



Associations of Parental Self-efficacy and Parenting Practices in a Clinical Sample

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INTRODUCTION

- There are many factors that go into how an individual parents, two important ones being their child's level of **behavioral concerns** and how the parent views their own parenting abilities (1,2,3)
- Parents who have high **self-efficacy** in their parenting tend to engage in more **positive parenting** and less **inconsistent discipline** (4). This tends to result in fewer child behavioral concerns (5).
- Increasing parental self-efficacy often links to more positive parenting and fewer child behavioral concerns (6,7,8,9).
- Less research has evaluated these associations within a clinical sample of caregivers seeking treatment for their child's behavioral concerns.
- The current study is an extension of previous literature, as we used a treatment-seeking sample.

HYPOTHESES

- Parental self-efficacy will be significantly associated with effective parenting practices. Specifically, increased self-efficacy will be linked to increased positive parenting and decreased inconsistent discipline.
- Child behavioral concerns will be significantly associated with effective parenting practices. Specifically, increased behavioral concerns will be linked to decreased positive parenting and increased inconsistent discipline.
- Parental self-efficacy will be inversely associated with child behavioral concerns. In that, parents with higher self-efficacy will have children with fewer behavioral concerns.

METHODS

- Following IRB approval, charts of 64 children whose caregivers participated in a brief parenting group were reviewed.
- Prior to treatment, caregivers completed several surveys assessing:
 - Child's behavioral concerns*: Eyberg Child Behavior Inventory
 - Parenting Efficacy*: Parenting Sense of Competence – Parenting Self-Efficacy Scale
 - Parenting Practices*: Alabama Parenting Questionnaire – Short Version

Demographic Information	n(%)
Child Age	6.03 (mean)
Caregiver Age	39.18 (mean)
Family Composition	
More than 1 caregiver	55
Single caregiver	9
Child Gender	
Female	25
Male	39
Child Primary Diagnosis	
ADHD	32 (50.00)
Disruptive Behavior	15 (23.44)
Anxiety Disorder	7(10.94)
Trauma Disorder	7(10.94)
Mood Disorder	3(4.68)

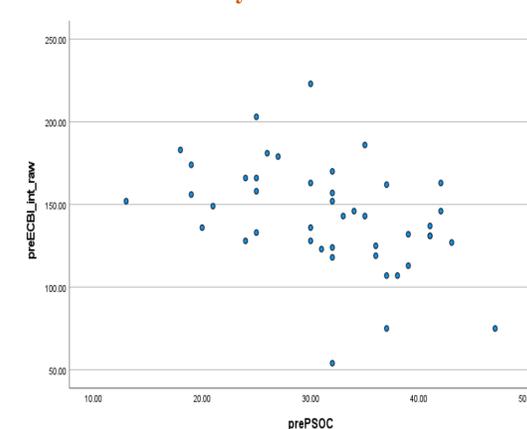
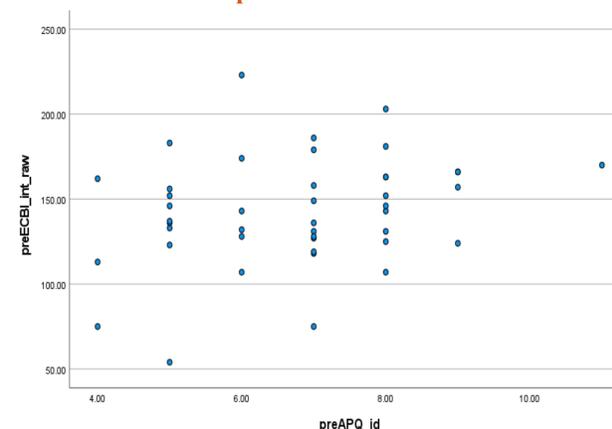
RESULTS

Variable	1.	2.	3.	4.	5.
1. Parenting Efficacy	1	-.07	.03	-.43	-.36
2. Positive Parenting		1	-.17	-.02	-.19
3. Inconsistent Discipline			1	<u>.27</u>	<u>.29</u>
4. Behavioral Concerns: Frequency				1	.86
5. Behavioral Concerns: Problematic					1

Note: Bold represents p<.05, underline represents marginal p<.10

- Zero-order correlations were ran to evaluate study hypotheses.
- Parental self-efficacy and parenting practices were not related (p>.10).
- Positive parenting was not associated with child behavioral concerns (p>.10).
- Inconsistent discipline was **marginally** associated with behavioral concerns (p=.06, p=.08).
- Parental self-efficacy was **significantly** associated with behavioral concerns (p's < .05).

Inconsistent Discipline and Child Behavioral Concerns | Parental Self-efficacy and Child Behavioral Concerns



DISCUSSION

- There is **marginal** evidence that increased levels of inconsistent discipline is associated with increased child behavioral concerns. More data is needed to confirm this finding.
- A possible explanation for why we did not see parental self-efficacy effecting parenting style could be because the sample used was a treatment-seeking population with high levels of behavioral concerns (10).
- Since we found clear evidence that parental self-efficacy is linked to child behavioral concerns in a clinical sample, this could provide insight into what should be targeted in clinical interventions for children with behavioral concerns.

LIMITATIONS

- One limitation of this study is that it is a nonexperimental design, meaning none of the variables were manipulated.
- Another limitation of this study is that it was a small sample size.
- Finally, our measurements were self-report, which is not always an accurate measure.

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