

Childhood parental bonding affects adulthood trait anxiety through self-esteem

Akiyoshi Shimura^{a,b}, Yoshikazu Takaesu^{a,*}, Yukiei Nakai^c, Akiko Murakoshi^a,
Yasuyuki Ono^a, Yasunori Matsumoto^a, Ichiro Kusumi^c, Takeshi Inoue^a

^aDepartment of Psychiatry, Tokyo Medical University, 6-7-1 Nishi-shinjuku, Shinjuku-ku, Tokyo 160-0023, Japan

^bTobu Chuo Hospital, 28-1 Honcho, Wakou-shi, Saitama 351-0114, Japan

^cDepartment of Psychiatry, Hokkaido University Graduate School of Medicine, North 15, West 7, Kita-ku, Sapporo 060-8638, Hokkaido, Japan

Abstract

Introduction: The association between trait anxiety and parental bonding has been suggested. However, the mechanism remains uncertain and there is no study focused on general adult population. We investigated the association and the mechanism between childhood parental bonding and adulthood trait anxiety in the general adult population.

Material and methods: A cross-sectional retrospective survey was conducted in 2014 with 853 adult volunteers from the general population. The Parental Bonding Instrument, Rosenberg Self-Esteem Scale, and State-Trait Anxiety Inventory Form Y (STAI-Y) were self-administered. Structural equation modelling was used for the analysis.

Results: Childhood parental bonding affected adulthood trait anxiety indirectly mediated by self-esteem. Trait anxiety was decreased by parental care and increased by parental overprotection through self-esteem. This model explained 51.1% of the variability in STAI-Y trait anxiety scores.

Conclusions: This study suggests an important role of self-esteem as a mediator between childhood parental bonding and adulthood trait anxiety.
© 2016 Published by Elsevier Inc.

1. Introduction

Trait anxiety is a personal characteristic and encompasses the emotional responses to pervasive fearful cognitions. People with high trait anxiety feel anxiety chronically. Trait anxiety is the stable tendency to attend to, experience, and feel fears, worries, and anxiety in many situations [1–4]. Trait anxiety constitutes a public mental health problem. High trait anxiety is associated with not only anxiety disorders [5,6], but also depressive disorders [7,8]. In brain and cognitive sciences, trait anxiety links dysfunction of brain networks and subsequent impairment of multiple cognitive functions [9–13].

Previous cross-sectional studies have suggested that trait anxiety is positively correlated with dysfunctional parental bonding, which is represented by care and overprotection by parents [14–18]. However, these studies were focused on limited samples, such as only young people, specific

occupation, or only male. There has been no study using the general adult population that was focused on the relationship between childhood parental bonding and adulthood trait anxiety. Therefore, in this study, we first investigated how childhood parental bonding affects adulthood trait anxiety in the general adult population.

Meanwhile, if there is a significant association between childhood parental bonding and adulthood trait anxiety, it is certain that there are some mediators between the two factors because of the long time interval between childhood and adulthood [19]. Previous longitudinal studies using structural equation modeling and multiple regression analysis revealed that personality traits are not absolutely stable and suggested that personality traits could change with time passing and under the influence of other factors [20,21]. In order to investigate the mechanism of the relationship between parental bonding and trait anxiety, it is necessary to determine a significant mediator which should bring a statistically significant indirect effect from parental bonding to trait anxiety. Although a previous study suggested that cognitive errors are a mediator between parenting and trait anxiety, it explained only a limited effect

* Corresponding author at: Department of Psychiatry, Tokyo Medical University, 6-7-1 Nishi-shinjuku, Shinjuku-ku, Tokyo 160-0023, Japan.

E-mail address: esu-y.osh@tokyo-med.ac.jp (Y. Takaesu).

[14]. Therefore, the mechanism of why childhood experience affects adult trait anxiety remains unknown.

As another candidate for a mediator, self-esteem could be suggested. Previous studies have revealed that parental bonding affected childhood self-esteem [22–25]. In addition, studies targeting school students revealed that self-esteem is associated with trait anxiety [26,27]. A previous study that focused on students revealed that self-esteem was affected by parental bonding and that self-esteem affected psychopathological symptomatology [24]. Although the details of the psychopathological symptomatology [28] were unclear, the study suggested the possibility that self-esteem could be a mediator between childhood parental bonding and subsequent mental problems. Based on this evidence, we hypothesized that self-esteem is a mediator between childhood parental bonding and adulthood trait anxiety and investigated this hypothesis by using structural equation modeling.

2. Material and methods

2.1. Subjects

This survey was conducted between January 2014 and August 2014 on 853 Japanese volunteers from the general adult (aged 20 or over) population. This study was part of a larger study, another part of which was already published [29]. All volunteers were recruited by flyers and word of mouth. Of 853 volunteers, 455 subjects (53.3%) gave informed consent and responded to the questionnaire. However, 50 subjects did not complete questionnaires. The remaining 405 subjects (47.5%), who completed the questionnaires, proceeded to subsequent analyses.

Four questionnaires that are described below and questionnaires on demographic data (gender, age, education years, employment status, marital status, family members, and comorbidity of psychiatric diseases) were distributed. Response to the questionnaires, return to the research group by mail, and subsequent analyses were performed anonymously and confidentially. This study followed the Declaration of Helsinki and was approved by the Ethics Committee of Tokyo Medical University and Hokkaido University Hospital in Japan.

2.2. Questionnaires

The Parental Bonding Instrument (PBI) [30] is a 25-item self-report measure of parental attitude to the child. The PBI items are allocated into 12-item ‘care’ and 13-item ‘overprotection’ categories. Respondents answer 25 questions about child-rearing styles of each parent, based on their memories of parents during the first 16 years of their childhood. The subscale ‘care’ involves one pole defined by emotional warmth, affection, empathy, and closeness and the absence of emotional coldness, indifference, and neglect. Another subscale, ‘overprotection’, has one pole defined by overprotection, control, intrusion, excessive contact, infantilizing, and prevention of independent behavior, and the

other defined by items that suggest allowance of independence and autonomy [30]. Higher scores indicate a higher level of care or overprotection. In this study, parental scores, which are sums of paternal and maternal scores, were used for the analysis. The validated Japanese version [31] was used. In the Japanese version of the PBI, the factor analysis resulted in two factors, reflecting care and overprotection, similar to those of the original English version of the PBI [30,31].

The Rosenberg Self-Esteem Scale (RSES) [32] consists of a 10-item self-report measure. Five of the items comprise positive self-evaluations, such as self-confidence, self-efficacy, and self-worth. The rest of the five items comprise negative self-evaluations. Higher scores indicate higher self-esteem. The validated Japanese version [33] was used.

The State–Trait Anxiety Inventory, Form Y (STAI-Y) [2] consists of a 40-item self-report measure assessing trait and transient state anxiety. Subjects answer how they feel generally or at a particular moment in each statement. In both the trait anxiety category and state anxiety category, higher scores indicate higher levels of anxiety. The validated Japanese version [34] was used.

2.3. Data analysis

STAI-Y trait anxiety scores were compared by Student’s *t*-test across different subgroups which were established on the basis of demographic variables, as follows: male vs. female, employed vs. non-employed, married vs. unmarried, living alone vs. not-alone, and past history of psychiatric disease yes vs. no. Pearson’s correlation coefficients were calculated for determining correlations between the STAI-Y trait anxiety and other explanatory variables: age, education years, STAI-Y state anxiety, PBI parental care, PBI parental overprotection, and RSES.

A multiple regression analysis was performed in order to identify factors associated with STAI-Y trait anxiety scores. The STAI-Y trait anxiety score was entered as the dependent factor. PBI parental care score, PBI parental overprotection score, and RSES score were entered as independent factors known to be associated factors in previous studies [14–18,26,27].

We performed covariance structure analysis and designed a structural equation model in which trait anxiety was predicted by childhood parental care, childhood parental overprotection, and self-esteem. The models were assessed using multiple adequacies of fit criteria: the χ^2 test, Goodness of Fit Index (GFI), Adjusted GFI (AGFI), Comparative Fit Index (CFI), Normal Fit Index (NFI), and Root Mean Square Error of Approximation (RMSEA). According to the conventional criteria, a non-significant χ^2 ($p > 0.05$), a GFI greater than 0.95, an AGFI greater than 0.90, a CFI greater than 0.97, an NFI greater than 0.95, and an RMSEA less than 0.05 indicate a good fit [35]. Bayesian estimation was performed to calculate the 95% confidence

Download English Version:

<https://daneshyari.com/en/article/4930178>

Download Persian Version:

<https://daneshyari.com/article/4930178>

[Daneshyari.com](https://daneshyari.com)