**Primary Research Questions and Context**

For my master’s thesis study, I am interested in studying the caregiver characteristics and family-level factors that predict adolescent emotion dysregulation. Emotion regulation (ER) encompasses the ability to effectively manage emotional reactions in a way that is situationally appropriate. Emotion dysregulation which poses as deficits in ER skills, is associated with child and adolescent disruptive behaviors (e.g., aggressive behaviors, conduct problems, etc.) and poses as a transdiagnostic risk factor for the development of later mood and anxiety disorders. Caregivers play a significant role in modeling appropriate ER and reinforcing adaptive ER strategies in their children and adolescents, and there has been well-established empirical support for parenting practices and other caregiver characteristics, such as parent mental health, in fostering their children’s ER abilities. As parent-based interventions continue to garner support in mitigating child and adolescent ED, understanding exactly which caregiver-related factors might robustly relate to adolescent ED will identify potential treatment targets for behavioral interventions of ED. As having a child with ED may likely cause additional stress and may inversely predict some of our parent variables of interest, using multiple linear regression to first explore the relationship between caregiver variables and adolescent ED will be the first step in probing into potential bidirectional nature of parent-child ER.

The primary predictors of interest for this study are parent/caregiver psychopathology symptoms (separated into individual variables: parent stress, depression, anxiety, and ADHD symptoms), parent/caregiver sex (chosen categorical variable), and parents’ reports of their own parenting behaviors and emotion dysregulation.

**Data**

I plan to conduct a cross-sectional secondary analysis of a larger longitudinal project that was co-investigated by my advisor. This longitudinal study collected data on ***N*** = 302 parents and their adolescents across 9 timepoints. Parents and adolescents’ responded to questionnaires and self-report scales of their psychopathology symptoms (i.e., anxiety, depression, stress, ADHD symptoms) and emotion regulation abilities using questionnaires and self-report scales. Additionally, parents completed self-report scales of their own parenting practices.