

Parents' Mental Health Struggles in Relation to the Mental Health of Their Children During the COVID -19 Pandemic: The Role of Emotion Responsive Parenting

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Understanding Mental Health in Adolescents 01

Parent and Child Mental Health 02

Parent Mental Health in Relation to Children 03

ERPS Affect on Children's Mental Health 04

ERPS 05

TABLE OF CONTENTS

06

Role of Parents in ERPS During COVID19

07

Uncertain or Ineffective Emotion Socialization in Parents

08

Data Analysis

09

Results

10

Model

11

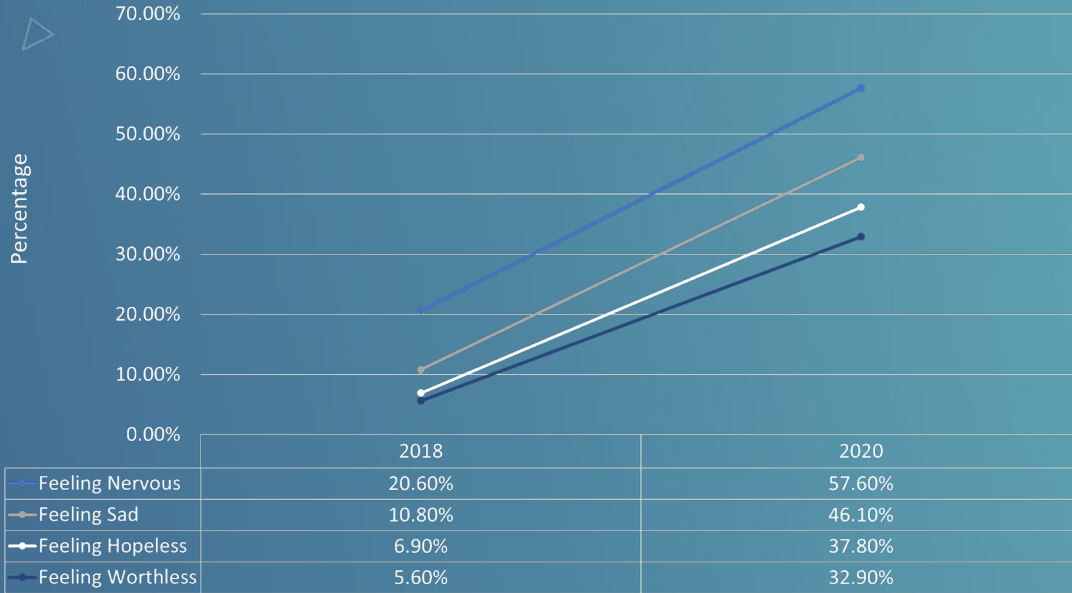
Discussion, Implications, and Limitations

Understanding Mental Health in Adolescents

- Adolescents are experiencing many changes ¹
 - COVID-19 pandemic has had an impact on their mental health and their parents' mental health. ²
- Children's mental health has decreased ¹
 - Important to find risk/protective factors.

Parent and Child Mental Health

Parent Mental Health



One in six students experienced a significant rise ($\geq 50\%$) in depression²



¹ Twenge, J., & Joiner, T. E. (2020)

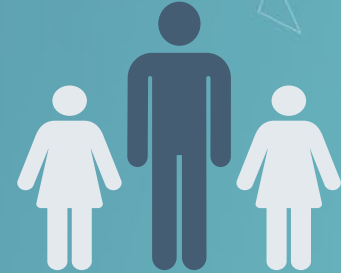
² Walters et al. (2021)

Parent Mental Health in Relation to Children

Past studies have found a relationship between parent and child mental health¹

This was found because of parental stress²

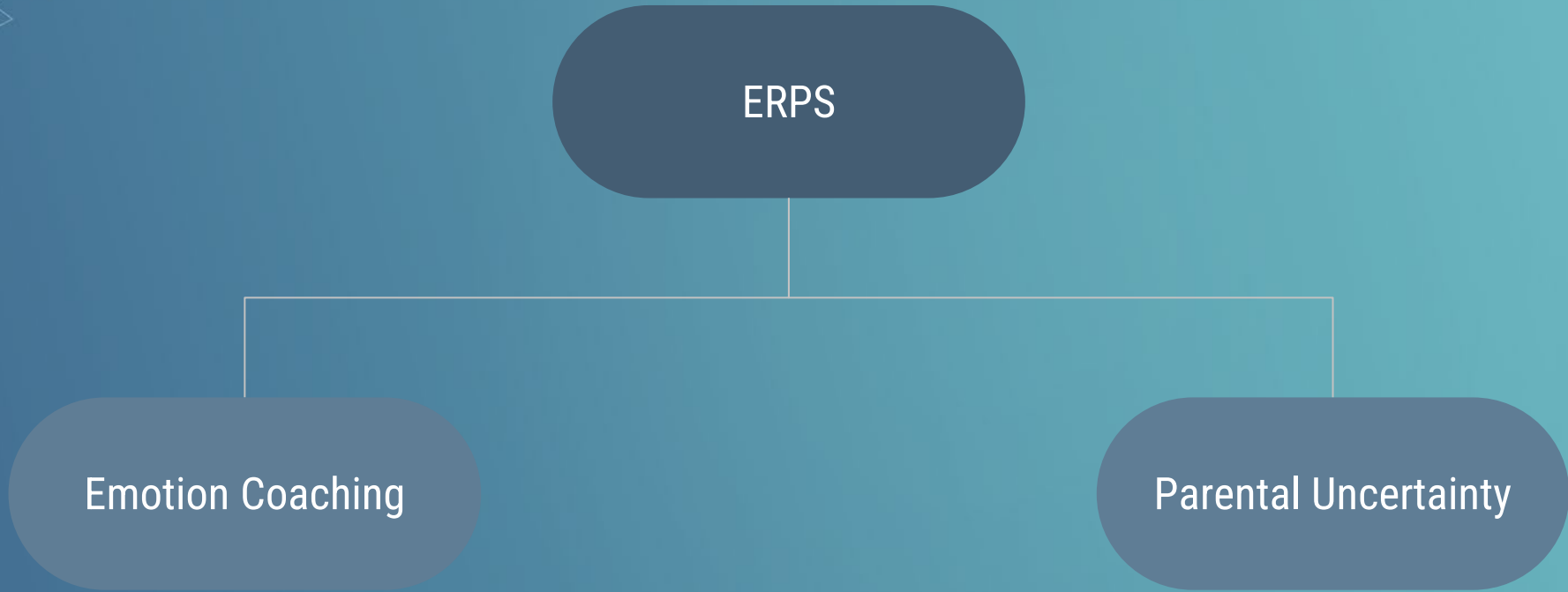
Our study examines relationship between parent and child mental health



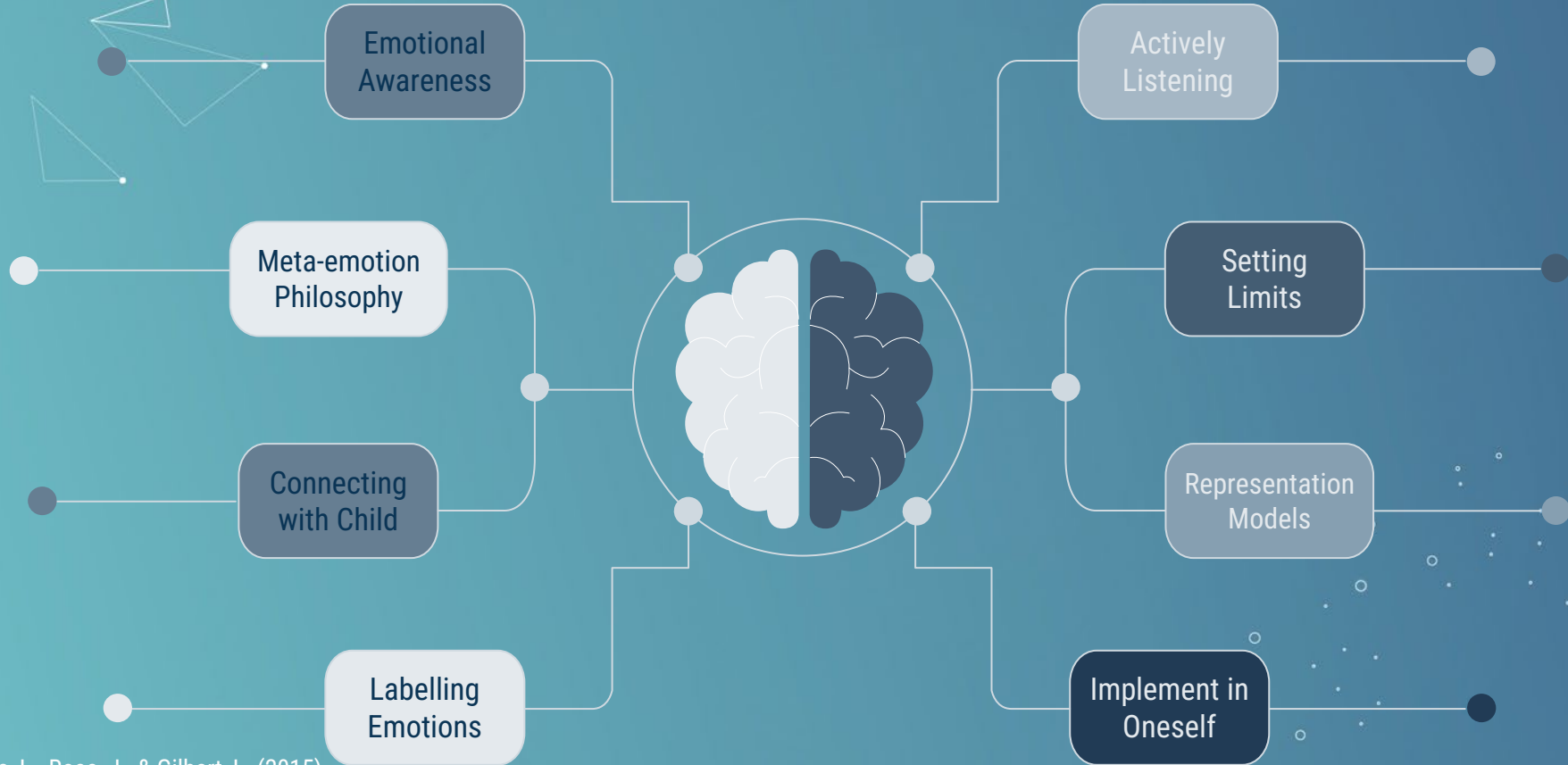
¹ Spinelli, M., Lionetti, F., Pastore, M., et al. (2020)

² Dubois-Comtois, K., Suffren, S., St-Laurent, D., et al. (2021)

Variables in Emotion Responsive Parenting Styles (ERPS)



Emotional Coaching ¹



¹ Gus, L., Rose, J., & Gilbert, L. (2015)

Role of Parents in ERPS During COVID-19¹



Implementing Resources

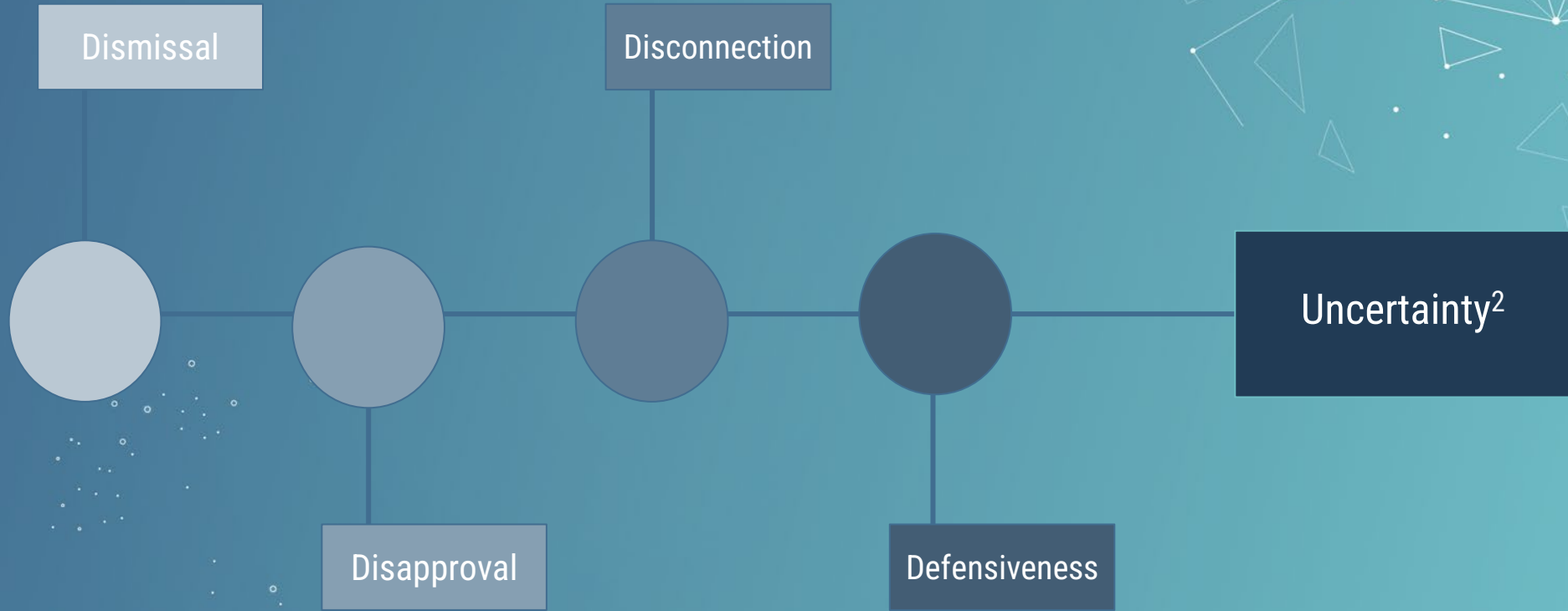
Modeling Healthy Coping and Self Care

Remaining Cognisant of Child Stress and Distress Levels

Maintaining an Open Line of Communication Surrounding the COVID-19 Pandemic

¹ Russell, B.S., Hutchison, M., Tambling, R. et al. (2020)

Uncertain or Ineffective Emotion Socialization in Parents ¹



¹Wilson et al. (2012)

²Gottman et al. (1997)

Research Questions:

How do parents' depression and anxiety relate to their child's depression and anxiety?

Is there a relationship between parent and child anxiety and depression?

Do emotion responsive parenting styles have a role in the relationship between parent and child mental health?

A decorative network diagram in the bottom right corner of the slide, consisting of several white nodes connected by thin white lines, set against a teal background.

Demographics

Participants were 73 parents of middle school students at a public middle school in the Midwest.

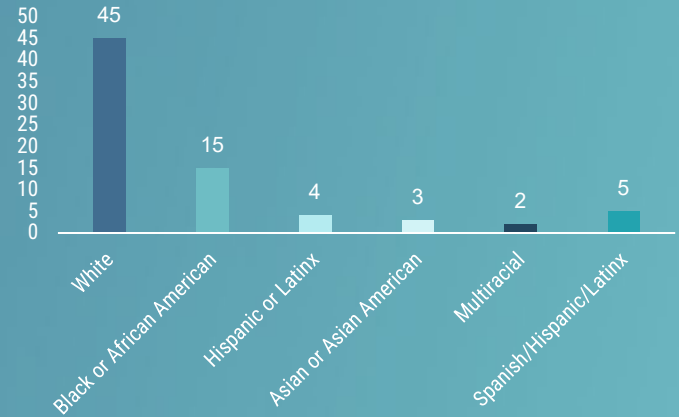
● Gender

- 82.4% female
- 16.2% male
- 1.5% transgender

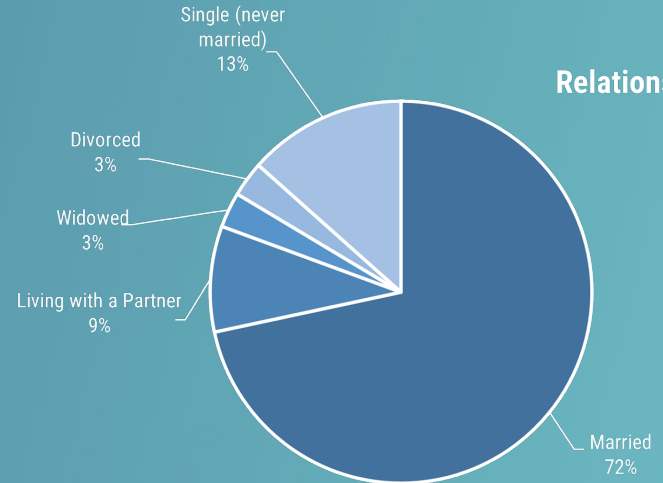
● Sexual Orientation

- 88.1% Heterosexual or Straight
- 1.5% Lesbian
- 7.5% Bisexual
- 3.0% Other

Racial Identity



Relationship Status





Procedure

Participants
provided informed
consent.

Surveys were
created on
REDCap and
distributed online
during Spring of
2021.

Method

Brief Symptom Inventory¹ (BSI)

- Parent mental health
- 6 items for both Anxiety and Depression
- Ex. “Nervousness or shakiness inside”
- Ex. “Feeling lonely”

Emotion Responsive Parenting Styles² (ERPS)

- 5 questions for both Emotion Coaching and Uncertain or Ineffective Emotion Socialization
- Ex. “When my child is sad, we sit down and talk over the sadness.”
- Ex. “When my child is angry, I’m not quite sure what he or she wants me to do.”

Behavioral Assessment System for Children³ (BASC-3)

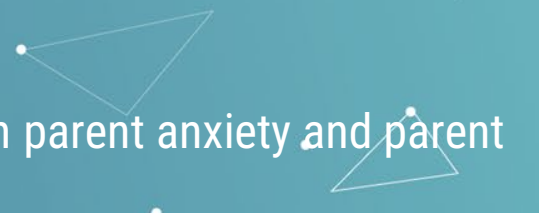
- Parent perception of child’s mental health
- 13 of questions for both Depression and Anxiety
- Ex. “Worries about what teachers think”
- Ex. “Cries easily”

Data Analyses

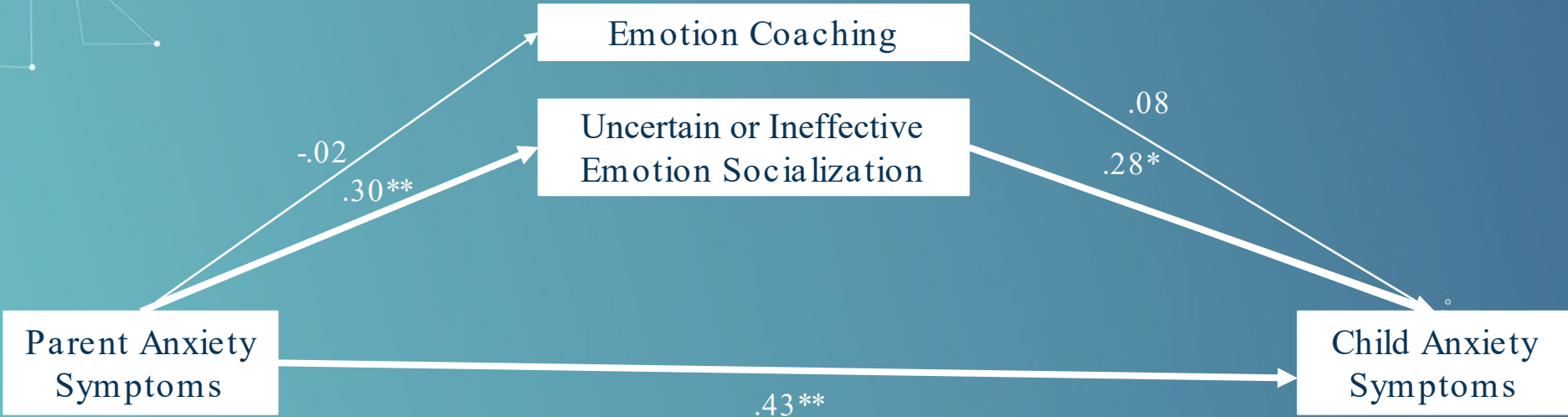
Estimated correlations and descriptive statistics

Examined relationships between parent's mental health symptoms and child's mental health symptoms

Conducted two mediation analyses using MPlus.


- First model with ERPS mediating relationship between parent depression and parent perception of child's depression
 - Second model with ERPS mediating relationship between parent anxiety and parent perception of child's anxiety
- 
- A decorative network diagram in the bottom right corner of the slide. It consists of several white dots (nodes) connected by thin white lines (edges). The nodes are arranged in a somewhat circular pattern, with some lines forming triangles and other shapes. The overall appearance is that of a complex network or graph.

Results -Anxiety Model



*Indicates p-value < .05

**Indicates p-value < .01



There is a significant relationship between parent
and child anxiety

Parent Anxiety
Symptoms

.43**

Child Anxiety
Symptoms



**Indicates p - value < .01



Parent Anxiety
Symptoms

-0.02

Emotion Coaching

.08

Child Anxiety
Symptoms

Emotion coaching is not a mediator for the relationship between parent and child anxiety



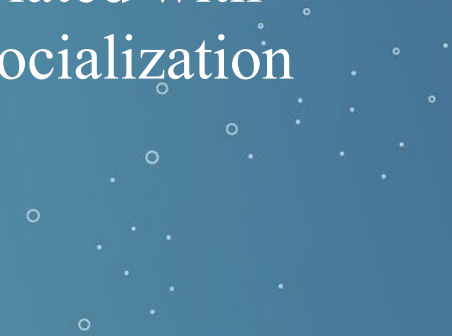
Parent Anxiety
Symptoms

.30**

Uncertain or Ineffective
Emotion Socialization

Parent anxiety is positively associated with
uncertain or ineffective emotion socialization

**Indicates p - value < .01





Uncertain or Ineffective
Emotion Socialization

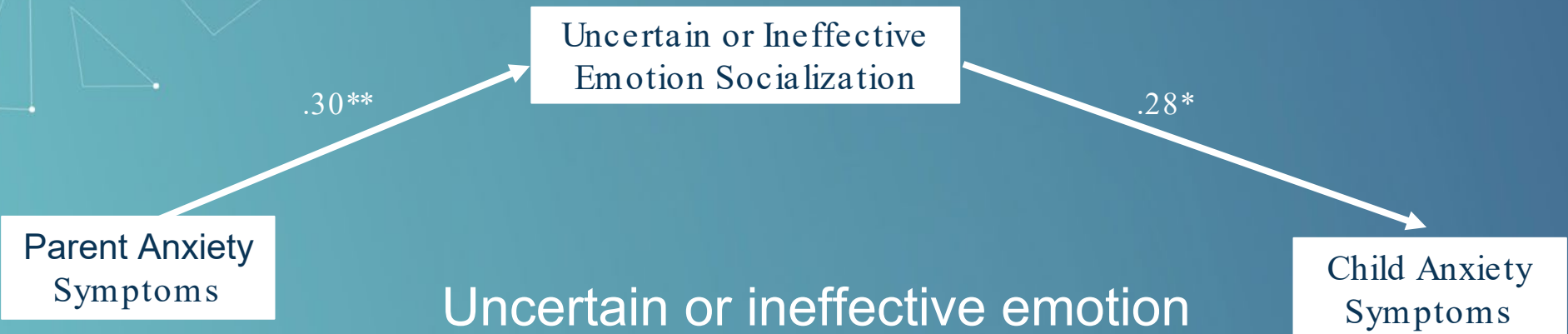
.28*

Child Anxiety
Symptoms



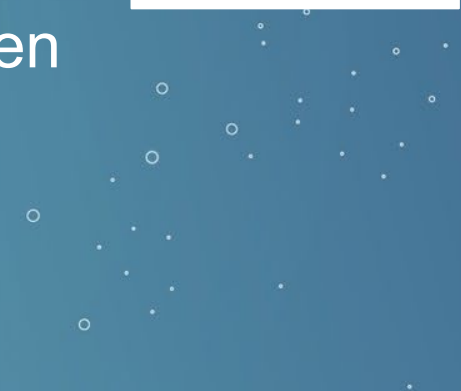
Uncertain or ineffective emotion
socialization is positively associated
with child anxiety

*Indicates p-value < .05

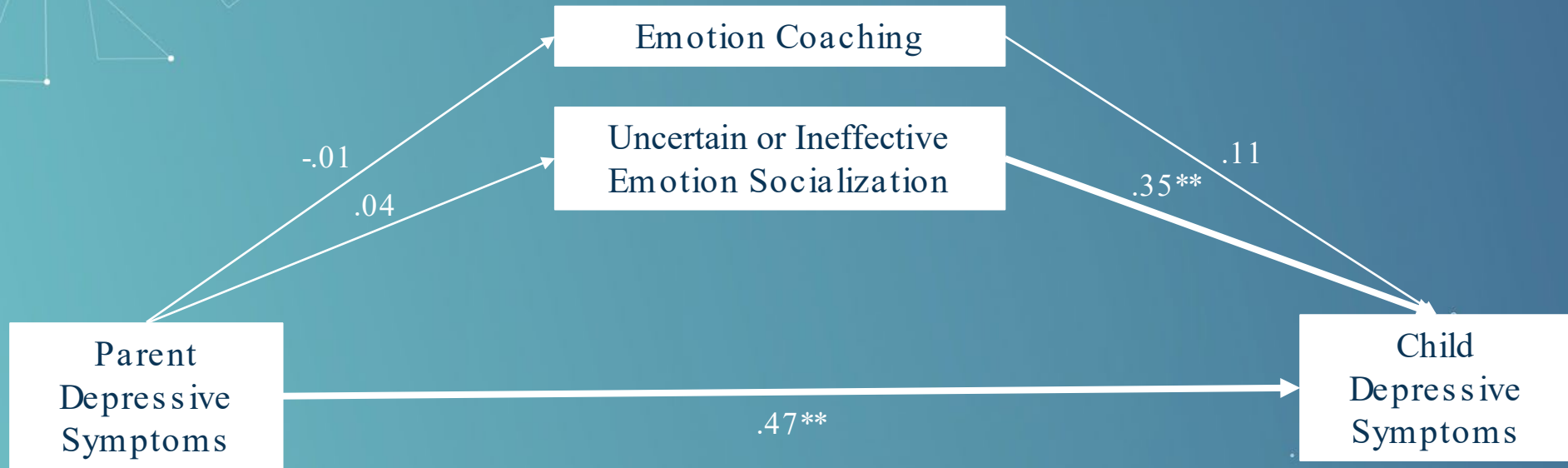


Uncertain or ineffective emotion socialization is a mediator between parent and child anxiety

*Indicates p-value < .05
**Indicates p-value < .01



Results - Depression Model




**Indicates p - value < .01



There is a relationship between
parent depression and child
depression

Parent
Depressive
Symptoms



.47**

Child
Depressive
Symptoms



**Indicates p - value < .01



Emotion coaching is not a mediator for the relationship between parent and child depression



Uncertain or Ineffective
Emotion Socialization

.35**

Child
Depressive
Symptoms

There is a relationship between
uncertain or ineffective emotion
socialization and child depression

**Indicates p - value < .01



There is an association
between parent anxiety
and child anxiety

There is an association
between parent depression
and child depression

Results

Emotion coaching is not a
mediator for the
relationships between
parent and child anxiety
and depression

Uncertain or ineffective
emotion socialization is a
mediator between parent
and child anxiety

Discussion



1 Finding consistent with literature examining relationship between parent/child mental health.

2 Studies have found this but did not emphasize role of parent perception.

3 Our study included ERPS as a mediator.



Discussion

Uncertain emotion socialization mediated the relationship. **4**

Emotion coaching was not related to any mental health symptoms. **5**

Due to broadness of ERPS, too many variables. **6**

Limitations

Small Sample Size



Cross
Sectional
Design

Lack of Diversity

Implications

Parent
Support groups

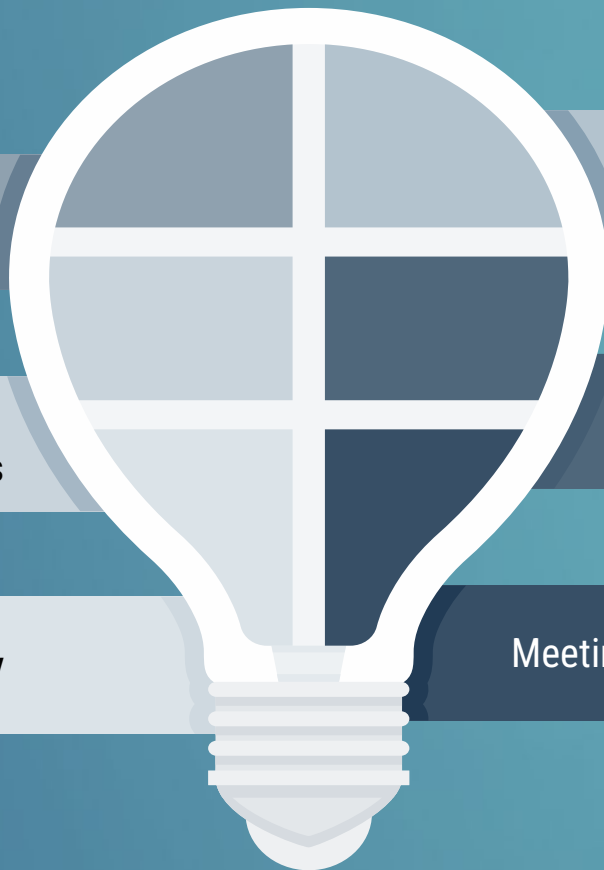
Mental health
resources for families

Mental health
lectures in schools

Parent classes on
emotion coaching

Family Therapy

Meeting of basic needs



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