### Introduction

- Separately, prior work has noted:
  - Associations between perceived parenting and depression\(^1\)
  - Links between negative parenting practices (e.g., low warmth, more intrusiveness/authoritative/inappropriate practices) and more difficulties with emotion-regulation\(^2\) (ER) and related problems\(^3\)
  - Connections between poor ER and increased risk of depression\(^2\) and other internalizing problems\(^5\)
- Collectively, these areas have not yet considered:
  - Whether perceptions of having experienced negative parenting over the first 16 years of life may influence ER into the emerging adult period, despite evidence of similar associations in younger populations\(^6\)
  - That effects of perceived parenting on depression, a widely reported finding, may be mediated by ER difficulties
  - Whether effects would vary based on perceptions of maternal AND paternal parenting
- The goal of the present study is to examine these gaps in existing work by assessing, in a sample of emerging adults, perceptions of parenting, ER and depressive symptoms.

### Hypotheses

- After accounting for participant age, gender, and broad negative affectivity (a key temperament trait potentially accounting for anticipated effects), it was expected that
  - Participant perceptions of more overprotective parenting will be associated with more depressive symptoms, whereas perceptions of greater parental warmth will be associated with fewer depressive symptoms
  - Higher reported ER difficulties will be associated with more depressive symptoms
  - More overprotective parenting will be related to more ER difficulties, whereas more parental warmth will be related to fewer ER difficulties
  - The associations between perceptions of parenting and depressive symptoms will be mediated by ER
- As a more exploratory question, effects were examined for both perceptions of maternal and paternal parenting, in consideration of the possibility of differential effects, it was expected that
  - Associations between perceived parenting and depression\(^1\)
  - Links between negative parenting practices (e.g., low warmth, more intrusiveness/authoritative/inappropriate practices) and more difficulties with emotion-regulation\(^2\) (ER) and related problems\(^3\)
  - Connections between poor ER and increased risk of depression\(^2\) and other internalizing problems\(^5\)

### Method

- A diverse sample (54.3% Caucasian) of emerging adults (N = 178; 68.6% female) completed:
  - A measure of maternal and paternal perceived parenting (warmth/care and overprotectiveness subscales) – The Parental Bonding Instrument (PBI)
  - Two measures of emotion regulation:
    - The Difficulties with Emotion Regulation Scale (DERS\(^7\))
    - Emotion Regulation Questionnaire (Reappraisal scale; ERQ\(^8\))
  - The scores on the DERS and the reversed scored ERQ Reappraisal Scale, r = -.35, p < .05, were standardized and then averaged to develop an ER Composite, used in all analyses
  - A measure of depressive symptoms – The Beck Depression Inventory-II (BDI- II\(^9\))
  - The Adult Temperament Questionnaire\(^10\), which includes a factor of Negative Affect, used as a covariate in analyses.

### Results

<table>
<thead>
<tr>
<th>Maternal/Paternal Warmth</th>
<th>Emotional Regulation Problems</th>
<th>Depressive Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>b = -.23**/ -.30**</td>
<td>b = .21**/ .18*</td>
<td>b = .16**/.15*</td>
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</tbody>
</table>

**Notes**

1) Direct Effects are Above the Perceived Parenting – Depressive Symptoms Line; Indirect Effects are Below the Line
2) Coefficients are reported for perceptions of each parent using the following format, Maternal/Parental
3) \( t = p < .05; *** = p < .001 \)
4) r maternal/paternal warmth = .23, p < .01; r maternal/paternal over-protectiveness = .26, p < .01

### Conclusions

- Consistent with prior work\(^1\), each of the anticipated direct effects were observed
- Notably, the anticipated mediation pattern was also observed, suggesting that ER difficulties may be a key mediator, not considered in prior work, explaining associations between perceptions of parenting and depression.
- Findings generally support similar effects for perceptions of maternal and paternal parenting, indicating the importance of both mother’s and father’s parenting in supporting the development of ER.
- To our knowledge, this is one of the first studies to demonstrate the lasting effects, into emerging adulthood, of parenting on ER.
- Future work will need to address the limitations of the present study by collecting data longitudinally, as opposed to concurrently, and by directly observing parenting and/or emotion regulatory skills.

### References


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1. Presented at the 2013 Annual Meeting of the American Psychological Association, Honolulu, HI
2. Questions can be addressed to David J. Bridgett at dbridgett@niu.edu
3. A copy of this poster can be downloaded from the Emotion Regulation & Temperament Lab web site at, http://www.niu.edu/emotionreg/, by going to the "Presentations" Link