



Child Development Lab

# Troublesome Parents?

## An Exploration of the Relationship between Anxiety, Parenting, and Ethnicity

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### Introduction

- Based on current literature there is an established link between parenting behaviors and the manifestation of anxiety during adolescence however mechanisms for manifestations are inconclusive (McLeod et al., 2007)
- Parental control plays a significant role in the manifestation of childhood anxiety (McLeod et al., 2007)
- High maternal acceptance is associated with decreased incidence of anxiety (MA & Philip C. Kendall PhD, 2014)

### Research Aims

1. Examining the relationship between parental behavior differences and ethnicity
2. To evaluate the consequences of negative parenting behaviors on anxiety
3. To determine the moderating role of parental education on the relationship between parenting behaviors and anxiety

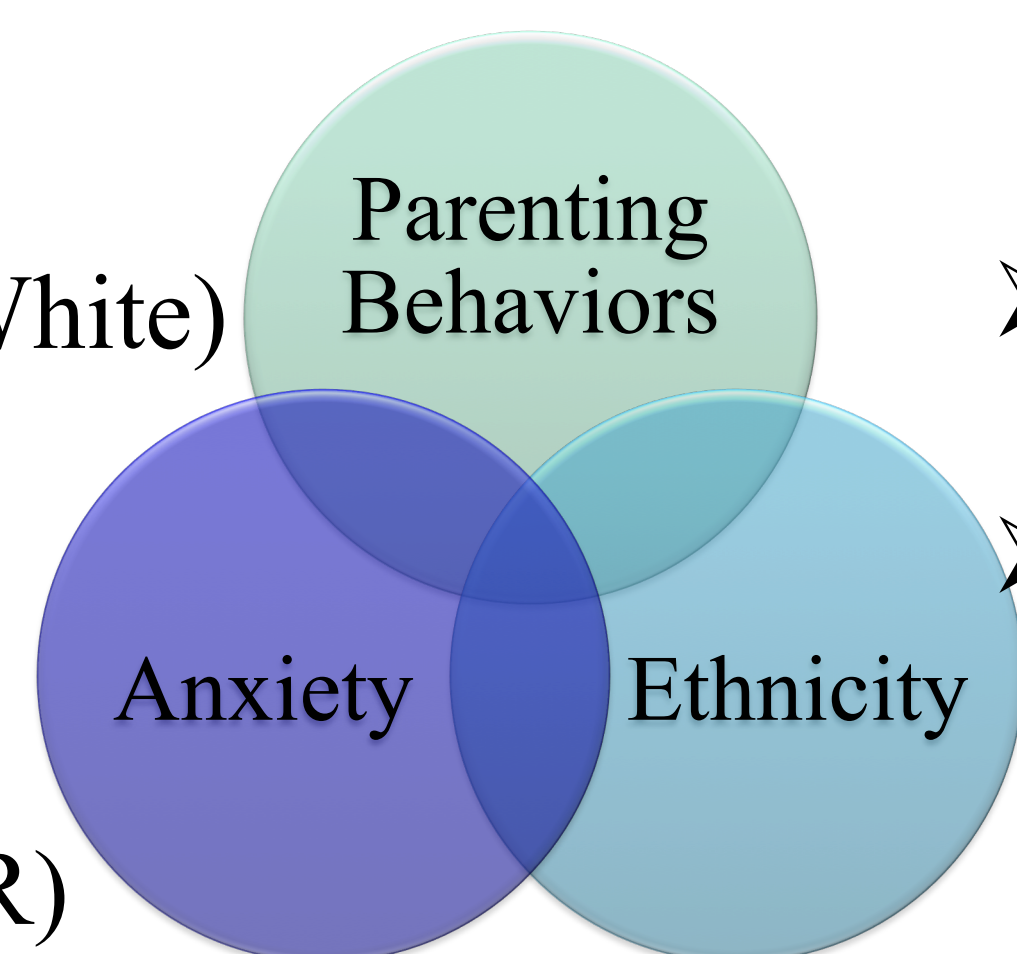
### Method

#### Participants

- Temperament Over Time Longitudinal Study; 366 subjects
- (169 male, 197 female;
- 122 minority, 244 Caucasian/White)

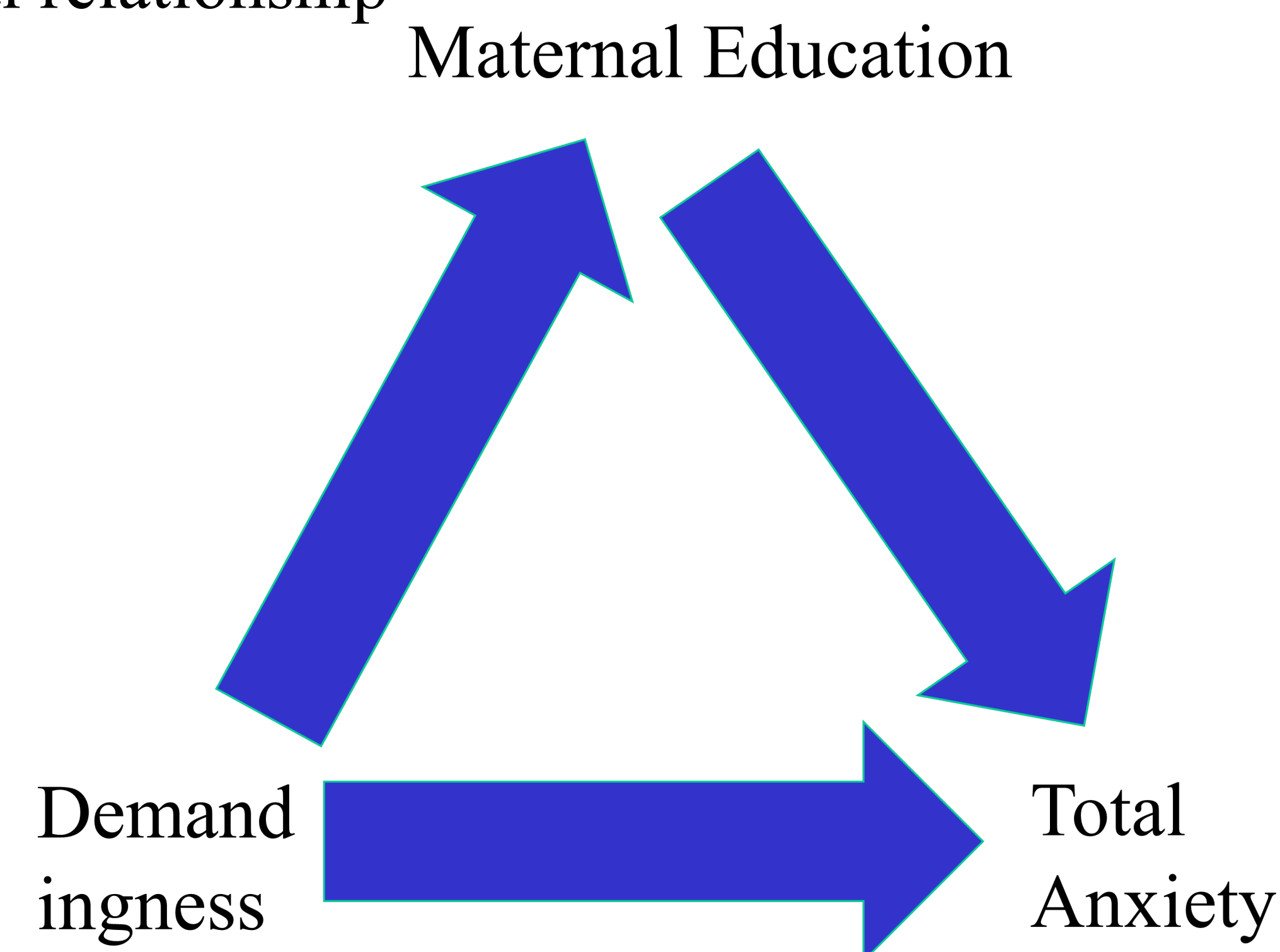
#### Measures

- Parental Control Scale
- Parental Stress Inventory
- Child-Rearing Practices (CRPR)
- Anxiety Variables (SCARED); total anxiety
- Parenting Styles Dimension Questionnaire (PSDQ)



### Results

- Found statistical significance between restrictiveness and ethnicity with higher restrictiveness in non-Caucasian groups
- Neuroticism reported by the mother at 4 years was shown to predict total anxiety on the SCARED when the child was both 12 [ $F(1, 168)=4.868$ ,  $p=.029$ ] and 15 years old [ $F(1, 149)=8.05$ ,  $p=.005$ ].
- There is a significant relationship between anxiety and demandingness with education being the mediator
- Causal relationship



- The higher the mother's education the lower demandingness predicts total
- Anxiety increases and demandingness increases, but the lower the mother's the education the more demanding they are going to be, which leads to more anxiety An independent samples t-test was performed to look at gender differences

### Discussion

- Negative parenting behaviors demonstrated a stronger correlation to the manifestation of anxiety than positive parenting behaviors but it was not seen to be a function a ethnicity.
- Nurturance at five year is a significant predictor of warmth and involvement at fifteen year
  - However, no significant differences in nurturance or adaptability were found to be a function of ethnicity.
- There were no statistically significant differences found between gender and ethnic differences and puberty status
- Statistically significant differences were found between parental restrictiveness and ethnicity.
- There is a statistically significant relationship between demandingness and total anxiety with maternal education being the moderating variable
  - There is a negative correlation between maternal education and the manifestation of anxiety and demandingness
  - However we look at this model cautiously as the overall model is not significant but the individual predictors are

### Implications and Future Directions

- Future research into the intersection of ethnicity and culture into anxiety and other mental disorders can help future clinicians to promote cultural competence when treating their patients.
- Ethnicity differences may not be as pronounced due the diversity of the sample and shared culture and recruitment from the same region.
- Specifically recruiting participants for specific ethnic groups could provide further insight into the validity of ethnic differences within child rearing

*We would especially like to thank the parents of the children who participated and continue to participate in our studies. Funding for the study was provided by National Institute of Mental Health Grant U01 MH093349.*

