

Exploring the Link Between Parenting Styles and Childhood Trauma

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ABSTRACT

Parenting styles and childhood trauma are intricately linked, with the quality of parental caregiving playing a crucial role in shaping children's vulnerability to trauma and subsequent psychological outcomes. The manner in which parents engage with and their children can significantly impact their emotional well-being and resilience in the face of adversity. Parenting styles encompass the array of behaviors, attitudes, and strategies that parents employ in raising their children, shaping the nature of the parent-child relationship and influencing children's development across various domains. Childhood trauma refers to experiences of abuse, neglect, or other adverse events that occur during the formative years of childhood, exerting profound and lasting effects on individuals' psychological well-being and functioning.

The purpose of the present study was to investigate the link between parenting styles and childhood trauma. Parental control scale and Adverse childhood experience scale were administered on a sample of 190 (male=95, female=95) people between the ages of 18-22.

The correlation between parenting styles and childhood trauma was studied using Pearson's correlation. The results showed that there was a moderately strong positive correlation between parenting styles and childhood trauma.

Keywords: parenting styles, childhood trauma, parental control scale, adverse childhood experience scale

Chapter 1: Introduction

1. Parenting styles

Parenting styles encompass the array of behaviors, attitudes, and strategies that parents employ in raising their children, shaping the nature of the parent-child relationship and influencing children's development across various domains. Understanding parenting styles is essential for comprehending the dynamics of the parent-child relationship and its impact on children's psychological adjustment and resilience. Each parenting style is characterized by distinct patterns of parental behaviors, attitudes, and expectations, which shape the parentchild relationship and influence children's developmental outcomes.

Authoritative Parenting:

- Being very demanding and responsive are hallmarks of authoritative parenting. Parents who adopt this style are warm, supportive, and nurturing, while also setting clear expectations and boundaries

for their children. They encourage independence, autonomy, and open communication, fostering a secure attachment bond with their children.

- Empirical studies indicate the outcomes linked to this kind of parenting, including higher levels of self-esteem, academic achievement, and social competence in children. This style is often regarded as the optimal approach to child-rearing, promoting healthy development across various domains.

Authoritarian Parenting:

- Authoritarian parenting is characterized by low responsiveness and high demandingness. This type of parenting is typically strict, controlling, and rule-oriented, and the parents focus on prioritizing obedience and discipline over emotional expression and autonomy. They often rely on punishment and coercion to enforce compliance, leading to a more authoritarian parent-child dynamic.
- While authoritarian parenting may instill discipline and obedience in children, it is also associated with negative outcomes such as lower self-esteem, social withdrawal, and internalizing behaviors. The authoritarian approach lacks the warmth and support necessary for fostering healthy psychological development and may contribute to increased stress and conflict within the parent-child relationship.

Permissive Parenting:

- Low demand and strong responsiveness are traits of permissive parenting. Parents who exhibit this style are indulgent, lenient, and non-directive, placing few demands or restrictions on their children's behavior. They prioritize their children's happiness and autonomy, often avoiding conflict and confrontation.
- While permissive parenting may create a warm and accepting environment for children, it can also lead to difficulties with self-regulation, impulsivity, and boundary-setting.

Uninvolved Parenting:

- Low demand and responsiveness are traits of permissive parenting. Parents who adopt this style are detached, neglectful, and disengaged from their children's lives, often prioritizing their own needs or interests over their parental responsibilities.
- Uninvolved parenting is associated with numerous adverse outcomes for children, including poor academic performance, emotional instability, and behavioral problems. The absence of parental involvement and support leaves children vulnerable to various forms of neglect and abuse, contributing to their increased risk of experiencing childhood trauma.

1.1 Parenting style theories

The concept of parenting styles, introduced by Diana Baumrind (1966), provides a framework for understanding the varying approaches parents employ in raising their children, encompassing dimensions of responsiveness and demandingness. This conceptualization has since been expanded and refined, resulting in a typology of parenting styles that includes authoritarian, authoritative, permissive, and neglectful parenting.

Each parenting style is characterized by distinct patterns of parental behaviors, attitudes, and expectations, which shape the parent-child relationship and influence children's developmental outcomes. Authoritarian parenting styles involves strictness, it includes high levels of control and low levels of warmth, it employs various disciplinary strategies with a lack of feedback from the parent in authority. In contrast, authoritative parenting style involves striking a balance between warmth and control. It also emphasizes on open communication, autonomy and mutual respect between parent and the child. Permissive parenting style involves high warmth and low control, parents put limited

restrictions on their children, but they provide them with considerable amount of freedom and the communication also remains open. Neglectful parenting involves low levels of both warmth and control, resulting in low levels of engagement and interactions between the parent and the child.

The effects of these parenting styles on child development have been extensively studied, and research has consistently found different effects of each parenting style on different areas of functioning, such as academic performance, social competence, and psychological wellbeing. It is emphasized. High levels of warmth and responsiveness are traits of authoritarian parenting combined with appropriate levels of control and expectation, and is consistently associated with higher self-esteem, better social skills, and lower levels of psychological distress. It is associated with positive developmental outcomes such as In contrast, authoritarian, permissive, and permissive parenting styles are associated with a variety of deleterious outcomes, including internalizing and externalizing behaviors, lower academic performance, and increased risk of psychopathology.

2. Childhood Trauma

Childhood trauma represents a significant public health concern, with profound implications for individuals' psychological well-being and overall quality of life. Defined as experiences of abuse, neglect, or other adverse events during the formative years of childhood, trauma can have enduring effects on children's development, relationships, and mental health. The consequences of childhood trauma are diverse and multifaceted, encompassing both immediate and long-term outcomes. In the short term, children who experience trauma may display a variety response (behavioural & emotional), including fear, anxiety, anger, and withdrawal. These reactions serve as adaptive mechanisms aimed at coping with and mitigating the impact of the traumatic experience. However, when trauma is chronic, severe, or unresolved, it can have severe effects on development, including cognitive functioning, emotional regulation, interpersonal relationships, and mental health.

2.1 Forms of childhood Trauma

Childhood trauma encompasses a range of experiences that threaten the physical, emotional, or psychological well-being of children, often occurring within the context of their familial or caregiving environments.

- **Physical Abuse:** It refers to a type of abuse when a person (especially a caregiver) intentionally causes physical trauma or injury such as fractures, bruises, or other injuries to the body of the child. The victim often suffers greatly from physical abuse as it can result in jeopardizing their physical and psychological health.
- **Emotional Abuse:** Encompasses verbal attacks, humiliation, rejection, or other forms of psychological maltreatment that undermine a child's sense of self-worth and identity.
- Emotional abuse affects the child in a manner where a child's emotional well-being gets affected, leading to feelings of worthlessness, anxiety, and depression.
- **Sexual Abuse:** It includes any sexual activity or exploitation perpetrated against a child by an adult or older peer. Sexual abuse can cause profound trauma, shame, and confusion, resulting in long-term psychological and emotional difficulties for survivors.
- **Neglect:** When caretakers neglect to provide a kid with the necessities of life such as food, clothes, shelter, medical attention, or supervision, it is considered neglect. Physical, emotional, or educational neglect can have a variety of detrimental effects, such as stunted growth, malnourishment, and weakened attachment.

2.2 Impact of Childhood Trauma:

- **Physical Health Consequences:** Numerous physical health issues, including long-term ailments like diabetes, immunological disorders, and heart disease, have been linked to childhood trauma. The prolonged stress response triggered by trauma can dysregulate the body's physiological systems, contributing to increased inflammation, hormonal imbalances, and immune dysfunction.
- **Mental Health Disorders:** Adverse childhood experiences are a significant risk factor for the emergence of mental health disorders such as depression, anxiety, substance misuse, and post-traumatic stress disorder (PTSD). Trauma-related symptoms such as hypervigilance, flashbacks, and intrusive memories can persist into adulthood, impairing functioning and quality of life.
- **Interpersonal Difficulties:** Victims of childhood trauma frequently have trouble with sustaining effective relationships because of the trust issues, attachment difficulties, and emotional dysregulation. Trauma-related symptoms such as avoidance, withdrawal, and aggression can undermine social competence and intimacy, leading to social isolation and loneliness.
- **Cognitive Impairments:** Childhood trauma can impair cognitive functioning and academic achievement, hindering a child's ability to concentrate, learn, and problemsolve. Trauma-related stressors such as disrupted sleep, hypervigilance, and emotional dysregulation can interfere with cognitive processes and academic performance, perpetuating a cycle of underachievement and frustration.

2.3 Theoretical Perspectives on the Link Between Parenting Styles and Childhood Trauma

1. **Social learning theory-** posits that parenting behaviors are learned through observation, modeling, and reinforcement, with children internalizing and replicating the patterns of behavior they observe in their caregivers. From this perspective, children raised in environments characterized by authoritarian or neglectful parenting may be more likely to experience trauma due to the use of punitive discipline, lack of warmth and support, and inadequate supervision and protection.

Observational Learning and Childhood Trauma:

- Children learn not only through direct experiences but also by observing the behaviors and interactions of their caregivers and other significant figures in their environment. Children's perceptions, beliefs, and behavioral repertoires, including their responses to stressful or traumatic events are shaped by observational learning.

Modeling and Parenting Styles:

- Parenting styles serve as powerful models for children, shaping their understanding of interpersonal relationships, authority, and conflict resolution strategies. Different parenting styles convey distinct messages about communication, discipline, and emotional expression, which can influence children's perceptions of safety, trust, and self-efficacy.
- Authoritative parenting, characterized by warmth, support, and consistent discipline, provides children with secure attachment relationships and positive role models for healthy emotional regulation and coping skills. In contrast, authoritarian, permissive, or uninvolved parenting styles may convey inconsistent or maladaptive modeling of behaviors, contributing to children's vulnerability to trauma or impaired resilience.

Reinforcement and Punishment Dynamics:

- Social Learning Theory posits that children are rewarded or punished depending on the consequences they observe in their environment. Positive reinforcement may occur when children witness

caregivers responding with attention, affection, or praise to adaptive behaviors or emotional expressions. Conversely, punishment or neglect may occur when children observe caregivers responding with anger, rejection, or withdrawal to maladaptive behaviors or emotional displays.

- These reinforcement dynamics can shape children's perceptions of their own efficacy, worthiness, and control over their environment. For example, children raised in environments where abusive or neglectful behaviors are reinforced may internalize beliefs of helplessness, worthlessness, or lack of agency, increasing their vulnerability to trauma and its adverse effects on their psychological well-being.

- **Cognitive Mediation and Coping Mechanisms:**

Social Learning Theory emphasizes the cognitive processes underlying observational learning, including attention, retention, reproduction, and motivation. Children actively process and interpret the behaviors and consequences they observe, integrating these experiences into their cognitive schema and belief systems.

Consequently, children exposed to traumatic or dysfunctional parenting behaviors may develop maladaptive cognitive schemas, such as negative self-perceptions, distrust of others, or distorted beliefs about relationships and authority figures. Development of maladaptive coping mechanisms begin to develop as a result of cognitive distortions, such as avoidance, dissociation, or aggressive behavior, as children attempt to navigate their environment and manage the impact of trauma on their psychological well-being.

2. Attachment theory- According to attachment theory, secure attachment, characterized by a sense of trust, safety, and security in the parent-child relationship, serves as a protective factor against the development of trauma-related symptoms and psychopathology. Conversely, insecure attachment, resulting from inconsistent, insensitive, or abusive caregiving, may increase children's vulnerability to trauma and hinder their ability to cope effectively with adverse experiences.

Secure Attachment and Positive Parenting Styles:

A strong sense of trust, comfort, and security in the caregiver-child relationship is a trait of secure attachment. Children with secure attachment styles feel confident in seeking comfort and support from their caregivers when distressed and are able to explore their environment freely, knowing that their needs will be met.

Positive parenting styles, such as authoritative parenting, foster secure attachment by providing warmth, responsiveness, and consistent caregiving. Authoritative parents set clear boundaries and expectations while remaining emotionally available and supportive, by providing a safe environment for their children to develop secure attachment bonds.

Securely attached children are less vulnerable to childhood trauma, as they have a secure base from which to explore and cope with stressors. Their caregivers serve as sources of protection and support, buffering them from the adverse effects of traumatic experiences and promoting resilience.

Insecure Attachment and Maladaptive Parenting Styles:

a. Insecure-Avoidant Attachment:

Insecure-avoidant attachment is characterized by a lack of trust and emotional distance in the caregiver-child relationship. Children with this attachment style may avoid seeking comfort or assistance from their caregivers when distressed and may appear indifferent to their caregivers' presence or absence.

Maladaptive parenting styles, such as authoritarian or uninvolved parenting, can contribute to insecure-avoidant attachment by prioritizing control, discipline, or emotional detachment over emotional warmth

and responsiveness. Authoritarian parents may dismiss or minimize their children's emotional needs, while uninvolved parents may be emotionally distant or neglectful, creating an environment devoid of emotional support and security. Children with insecure-avoidant attachment may be more vulnerable to childhood trauma, as they lack a secure base for seeking comfort and support during times of distress. Their caregivers' unresponsiveness or rejection may exacerbate feelings of isolation and helplessness, increasing the risk of trauma exposure and maladaptive coping strategies.

b. Insecure-Anxious/Ambivalent Attachment:

Insecure-anxious/ambivalent attachment is characterized by a preoccupation with caregivers' availability and inconsistent responses to distress. Children with this attachment style may exhibit clingy or demanding behavior towards their caregivers and may have difficulty regulating their emotions in their presence.

Maladaptive parenting styles, such as permissive or inconsistent parenting, can contribute to insecure-anxious/ambivalent attachment by failing to provide consistent support, boundaries, or emotional security. Permissive parents may indulge their children's demands without setting appropriate limits, while inconsistent parents may alternate between over-involvement and emotional withdrawal, creating confusion and anxiety for their children.

Children with insecure-anxious/ambivalent attachment may be more susceptible to childhood trauma, as they experience heightened sensitivity to perceived threats or disruptions in their caregivers' availability. Their caregivers' unpredictability and inconsistency may exacerbate feelings of anxiety and insecurity, increasing the risk of trauma-related symptoms and maladaptive coping mechanisms.

c. Disorganized/Disoriented Attachment:

Disorganized/disoriented attachment is characterized by a lack of coherent attachment strategies and disorganized behaviors in response to caregivers' caregiving behaviors. Children with this attachment style may display contradictory or disoriented behaviors, such as freezing, rocking, or approaching and then withdrawing from their caregivers. Maladaptive parenting styles, such as abusive or neglectful parenting, can contribute to disorganized/disoriented attachment by creating chaotic, frightening, or unpredictable caregiving environments. Abusive parents may engage in threatening or hostile behaviors towards their children, while neglectful parents may fail to provide basic care and protection, leaving children feeling vulnerable and unsafe.

Children with disorganized/disoriented attachment are particularly vulnerable to childhood trauma, as they lack a consistent caregiving figure to provide protection and support during times of distress. Their caregivers' frightening or dissociative behaviors may further exacerbate feelings of fear and confusion, increasing the risk of trauma-related symptoms and impaired emotional regulation

3. Transactional models of development- suggest that the relationship between parenting styles and childhood trauma is bidirectional and dynamic, with parent-child interactions influencing and being influenced by children's experiences of trauma. From this perspective, children's behavior and responses to traumatic events may elicit specific parenting behaviors from caregivers, further perpetuating or exacerbating the cycle of dysfunction and maladaptive outcomes. Moreover, the effects of parenting styles on children's development depends on contextual factors, such as the presence of other risk or protective factors in the child's environment, the severity and chronicity of the trauma, and the availability of social support and resources.

3. Childhood trauma and Parenting Styles

Parenting styles and childhood trauma are intricately linked, with the quality of parental caregiving playing a crucial role in shaping children's vulnerability to trauma and subsequent psychological outcomes. Parental interaction can significantly impact the emotional wellbeing and resilience of the child.

Among the myriad factors influencing this critical period, the role of parenting styles stands out as a pivotal determinant. Simultaneously, the occurrence of childhood trauma, comprising experiences of abuse, neglect, and other adverse events, has become a critical issue with significant effects on people's mental health.

Parenting has a significant impact on how traumatized children view life and how resilient they are to hardship. By fostering secure attachment bonds, promoting emotional regulation, and providing support and guidance, authoritative parenting has the potential to mitigate the effects of childhood trauma. Conversely, authoritarian, permissive, or neglectful parenting styles may increase children's vulnerability to traumatic experiences, highlighting the importance of promoting positive parenting practices and supporting caregivers in providing nurturing, consistent care.

CHAPTER 2: REVIEW OF LITERATURE

In 2024 a group of psychiatrists headed by Claudia examined the links between the childhood traumas, feeling off the reality and borderline personality disorder (BPD) in forensic psychiatry. They centered on the figure "Paul" who was charged with homicide. Paul was brought up in a violent and deviant family at home. He did sophisticated tests such as the Raven's Standard Progressive Matrices (SPM) and the Millon Clinical Multiaxial Inventory III (MCMI-III) to investigate his behavior. Paul was polite to them but he lost control of his emotions when he talked about his family and the crime and he was shaking. Sometimes Paul's thinking goes to another place when he experiences strong emotions, particularly anger, that makes it very difficult for him to manage his actions. Besides that, his IQ is very low, and one of the major signs of his lack of intelligence at his age.

Ruban and his team of researchers in 2023 addressed the question of whether the type of upbringing that their patients had experienced during their own childhood had influenced how they were raising their children, particularly among patients with schizophrenia. Researchers polled 250 participants like questionnaire about their childhood and parenting method. Through their conversations, they discovered that most of their interviewees had a difficult upbringing, and either neglect or abuse were the two most common patterns they recorded. On the other hand, the majority of the youth considered their parents as those who adopted the authoritarian manner of parenting, which is based mainly on strictness and control. Seems like people who had schizophrenia find difficulty to deal with when they were kids, which effect on them may reflect on the way they raise their children.

Sophie and her group of researchers investigated the implications of parents' mental health and mindfulness on conversations about past events with young people. The subjects involved 54 children and parents from clinics and schools. The research team discovered that parents who had a higher mindfulness quotient tended to wrap up these conversations with their children. Interestingly, parental depression, anxiety and stress however, did not have direct influence on these children but had a negative effect especially on children from the local community with a clinical history. Therefore, scientists suggest the complex relationship between parental and child mental health during these talks that could help in designing interventions improving family communication.

In 2023, Tahmine and her coworkers examined the link between different child maltreatment styles on the one hand and attachment patterns and addiction to child abuse on the other hand.

Sample population was selected from 530 persons (265 boys and 265 girls) and 1060 parents. According to the older studies on parenting, affection and control were the most important in the attachment patterns, with avoidance being dominantly rather than anxiety affected in the case of attachment patterns. Emotional abuse turned out to be a mediator between parenting styles and attachment avoidance. Also, they have created a model which shows the way parental affection and control influence development of addiction which is a base for all it.

The attachment theory was investigated by Areeja Shahid and Saima Masoom Ali in their 2022 research. Moreover, they discovered that trauma is closely linked to attachment theory. Through conducting the research, it was discovered that people with attachment trauma have difficulties in making and keeping relationships and they may also have physical problems, sexual and mental health afflictions, and the emotions are hard to manage. Their research further clarified the role of attachment theory in adult life, and expanded our knowledge of psychology by addressing the emotional aspect related to attachment.

In 2022, the study group of Samantha found out that degree of a child abuse in emerging adults depends on the parenting styles of their parents and the possibility of them to abuse. They included mothers (237) and father (176) from the group of emerging adults. The result presented that the parenting style of each parent and the possibility of abuse of both parents were the potential risk factors for child abuse in the emerging adults, particularly the daughters. It is even more interesting that the children of those parents who used both authoritative parenting styles had a lower risk of child abuse. This evidences how both parents adopting the authoritative type parenting can end the problem of the past generation parents being harsh and overwhelming.

The Zoe Haslam and Emily. P Taylor study in 2022 explored how neglect affects the manner in which teens form relationships with their peers. The search was carried out very systematically; the researchers screened records from seven databases and three grey literature sites based on the already set criteria. Neglect, particularly emotional, was found by their analysis to be the cause of relationship quality, with 50% of the studies looking into peer relationship quality reporting that neglect led to poorer relationships. This underscores another element which is that a result of neglecting child is its occurrence in gangs and hanging out with delinquent friends.

In her 2021 study, Stephanie Rachel Speer, examined the relation between parental warmth and adverse childhood experiences in about 2300 fathers, stepfathers, and father figures. They discovered that ACEs were linked to fatherly affection in fathers with children aged 9 to 18. However, while testing fathers with younger children and including all fathers in this case, the models didn't fit properly. Beyond this, there was not any significance of racial identity influencing the association between ACEs and paternal warmth.

In the year 2021, Jinneng and his research team examined the NSSI (non-suicidal self-injury) connection with harsh parenting in teenagers. They have enlisted 373 junior high school students and plan to collect data for the long-term study through self-reporting questionnaires and saliva samples for DNA genotyping. The report also revealed that children who experienced this type of parenting were more prone to engage in non-suicidal self-injury up to 18 months, at which point depressive symptoms acted as the mediators.

Paul et al. (2019) conducted a study which investigates the link between perceived parenting style and religious/spiritual struggles among Catholic college students (n=464). Studies show that increased levels

of parental involvement, and autonomy support are associated with reduced overall r/s struggles. Regression analyses revealed that maternal warmth had the strongest unique predictive power for overall r/s struggles and each subscale except Demonic struggles. Further analysis on Moral struggles showed that increases in both subscales of scrupulosity independently predicted more Moral struggles.

Khush and colleagues in 2018 performed an investigation of association between parenting styles and attachment in adolescents suffering from dissociative disorder. The study of 40 teenagers aged 13-18 diagnosed with dissociative disorder and their parents participated in the study. They applied the Parenting Styles and Dimensions Questionnaire together with the Inventory of Parent and Peer Attachment measure. The statistics showed that mothers were quite permissive, while fathers were more authoritative. The youth have reported to have grown more trust and communication with their mothers but less so with their fathers. Attachment to mothers among the permissive mothers as well as the trust in fathers for the authoritarian mothers showed positive correlations. An inverse link has been found between authoritative parenting and affection towards both mom and dad.

In 2018, Marian Zonnevillje and Martin Hildebrand conducted a study to test the link between maladaptive schemas (EMS) in adolescents and their parents. They studied 20 kids from the Child Protective Services system along with their parents. The findings reflect a common endorsement of specific maladaptive schemas by both groups. Significant relationships were found between parents' decreased limits and disconnection/rejection schemas and adolescents' disconnection/rejection and disconnected autonomy and performance schemas. Also, maladaptive schemas that were unconscious in children occurred to be connected with parental rearing styles that were perceived (e.g., rejection, control/overprotection, anxious rearing) and attachment anxiety.

In 2017, both Abha Singh and Manjula M did research on causes of depression that mostly include early trauma, parenting styles, and personality traits. They examined 30 depressed persons and 30 healthy non-depressed controls, age 18-45. A study that was done revealed the depressed people reported fewer acts of caring from their fathers, higher levels of overprotection from both parents, and many instances of physical and emotional abuse. The research showed associations between depression and early trauma, parenting styles, and personality traits. Understanding these factors is critical for the correct treatment of depression, especially considering the impact of culture.

Annelise Cunningham and Kimberly Renk, after completing the work in 2017, focused on the connection between mothers' views on parenting, their confidence in their parenting skills, and their actual parenting skills, mainly among mothers who have endured childhood traumas. They realised that the beliefs about parenting, and the confidence of mothers with the history of major childhood trauma, were more united with peculiarities of the behaviour

of these mothers as parents. In contrast, among families where mothers experienced fewer childhood traumatic experiences, their mothering self-efficacy was a more pronounced mediator to this children's behavior. This indicates that, regarding the childhood trauma, mothers' viewpoints and their own parenting might be different, possibly, which is why establishing it during parenting courses matters.

In 2016, Erozkhan and Atilgan focused attention on trauma in childhood and attachment styles along with the probability of childhood trauma for attachment types. In the study of theirs, 911 university students (492 female; 419 male) participated. The researchers did their data collection through the usage of the brief screening version of the Childhood Trauma

Questionnaire and the Relationship Scales Questionnaire. Statistics such as Pearson Product Moment Correlation and Structural Equation Modeling were utilized. The outcomes revealed that encountering

any abuse including physical, emotional, and sexual, as well as physical and emotional neglect were positively related to the fearful, including the preoccupied and dismissing types of attachment styles. On the other hand, people experiencing the same traumatic situations have shown a negative relationship between secure attachment styles and negative attachment styles.

Alessandro and his co-workers conducted a study in 2016 to get a better understanding of childhood attachment state of mind, attachment in close relationships, parental bonding and how they relate to psychopathology in a sample of Italian drug users. They undertook the study among 70 drug users and drug-addicted patients. Research found that parental attachment, gauged on parental bonding, had a stronger association with anxiety, hostility, paranoia and depression than childhood attachment or the current relationship attachment. Interestingly, these psychological symptoms were seen among the participants from different attachment histories, indicating that the negative relationship perceptions or direct effects of drug abuse could be the potential reasons.

In 2013, Kami L. et al. looked at the effects of parenting styles on the transmission of maternal trauma to younger generations. 105 mothers of 18–30-month-old toddlers were studied. The data suggested that mothers who experienced interpersonal traumas are more likely to display an authoritarian parenting style that incorporates verbal hostility, denial of autonomy, and low nurturance. In particular, verbal hostility was found to be a significant predictor of the more common and increasing affective, hyperactive, and oppositional defiant symptoms in toddlers. Thus, it appears that the verbally hostile part of authoritarian parenting could be a crucial factor in transmitting the maternal trauma to the children which could lead to early child symptoms.

Riser and Diana Katherine researched in 2009, 358 children (ages 10-17) and their primary caregivers. They found it wasn't about a direct link from parent trauma to child trauma through parenting characteristics, but a mediation of the relationship between parenting and child adjustment through child trauma. In addition, there was some evidence to suggest that parenting behaviors might play a role in the relationship between parent trauma and child well-being. This study clearly shows the significance of identifying the ways in which parent trauma affects child trauma and adjustment, thus stressing the role of good parenting as a protective factor in this theme and supporting previous findings on pathways to resilience.

In the year 2007, Bryce along with colleagues obtained data from 47 studies to know the link between parenting and anxiety of kids. Interestingly enough, they discovered that parenting was responsible for only a short part (4%) of the overall variation between child anxiety. The more parents were in control the greater the association with child anxiety than the level of parental rejection. It turned out that the parental behaviors were not equally effective on reducing the child anxiety and, for example, autonomy-granting had a remarkable influence. This suggests that doing so might make such a theory and future research stronger by dividing parental behaviors into specific pieces. Nevertheless, the result found in the study that parenting seems to have a minor effect on anxiety in children suggests that there could be other factors that have bigger impact on understanding child's anxiety.

In the research of Avidan and company in 2006, it was found out that adolescents have different adjustment levels depending on the parenting style of the mother or the father. The study consisted of 272 students in grades 9 and 11 from a local high school. Subjects completed measures of maternal and paternal parenting styles and psychological adjustment as well. Data analysis indicated that authoritative parenting was tied to a higher level of self-esteem and well-being and a lower level of depression. Paternal parenting also affected psychological adjustment, but the obvious benefit of the authoritative mothering

over the permissive one became clear through all explored outcomes. However, the positive effect of authoritative fathering was less noteworthy, and it was observed only for depression.

CHAPTER 3: METHODOLOGY

3.1 Aim

The aim of this dissertation is to investigate the relationship between parenting styles and childhood trauma, with a focus on understanding how different parenting approaches contribute to the occurrence, severity, and long-term implications of trauma in children.

3.2 Objectives

To study the relationship between parenting styles and childhood trauma among the age of 18-25 years

3.3 Hypothesis

There will be a significant relationship between parenting styles and childhood trauma among young adults.

3.4 Research Design

The present study uses a correlational research design to investigate the influence of social comparison on the life satisfaction of young adults in the Indian context. To determine the gaps in the field's present knowledge, an existing literature review was done. For the research, stratified random sampling and convenience sampling was used to gather the data.

3.5 Sampling

The current study employed stratified random sampling and convenience sampling. The target population comprises young adults aged 18 to 25 years residing in various regions of India. The individuals were asked to fill out the questionnaires in accordance with parental control and adverse childhood experiences scale. The total number of samples was 190 (male = 95, female =95).

3.6 Description of Tools

3.6.1 Parental Control Scale (PCS)

The PCS was created in 1987 from three control scales on Schaefer's "Children's Report of Parental Behavior Inventory" (CRPBI) (Schaefer, 1965; Schludermann & Schludermann, 1970). The Parental Control Scale (PCS) is a 13-item self-report assessing individuals' perceptions of the behavioral control (i.e., permissiveness or strictness) they now experience as children (ChildPCS: Mother or Father version), experienced earlier in childhood (Adult PCS: Mother or Father version), or now enforce on their children (Parent PCS: Child version). Items in the PCS are scored on a four-point Likert-like scale ranging from (4) Almost always true to (1) Almost never true. PCS has good internal consistency, coefficient alpha, is typically reported to be around .78 and .88, which indicates good reliability.

Scores between 13-26 conceptually indicate low/lax control; 27-39 moderate control; 40-45, firm control, and; 46-52, strict/restrictive control. In effect, scores in the low/lax control range tells that youth's behavior is rarely controlled by parents. Rather, they allow their offspring to regulate their own activities to the greatest extent possible. Scores in the moderate control range signify that parents sometimes or often try to control the youth's behavior. That is, parents are flexible in their control, they demand that their children follow their wishes, while in other situations, they give them a lot of freedom to manage their own activities. The firm control range scoring tells that youth's behavior is usually controlled by the parents. These parents are very demanding and directive--though not unyielding--of their children's behavior. Finally, scores in the strict/restrictive range signify that parents (almost) always

try to control the youth's behavior. Restrictive parents demand strict, unyielding obedience and total compliance with parental directives.

3.6.2 Adverse Childhood Experiences (ACE) Questionnaire

The Adverse Childhood Experiences (ACEs) Questionnaire is a 10-item measure that measures the amount of trauma events a child has been through during their childhood. The data collection method evaluates 10 kinds of childhood trauma that the ACE Study measures. Five are personal: physical violence, physical assault, sexual violence, physical deprivation, and emotional deprivation. Five are related to other family members: an alcoholic parent, a mother who's got a domestic violence problem, a family member being in a jail, a family member being diagnosed with a mental illness, and a parent engaged in divorce, death or abandonment. The ACE-10 showed appropriate internal consistency and reliability with a Cronbach's alpha of 0.70.

A response of Yes for each question is summed to provide an overall ACE-Q score (out of 10). Higher score indicates the more adverse childhood experiences the client has had and the higher the risk for social, mental, or other wellbeing problems. The majority of all adults (52%–75%) score one or higher on the ACE-Q (CDC, 2010; Edwards et al., 2007; Ford et al., 2011; Ramiro et al., 2010; Rothman, Bernstein, & Strunin, 2010).

Scores of 4 or more are considered clinically significant. Only a minor share of the general population (5% – 10%) can score 4 or over and when this occurs the incident can be much more long term and have greater health consequences (Hughes et al., 2017). Individuals at highest risk compared with those that have ACE-Q score of 0 are emotionally unstable and at higher risk of drug use, among other things.

3.7 Procedure for Data Collection

The collection of data started by collecting demographic details of the individuals followed by 13 items of the Parental Control Scale and 10 items of the Adverse Childhood Experiences Questionnaire. Informed agreement was obtained from the volunteers who met the inclusion requirements, which included being of Indian nationality and being between the ages of 18 and 25. The secrecy of their answers was guaranteed to the participants.

3.8 Statistical Analysis

For the study, inferential statistics was used. The strength of association of the two variables was measured using Pearson’s correlation in the population aged between 18-25 years. The scores of parental control scale and adverse childhood experiences questionnaire were correlated using.

CHAPTER 4: RESULTS

A sample of 190 (males= 95, females= 95) were administered Parental Control Scale and Adverse Childhood Experiences Scale.

The participants who scored higher in adverse childhood experience scale had more adverse childhood experiences and higher risk for social, mental, or other wellbeing problems. The participants who scored higher in parental control scale indicate that they face high behavioral control or strict restrictiveness.

Table no. 4.1: Descriptive Statistics for the variables

Variables	Mean	Standard deviation
Parenting styles	70.95	10.67
Childhood Trauma	1.72	2.55

The above table presents descriptive statistics for the variables parenting styles and childhood trauma. The sample size for each variable is 190. The mean score for parenting styles is 70.952, with a standard deviation of 10.674. For childhood trauma, the mean score is 1.726, with a standard deviation of 2.550.

Table no. 4.2: Correlation matrix

Variables	1	2
Parenting Styles	-	-
Childhood Trauma	0.60	-

This correlation matrix provides insights into how Parenting Styles and Childhood Trauma are related to each other. The correlation coefficient between "Parenting Styles" and "Childhood Trauma" is 0.60, indicating a moderate positive correlation between these two variables. This suggests that there is some degree of association between parenting styles and childhood trauma, with a positive correlation indicating that as one variable (e.g., parenting styles) increases or decreases, the other variable (e.g., childhood trauma) tends to increase or decrease as well, though not necessarily causally related.

CHAPTER 5: DISCUSSION

The study aims to explore the link between parenting styles and childhood trauma in the people aged between 18-25 years. The participants who scored higher in adverse childhood experience scale had more adverse childhood experiences and higher risk for social, mental, or other wellbeing problems. The participants who scored higher in parental control scale indicate that they face high behavioral control or strict restrictiveness.

There are several studies that have found that the kinds of parenting practice have an impact on children's behavior and psychological health. Baumrind initially identified three main parenting styles: authoritative, authoritarian, and permissive. Ultimately, these categories were the focus of subsequent research, and these studies were intended to determine how they influence younger ones. In this case, the rolled-up parenting method that is warm, communicative, and has conclusive guidelines often results in good situation, such as greater social skills, higher self-esteem, and decreased chance of any psychological issues. On the other hand, the authoritarian parenting typified via high control and low warmth has been indicated to have the negative consequences like the children being aggressive having anxiety and depression.

In addition, researches have pointed out lots of commonality between the occurrence and effects of childhood trauma, which include I am talking about abuse, neglect, and dysfunctional family environments. Childhood adversities have been shown to bear greater effect on the future health of a person i.e. mental disorders, alcohol abuse, and poor social skills. As such, ACEs are strongly associated with an increased possibility of being a continued victim and leading to additional trauma being passed on from one generation to the next.

Table 1 displays descriptive statistics for the variables parenting styles and childhood trauma. The sample size for each variable is 190. The mean score for parenting styles is 70.952, with a standard deviation of 10.674. For childhood trauma, the mean score is 1.726, with a standard deviation of 2.550.

Table 2 (correlation) provides insights into how Parenting Styles and Childhood Trauma are related to each other. The correlation coefficient between "Parenting Styles" and "Childhood Trauma" is 0.60, indicating a moderate positive correlation between these two variables. This suggests that there is some degree of association between parenting styles and childhood trauma, with a positive correlation

indicating that as one variable (e.g., parenting styles) increases or decreases, the other variable (e.g., childhood trauma) tends to increase or decrease as well, though not necessarily causally related.

The moderate positive correlation between parenting styles and childhood trauma underscores the significance of familial dynamics in shaping individuals' well-being. Drawing upon social learning theory, this association can be understood through the lens of modeling and reinforcement. Children learn behavioral patterns and coping mechanisms through observation and interaction with their caregivers. Thus, parenting styles characterized by authoritarianism or neglect may inadvertently model maladaptive coping strategies and contribute to an environment conducive to trauma.

Moreover, attachment theory provides insights into the emotional bonds between caregivers and children and their impact on psychological development. Secure attachment, fostered by sensitive and responsive parenting, serves as a protective factor against trauma and promotes resilience in the face of adversity. Conversely, insecure attachment, resulting from inconsistent or neglectful caregiving, may heighten susceptibility to trauma and exacerbate its consequences.

Noticeably, social cognitive concept of Bandura's theory relies on a combination of observation learning, imitation and modeling on the process of determining behavior. Children not only learn from direct experiences with their caregivers but also through observing how their parents interact with them and others. Within the context of parenting styles and childhood trauma, social cognitive theory suggests that children raised in environments characterized by authoritative parenting, where caregivers model effective problem-solving and emotion regulation skills, may be better equipped to cope with adverse experiences and reduce their vulnerability to trauma. Conversely, children exposed to authoritarian or permissive parenting styles may observe maladaptive coping strategies or experience inconsistent reinforcement, potentially increasing their susceptibility to trauma.

Developed by Urie Bronfenbrenner, ecological systems theory emphasizes the influence of various environmental systems on human development. These systems include the microsystem (immediate environment), mesosystem (interactions between microsystems), exosystem (external environments indirectly impacting development), and macrosystem (cultural values and societal norms). When applied to the study of parenting styles and childhood trauma, ecological systems theory underscores the interconnectedness of familial, social, and cultural factors in shaping children's experiences and outcomes. For example, factors such as socioeconomic status, community resources, and cultural norms regarding discipline and child-rearing practices can interact with parenting styles to influence the prevalence and impact of childhood trauma within a given population.

Cultural psychology examines how cultural beliefs, values, and practices shape individuals' cognition, behavior, and development. Parenting practices vary across cultures, reflecting cultural norms, beliefs about childrearing, and broader sociohistorical contexts. In some cultural contexts, collectivist values emphasizing interdependence and familial harmony may prioritize authoritarian or authoritative parenting styles as means of instilling discipline and respect for authority. However, the cultural appropriateness and effectiveness of these parenting styles in mitigating childhood trauma may vary across different cultural contexts. Cultural psychology reminds us to consider the cultural specificity of parenting practices and their implications for children's well-being when exploring the link between parenting styles and childhood trauma.

In order to offer a multi-perspectival analysis on the subject matter, by blending theories trying to explain the link between parenting styles and child-trauma, researchers may develop a deeper understanding of

the intricate interplay between various factors like individual, family, cultural, and environmental influences that determine disabling or enabling childhood pathways.

In conclusion, the findings of this study highlight the complex interplay between parenting styles and childhood trauma. While correlation does not imply causation, the results suggest that certain parenting practices may contribute to increased vulnerability to trauma among young adults. By understanding and addressing these dynamics, interventions can be developed to promote positive parenting practices, enhance parental coping skills, and provide support services to mitigate the risk of childhood trauma.

Parenting styles characterized by authoritarianism or neglect may contribute to an environment where children are more susceptible to trauma, experiencing emotional or physical neglect, or harsh disciplinary practices. Conversely, children who have experienced trauma may exhibit challenging behaviors, potentially shaping parenting responses. However, the correlation does not operate in isolation; contextual factors such as socioeconomic status, cultural background, and access to support systems intricately shape this relationship.

Understanding these nuances is crucial for tailoring interventions effectively. Interventions aimed at promoting positive parenting practices, enhancing parental coping skills, and providing access to support services can mitigate the risk of childhood trauma.

The link between parenting styles and childhood trauma underscores the critical importance of promoting positive and nurturing parenting practices to safeguard children's well-being. By fostering environments characterized by warmth, responsiveness, and clear boundaries, parents can mitigate the risk of trauma and nurture resilience in their children. Interventions targeting at-risk families should focus on enhancing parenting skills, addressing parental mental health issues, and providing support services to break the cycle of trauma and promote healing and recovery in affected individuals. Ultimately, understanding and addressing the complex interplay between parenting styles and childhood trauma is essential for fostering healthier families and communities.

In summary, the correlation between parenting styles and childhood trauma serves as a catalyst for holistic approaches to support families, mitigate risk factors, and foster resilience in children.

Implications and future directions

Understanding the relationship between parenting styles and childhood trauma holds crucial implications across various domains. Firstly, in clinical practice, this understanding can shape tailored interventions to promote positive parenting practices and reduce trauma risk in children. By integrating parenting interventions into treatment plans, clinicians can address underlying familial dynamics and cultivate healthier parent-child relationships. Secondly, pinpointing specific parenting styles associated with heightened trauma risk can guide targeted preventive efforts, fostering nurturing home environments through educational initiatives and community-based programs. Thirdly, findings from this study could inform policy decisions, advocating for early intervention and enhanced access to mental health resources for vulnerable families. Lastly, integrating knowledge of parenting styles into professional training curricula can enhance practitioners' capacity to support families effectively, ensuring a comprehensive approach to child and family well-being.

In terms of future research, longitudinal studies could provide insights into the enduring effects of parenting styles on childhood trauma, while investigating cultural influences can enrich our understanding of this relationship. Exploring mediating and moderating factors can deepen our understanding, with interventions aimed at promoting positive parenting practices warranting further

evaluation for their efficacy in reducing trauma incidence and mitigating its impact on children and families.

CHAPTER 6: SUMMARY, LIMITATIONS, IMPLICATIONS, FUTURE RESEARCH

This dissertation investigates the relationship between parenting styles and childhood trauma, with a focus on understanding how different parenting approaches may influence the likelihood of childhood trauma. The study utilized a sample of 190 participants to explore this association, employing correlation analysis to assess how strongly and in which direction parenting practices and childhood trauma are related. The findings revealed a moderately positive correlation between these two variables, indicating that certain parenting styles may be linked to an increased likelihood of childhood trauma.

The clinical practice, preventive measures, policy development, and professional training will be significantly impacted by these findings. Moving forward, further research is needed to explore longitudinal trends, cultural influences, mediating factors, and intervention strategies to better understand and address the complex interplay between parenting styles and childhood trauma. By continuing to investigate this relationship, we can develop more targeted interventions to promote positive parenting practices and mitigate the risk of childhood trauma, ultimately fostering resilience and well-being in children and families.

6.1 Limitations

- a) The reliance on self-report measures for assessing parenting styles and childhood trauma introduces the potential for response bias and social desirability effects. Future research could incorporate multi-method and multi-informant approaches, such as observations or interviews with parents and children, to mitigate these limitations.
- b) While the study included a sample of 190 participants, the size may limit the generalizability of the findings to broader populations. The study's external validity would be improved by larger and more varied sample sizes and it would provide a more representative understanding of the relationship between parenting styles and childhood trauma.
- c) It's possible that several confounding factors that could affect the association between parenting practices and childhood trauma were not taken into consideration in this study. Factors such as family socioeconomic status, parental mental health, and previous experiences of trauma warrant consideration in future research to ensure a more comprehensive analysis of this relationship.
- d) While the correlation analysis revealed a moderately positive correlation between parenting styles and childhood trauma, the interpretation of this correlation may vary depending on individual perspectives and theoretical frameworks. Future research could explore alternative statistical analyses or theoretical perspectives to further elucidate the nature of this relationship.

6.2 Strengths

1. The dissertation employs a clear and systematic research design, utilizing correlation analysis to assess the relationship between parenting styles and childhood trauma. This methodological approach improves the study's rigor and clarity by offering a simple way to quantify the degree and direction of the relationship between the variables.
2. With a sample size of 190 participants, the dissertation demonstrates adequate statistical power to detect meaningful associations between parenting styles and childhood trauma. Including a sizable

number of participants improves the findings' robustness and reliability, boosting trust in their validity.

3. The dissertation reports a moderately positive correlation between parenting styles and childhood trauma, indicating a meaningful association between these variables. This research offers insightful information for theory and practice by providing empirical evidence in favor of the idea that suggests specific parenting approaches may affect a child's risk of experiencing trauma.

6.3 Implications

1. Mental health professionals can use the knowledge gained from this study to inform therapeutic interventions aimed at addressing childhood trauma. Clinicians can tailor interventions to target specific parenting behaviors and support families in promoting healthier parent-child relationships.
2. The dissertation's findings underscore the importance of preventive interventions aimed at reducing childhood trauma. By identifying certain parenting styles associated with a higher risk of trauma, preventive measures can be targeted towards at-risk families. Parenting education programs and community-based initiatives can provide support and resources to parents, helping them develop positive parenting practices and create nurturing environments for their children.
3. The dissertation highlights the need for further research to deepen our understanding of the relationship between parenting styles and childhood trauma. Future studies could explore longitudinal trends, cultural differences.

6.4 Future Research

1. Explore cultural variations in parenting styles and their impact on childhood trauma. Comparative studies across diverse cultural contexts can illuminate how cultural norms and values influence parental behaviors and children's experiences of trauma.
2. Investigate mediating and moderating factors that influence the relationship between parenting styles and childhood trauma. Factors such as parental mental health, family dynamics, and social support networks may interact with parenting styles to shape trauma outcomes.
3. Conduct qualitative research to explore the lived experiences of individuals affected by both parenting styles and childhood trauma. Qualitative studies can provide deeper insight into the mechanisms underlying the relationship between parenting and trauma and inform more nuanced intervention strategies.

CHAPTER 7: CONCLUSION

In conclusion, this dissertation has shed light on the intricate relationship between parenting styles and childhood trauma. Through the exploration of these two variables and the analysis of data from a sample of 190 participants, a moderately positive correlation was found, indicating a meaningful association between parenting practices and the likelihood of childhood trauma. This finding underscores the importance of parental behaviors in shaping children's experiences and outcomes, highlighting the significance of positive parenting practices in mitigating the risk of trauma.

The implications of this study are far-reaching, extending to clinical practice, preventive interventions, policy development, and professional training. Mental health professionals can utilize the findings to tailor therapeutic interventions that address specific parenting behaviors and support families in promoting healthier parent-child relationships. Preventive interventions can be targeted towards at-risk families, offering support and resources to foster positive parenting practices and create nurturing environments for children.

While this study has provided valuable insights into the relationship between parenting styles and childhood trauma, there are areas for further research and exploration. Future studies could delve into longitudinal trends, cultural differences, and the role of mediating and moderating factors in shaping this relationship. Additionally, qualitative research methods could provide deeper insight into the lived experiences of individuals affected by both parenting styles and childhood trauma, informing more targeted and effective intervention strategies.

Overall, this dissertation contributes to our understanding of the factors influencing childhood trauma and highlights the importance of positive parenting practices in promoting child wellbeing and resilience. By addressing the implications of this research, we can work towards creating supportive environments that nurture healthy parent-child relationships and mitigate the impact of trauma on children and families.

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