

## Do parenting styles impact depression?

Associations between parenting styles, race, and depression scores

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### INTRO

- Some research suggests that "parental hostility toward the child most strongly related to child depression" (McLeod et al., 2007).
- However, other studies suggest that "findings with regard to depression appeared to be less consistent" (Garber et al., 1997).
- Some studies have focused specifically on differences in European Americans and Asian Americans (Greenberger & Chen, 1996)
- Current research base has not investigated black Americans and how their parenting styles impact depression scores compared to other races.
- Therefore, we aimed to explore if race and parenting styles influence average depression scores.

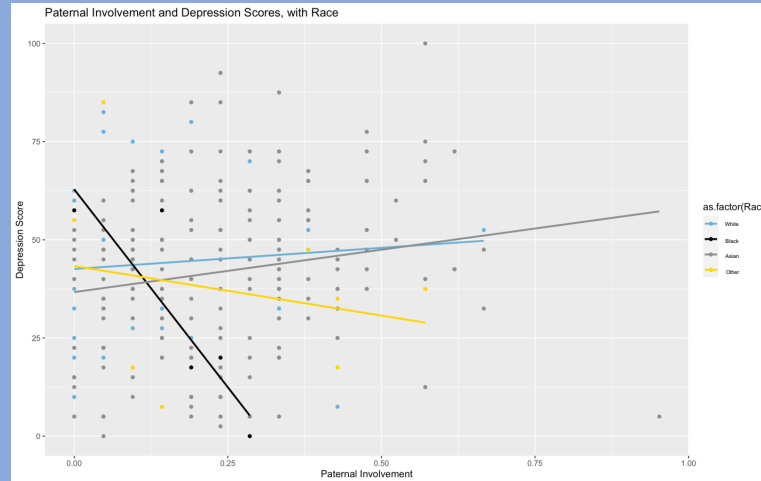
### METHODS

- Participants ( $N=256$ ) were young adults ( $M=21.54$ ,  $SD=2.17$ , 74% female) recruited from psychology classes at the University of Korea and the University of North Carolina at Chapel Hill
- Measures used: 7 Up and 7 Down Inventory (Youngstrom et al., 2013), Alabama Parenting Questionnaire (Frick, Christian, & Wootton, 1999)
- Correlations and multiple regression analysis was conducted to determine the correlation between race, paternal involvement, and depression scores.

### RESULTS

- The GBI 7 up depression scores ranged from 0.00 to 1.0 with a mean of 0.21 and standard deviation of 0.17.
- The multiple regression analyzing race, paternal involvement, and depression scores did not find a meaningful correlation ( $R=0.212$ ,  $R^2=0.074$ )
- The effect of poor monitoring on depression scores was significant ( $SE=0.04$ ,  $p<0.005$ )
- The effect of paternal involvement on depression scores was not significant ( $SE=0.04$ ,  $p=0.059$ )
- The effects of race on depression scores was significant ( $SE=0.04$ ,  $p<0.005$ )

# Paternal involvement influences the depression scores of African Americans more significantly than other groups



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### DISCUSSION

- Analysis found that race and paternal involvement both individually have a statically significant effect on agreeableness. More specifically, when isolating the race variable to only represent black individuals, the results flip, and paternal involvement has a substantial impact on depression scores ( $R= -0.873$ ). If future studies conduct the same study on a larger sample size, it would be meaningful to research the difference in depression scores between only African Americans with all levels of parental involvement. Understanding personality differences between only African Americans with all levels of parental involvement can eventually educate us on how to lower depression scores for African Americans.

