The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health

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Abstract
Parenting style is a psychological construct that describes how parents raise their children in general. This article examines the several parenting techniques used by families. Parenting techniques are becoming increasingly important in modern society. This research demonstrates the various strategies that parents take when raising their children, as well as the numerous issues with modern parenting. The core cause of most teenage mental health problems is found to be related to parenting style. Most parents employ a variety of parenting styles based on their culture and societal demands. It describes parenting styles and how they affect children's development. The impact of socioeconomic class on parenting style is also examined in the study.

Keywords: *Parenting style, patterns of parenting styles, issue of parenting styles, Impact of poor parenting skill*

INTRODUCTION

Ineffective parenting is frequently linked to acting out or misbehaviour (Hossain, et al., 2015). Inadequate parenting is most likely the result of a lack of cooperation between the child and the parent in order to meet both needs and desires and create a common ground for both. Lack of parenting skills and techniques will have a negative influence depending on the age of the child. Minors' mental health difficulties might have a long-term impact on their life prospects. Early childhood behaviour disorders are the most prevalent mental health problem, affecting 5–10% of young children (Angold A, Costello EJ., 2001.). The role of the parent in the life of a child is critical, and poor parenting practices and skills can lead to misbehaviour.

Negative parenting behaviour, a lack of attention to children's needs, or greater family dysfunction can all result from parental psychological issues. When a child becomes worried, aggressive, hostile, antisocial, demanding, reliant, undisciplined, and develops a hateful goal, this is considered negative behaviour. Parents' reactions to being over-controlled by directives, bad behaviour reminders, and warnings result in these bad behavioural features. Minors may experience several negative feelings as a result of these activities, including anxiety and distress. The quality of parent-child relationships has a significant impact on adolescents' development outcomes, especially mental health (Sowski et al., 2014). Parenting, according to Cleaner Casiellino Michenery and Terry Villarcial [2005], is a term that encompasses a range of behaviours that occur throughout life in reactions between organisms that are usually the same but belong to distinct cohorts. Poor parenting skills may have an impact on the child, resulting in trauma. According to trauma studies, there is a link between parental adjustment and children's functioning, as well as the sometimes-intergenerational influence of traumatic events. The

International Journal of Emerging Issues in Early Childhood Education (IJEIECE) Vol. 4 (1), 42-50
The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
John Michael Sasan; Ma. Theresa G. Kaligid; Mary Aianne Villegas

impact of traumatic experiences on children has been shown to be mediated by the impact on the parents of the children (Gewirtz, 2009).

Mental health difficulties affect the majority of today's minors. At this time, several of them have been reported to have committed suicide. Suicides among teenagers remain a significant problem (Problem of Suicides Among Teenagers) (2020, Aug 27). For children and adolescents, suicide is the second greatest cause of death. One of the leading causes of the rising number of suicides is depression (Hidalgo et al., 2020). According to the World Health Organization, depression has just surpassed diabetes as the biggest cause of disability worldwide.

Poor parenting, according to the American SPCC, renders a child more prone to criminal behaviour. Children who have been neglected or who have been subjected to abuse are more likely to be charged with juvenile delinquency. Failure to thrive and poor physical and mental growth and development are some prevalent consequences of poor parenting. Thus, the goal of this study was to see how inadequate parenting abilities affect the mental health of children and teenagers.

Research Objectives:
1. The goal of this study is to raise awareness of the negative consequences of poor parenting skills among children and teenagers.
2. This study intends to determine the impact of poor parenting skills affect the mental health of children and teenagers.
3. To gain a better understanding of how depression affects children and teenagers.

Research Questions:
This study aims to investigate the deteriorating effect of poor parenting skills on children's and teens' mental health. This study aims to answer the following questions:
1. How do poor parenting skills affect the mental health of children and teenagers?
2. What are the consequences of poor parenting skills?
3. What impact does inadequate parenting have on a child's behavior?

Review Of Related Literature
Good parenting is parenting that prepares children to meet the demands of the particular culture or subculture in which they live. However, we can draw some conclusions about the components of good parenting that would apply in most contexts. We can go a long way in understanding effective parenting styles that prepare children for social encounters. Darling and Steinberg (1993) defined parenting styles as the overall climate of parent-child interactions. It is an effective context of sorts that sets the tone for the parent's interaction with the child. Parenting styles are a determinant factor in child development.

Parental acceptance/responsiveness (also referred to as parental warmth or supportiveness) refers to "the extent to which parents intentionally foster individuality, self-regulation, and self-the assertion by being attuned, supportive, and acquiescent to children's special needs and demands" (Baumrind, 1991). Parental demandingness (also referred to as behavioural control) refers to "the claims parents make on children to become integrated into the family whole, by their maturity demands, supervision, disciplinary efforts, and willingness to confront the child who disobeys" (Baumrind, 1991).

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The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
John Michael Sasan; Ma. Theresa G. Kaligid; Mary Aianne Villegas

Children of permissive parents were very immature. They had difficulty controlling their impulses and were very disobedient and rebellious when asked to do something that conflicted with their momentary desires. They were overly demanding and dependent on adults, and they showed less persistence on tasks at pre-school than children whose parents exerted more control (Mustafa Fazli, 2019). The link between parenting and dependant, non-achieving behaviour was especially strong for boys (Berk, 1998).

Subsequent research has shown that the worst development outcomes were associated with a neglectful, uninvolved style of parenting (Mustafa Fazli, 2019). Children of neglectful parents are notable for behavioural problems such as aggression and frequent temper tantrums at age three. They tend to become hostile and antisocial in adolescents (Sigelman, 1999).

Harsh or abusive parenting in the wider literature includes emotional, sexual, and physical abuse and neglect, as well as a range of parenting practices that have been shown to negatively impact child development and well-being. Abusive parenting can be active, such as striking or assaulting a child, as well as passive, through neglecting or ignoring a child (Browne, Davies, and Stratton, 1998).

Bad parenting can cause psychological disorders in a child (American SPCC, 2014). This happens especially if the child grows up in a family where there is a lot of abuse, whether physical or emotional. This also occurs when a child suffers from neglect as a child. Such children may have difficulty in making friends and trusting people as they find it easier to push people away than to open up.

Permissive parenting often results in children who rank low in happiness and self-regulation (Mustafa Fazli, 2019). These children are more likely to experience problems with authority and tend to perform poorly in school. The permissive style of child-rearing is nurturant and accepting, but it avoids making demands or imposing controls of any kind. Permissive parents allow children to make any of their own decisions at an age when they are not capable of doing so (Mustafa Fazli, 2019). They do not have to learn good manners or do any household chores. Although some permissive parents truly believe that this style of child-rearing is best, many others lack confidence in their ability to influence their child's behaviour and are disorganized and ineffective in running their households (Berk, 1998). Children with permissive parents tend to have high self-esteem and good social skills but are more prone to problem behaviour. Accepting responsibility is hard for them (Mustafa Fazli, 2019).

Authoritative parenting styles tend to result in children who are happy, capable, and successful (Mustafa Fazli, 2019). Authoritative parenting without physical punishment produces the most positive results and the fewest problems for children in today's world. Children who have been collected in authoritative houses have a higher score on a variety of competence, social development, self-perceptions, and mental health than those raised in authoritarian, permissive, or neglectful homes (Joseph M. V., John J., 2008). This is true not only in childhood but also during adolescence, as evidenced by higher academic achievement and psychological development and fewer behavioural problems (Ballantine, 2001).

(Simons, Whitbeck, Conger, and Melby, 1990) make an important distinction between constructive (supportive positive) and destructive (harsh negative) parenting behaviours, social learning, and exchange model. Though they did now no longer gift proof of the specific effect of optimistic and adverse parenting on children`s melancholy, they discovered that parental melancholy changed into associated

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The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
John Michael Sasan; Ma. Theresa G. Kaligid; Mary Aianne Villegas

with using greater harsh–bad parenting practices; however, now no longer optimistic, supportive–tremendous parenting. This shows that parental melancholy can be greater strongly associated with excessive stages of harsh–bad parenting behaviours than with low stages of supportive–tremendous parenting behaviours (J Clin Child Adolesc Psychol., 2006).

Depression and low self-esteem can also be caused by bad parenting (American SPCC, 2014). A child who is never allowed to make decisions, who is constantly criticized, belittled, and who goes through abuse is likely to have low self-esteem. It becomes worse when the child goes through sexual abuse as a child. Such forms of abuse are also known to make children more prone to violent behaviors. Children who are exposed to abuse and violence are likely to become violent people. They grow up believing that violence is the only way to solve issues.

A recent study of nearly 10,000 adults found that half of those who experienced major psychiatric disorders, including major depressive disorder, reported symptoms before age 14 (Danielle H. Dallaire et al., 2006). Kessler and colleagues reported that many people who later experience major depressive episodes often report initially asymptomatic symptoms such as mild sadness or shyness (J Clin Child Adolescent Psychol., 2006). These results highlight the need for researchers to evaluate precursor and familial conditions that can induce and maintain childhood depression.

METHODOLOGY

2.1 Research Design

To determine the negative effects of poor parenting, a qualitative research methodology with a case study approach was used, with primary data acquired through in-depth interviews with students. Generally, the methodology of qualitative research is used when the researchers are intended to explore the why and how questions.

2.2 Research Participants

The data has been collected from (n=6) respondents of Toledo City, Cebu, Philippines. The researcher purposely selected three (3) residents of Toledo City aged 6-12 years old (CATEGORY A) and three (3) aged 13-19 years old (CATEGORY B). The respondents voluntarily participated in the study and agreed on the interview process. Furthermore, they were verbally informed that they have the right to withdraw from the study at any time with any adverse consequences. The researcher ensured the anonymity and confidentiality of the respondents' responses. Lastly, the researcher asked permission from their parents to interview their child, and they agreed.

The data was gathered from (n=6) Toledo City, Cebu, and Philippine's participants. The researcher purposely selected three (3) residents of Toledo City aged 6-12 years old (CATEGORY A) and three (3) aged 13-19 years old (CATEGORY B). The participants volunteered for the study and agreed to the interview process. Participants were also told verbally that they had the right to withdraw from the study at any moment if there were any negative outcomes. The responses of the participants were kept anonymous and confidential by the researchers. Finally, the researchers asked for and received permission from the parents to interview their children.

2.3 Data Gathering

Semi-structured interviews were used as the primary data collecting tool in this study, with the researcher also relying on notes taken during the interviews. The researcher devised a semi-structured

International Journal of Emerging Issues in Early Childhood Education (IJEIECE) Vol. 4 (1), 42-50
The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
John Michael Sasan; Ma. Theresa G. Kaligid; Mary Aianne Villegas

interview method with three open-ended questions. A semi-structured interview is a type of interview in which the interviewer asks only a few predetermined questions while the rest of the questions are not planned. Since semi-structured interviews combine both the structured and unstructured interview styles, they can offer the advantages of both (Oliverparks, 2020).

2.4 Data Analysis

The term "data analysis" refers to the process of organizing, structuring, and eliciting meaning from data. Qualitative data analysis is a collaborative and dynamic process (Polit et al. 2001:383). Data analysis commenced after conducting the first interview. The data was collected using a variety of methods and approaches. The data were examined utilizing a six-step thematic analysis approach, which included: 1. Familiarization 2. Coding 3. Generating themes 4. Reviewing themes 5. Defining and naming themes 6. Writing up.

RESULTS AND DISCUSSION

Psychologists have long advocated for the relevance of family processes in child development (Ogbu, 1981; Bronfenbrenner, 1979; Belsky, Steinberg & Draper, 1991). This parenting style, which involves parent-child interaction, parent-child articulation activities, and parents' involvement in their children's education, is essential in socialization and children's functioning, according to these psychologists (Smetana, 2017). Adults' social reality has ramifications for their child-rearing approaches and parental behavior (Mamat et al., 2015).

Parenting skills are a critical risk factor for children's violence within the family and among young people, which is increasingly recognized as a major public health concern and as a problem (Gardner et al., 2013). Knowledge of child development by parents was frequently identified as a factor affecting child development outcomes (Matthew R Sanders, Ph.D., Alina Morawska, Ph.D., 2014). Adolescents' behavior is shaped and molded in large part by their parents (Sarwar et al., 2016).

Furthermore, poor parenting skills have an adverse effect on a child's mental health. Childhood mental health issues can have a long-term impact on a child's life chances. The most prevalent mental health concern in early childhood is behavior disorders, which affect 5–10% of children (Angold A, Costello E, 2001).

There were six participants who participated in the research. Category A is for children aged 6 to 12 years old, and Category B is for those aged 13 to 19. They all agreed that they had been abused and had been subjected to violence. Furthermore, some of them agreed that poor parenting abilities have an adverse effect on their mental health and development. I also asked Category A's parents for permission to interview their child, and they consented.

According to research, poor parenting abilities have a significant impact on a child's mental health (Integris Health, 2022). Almost everyone agreed that poor parenting techniques cause depression, trauma, behavior issues, and a proclivity for criminal behavior.

Parents must express their love and support for their children in order to avoid poor parenting. One of the things that help them increase their self-esteem is unconditional love. Make time for your child, and set limits with disciplining the child. Be a good role model.

International Journal of Emerging Issues in Early Childhood Education (IJEIECE) Vol. 4 (1), 42-50
The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
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3.2. CATEGORY A aged (6-12)

The interview was conducted with the approval of the parents. The open-ended question, the focused question, and the close-ended questions were all performed by the researchers. The researchers' initial step was to establish trust with the child.

The story is told by Child A, who claims that her father beat her with a belt because she left without asking permission and returned home at 10:00 p.m., which was extremely late. Her father was enraged and smacked her across the face with a belt. She was terrified and traumatized as a result.

Child B shared his story with the researchers, revealing that his father once came home drunk. Since there was no food left, his father became upset and beat him with a belt. He was scared and crying.

Child C reported to the researchers that his father shouted at him and beat him because he asked for money. His father, he said, was in a terrible mood at the moment. He also informed me that his father drank late at night when he came home. Every time he saw his father, he was frightened and terrified.

The researchers noticed that children A, B, and C were stuttering as they recalled the traumatic events in their lives. They continued to play with their hands and were really tense. Every time I asked a question, they felt uneasy.

3.3 CATEGORY B aged (13-19)

The researchers' utilized open-ended questions focused questions, and closed-ended questions to interview the individuals. The researcher promised to keep their identity hidden. They all agreed that poor parenting abilities could have an impact on a child's mental health and development.

Child A shared with us that she grew up in a home with a lot of abuse. She confided to us that she has anxiety and that she cries a lot at night. She is often thinking about killing herself. She was the one who suffered the most. Her father attempted to rape her but failed. She knew her mother wouldn't believe her, so she couldn't tell her. Aside from that, she had a narcissistic mother who was often envious of her.

Her siblings resent her and become abusive when she is blamed for something she did not intend or do.

Child B asserts that his father has criticized and beat her because of her poor grades. She was worried and frequently cried at night. She told me she envies her classmates' parents since they don't put them under any pressure. She told us that she gets scared every time she receives a bad grade because her father will be disappointed in her.

Child C claimed that his stepfather abused him at home. He claimed that his stepfather was an alcoholic and a violent man, and he was almost killed with a knife. He despises silence since it triggers his trauma and phobia.

3.4 Parenting Styles Implementing the Most Effective Methods

In the vast majority of circumstances, becoming a parent is an exciting adventure (fitkidusa, 2020). However, this comes with a lot of responsibility. While the majority of individuals are prepared, others may be scared or unsure of how to begin this journey. Parents, on the other hand, want their children to

International Journal of Emerging Issues in Early Childhood Education (IJEIECE) Vol. 4 (1), 42-50
The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
John Michael Sasan; Ma. Theresa G. Kaligid; Mary Aianne Villegas

do the best they can with the information they have. Parenting styles can always be adjusted as needed, and the best approach for our children's healthy development can always be applied (fitkidusa, 2020).

Diana Baumrind has outlined four parenting styles. The parent presents each feature, and the child expresses the result. Parents frequently choose one of these four styles based on whether their children have been informed of how they are developing, their belief system, and whether they have been taught how to grow. However, the characteristics of the four forms frequently overlap. Understanding this allows us to think of parent styles as a continuum, with different styles being used depending on the temperament of the child and the circumstances (fitkidusa, 2020).

As a progressive program, the SKILLZ Child Development Center and the Certified Pediatric Ninja Specialists who lead them have the latest science and psychology to form the basis of the system. Coupled with the methods used by teachers in each class, parents have been supported through parenting skills seminars and complementary curriculums to provide knowledge of the most effective approaches. The information and skills are quick and easy to implement but have enormous benefits (fitkidusa, 2020). Parenting can be both rewarding and difficult(Emina Ferizovic, 2020). When we understand the different parenting styles and how they affect our children in the long run, we can move towards the parenting approach to achieve the best outcome for each child(fitkidusa, 2020).

Child abuse exists in every society in the world. Maltreatment can lead to a variety of mental health and well-being issues, including feelings of abandonment, fear, anxiety, depression, self-harm, and even suicide. Some organizations and individuals have successfully pioneered programs to prevent child maltreatment on a global scale or have been influential in influencing strategy or policy to safeguard children's rights (Hardcastle et al., 2015).

4. METHODS TO AVOID POOR PARENTING

Parenting programs are designed to help parents improve their skills, knowledge, and confidence in order to support their children's growth better and manage their behavior. Programs can be offered to all parents, but they can also be targeted at high-risk families and parents of children who are at risk of developing conduct disorders. During the first two or three years of a child's life, programs are often administered by a professional such as a nurse or social worker. Some programs, on the other hand, may start before birth. Programs can be delivered one-on-one or in small groups within the community.

School security education programs aim to teach children how to recognize potentially dangerous situations and how to differentiate between appropriate and inappropriate types of touching (Kitano et al., 2018). Children are taught how to say "no" to unwanted advances and how to avoid or escape threat situations, as well as how to report abuse to trusted adults (World Health Organization Regional Office for Europe, 2015). Children exposed to school-based programs exhibit improvements in self-protective behaviors, according to a 2015 Cochrane Review, and participation in these programs may also increase disclosure.

CONCLUSION

To conclude, parenting style can be thought of as an overall structure that represents the general emotional environment between the parent and the child. The actions and involvement of parents have a significant impact on the development of social and cognitive skills in children. Diverse civilizations

International Journal of Emerging Issues in Early Childhood Education (IJEIECE) Vol. 4 (1), 42-50
The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
John Michael Sasan; Ma. Theresa G. Kaligid; Mary Aianne Villegas

have different parenting behaviors and influences. This indicates that social culture has an impact on how family members interact with one another. Every culture and civilization has its own parenting pattern, and what is deemed stupid or appropriate in one culture may be deemed inappropriate in another (Mustafa Fazli et al., 2019).

Parent-child relationships allow children to develop physically, emotionally, and socially. It's a one-of-a-kind link that every child and parent values and appreciates. The child's personality, life choices, and general behavior are all shaped by this relationship. It may also have an impact on their social, physical, mental, and emotional well-being (Parenting NI, 2018).

Good parenting practices are more important than a good school for a child's academic success (Dr. Rosetta Williams, 2016). When their parents assist them with their homework, young people perform at their best. You might also participate in school activities to emphasize the importance of education. In short, the finest teachers for any child are their parents. All moral values, manners, and discipline are instilled in children at home. Their good education is what will enable them to succeed in the future.

Parenthood is, without a doubt, the most important public health issue that our society faces. This is the single most important factor associated with childhood illnesses and accidents. Teenage pregnancy and substance abuse; school refusal, school turmoil, and failure to achieve; child abuse; employability; juvenile delinquency; and madness. These are inherently serious, but they are considerably more so as precursors of problems in adulthood and the next generation (Kolvin I, Muller FJ, Scott D, Gatzanis, 1990).

Being a parent is significant because it serves as a buffer against adversity (such as the impacts of poverty and crime) or as a mediator (such as child abuse). Parenting usually includes, but is not limited to, biological parents (Nicholas Long, 1996). Parents, teachers, nurses, and others are responsible for their children's education. Parenting is made up of three primary elements. To begin with, compassion protects children from harm (Long et al., 1996). Second, management entails establishing and enforcing boundaries to guarantee the safety of children and others in expanding areas of activity. Third, development means optimizing a child's potential and maximizing the opportunity to use it. There is a reasonable consensus on "bad parenting," but there is no consensus, especially in a diverse and rapidly changing society. (Hoghughi et al.,1998).

The parenting style of a parent has a significant impact on the development of a child. The parenting style of a family has an impact on a child's social and emotional development. Parenting styles must be given more attention by parents, teachers, and mental health experts, and society must take steps to make parents aware of their importance.

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International Journal of Emerging Issues in Early Childhood Education (IJEIECE) Vol. 4 (1), 42-50
The Deteriorating Effect of Poor Parental Skills on Children and Teens Mental Health
John Michael Sasan; Ma. Theresa G. Kaligid; Mary Aianne Villegas

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