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*Predictors of Intergenerational Socialization of Internalizing Mental Health Problems in Emerging Adulthood: The Relationships Between Parental Supportiveness, Emotion Regulation, and Trait Anxiety*

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# Objectives of the presentation

- Anxiety – A Growing Problem?
- Emotion Regulation – A Pathway to Resilience
- Parental Influences
- Parent Emotion Socialization as a Basis for Prevention



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December 14, 2000

## Studies Show Normal Children Today Report More Anxiety than Child Psychiatric Patients in the 1950's

*Anxiety linked to environmental threats and lack of social connectedness*

### Read the journal article

The Age of Anxiety? Birth Cohort  
Change in Anxiety and  
Neuroticism, 1952–1993

[\(/pubs/journals/releases/psp7961007.pdf\)](/pubs/journals/releases/psp7961007.pdf)  
(PDF, 496KB)

WASHINGTON - Two new meta-analytic studies involving thousands of children and college students show that anxiety (</topics/anxiety/index.aspx>) has increased substantially since the 1950's. In fact, the studies find that anxiety has increased so much that typical schoolchildren during the 1980's reported more anxiety than child psychiatric patients did during the 1950's. The findings appear in the December issue of the American Psychological Association's (APA) *Journal of Personality and Social Psychology*.

### The Gap Between Need and Care

# ADHD

40% of kids with diagnosable ADHD are not getting treatment

# Depression

60% of kids with diagnosable depression are not getting treatment

# Anxiety

80% of kids with a diagnosable anxiety disorder are not getting treatment



### What Is the Age of Onset for Common Disorders in Children?



**Age 6**  
median age  
of onset  
**Anxiety  
Disorders**



**Age 11**  
median age  
of onset  
**ADHD and  
Behavior  
Disorders**



**Age 13**  
median age  
of onset  
**Mood  
Disorders**

These estimates are based on diagnostic interviews done by professionals of a sample of young people 13-18.



## CHILDREN'S MENTAL HEALTH ONTARIO RELEASES ANNUAL REPORT CARD SHOWING GAPS IN CARE AND \$421 MILLION PRODUCTIVITY LOSS OF PARENTS OF CHILDREN AND YOUTH FACING MENTAL HEALTH ISSUES

Toronto, ON, February 6, 2019: Children's Mental Health Ontario (CMHO) today released its annual **Child and Youth Mental Health Report Card** which includes **new research findings from the Canadian Centre for Health Economics at the University of Toronto** calculating a productivity loss in Ontario (due to absenteeism) of \$421 million in 2017 for parents with children who experience issues related to anxiety.



Medicine®

META-ANALYSIS OF OBSERVE STUDIES IN EPIDEMIOLOGY

OPEN

# The Prevalence of Mental Disorders Among Children and Adolescents in the Child Welfare System

*A Systematic Review and Meta-Analysis*

*Guillaume Bronsard, MD, PhD, Marine Alessandrini, MD, Guillaume Fond, MD, Anderson Loundou, PhD, Pascal Auquier, MD, PhD, Sylvie Tordjman, MD, PhD, and Laurent Boyer, MD, PhD*

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Anderson Loundou, PhD, Pascal Auquier, MD, PhD, Sylvie Tordjman, MD, PhD, Guillaume Bronsard, MD, PhD, Marine Alessandrini, MD, Guillaume Fond, MD,

*A Systematic Review and Meta-Analysis*

*Adolescents in the Child Welfare System*

*THE PREVALENCE OF MENTAL DISORDERS AMONG CHILDREN AND*



# Some data



- Eight studies provided prevalence estimates obtained from 3104 children and adolescents.
- Nearly **1 child or adolescent** of every **2** (49%; 95% confidence interval (CI) 43–54) was identified as meeting criteria for a current mental disorder.
  - Disruptive disorder (27%)
  - Conduct disorder (20%) and oppositional defiant disorder (12%)
  - Attention-deficit/hyperactivity disorder was estimated to be 11%
  - Anxiety and depressive disorders were 18% and 11% Posttraumatic stress disorder had the lowest prevalence (4%)





# Vulnerability - Predictors

Which dimensions might relate to parental influences?

# Vulnerability to anxiety

- Personality Traits
  - Perfectionism
  - Anxiety Sensitivity
  - Attributional Style

- Stress Reactivity (Low Threshold)
- Inadequate Parental / Social Support and Structure
- Lack of Adequate Coping Skills



# Other risk factors

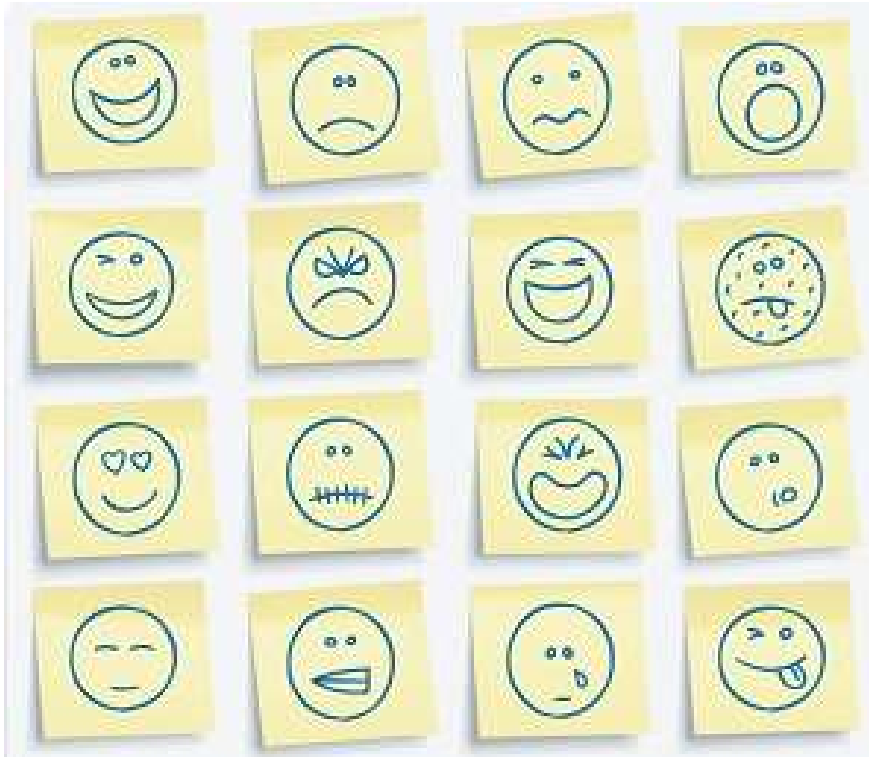


- **Feeling like the world is a threatening place**
  - Children who experience restricted amount of parental warmth may not develop a secure attachment, and view the world as unpredictable and threatening, and experience more anxiety (Bowlby, 1983).
- **Criticism of Child's Competence**
  - High levels of parental criticism have been linked to risk of anxiety disorders in children and more specifically, social anxiety (Ginsburg et al., 2004).
- **Over-control and Granting of Autonomy**
  - For anxious parents, allowing children to make decisions and have control may be difficult and increase their anxiety ; in turn contributing to greater over-control (Kessler et al., 2005).

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- Emotion Regulation plays an essential role in social-emotional development; skills that are critical for cognitive functioning.
- ER skills are associated to an improved social adaptation and achievement.



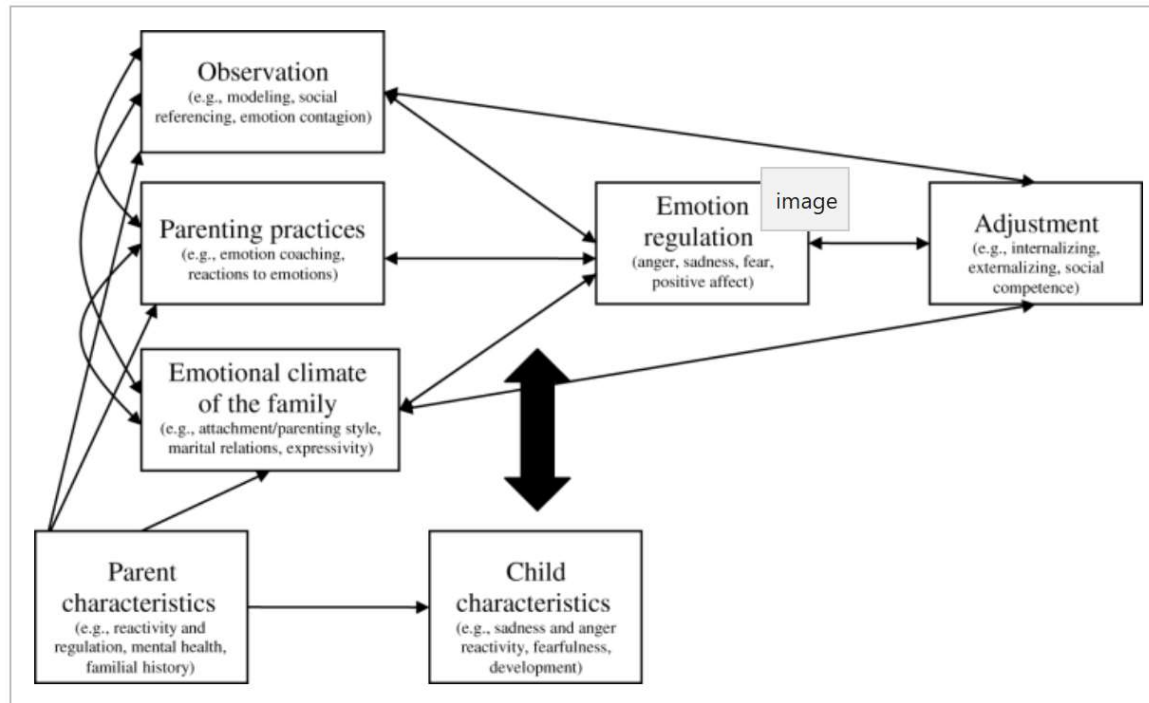
Anxious children have greater difficulty managing negative emotions and hence, poorer emotion regulation skills compared to non-anxious children.  
*(Hurrell et al., 2015)*

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# Model of Parental Influences (Morris et al., 2007)



**Figure 1**

Tripartite Model of the Impact of the Family on Children's Emotion Regulation and Adjustment.



# Study Highlights



- Children learn about ER through observational learning, modeling and social referencing.
- Parenting practices specifically related to emotion and emotion management affect ER are critical.
- ER is affected by the emotional climate of the family via parenting style, the attachment relationship, family expressiveness and the marital relationship.
- Socialization practices change as children develop into adolescents



# Parental Emotion Socialization

Adult Outcomes

# Present Study (Cabecinha-Alati, O'Hara, Kennedy, & Montreuil, 2019)



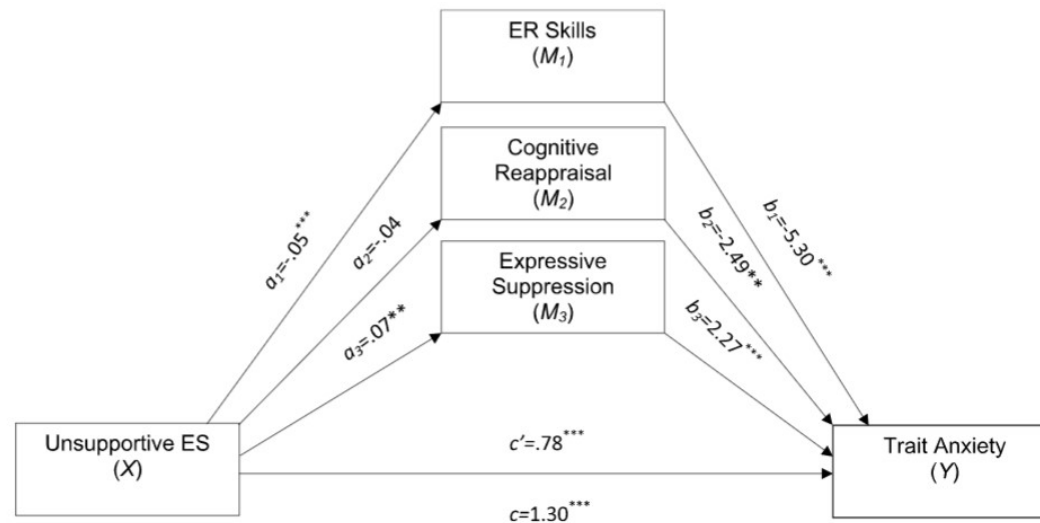
- Considerably less research on adult effects of parental emotion socialization practices, emotion regulation (ER), and anxiety in youth.
- 202 university students completed an online survey, which aimed to examine the relationships between retrospective reports of parental emotion socialization strategies in childhood, ER in adulthood, and trait anxiety.

# Present Study (Cabecinha-Alati, O'Hara, Kennedy, & Montreuil, 2019)



- Adult perceptions of their parents' use of unsupportive emotion socialization strategies in childhood was related to lower levels of ER skills and greater use of maladaptive ER strategies in adulthood.
- Perceptions of parents' use of supportive strategies were related to higher levels of ER skills and greater use of adaptive ER strategies.
- Adult perceptions of unsupportive parental emotion socialization strategies in childhood and their ER skills and ER strategy use in adulthood predicted trait anxiety.

# Intergenerational Transmission of Anxiety



Cabecinha-Alati, O'Hara, Kennedy, Montreuil, 2019

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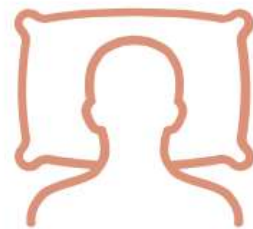
# Regulated Parenting



- Emotionally available and regulated
- Connected with your child – while setting limits
- Coach / model & support mastery instead of threaten and control
  - Empathic limits (connected while setting limits) instead of punishment

# Positive Emotion Socialization

EMOTIONAL SELF-CARE



[www.care.lab.mcgill.ca](http://www.care.lab.mcgill.ca)



# Positive Emotion Socialization (2)

## EMOTIONAL SELF-CARE

No self-care



Self-care

# Self Care and Parenting

By engaging in self-care activities, you can prepare yourself to engage in strategies that support your child's healthy emotional development...

**EMOTION  
REGULATION**

e.g., modelling adaptive emotion regulation strategies (e.g., cognitive restructuring)

**EMOTION  
SOCIALIZATION**

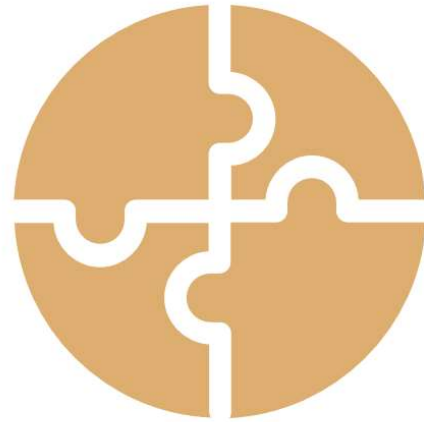
e.g., discussing and responding to your child's emotion in an supportive manner

# Attachment Theory

Attachment is a an emotional bond between parents/  
guardians and their children that provides safety, support,  
comfort and pleasure.



# Structure



Direct instruction

Take home elements

Active learning

Group-based discussions

# Emotion Socialization Milestones

- Empathic Support (Warmth and Structure/Limits)
- Eliminate Negative Reinforcement (avoidance)

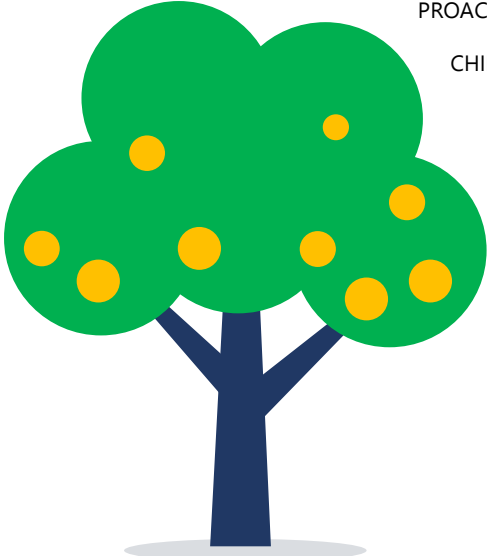
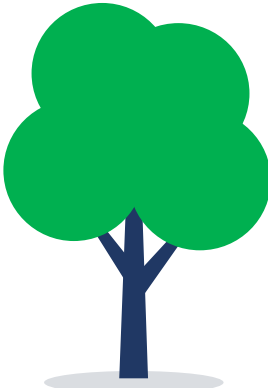
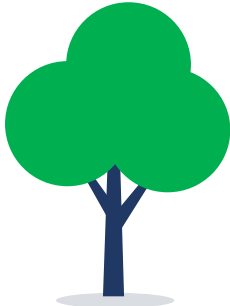


- Providing Opportunities for Children to Take the Lead
- Importance of Control Building (feeling of gaining mastery)
- Avoid Criticizing or Comparing with Others

# Emotion Socialization Growth

YOUR  
CURRENT  
SITUATION

SEED THAT IS  
PLANTED



YOUR  
GOAL

IMPROVED ADULT EMOTION REGULATION  
↓  
PROACTIVE CHILD EMOTION SOCIALIZATION  
↓  
CHILD EXERCISING MORE EMOTIONAL CONTROL



# Implications & future directions

- Parental education has an influence on parents' degree of supportive versus unsupportive emotion socialization practices (Lugo-Candelas et al. [2015](#)).
- Prevention efforts should aim to better inform parents on the importance of emotional expression/ reaction and the value of emotional self-care.
- Future research should strive to replicate these findings in more representative samples and attempt to elucidate the relationships between parental emotion socialization strategies and the development of specific ER skills.

# Ongoing Projects - Recruitment

**C.A.R.E.** Research Group



# Ongoing Projects - Recruitment



- Parental Intervention
- Child / Parent ER Study



Facilitator/Teacher Training

# C.A.R.E. Parenting Program

Childhood Anxiety and Regulation of Emotions Research Group



Jewish General Hospital – Child Day Program

Facilitators:  
Dr. Tina Montreuil  
Rayna Edels Ed.M

# Questions?

## Parenting C.A.R.E. Program

Are you looking to gain parenting skills?

empathy  
coping skills  
communication  
emotion coaching  
parent-child attachment  
emotion socialization  
self-regulation  
resiliency



Are you a parent? Are you preparing to become a parent?

If so, you are invited to participate in a 6-session parenting skills program.

To inquire about the study or sign up to participate, contact: [care.lab@mcgill.ca](mailto:care.lab@mcgill.ca)

\*Fluent English is required for participation



Childhood Anxiety and Regulation of Emotions (C.A.R.E.)  
Research Group

1. Observational  
Learning/  
Modelling



2. Parent  
Emotion  
Socialization  
Practices



3. Emotional  
Climate of  
the Family























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# Financial Support

