



# Mother's Attachment Style as a Mediator between Mother-Adolescent Relationship Negativity and Mother's Stress

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## BACKGROUND

Adolescence is a period, associated with a variety of child's behavioral and emotional changes, a greater desire for independence, and more frequent conflict situations between teenagers and parents [1]. As a result of these changes, parents, especially mothers, who often are more involved in the process of raising a child [2], may experience higher levels of stress [3].

According to literature, the way mothers react to adolescents' behavior changes can be related to mothers' attachment style (safe or fearful, which can also change, depending on different life circumstances) [4].

Although some research confirms the importance of adolescents' attachment style on relationship with parents and adolescents' health [5], *how mothers' attachment style impacts the relationship between mother-adolescent disagreements and mother's stress remains unclear* [6].

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## RESULTS

The research results revealed that fear attachment was a statistically significant mediator between mother-child relationship negativity and mothers' stress ( $b = .0420$ , 95% CI [.0038, .0919]) when the safe attachment was not a statistically significant mediator between mother-child relationship negativity and mothers' stress ( $b = -.0069$ , 95% CI [-.0402, .0210]).

## CONCLUSIONS

This study indicates that mothers' fearful attachment style might be an important risk factor between mother-child relationship negativity and mothers' stress. However, to better understand what impact mothers' attachment style has on relationships with adolescent children and mothers' emotional health, further longitudinal studies are needed [2].

## REFERENCES

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## METHODS

171 mothers (of 4th – 7th - grade students) voluntarily participated in the study. Participants' age varied from 28 to 56 years (Mean = 38.9; SD = 4.8).

During the study mothers were asked to fill the questionnaires' scales, assessing:

- relationship negativity (NRI) [7];
- secure and fearful attachment style (ASQ) [8];
- stress (DASS-21) [9].

Parallel mediation analysis was performed using SPSS.

