 30 obese	1888 (9.0)	4303 (11.1)	6191
Subtotal	21034	38838	59872
Missing data			322
Total			60194
Body mass index 2			
BMI < 30	19146 (91.0)	34535 (88.9)	53681
BMI >= 30	1888 (8.9)	4303 (11.1)	6191
Subtotal	21034	38838	59872
Missing			322
Total			60194
Cigarette smoking			
Never	15365 (72.8)	24853 (63.7)	40218
Past	3786 (17.9)	9123 (23.4)	12909
Current	1967 (9.3)	5026 (12.9)	6993
Subtotal	21118	39002	60120
Missing			74
Total			60194
Age at menarche			
< 12 years	4747 (22.5)	9506 (24.4)	14253
12 years	6520 (30.9)	11726 (30.1)	18246
13 years	6053 (28.7)	10641 (27.3)	16694
>13 years	3758 (18.1)	7054 (18.1)	10812
Subtotal	21078	38927	60005
Missing			189
Total			60194
Menstrual cycle length			
< 26 days	2167 (10.3)	4123 (10.6)	6290
26 – 31 days	13824 (65.5)	25873 (66.4)	39697
32 – 50 days	3953 (18.7)	6871 (17.6)	10824
>50	1150 (5.5)	2091 (5.4)	3241
Subtotal	21094	38958	60052
Missing			142
Total			60194
Oral contraceptive use			
Ever	3957 (18.7)	6221 (15.1)	10178
Never	17155 (81.3)	32790 (84.1)	49945
Subtotal	21112	39011	60123
Missing			71
Total			60194
Parity			
Ever	14282 (67.6)	27492 (70.4)	41774
Nulliparous	6854 (32.4)	11557 (29.6)	18411
Subtotal	21136	39049	60185
Missing			9
Total			60194
Lactation (among parous women)			
0-<1 months	2886 (20.9)	5167 (19.5)	8053
0-18 months	6942 (50.3)	13632 (51.4)	20574
>18 months	3962 (28.7)	7713 (29.1)	11675
Subtotal	13970	26512	40302
Missing			19892
Total			60191
Recent gynecologic exam			
No exam	1678 (8.0)	3240 (8.4)	4918
Exam	19344 (92.0)	35546 (91.7)	54890
Subtotal	21022	38786	59808
Missing			386
Total			60191

Table 3 - Distribution of potential risk factors for endometriosis in stress questionnaire responders vs. non-responders at baseline (1989) among women in the Nurses' Health Study II (n = 60194).*

	Status		Total
	Responders	Non-responders	
Race			
White	36501 (89.3)	57203 (95.0)	94704
Black	1091 (2.6)	639 (1.1)	1730
Asian	1110 (2.6)	734 (1.3)	1844
Multi	756 (1.80)	1042 (1.73)	1798
Other – unknown	1549 (3.7)	576 (1.0)	2125
Total	42007	60194	102201
Body mass index			
< 19	2583 (6.2)	3692 (6.2)	6275
19 – 20.4	6184 (14.9)	9556 (16.0)	15740
20.5 – 21.9	8257 (19.8)	12950 (21.6)	21207
22 – 24.9	11360 (27.3)	16929 (28.3)	28289
25 – 29.9 (overweight)	8116 (19.5)	10554 (17.6)	18670
>= 30 obese	5111 (12.28)	6191 (10.34)	11302
Total	41611	59872	101483
Body mass index 2			
BMI < 30	36500 (87.7)	53681 (90.0)	90181
BMI >= 30	5111 (12.3)	6191 (10.34)	11302
Total	41611	59872	101483
Cigarette smoking			
Never	26943 (64.25)	40218 (66.90)	67161
Past	8776 (20.93)	12909 (21.47)	21685
Current	6216	6993 (11.63)	13209
Total	41935	60120	102055
Age at menarche			
< 12 years	10310 (24.6)	14253 (23.8)	24563
12 years	12616 (30.1)	18246 (30.4)	27957
13 years	11263 (26.9)	16694 (27.8)	18488
>13 years	7676 (19.3)	10812 (18.0)	101870
Total	41865	60005	
Menstrual cycle length			
< 26 days	5416 (12.9)	6290 (10.5)	11706
26 – 31 days	27728 (66.2)	39697 (66.1)	67425
32 – 50 days	6582 (15.7)	10824 (18.0)	17406
>50	2151 (5.1)	3241 (5.4)	5392
Total	41877	60052	101909
Oral contraceptive use			
Ever	34460 (82.2)	49945 (83.1)	84405
Never	7488 (17.0)	10178 (16.9)	17666
Total	41948	60123	102071
Parity			
Ever	29231 (69.9)	41774 (69.41)	71005
Nulliparous	12767 (30.4)	18411 (30.59)	31778
Total	41998	60185	102183
Lactation (among parous women)			
0-<1 months	3933 (19.5)	8053 (20.0)	11986
0-18 months	10966 (54.5)	20574 (51.1)	31540
>18 months	5224 (26.1)	11675 (29.1)	16899
Total	20123	40302	60425
Recent gynecologic exam			
No exam	4112 (9.0)	4918 (8.2)	9030
Exam	37444 (90.1)	54890 (91.8)	92334
Total	41556	59808	101364

Table 5 – Frequency of abuse in childhood and adolescence: Nurse’s Health Study II (reported in 2001) (n = 60140)

Abuse Type	N (%)
None	21199 (35.1)
Physical Abuse only	19385 (32.1)
Sexual Abuse only	7177 (11.9)
Physical and Sexual abuse	12649 (20.9)
Total	60410 (100.00)
Abuse Severity	
Severity of Physical Abuse	
None	28376 (467.0)
Mild Physical Abuse	11351 (18.8)
Moderate Physical Abuse	15700 (26.0)
Severe Physical Abuse	4983 (8.3)
Total	60410 (100.00)
Severity of Sexual Abuse	
None	40584 (67.2)
Sexual Touching as Child or Teen	13345 (22.1)
Forced Sexual Activity as Child or Teen	4970 (8.2)
Forced Sexual Activity as Child & Teen	1511 (2.5)
Total	60410 (100.0)
Childhood Trauma Scale Score^a	
5 (None)	6926 (11.5)
6 – 10	35506 (53.8)
11 – 15	13701 (22.7)
16 - 20	5170 (8.6)
21 – 25	2106 (3.4)
Total	60410 (100.0)
Cumulative Abuse History^b	
No Exposure to Violence	21199 (35.1)
Mild/Moderate Single Type	22658 (37.5)
Mild-Multiple or Severe-Single Type(s)	9168 (15.2)
Moderate-Chronic or-Multiple Types	4567 (7.6)
Severe-Chronic or-Multiple Types	1701 (2.8)
Severe Chronic and Multiple Types	1111 (1.8)
Total	60410 (100.0)

^aExposure to physical, emotional, and verbal abuse in childhood (prior to age 11) was assessed using items from the Childhood Trauma Questionnaire short form, as described ⁸⁷.

^bTo capture a latent construct— cumulative violence exposure, which incorporates both chronicity and severity-I used a principle components factor analysis methodology with oblique (promax) rotation (see Table 1), as described ⁸⁷. The cumulative violence measure merged both physical and sexual abuse.

Table 6: Incidence of laparoscopic confirmation of endometriosis by questionnaire period.

Year	Cases	Percent	Cumulative Frequency	Cumulative Percent
1991 - 1993	442	22.46	442	22.46
1993 - 1995	445	22.61	887	45.07
1995 - 1997	316	16.06	1203	61.13
1997 - 1999	255	12.96	1458	74.09
1999 - 2001	173	8.79	1631	82.88
2001 - 2003	141	7.16	1772	90.04
2003 - 2005	118	6.00	1890	96.04
2005 - 2007	78	3.96	1968	100.00

Table 7 - Relative risks of laparoscopic confirmation of endometriosis among premenopausal women according to severity, chronicity, and type of violence exposure in childhood/adolescence: Nurse's Health Study II (1989-2007)

Abuse Characteristics	Woman -years	No. Cases	Relative Risk (95% confidence interval)		
			Model 1 ^a	Model 2 ^b	Model 3 ^c
Abuse Type					
None	270475	634	1.00 (referent)	1.00 (referent)	1.00 (referent)
Physical Abuse only	243216	628	1.11 (0.99 - 1.24)	1.12 (1.00 - 1.25)	1.23 (1.01 - 1.26)
Sexual Abuse only	89167	235	1.13 (0.98 - 1.32)	1.14 (0.98 - 1.32)	1.15 (0.99 - 1.33)
Physical and Sexual abuse	155143	471	1.32 (1.16 - 1.48)	1.31 (1.68 - 1.49)	1.34 (1.19 - 1.51)
P for trend			P < 0.0001	P < 0.0001	P < 0.0001
Abuse Severity					
Severity of Physical Abuse					
None	359642	869	1.00 (referent)	1.00 (referent)	1.00 (referent)
Mild Physical Abuse	143067	348	1.00 (0.89 - 1.14)	1.01 (0.89 - 1.15)	1.01 (0.89 - 1.14)
Moderate Physical Abuse	195223	562	1.20 (1.08 - 1.34)	1.23 (1.10 - 1.37)	1.23 (1.11 - 1.38)
Severe Physical Abuse	60069	189	1.32 (1.13 - 1.55)	1.28 (1.09 - 1.50)	1.30 (1.11 - 1.52)
P for trend			P < 0.0001	P < 0.0001	P < 0.0001
Severity of Sexual Abuse					
None	513691	1262	1.00 (referent)	1.00 (referent)	1.00 (referent)
Sexual Touching as Child or Teen	165449	449	1.12 (1.00 - 1.25)	1.12 (1.01 - 1.25)	1.14 (1.02 - 1.27)
Forced Sexual Activity as Child or Teen	61025	188	1.26 (1.08 - 1.47)	1.24 (1.06 - 1.44)	1.25 (1.07 - 1.47)
Forced Sexual Activity as Child & Teen	17835	69	1.57 (1.23 - 2.00)	1.51 (1.18 - 1.93)	1.55 (1.21 - 1.98)
P for trend			P < 0.0001	P < 0.0001	P < 0.0001
Childhood Trauma Scale Score					
5 (None)	86368	189	1.00 (referent)	1.00 (referent)	1.00 (referent)
6 - 10	412863	985	1.06 (0.91 - 1.24)	1.11 (0.95 - 1.23)	1.12 (0.96 - 1.31)
11 - 15	171029	489	1.28 (1.08 - 1.52)	1.31 (1.11 - 1.56)	1.34 (1.13 - 1.58)
16 - 20	63294	225	1.59 (1.31 - 1.93)	1.62 (1.33 - 1.97)	1.65 (1.36 - 2.01)
21 - 25	24446	80	1.50 (1.60 - 1.96)	1.51 (1.16 - 1.97)	1.56 (1.20 - 2.03)
P for trend			P < 0.0001	P < 0.0001	P < 0.0001
Cumulative Abuse History					
No Exposure to Violence	270475	634	1.00 (referent)	1.00 (referent)	1.00 (referent)
Mild/Moderate Single Type	284152	739	1.11 (1.00 - 1.24)	1.13 (1.02 - 1.26)	1.13 (1.02 - 1.26)
Mild-Multiple or Severe-Single Type(s)	114079	297	1.14 (0.99 - 1.31)	1.15 (1.00 - 1.32)	1.16 (1.01 - 1.34)
Moderate-Chronic or-Multiple Types	56084	172	1.31 (1.10 - 1.55)	1.30 (1.10 - 1.55)	1.33 (1.12 - 1.57)
Severe-Chronic or-Multiple Types	20438	66	1.38 (1.07 - 1.78)	1.31 (1.02 - 1.70)	1.34 (1.03 - 1.72)
Severe-Chronic and Multiple Types	12771	60	2.07 (1.58 - 2.70)	2.02 (1.54 - 2.63)	2.09 (1.60 - 2.73)
P for trend			P < 0.0001	P < 0.0001	P < 0.0001

Multivariate cox proportional hazard regression models with time-varying covariates treating age in months were used to estimate the relative risks using SAS PROC PHREG procedure (SAS Institute, 1991). All analyses controlled for age, parental education, and race/ethnicity.

^aModel 1 controls for age, parental education, and race/ethnicity.

^bModel 2 controls of all variables in Model 1 and reproductive factors: menstrual cycle characteristics – length, age at menarche, OCP use, infertility, parity, and age at first delivery.

^cModel 3 controls for all variables in Model 2 and BMI (continuous).

Table 8 - Relative risks of laparoscopic confirmation of endometriosis employing Model 4 (with fibroids) and Model 3 (without fibroids) among premenopausal women according to severity, chronicity, and type of violence exposure in childhood/adolescence: Nurse's Health Study II (1989-2007)

Abuse Characteristics	Woman-years	No. Cases	Relative Risks (95% confidence interval)	
			Model 3 ^a	Model 4 ^b
Abuse Type				
None	270475	634	1.00 (referent)	1.00 (referent)
Physical Abuse only	243216	628	1.23 (1.01 - 1.26)	1.12 (1.00 - 1.25)
Sexual Abuse only	89167	235	1.15 (0.99 - 1.33)	1.14 (0.99 - 1.33)
Physical and Sexual abuse	155143	471	1.34 (1.19 - 1.51)	1.33 (1.17 - 1.50)
Abuse Severity				
Severity of Physical Abuse				
None	359642	869	1.00 (referent)	1.00 (referent)
Mild Physical Abuse	143067	348	1.01 (0.89 - 1.14)	1.01 (0.89 - 1.14)
Moderate Physical Abuse	195223	562	1.23 (1.11 - 1.38)	1.23 (1.10 - 1.36)
Severe Physical Abuse	60069	189	1.30 (1.11 - 1.52)	1.29 (1.10 - 1.52)
Severity of Sexual Abuse				
None	513691	1262	1.00 (referent)	1.00 (referent)
Sexual Touching as Child or Teen	165449	449	1.14 (1.02 - 1.27)	1.14 (1.02 - 1.27)
Forced Sexual Activity as Child or Teen	61025	188	1.25 (1.07 - 1.47)	1.25 (1.07 - 1.47)
Forced Sexual Activity as Child & Teen	17835	69	1.55 (1.21 - 1.98)	1.55 (1.21 - 1.98)
Childhood Trauma Scale Score				
5 (None)	86368	189	1.00 (referent)	1.00 (referent)
6 - 10	412863	985	1.12 (0.96 - 1.31)	1.11 (0.95 - 1.30)
11 - 15	171029	489	1.34 (1.13 - 1.58)	1.33 (1.12 - 1.57)
16 - 20	63294	225	1.65 (1.36 - 2.01)	1.63 (1.34 - 1.98)
21 - 25	24446	80	1.56 (1.20 - 2.03)	1.54 (1.84 - 2.01)
Cumulative Abuse History				
No Exposure to Violence	270475	634	1.00 (referent)	1.00 (referent)
Mild/Moderate Single Type	284152	739	1.13 (1.02 - 1.26)	1.13 (1.02 - 1.26)
Mild-Multiple or Severe-Single Type(s)	114079	297	1.16 (1.01 - 1.34)	1.15 (1.00 - 1.32)
Moderate-Chronic or-Multiple Types	56084	172	1.33 (1.12 - 1.57)	1.32 (1.12 - 1.57)
Severe-Chronic or-Multiple Types	20438	66	1.34 (1.03 - 1.72)	1.33 (1.03 - 1.72)
Severe-Chronic and Multiple Types	12771	60	2.09 (1.60 - 2.73)	2.06 (1.57 - 2.69)

Multivariate cox proportional hazard regression models with time-varying covariates treating age in months were used to estimate the relative risks using SAS PROC PHREG procedure (SAS Institute, 1991). All analyses controlled for age, parental education, and race/ethnicity.

^aModel 3 controls for menstrual cycle characteristics –length, age at menarche, OCP use, infertility, parity, age at first delivery, and BMI (continuous).

^bModel 4 controls of all variables in Model 1 and reproductive factors: menstrual cycle characteristics – length, age at menarche, OCP use, infertility, parity, age at first delivery, BMI (continuous), and fibroids.

Table 9 - Relative risks of laparoscopic confirmation of endometriosis among premenopausal women according to severity, chronicity, and type of violence exposure in childhood/adolescence employing Model 3: Nurse's Health Study II for timeframes 1989 - 2001 and 1989 - 2005

Abuse Characteristics	Years 1989 – 2001			Years 2001 - 2005		
	Woman-years	No. Cases	Relative Risk (95% confidence interval)	Woman-years	No. Cases	Relative Risk (95% confidence interval)
Abuse Type			Model 3 ^a			Model 3 ^a
None	221054	572	1.00 (referrent)	47339	62	1.00 (referrent)
Physical Abuse only	199640	573	1.14 (1.01 – 1.28)	41810	55	1.02 (0.71 – 1.47)
Sexual Abuse only	73594	206	1.12 (0.95 – 1.31)	14930	29	1.51 (0.97 – 2.35)
Physical and Sexual abuse	127271	421	1.31 (1.56 – 1.49)	25931	50	1.11 (1.68 – 2.38)
P for trend			P = 0.0005			P < 0.05
Abuse Severity						
Severity of Physical Abuse						
None	295651	264	1.00 (referrent)	62269	91	1.00 (referrent)
Mild Physical Abuse	117281	268	1.02 (0.89 – 1.63)	24824	34	0.94 (0.63 – 1.39)
Moderate Physical Abuse	160676	314	1.24 (1.10 – 1.38)	33193	57	1.25 (0.90 – 1.75)
Severe Physical Abuse	49955	350	1.33 (1.23 – 1.57)	9724	14	1.04 (0.59 – 1.84)
P for trend			P = 0.0001			P = 0.5487
Severity of Sexual Abuse						
None	420965	272	1.00 (referrent)	89149	117	1.00 (referrent)
Sexual Touching as Child or Teen	139556	291	1.07 (0.96 – 1.20)	27773	51	1.50 (1.07 – 2.09)
Forced Sexual Activity as Child or Teen	50353	164	1.20 (1.02 – 1.41)	10316	24	1.86 (1.19 – 2.91)
Forced Sexual Activity as Child & Teen	14959	65	1.60 (1.24 – 2.05)	2772	4	1.15 (0.42 – 3.14)
P for trend			P = 0.0002			P < 0.05
Childhood Trauma Scale Score						
5 (None)	71223	169	1.00 (referrent)	14501	20	1.00 (referrent)
6 - 10	337903	893	1.08 (0.91 – 1.28)	71901	92	0.92 (0.57 – 1.50)
11 - 15	140574	429	1.05 (1.05 – 1.50)	29306	60	1.56 (0.94 – 2.61)
16 - 20	52235	202	1.59 (1.29 – 1.95)	10613	23	1.64 (0.89 – 2.30)
21 - 25	20626	79	1.63 (1.24 – 2.13)	3689	1	0.22 (0.03 – 1.61)
P for trend			P < 0.00001			P = 0.01475
Cumulative Abuse History						
No Exposure to Violence	221054	572	1.00 (referrent)	47339	62	1.00 (referrent)
Mild/Moderate Single Type	233435	668	1.14 (1.02 – 1.27)	48664	71	1.13 (0.80 – 1.60)
Mild-Multiple or Severe-Single Type(s)	93898	263	1.14 (0.98 – 1.32)	19436	34	1.46 (0.95 – 2.22)
Moderate-Chronic or-Multiple Types	46359	149	1.27 (1.05 – 1.52)	9385	23	1.97 (1.21 – 3.20)
Severe-Chronic or-Multiple Types	17071	63	1.39 (1.07 – 1.81)	3230	3	0.73 (0.23 – 2.34)
Severe-Chronic and Multiple Types	10744	57	2.14 (1.63 – 2.83)	1976	3	1.41 (0.44 – 4.55)
P for trend			P < 0.00001			P = 0.0956

Multivariate cox proportional hazard regression models with time-varying covariates treating age in months were used to estimate the relative risks using SAS PROC PHREG procedure (SAS Institute, 1991). All analyses controlled for age, parental education, and race/ethnicity.

^aModel 3 controls for age, parental education, race/ethnicity and reproductive factors: menstrual cycle characteristics –length, age at menarche, OCP use, infertility, parity, age at first delivery, and BMI (continuous).

Table 10a - Multivariable relative risks (RR) and 95% confidence intervals (CI) of laparoscopic confirmation of endometriosis and cumulative abuse history, stratified by infertility history among premenopausal women in the Nurses' Health Study II (1989- 2007).

Cumulative abuse history	Ever infertility report				Never infertility report				P ^c
	Cases	Person years	Age-adjusted RR ^a	MV RR (95% CI) ^b	Cases	Person years	Age-adjusted RR ^a	MV RR (95% CI) ^c	
None	172	14737	1.00	1.00	451	248077	1.00	1.00	0.03
Mild/Moderate Single Type	189	15331	1.04 (0.85 - 1.28)	1.13 (0.91 - 1.41)	535	260815	1.13 (1.00 - 1.28)	1.15 (1.01 - 1.30)	
Mild-multiple or Severe Single Types	77	6350	1.01 (0.77 - 1.04)	1.23 (0.92 - 1.64)	213	104089	1.13 (0.96 - 1.32)	1.17 (1.00 - 1.14)	
Moderate-Chronic or Multiple Types	40	3437	1.00 (0.71 - 1.41)	1.28 (0.89 - 1.84)	127	50850	1.37 (1.13 - 1.67)	1.39 (1.14 - 1.70)	
Severe-Chronic or Multiple Types	14	1337	0.90 (0.52 - 1.55)	1.01 (0.57 - 1.80)	52	18221	1.57 (1.18 - 2.09)	1.57 (1.18 - 2.10)	
Severe Chronic and Multiple Types	7	819	0.73 (0.34 - 1.56)	1.04 (0.47 - 2.28)	53	11380	2.56 (1.93 - 3.41)	2.60 (1.95 - 3.47)	
P for trend				0.2477				P < 0.0001	

Note: RR=relative risk ratio; MV=multivariate; CI=confidence interval

Time-varying Cox proportional hazards models treating age in months were used to estimate multivariate (MV) relative risk (RR) and to calculate 95% confidence intervals (CI), after adjusting simultaneously for confounding variables.

^aAdjusted for current age

^bAdjusted for current age, parental education, and race/ethnicity, reproductive factors: Menstrual cycle characteristics—length, age at menarche, OCP use, infertility, parity, age at first delivery, and BMI (continuous)

^cLRT P value, test for heterogeneity between cumulative exposure and infertility.

Table 10b - Multivariable relative risks (RR) and 95% confidence intervals (CI) of laparoscopic confirmation of endometriosis and abuse severity (physical abuse or sexual abuse), stratified by infertility history among premenopausal women in the Nurses' Health Study II (1989 - 2007).

Abuse history	Ever infertility report				Never infertility report				P ^c
	Cases	Person years	Age-adjusted RR ^a	MV RR (95% CI) ^b	Cases	Person years	Age-adjusted RR ^a	MV RR (95% CI) ^b	
Physical Abuse									
None	222	19723	1.00	1.00	632	329858	1.00	1.00	0.13
Mild	100	8159	1.09 (0.86 - 1.38)	1.16 (0.90 - 1.49)	244	130691	0.97 (0.84 - 1.13)	0.99 (0.85 - 1.43)	
Moderate	139	10759	1.15 (0.93 - 1.42)	1.28 (1.02 - 1.61)	408	178773	1.19 (1.05 - 1.35)	1.22 (1.07 - 1.38)	
Severe	38	3749	0.90 (0.64 - 1.27)	1.15 (0.80 - 1.65)	147	54110	1.42 (1.18 - 1.70)	1.42 (1.18 - 1.70)	
P for trend				0.06				< 0.0001	
Sexual Abuse									
None	341	28250	1.00	1.00	895	470961	1.00	1.00	0.003
Sexual Touching as Child or Teen	108	9196	0.97 (0.78 - 1.21)	1.072 (0.85 - 1.35)	331	151274	1.15 (1.02 - 1.31)	1.171 (1.03 - 1.33)	
Forced Sexual Activity as Child or Teen	41	3811	0.89 (0.64 - 1.23)	1.02 (0.72 - 1.43)	145	55163	1.38 (1.16 - 1.65)	1.41 (1.18 - 1.68)	
Forced Sexual Activity as Child & Teen	5	1133	0.66 (0.34 - 1.28)	0.79 (0.40 - 1.58)	60	16034	1.97 (1.52 - 2.56)	1.93 (1.52 - 2.51)	
P for trend				0.95				< 0.0001	

Note: RR=relative risk ratio; MV=multivariate; CI=confidence interval

Time-varying Cox proportional hazards models treating age in months were used to estimate multivariate (MV) relative risk (RR) and to calculate 95% confidence intervals (CI), after adjusting simultaneously for confounding variables.

^aAdjusted for current age

^bAdjusted for current age, parental education, and race/ethnicity, reproductive factors: Menstrual cycle characteristics—length, age at menarche, OCP use, infertility, parity, age at first delivery, and BMI (continuous)

^cLRT P value, test for heterogeneity between physical and sexual abuse and infertility.

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