

Do Parenting Styles Moderate the Relationship Between Childhood Trauma and Adult Anxiety?

Hailey Clark

Faculty Sponsor: Dr. Tesia Marshik, Psychology

ABSTRACT

This study explored how parenting styles predict anxiety for those who have experienced any form of childhood trauma. Both trauma and parenting style influence psychosocial functioning in children, but the interaction among those factors is unclear. Past research has shown connections between parenting styles and anxiety after certain life stressors, such that children under authoritative parents have more emotional regulation skills than those under authoritarian parents (Campana et al., 2008), but trauma conceptualized more broadly has been insufficiently researched. I hypothesized that parenting style and childhood trauma would interact to predict adult anxiety, such that the relationship between childhood trauma and adult anxiety would be significantly positive for participants who report permissive or authoritarian parents, and non-significant for participants who report authoritative parents. Approximately 100 UWL students responded to multiple online questionnaires, including the Childhood Trauma Questionnaire (Bernstein et al., 2003), the Parenting Styles and Dimensions Questionnaire (Robinson et al., 2001), and the Depression, Anxiety, and Stress Scale (Lovibond & Lovibond, 1995). I found significant relationships between the three parenting styles and childhood trauma ($\omega^2 = .58$) and a significant positive relationship between authoritarian parents and authoritative parents and adult anxiety ($\omega^2 = .15$). However when a multiple regression analysis was conducted to evaluate how well parenting styles, trauma, and the interaction between parenting styles and childhood trauma simultaneously predict adult anxiety levels, the overall model was significant, but none of the individual factors significantly predicted anxiety ($R^2 = .18$). These findings are beneficial for future research.

INTRODUCTION

More parents say they criticize their kids too much compared to those who say they offer too much praise, and American parents are split almost in half when it comes to giving in too quickly or standing their ground (Pew Research Center, 2023). The way parents raise children affects psychological and social functioning, and children reflect the way their parents act toward them in their everyday lives (Joseph & John, 2008). The three main parenting styles include authoritarian, permissive, and authoritative, and they vary in their levels of warmth (e.g., connectedness, trust, emotional support) and demandingness (e.g., knowing where their child is, high expectations).

Authoritarian parents tend to exhibit low warmth and nurturance and are extremely strict with discipline, expectation, and rigidity (Rezai Niaraki & Rahimi, 2013). For example, consider the situation in which a child arrives home past the curfew their parents set. Authoritarian parents are more likely to react harshly and set unreasonable punishment for the action, and they may not be nurturing under any circumstance. Authoritarian parenting has been found to lead to a feeling of increased responsibility among children due to always trying to please their parents (Timpano et al., 2010). It has also been found that this parenting style is negatively related to self-esteem and is positively correlated with insecurity and inferiority (Jadon & Tripathi, 2017). Wolfradt et al. (2003) found that authoritarian parenting leads to generalized anxiety disorder in adults, and this connects back to the feelings of responsibility and insecurity children feel under this parenting style.

Permissive parents tend to exhibit extremely high warmth, but very low discipline and structure (Rezai Niaraki & Rahimi, 2013). In responding to the situation of a child breaking curfew, permissive parents will be more likely to not set any type of punishment and will have no rules or structure in place. It has been found that permissive parenting leads to less emotional growth in children (Jabeen et al., 2013). This style is also positively

associated with internalizing problems such as depression, anxiety, withdrawal, and externalizing behaviors such as violence, rebelliousness, disobedience, and less self-control (Alizadeh et al., 2011).

Authoritative parents tend to use a moderate amount of warmth toward children's psychosocial needs, as well as a moderate amount of adequate parental monitoring (Piko & Balázs, 2012). If a child were to break curfew, authoritative parents are more likely to set reasonable punishment and not be too hard on the child. However, they would make it clear that they broke expectations, and work with the child to understand one another's perspective and figure out how they can be supportive in helping the child regulate their behavior moving forward. It has been found that authoritative parenting has a significant positive effect on emotion regulation in children (Jabeen et al., 2013), as well as an increase in self-control (Hay, 2001). Research also shows that there is a negative association between authoritative parenting and adolescent mood problems (Piko & Balázs, 2012).

Given the relationships between parenting styles and the aforementioned psychosocial outcomes, the relationship between parenting styles and psychosocial outcomes may be especially important to consider in people who experience childhood trauma. Childhood trauma can come from many different experiences, such as family stressors, abuse, neglect, illness, and domestic violence. Trauma leads to negative psychological issues such as depression, suicidality, personality disorders, substance abuse, and many other consequences (Chapman et al., 2007). There is evidence that shows that early life stress is a major risk factor for the development of psychological disorders, including anxiety (Pelcovitz et al., 1994). Some characteristics that tend to be consistent with an anxiety disorder include feeling nervous, restless, tense, feelings of danger or panic, increased heart rate, and trouble concentrating or thinking about anything other than the present worry (Mayo Clinic, 2018).

When looking at the diagnosis of an anxiety disorder, it is important to note the root causes. Both trauma and parenting style influence psychosocial functioning in children, but the interaction among those factors is unclear. Parenting style may moderate the impact of trauma on psychosocial outcomes, such that some styles could reduce the impact whereas others could exacerbate it. This possibility has been insufficiently investigated, however, family stressors such as divorce have been researched, and parenting styles after a divorce may impact how well children adjust. Campana et al. (2008) conducted a study that connected parenting styles to emotional outcomes in children who experienced a divorce. The study found that children with the best mental health were those that had at least one authoritative parent, whereas children with a permissive parent were found to have a harder time adjusting and more mental health problems. Permissive parenting leads to less structure and less modeling of skills, which does not give children the resources they need to learn skills to regulate their emotions properly.

Connecting to another parenting style, the study also found that children under authoritative parents have more emotional regulation skills because they are given the necessary skills to alleviate problems that come with trauma, which could result in less anxiety and better mental health in children of divorce (Campana et al., 2008). In contrast, another study found that authoritarian parenting after divorce led to an increase in externalizing behavior problems such as rebelliousness, anger outbursts, and violence (Stallman & Ohan, 2016). Individuals with these behavioral issues may be at a greater risk for worse outcomes in managing their emotions, leading to anxiety symptoms and disorders. Though focused on divorce, the results of this research could apply across the board to other stressful or traumatic situations.

Thus, in reviewing past research, it is clear that a research gap exists in how parenting styles may play a role in anxiety when other types of childhood traumas are present, such as abuse or neglect. Given that children may experience different traumatic events, it is important to conceptualize childhood trauma more broadly than previous research has (e.g., to include more forms of potential trauma, besides divorce). Furthermore, past research has mostly focused on children between the ages of 10-18 years, but the population I focused on participants who ranged in age from 18-21 years old, to see if these are longer-lasting consequences of the degree to which parenting style may serve as a protective factor against the development of anxiety symptoms. I hypothesized that the relationship between childhood trauma and adult anxiety would be moderated by parenting style, such that there may be (a) a positive correlation between permissive and authoritarian parenting styles and anxiety and (b) a negative correlation between authoritative parenting styles and anxiety, and (c) there may be a positive correlation between adults anxiety and childhood trauma levels. The findings may be beneficial to future research.

METHOD

Participants

Participants were 100 undergraduate students from a medium-sized Midwestern university who signed up for the study using SONA and received course credit for participating in the research. Participants ranged from 18-21 years old ($M = 18.80$, $SD = 0.95$). 78% of the participants were female, and 94% were Caucasian.

Materials

The first questionnaire participants completed was the 32-item Parenting Styles and Dimensions Questionnaire-Short Version (Robinson et al., 2001). Participants were presented with a series of statements regarding parental behaviors, and they rated each statement based on how often they experienced it growing up on a 5-point Likert scale from 1 (never) to 5 (always). An example would be to rate how often you experienced your parents encouraging you to talk about your troubles. Questions reflected behaviors correlated with one of the three parenting styles: authoritative parenting, authoritarian parenting, or permissive parenting. The authoritative parenting subscale consisted of 15 items ($\alpha = .94$), the authoritarian parenting subscale consisted of 12 items ($\alpha = .91$), and the permissive parenting subscale consisted of 5 items ($\alpha = .76$). To determine which parenting style best described each participant's experience, I calculated the mean scores for the questions associated with each parenting style. Whichever score was the highest was the parenting style the participant was categorized in. In all, 77 participants were classified as having authoritative parents, 10 as having permissive parents, and 10 as having authoritarian parents. Three participants fell into two categories due to having equal scores in both categories, therefore their data was excluded from analyses.

Next, seven questions from the 21-item Depression, Anxiety, and Stress Scale (Lovibond & Lovibond, 1995) were used to determine symptoms of anxiety. Participants reported how much each statement applies to them on a 4-point scale from 0 (does not apply to me at all) to 3 (applies to me very much or most of the time). An example of a question includes, "I found it difficult to relax." The responses to each question were added together to create an anxiety sum for each participant. Higher scores indicated that the individual has more anxiety symptoms. The anxiety inventory was found to be highly reliable (7 items; $\alpha = .80$).

Lastly, participants completed the 28-item Childhood Trauma Questionnaire-Short Form (Bernstein et al., 2003), which included questions about emotional abuse, physical abuse, sexual abuse, emotional neglect, and physical neglect. Each question was scaled on a 5-point Likert scale where 1 = never true; 2 = rarely true; 3 = sometimes true; 4 = often true; 5 = very often true. One question participants were asked was, "In your childhood, how often did you experience being called names by your family?" The sum of each question was calculated for each participant's final trauma score, with higher scores indicating higher levels of childhood trauma. The childhood trauma inventory was found to be highly reliable (25 items; $\alpha = .88$).

Procedure

Institutional review board approval was received prior to data collection. After providing informed consent, participants first completed the trauma questionnaire, then the parenting style questionnaire, and then the depression, anxiety, and stress questionnaire. Finally, participants reported demographic information including age, gender, and ethnicity. They were debriefed through a written statement that included resources to our universities counseling and testing center, as well as the suicide and crisis hotline in case reporting childhood trauma was upsetting and they would like to discuss it with a healthcare professional. The data was analyzed using the SPSS software.

RESULTS

See Table 1 for descriptive statistics. A one-way between-groups ANOVA was calculated to look at the relationship between parenting styles and childhood trauma. The results revealed a significant relationship, $F(2, 94) = 67.24, p < .001, \omega^2 = .58$. Tukey post-hoc tests showed that childhood trauma was significantly greater in those with authoritarian parents ($M = 51.10, SD = 7.05$) than those with permissive parents ($M = 41.30, SD = 6.13, p < .001$) or authoritative parents ($M = 30.75, SD = 5.38, p < .001$). Childhood trauma was also significantly greater in those with permissive parents ($M = 41.30, SD = 6.13$) than authoritative parents ($M = 30.75, SD = 5.38, p < .001$).

Table 1. Descriptive Statistics

	<i>M</i>	<i>SD</i>
Permissive Parenting	2.18	.73
Authoritarian Parenting	1.99	.71
Authoritative Parenting	3.69	.84
Trauma	33.94	8.69
Anxiety	12.46	4.13

Another one-way between-groups ANOVA was calculated to look at the relationship between parenting styles and adult anxiety. The results showed a significant relationship, $F(2, 94) = 9.64, p < .001, \omega^2 = .15$. Tukey post-hoc tests showed that adult anxiety was significantly greater in those with authoritarian parents ($M = 17.10, SD = 4.20, p < .001$) than those with authoritative parents ($M = 11.69, SD = 3.70, p < .001$). There was no significant difference in adult anxiety between individuals with permissive parents and authoritative parents, or permissive parents and authoritarian parents.

A multiple regression analysis was conducted to evaluate how well parenting styles, trauma, and the interaction between parenting styles and childhood trauma predicted adult anxiety levels. Log base 10 was used to transform the anxiety score data to make it normal rather than skewed. The regression model included 5 predictors: two dummy-coded parenting styles predictors (using authoritative as the reference group), trauma, and the two dummy-coded parenting style x childhood trauma variables. The linear combination of parenting styles, trauma, and parenting styles x childhood trauma significantly predicted adult anxiety scores, $F(5, 91) = 3.92, p < .01$. The sample multiple correlation coefficient was .42, indicating that approximately 18% of the variance of adult anxiety scores in the sample were accounted for by the linear combination of parenting styles and parenting style x childhood trauma variables. However, none of the variables individually predicted adult anxiety scores. The standardized beta coefficients are included in Table 2.

Table 2. Beta Coefficients for the Multiple Regression Analysis

Predictors	Standardized β	<i>p</i>
Permissive Parenting	-.01	.99
Authoritarian Parenting	1.01	.17
Permissive Parenting * Trauma	.70	.41
Authoritarian Parenting * Trauma	-.51	.46
Authoritative Parenting * Trauma	.58	.37
Trauma	-.28	.46

Finally, in order to investigate the sensitivity of the parenting style measure, I conducted a one-way repeated measures ANOVA to see if there were significant differences in the sum scores of parental behaviors that were used to determine parenting styles. Using the Huynh-Feldt correction for sphericity violations, a significant difference was found between the parenting styles scores, $F(2, 192) = 115.75, p < .001, \eta^2_{\text{partial}} = .55$. Bonferroni post-hoc tests showed that participants had a significantly higher mean score for authoritative parenting ($M = 3.89, SD = 0.84$) than permissive parenting ($M = 2.18, SD = 0.73$) and authoritarian parenting ($M = 1.99, SD = 0.71$).

However, there was no significant difference between the mean scores reported for permissive parenting and authoritarian parenting, which suggests that the measure did not adequately distinguish between them.

DISCUSSION

As hypothesized, parenting styles did predict childhood trauma and adult anxiety in expected ways. The present study found that adult anxiety was significantly greater in those with authoritarian parents than those with authoritative parents, and these findings are similar to the Campana et al. (2008) study that found that children under authoritative parents have more emotional regulation skills than those under authoritarian parents because authoritative parents teach them the necessary skills to alleviate problems. The present study also found that childhood trauma was significantly greater in individuals with permissive parents than authoritative parents. However, there was no significant difference in adult anxiety between individuals with permissive parents and authoritative parents, or permissive parents and authoritarian parents.

When parenting styles and trauma were entered into the same regression model without the interaction variables, the relationship between parenting styles and anxiety disappeared. The Campana et al. (2008) study connected parenting styles to emotional outcomes in children who experienced the traumatic situation of parental divorce. The study found that children with the best mental health were those that had at least one authoritative parent, whereas children with a permissive parent were found to have a harder time adjusting and more mental health problems. I hypothesized that the relationship between childhood trauma and adult anxiety would be moderated by parenting style, such that there would be a positive correlation between permissive and authoritarian parenting styles and anxiety and a negative correlation between authoritative parenting styles and anxiety. However, these hypotheses were not supported.

There are a number of limitations that may have contributed to these mixed results. The first limitation is the sample demographics. All the participants were from my university's general psychology course, and thus the sample was not particularly diverse, for example, when it came to ethnicity. Some past research suggests that Black and Hispanic individuals were more likely to have been subjected to child maltreatment than White individuals, which is an indicator that their childhood trauma rates may be higher (Roberts et al., 2010). This research points to different results in a more diverse group, especially if ethnicity is used as a covariate. The diversity of future research samples should be taken into consideration to test for these impacts. Including a more diverse sample would also increase the likelihood that these results could be generalized to a broader population.

Another limitation of the current study was the unequal sample sizes in the parenting style groups, and this may be explained by how parenting style was calculated. The questionnaire that was used asked a variety of questions regarding each of the three parenting styles, and per the instructions, the highest score in each parenting style category was used to assign each participant to one parenting style group. This could have been problematic for at least two reasons. First, the questionnaire asked participants to rate how often they experienced each statement growing up with their parents. Participants were not specified to describe their experiences with their parents separately. However, if one parent had authoritarian parenting practices and the other had permissive practices, this could have affected the participant's answers, and the category they fell into may not have accurately reflected their childhood experiences. Research has found that not only can two parents have different parenting styles, but the combination of the parenting styles between the parents can impact a child's outcome involving depression, delinquency, and school commitment (Simons & Conger, 2007).

A second limitation of the parenting style measure is based on how the labels are determined. Specifically, parenting style is determined based on whichever mean rating is highest. However, when I examined whether there were significant differences between the participant's responses to the parenting style questions, the data showed that participants had a significantly higher mean score for authoritative parenting than permissive parenting and authoritarian parenting, but there was no significant difference between the mean scores reported for permissive parenting and authoritarian parenting. Even though there was no statistical distinction between authoritarian and permissive parenting ratings, I chose to keep the two parenting style variables separate in the analysis instead of combining them because I wanted to keep the project consistent with the theoretical framework used to construct the study. However, future research may be more beneficial if a more sensitive measure is used to differentiate the parenting styles. One example includes Simons and Conger (2007) who used the 16 possible combinations of parenting styles between the mother and father and categorized them into a family parenting style. This may work better for future research when finding more equal sample sizes in each category, along with a bigger difference in scores between the categories.

The way trauma was measured could have been another limitation in this study. The questionnaire that was used had many questions surrounding trauma that could have come from the child's parents. If a person's trauma is from a parent or both parents, then parenting style may not have had a significant influence on how trauma affects later anxiety. Furthermore, child abuse has been found to be significantly higher in families where the parent has endured trauma of their own than parents who have not (Montgomery et al., 2019), therefore parents' experience of trauma could be influencing both their parenting style and their children's trauma. Parenting style may be more likely to moderate the impact of trauma on children's mental health outcomes if the trauma a child endured was from a source outside of their family. Future researchers interested in the moderating effects of parenting styles should account for the source of the trauma.

A final reason the results may not have aligned with the hypotheses was that the questionnaires were not counterbalanced among the participants. They were first presented with the parenting style questionnaire, then the depression, anxiety, and stress questionnaire, and lastly the childhood trauma questionnaire. It is possible that participant's responses to the earlier questionnaires could have affected how they answered subsequent questions. For instance, reflecting on their current mental health status may bias their memory of childhood trauma. If the questionnaires were counterbalanced, this effect would not be present.

In sum, this study found some support for the idea that adult anxiety and childhood trauma may differ between individuals with different parenting styles, but no evidence was found that parenting styles moderate the relationships between childhood trauma and adult anxiety. There are still questions regarding the effect parenting styles have on children's trauma and their ability to create coping mechanisms that tend to their psychological needs. Some of these questions include how to define parenting styles, how the source of the trauma may contribute to the effect parent's behaviors have on children's coping skills, and how those behaviors may moderate the relationship between childhood trauma and adult anxiety for forms of trauma that do not originate from the parents. Approximately 60% of children in large cities report being the victims of trauma (Koenen et al., 2010), therefore the need for further research on this topic is important to many children's lives across the world. Most parents want to do the best they can, and with more information on what is best for their children, they would have access to more resources that help guide their children to the best lives possible.

ACKNOWLEDGEMENTS

Thank you to the Office of Research and Sponsored Programs for their support in the form of an undergraduate research grant, and Dr. Marshik for her advisement and support throughout this research!

REFERENCES

- Alizadeh, S., Talib, M. B. A., Abdullah, R., & Mansor, M. (2011). Relationship between parenting style and children's behavior problems. *Asian Social Science*, 7(12), 195-200. <https://doi.org/10.5539/ass.v7n12p195>
- Author, N. (2023) *Parenting in America*. Pew Research Center's Social & Demographic Trends Project. <https://www.pewresearch.org/social-trends/2015/12/17/parenting-in-america/>
- Bernstein, D. P., Stein, J. A., Newcomb, M. D., Walker, E., Pogge, D., Ahluvalia, T., Stokes, J., Handelsma, L., Medrano, M., Desmond, D., Zule, W. (2003). Development and validation of a brief screening version of the childhood trauma questionnaire. *Child Abuse & Neglect*, 27(2), 169-190. [https://doi.org/10.1016/s0145-2134\(02\)00541-0](https://doi.org/10.1016/s0145-2134(02)00541-0).
- Campana, K. L., Henderson, S., Stolberg, A. L., & Schum, L. (2008). Paired maternal and paternal parenting styles, child custody and children's emotional adjustment to divorce. *Journal of Divorce & Remarriage*, 48(3-4), 1-20. https://doi.org/10.1300/J087v48n03_01
- Chapman, D. P., Dube, S. R., & Anda, R. F. (2007). Adverse childhood events as risk factors for negative mental health outcomes. *Psychiatric Annals*, 37(5), 359-364. <https://doi.org/10.3928/00485713-20070501-07>
- Hay, C. (2001). Parenting, self-control, and delinquency: A test of self-control theory. *Criminology*, 39(3), 707-736. <https://doi.org/10.1111/j.1745-9125.2001.tb00938.x>
- Jabeen, F., Anis-ul-Haque, M., & Riaz, M. N. (2013). Parenting styles as predictors of emotion regulation among adolescents. *Pakistan Journal of Psychological Research*, 28(1), 85-105. <https://psycnet.apa.org/record/2014-02065-005>
- Jadon, P. S., & Tripathi, S. (2017). Effect of authoritarian parenting style on self esteem of the child: A systematic review. *International Journal of Advance Research and Innovative Ideas in Education*, 3(3), 909-913.

<https://citeseerx.ist.psu.edu/document?repid=rep1&type=pdf&doi=1db3c4475adb3b9462c149a8d4d580ee7c85644>

- Joseph, M. V., & John, J. (2008). Impact of parenting styles on child development. *Global Academic Society Journal: Social Science Insight*, 1(5), 16-25. http://scholararticles.net/wp-content/uploads/2015/03/5_16_25p_Joseph_John.pdf
- Koenen, K. C., Roberts, A. L., Stone, D. M., & Dunn, E. C. (2010). The epidemiology of early childhood trauma. *The impact of early life trauma on health and disease: The hidden epidemic*, 1. <https://doi.org/10.1017/cbo9780511777042.003>
- Leach, L. S., Christensen, H., Mackinnon, A. J., Windsor, T. D., Butterworth, P. (2008). Gender differences in depression and anxiety across the adult lifespan: the role of psychosocial mediators. *Soc Psychiat Epidemiol*, 43, 983–998. <https://doi.org/10.1007/s00127-008-0388-z>
- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335-343. [https://doi.org/10.1016/0005-7967\(94\)00075-U](https://doi.org/10.1016/0005-7967(94)00075-U)
- Mayo Clinic. (2018). *Anxiety disorders*. <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>
- Montgomery, E., Just-Østergaard, E. & Jervelund, S. S. (2019). Transmitting trauma: A systematic review of the risk of child abuse perpetrated by parents exposed to traumatic events. *Int J Public Health* 64, 241–251. <https://doi.org/10.1007/s00038-018-1185-4>
- Pelcovitz, D., Kaplan, S., Goldenberg, B., Mandel, F., Lehane, J., & Guarrera, J. (1994). Post-traumatic stress disorder in physically abused adolescents. *Journal of the American Academy of Child & Adolescent Psychiatry*, 33(3), 305-312. <https://doi.org/10.1097/00004583-199403000-00002>
- Piko, B. F., & Balázs, M. Á. (2012). Control or involvement? Relationship between authoritative parenting style and adolescent depressive symptomatology. *European Child and Adolescent Psychiatry*, 21, 149–155. <https://doi.org/10.1007/s00787-012-0246-0>
- Rezai Niaraki, F., & Rahimi, H. (2013). The impact of authoritative, permissive and authoritarian behavior of parents on self-concept, psychological health and life quality. *European Online Journal of Natural and Social Sciences*, 2(1), 78-85. <https://european-science.com/eojnss/article/view/24>
- Roberts, A. L., Gilman, S. E., Breslau, J., Breslau, N., & Koenen, K. C. (2010). Race/ethnic differences in exposure to traumatic events, development of post-traumatic stress disorder, and treatment-seeking for post-traumatic stress disorder in the United States. *Psychological Medicine*. 41(1),71-83. <https://doi.org/10.1017/S0033291710000401>
- Robinson, C. C., Mandleco, B., Olsen, S. F., & Hart, C. H. (2001). The parenting styles and dimensions questionnaire. *Handbook of Family Measurement Techniques*, 3, 319-321.
- Simons, L. G., & Conger, R. D. (2007). Linking Mother–Father Differences in Parenting to a Typology of Family Parenting Styles and Adolescent Outcomes. *Journal of Family Issues*, 28(2), 212-241. <https://doi.org/10.1177/0192513X06294593>
- Stallman, H., & Ohan, J. (2016). Parenting style, parental adjustment, and co-parental conflict: Differential predictors of child psychosocial adjustment following divorce. *Behaviour Change*, 33(2), 112-126. <https://doi.org/10.1017/bec.2016.7>
- Timpano, K. R., Keough, M. E., Mahaffey, B., Schmidt, N. B., & Abramowitz, J. (2010). Parenting and obsessive compulsive symptoms: Implications of authoritarian parenting. *Journal of Cognitive Psychotherapy*, 24(3), 151-164. <https://doi.org/10.1891/0889-8391.24.3.151>
- Wolfradt, U., Hempel, S., & Miles, J. N. (2003). Perceived parenting styles, depersonalisation, anxiety and coping behaviour in adolescents. *Personality and Individual Differences*, 34(3), 521-532. [https://doi.org/10.1016/S0191-8869\(02\)00092-2](https://doi.org/10.1016/S0191-8869(02)00092-2)