

Pola Adverse Childhood Experiences (ACEs) berdasar Latent Class Analysis (LCA) dan Internalizing Outcomes: Sebuah Scoping Review

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Abstrak. *Adverse Childhood Experiences (ACEs)* merupakan pengalaman buruk yang dialami pada masa kanak-kanak (usia 0–17 tahun) dan berdampak signifikan terhadap kesehatan mental di kemudian hari. Penelitian ACEs umumnya menggunakan pendekatan *cumulative risk* berbasis skor total, namun pendekatan ini kurang mampu menangkap variasi pola pengalaman ACEs yang terjadi bersamaan (*co-occurrence*). *Latent Class Analysis (LCA)* digunakan untuk mengidentifikasi kelas laten ACEs, namun temuan antarstudi masih terfragmentasi. Penelitian ini bertujuan memetakan pola kelas laten ACEs, mengidentifikasi *internalizing outcomes* yang dikaji, serta menelaah hubungan antara keduanya melalui metode *scoping review* terhadap 24 artikel. Hasil menunjukkan adanya karakteristik pola kelas yang relatif konsisten antarstudi, terutama pada kelas paparan rendah dan kelas paparan tinggi atau multipel. Depresi merupakan *internalizing outcomes* yang paling sering diteliti, dan kelas paparan tinggi atau multipel secara konsisten menunjukkan risiko *internalizing outcomes* yang lebih besar. Temuan ini menegaskan pentingnya pemahaman ACEs berbasis pola dalam penelitian, praktik klinis, dan kebijakan kesehatan mental.

Kata kunci: *Adverse Childhood Experiences, Latent Class Analysis, Internalizing Outcomes, Mental Health*

Abstract. Adverse Childhood Experiences (ACEs) refer to adverse events occurring during childhood (ages 0–17) that have significant effects on mental health later in life. Research on ACEs has predominantly adopted a cumulative risk approach based on total ACE scores; however, this approach has limited capacity to capture variability in co-occurring ACE patterns. *Latent Class Analysis (LCA)* has been employed to identify latent classes of ACEs, yet findings across studies remain fragmented. This scoping review aimed to map latent class patterns of ACEs, identify the internalizing outcomes examined, and examine the associations between ACEs patterns and internalizing outcomes across 24 articles. The findings revealed relatively consistent latent class characteristics across studies, particularly low-exposure and high or multiple ACEs classes. Depression was the most frequently examined internalizing outcome, and high or multiple ACEs classes consistently exhibited a greater risk of internalizing outcomes. These findings underscore the importance of a pattern-based understanding of ACEs in research, clinical practice, and mental health policy.

Keywords: *Adverse Childhood Experiences, Latent Class Analysis, Internalizing Outcomes, Mental Health*