

Research Council of Lithuania





# 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

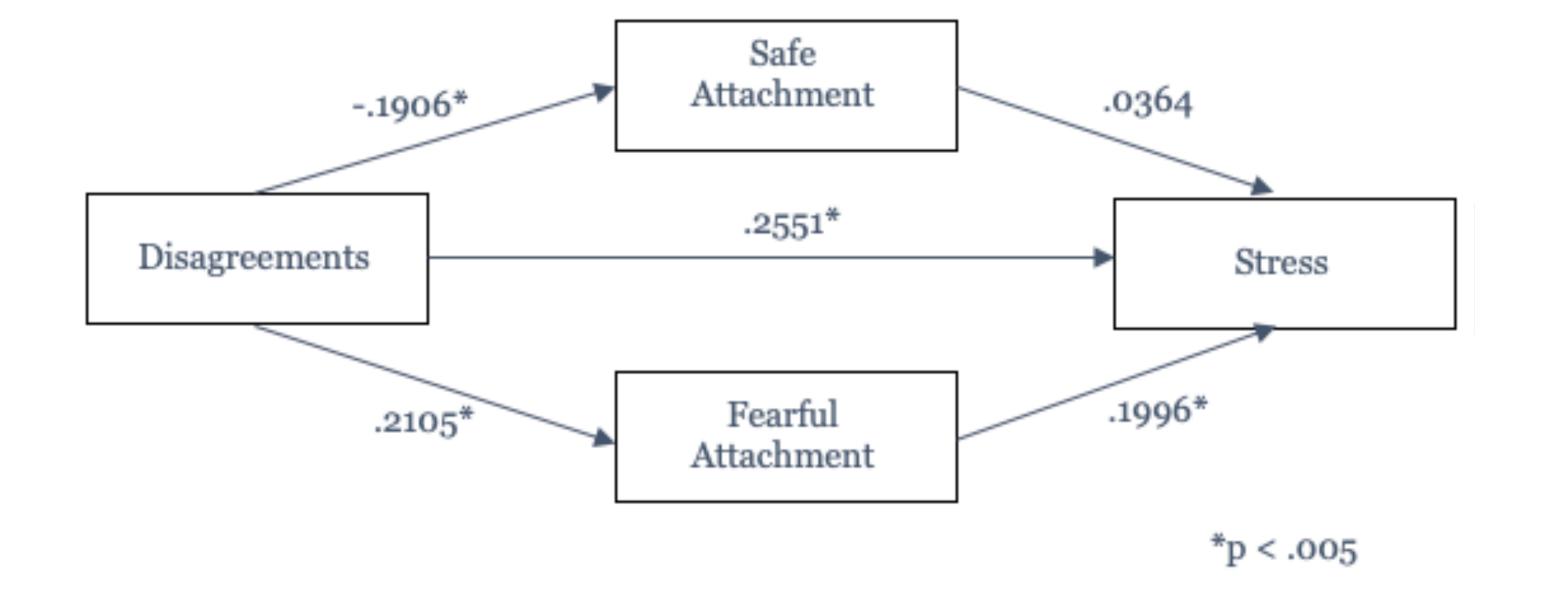
### **METHODS**

**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.



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%, Cl [.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].



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