The field of criminology has been dominated by Strain, Control, and Social Learning theories. More recently, research and theory has focused on the role of trauma as a predictor of criminal behavior, especially for women. However, little research has empirically compared these theories to one another. The current study examined four major theories (Strain, Control, Social Learning, and Trauma) to determine which best explains non-violent and violent criminal behaviors. The data are from Widom’s large prospective cohort design study of children with documented histories of physical and sexual abuse and neglect and a control group of children matched on the basis of age, sex, race, and approximate family social class at the time. Both groups were followed up into adulthood. Information from two interviews (mean age 29 and 39) is organized into theoretical blocks based on the extent to which they are implicated in the four theoretical models. Official arrest data through 2013 are used to measure violent and non-violent criminal behavior. Multiple regressions were run to determine the amount of variance in criminal behavior explained by each theoretical model. General Strain Theory best predicted arrest for both crime in general and violence more specifically. Specific factors that predicted crime differed by race and sex. The implications of the findings in relation to theory and practice are discussed.