

# THE RELATIONSHIP BETWEEN PARENTING BEHAVIORS AND ANXIETY

## Abstract

Research on the effect of parental negativity and control on child anxiety has been extensively investigated. Finding out how parenting affects anxiety would be an advance in understanding the etiology and maintenance of anxiety. The present study investigated the possible mediating role of maladaptive cognitive schemas in the relation of parental factors and child anxiety using self-report methodology with a sample of 274 adolescents aged from 11 to 16. With the use of Pearson correlation and linear regression, it was found that parental negativity and overprotection were significant predictors of anxiety, while maladaptive schemas of impaired autonomy/performance and disconnection/rejection were significant predictors of anxiety. Multiple regressions were conducted to analyze the mediation model. The schemas of impaired autonomy/performance and disconnection/rejection were found to fully mediate the relationship between parental overprotection and anxiety. These maladaptive schemas also partially mediated the relation between parental negativity and anxiety. The implications of these findings and areas for future research are discussed.