



Parental' self-efficacy beliefs and psychological distress among adults with addiction

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Introduction. The parental' self-efficacy beliefs (PSEB) is the parent's self-assessment of parenting skills (Coleman et Karraker, 2000). **The PSEB is both a predictor and a consequence of the parent's psychological distress** (Kunseler et al., 2014). In this sense, a low PSEB may harm the mental health of the parent, while a high level of PSEB decreases the risk of presenting psychological distress (Albanese et al., 2019). Parents with good PSEB have more confidence in their educational practices and are more invested in their relationship with their children. In return, those with low PSEB would adopt more deficient parenting practices (Albanese et al., 2019). **While several studies have examined the influence of PSEB on psychological distress, few studies have focused on the inverse relationship, namely the impact of psychological distress on PSEB.** This lack of information is also present among parents who are addicted to alcohol and drugs, for whom psychological distress is often present.

Objectives. To identify if (1) the level of psychological distress among addicted adults is associated with the quality of their PSEB, and (2) the quality of educational practices (supervision, discipline), and the quality of the parent-child relationship contribute to this relationship.

Method - Sample. 44 parents - 76% of mothers - participating in a family program.

- 52% report a mild to moderate PSEB (Inventory of Parenting Self-Efficacy, Dumka et al., 1996)
- 60% report anxiety - 48% depression - 25% irritability (Psychological distress index, Prévile et al., 1992)
- 40% report having difficulties (Alabama Parenting Questionnaire, Frick, 1991)
- 48% report a negative relationship with their children (Parental Acceptance-Rejection Questionnaire, Rohner, 2005).

Results.

Table 1. Correlations

Variables	M (SD)	1	2	3	4	5	6	7	8	9	10	11	12
Dependant variable													
1. PSEB	3.81 (.56)												
Independant variables													
2. Psychological ditress	26.63 (6.9)												
3. Anxiety	2.49 (.70)												
4. Depression	2.19 (.76)												
5. Irritability	1,95 (.55)												
6. Lack of supervision	1,30 (.33)												
7. Discipline inconstante	2.01 (.58)												
8. Substance use gravity	7.15 (4.8)												
9. Warmth/Affection	3.70 (.31)												
10. Hostility/Agression	1.52 (.44)												
11. Indifference /Neglect	1.58 (.45)												
12. Undifferentiated rejection	1.24 (.42)												

Table 2. Linear regressions

Variables	B	SE B	β	t	p
Regression 1					
Psychological Distress	-.01	.01	-.12	-0.88	.38
Warmth/Affection	.90	.25	.51	3.58	.001
R ² = .32 (N = 40, p = .000)					
Regression 2					
Psychological Distress	-.02	.01	-.24	-1.68	.10
Hostility/Agression	-.50	.18	-.39	-2.76	.009
R ² = .24 (N = 42, p = .004)					
Regression 3					
Psychological Distress	-.01	.01	-.17	-1.14	.26
Neglect/Desinterest	-.56	.19	-.44	-3.06	.004
R ² = .27 (N = 41, p = .002)					
Regression 4					
Psychological Distress	-.02	.01	-.24	-1.69	.10
Undifferentiated rejection	-.51	.19	-.39	-2.74	.009
R ² = .24 (N = 42, p = .004)					

Conclusion. The results indicate that the **level of psychological distress is negatively associated with PSEB**. Parents who have more psychological distress would have a worse PSEB. On their own, parenting practices do not seem to be associated with the PSEB. Perhaps then, the quality of parenting practices would be a consequence of the low PSEB, rather than a predictor (Albanese et al., 2019). Regarding the parent/child relationship, **parents who have a positive relationship with their child have a better PSEB and parent who have a negative relationship have a worse PSEB**. Associated with psychological distress, the parent/child relationship (affection, hostility, neglect, rejection) explain, better than the psychological distress, the quality of the PSEB. The results support the relevance of introducing interventions targeting the psychological distress and the parent/child relationship for alcohol and drug addicted adults, to improve their PSEB and their parenting practices. **This study was limited by the small sample size (N=44) which limited the number of variables included in the multivariate analysis.**