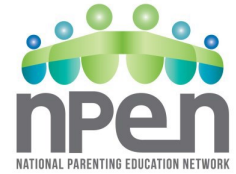




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Research Update for Professionals

Parenting Behaviors and Infant Anxiety

Selected Research Article:

Möller, E. L., Majdandžić, M., & Bögels, S. M. (2014). Parental anxiety, parenting behavior, and infant anxiety: Differential associations for fathers and mothers. *Journal of Child and Family Studies*, 24 (9), 2626-2637. doi: 10.1007/s10826-014-0065-7



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What were they trying to find out?

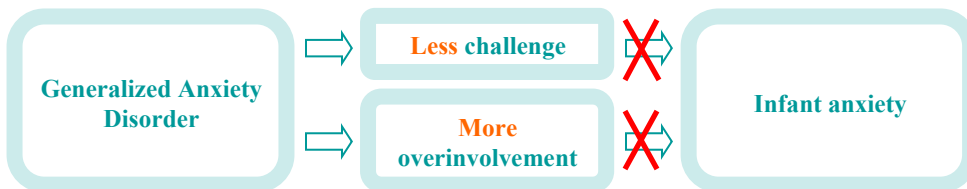
- The purpose of this study was to examine how specific parental anxiety disorders are associated with parenting behaviors that limit autonomy ("overinvolvement") and parenting behaviors that foster autonomy ("challenging parenting behaviors").
- Researchers assessed which parenting behavior, overinvolvement or challenge, is the best predictor of infant anxiety.

What did they do?

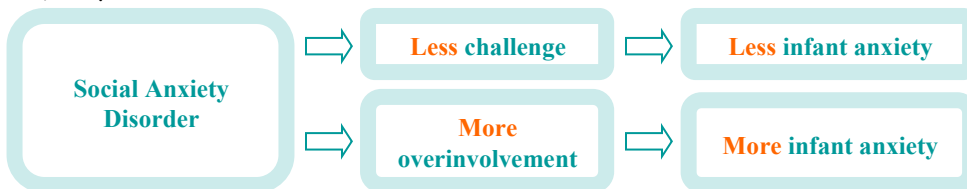
- Mothers and fathers of 81 infants between 10 and 15 months completed questionnaires assessing parental anxiety symptoms, infant anxiety, and overinvolvement and challenging parenting behavior.

What did they find?

- Different anxiety disorders predicted different parenting outcomes for mothers compared to fathers.
- For mothers:



- For fathers:



Paternal overinvolvement was the only parenting behavior that was a significant predictor of infant anxiety.

What does it mean for parenting educators and family professionals?

- We should recognize that fathers with Social Anxiety Disorder are particularly at risk for negative parenting that may, in turn, impact infant anxiety.
- Teach parents — especially fathers — strategies to challenge their children such as allowing children to make choices and letting them do for themselves.