陈梓欣的自我介绍

Abstract: Objective. A plethora of data supports a link between parenting

behaviors and child anxiety, but few studies have examined potential

mediators of this relation, particularly neurophysiological ones.

According to the theory of allostasis and allostatic load, dynamic

environmental stress might disrupt children's neurophysiological systems,

and in turn contribute to child psychopathology. The present study aimed

to delineate the relations among emotion-parenting behaviors, children's

physiological responses to acute stress, and child anxiety symptoms in a

group of Chinese families. Method. Sixty-one parent-child dyads (Child

Mage¬= 8.21 years, SD = 1.40, Range = 6-12 years) participated in an

acute stress protocol independently, from which children's physiological

(cortisol and respiratory sinus arrhythmia) responses to acute stress

were recorded. The dyads then completed a series of questionnaires

assessing parents' emotion-parenting behaviors and children's anxiety

symptoms. Results. Results showed that supportive and unsupportive

emotion-parenting behaviors were related to child anxiety symptoms

through the mediating effect of children's cortisol recovery to acute

stress but not through their RSA suppression during an acute stress task,

suggesting that children's HPA axis seemed to be more subject to

allostatic load in the context of emotion-parenting behaviors.

Conclusion. Our findings demonstrate one specific neurobiological

mechanism linking parenting behaviors and child anxiety. We also

highlight the importance of training parents to respond effectively to

children's emotional expression to help children build physiological