

Introduction

SOCIAL ANXIETY (SA)

- Intense and persistent fear and avoidance of social situations and an excessive preoccupation with the fear of being rejected, criticized, or embarrassed (Karshdan & Herbert, 2001)
- Widespread impact with **maladaptive consequences** in adolescence (La Greca & Stone, 1993; Ranta et al., 2009)
- Factors contributing to SA?

OVERPROTECTIVE PARENTING (OP)

- **Excessive level of protection**, considering the child's developmental level (Thomasgard et al., 1995)
- Possible **psychosocial difficulties** in adolescence
- Students with high levels of SA → recollections of high OP (Knappe et al., 2012; Spokas & Heimberg, 2009)
- Underlying mechanisms?

EMOTION REGULATION (ER)

- **Emotional dysregulation (ED)**: difficulties to accept, understand, control and modulate emotions (Gratz & Roemer, 2004)
 - Plays a role in the development of SA (Herman et al., 2004)
- **Emotional suppression (ES)**: avoiding or minimizing emotions to reduce a negative emotional impact (Roth et al., 2009)
 - Overreliance : characteristic of SA (Dryman & Heimberg, 2018)
- **Emotional integration (EI)**: allow inner experiences to take place and value own sensations and emotions (Roth et al., 2009; Ryan et al., 2006)

GOALS OF THE STUDY

- Examine intervening role of the three ER strategies between relationship of OP and SA
- Similar outcomes for perceived maternal and paternal OP?

Method

SAMPLE

- N = 278 Swiss adolescents
- $M_{age} = 14.96$ years (range 14-17 years)
- 71.6% lived in a two-parent household

MEASURES

- **Social anxiety**
 - Social anxiety Scale for adolescents (La Greca & Lopez, 1998): *"I am afraid that others won't like me."*
 - 12 items, $\alpha = .87$.
- **Perceived Overprotective Parenting**
 - Anxious Overprotection subscale of the Multidimensional Overprotective Parenting (Kins & Soenens, 2013): *"My mother/father immediately sees danger whenever I want to do something new."*
 - 25 items, $\alpha = .91$ (mothers), $\alpha = .90$ (fathers)
- **Emotion Regulation**
 - Emotion Regulation Inventory : 18 items (Roth et al., 2009)
 - ED: *"When I am anxious, I feel I have little control over my behavior."* ($\alpha = .77$)
 - ES: *"I try to ignore feelings of anxiety."* ($\alpha = .80$)
 - EI: *"It can sometimes be useful to show my anxieties in certain situations."* ($\alpha = .75$)

Results

Table 1. Means, Standard Deviations and Correlations among the Study Variables

	Mean (SD)	1.	2.	3.	4.	5.
1. Perceived overprotection M	2.51 (.73)					
2. Perceived overprotection F	2.23 (.64)	.71**				
3. Emotional dysregulation	2.78 (.84)	.22**	.26**			
4. Emotional suppression	3.55 (.82)	.17**	.09	.20**		
5. Emotional integration	3.00 (.76)	-.08	-.06	.20**	-.03	
6. SA symptoms	2.39 (.79)	.20**	.17**	.25**	.18**	-.01

Note. M: Mother; F: Father. * $p < .05$. ** $p < .01$.



Figure 1. Structural model depicting the relation between perceived OP, ER and SA symptoms (mother model).

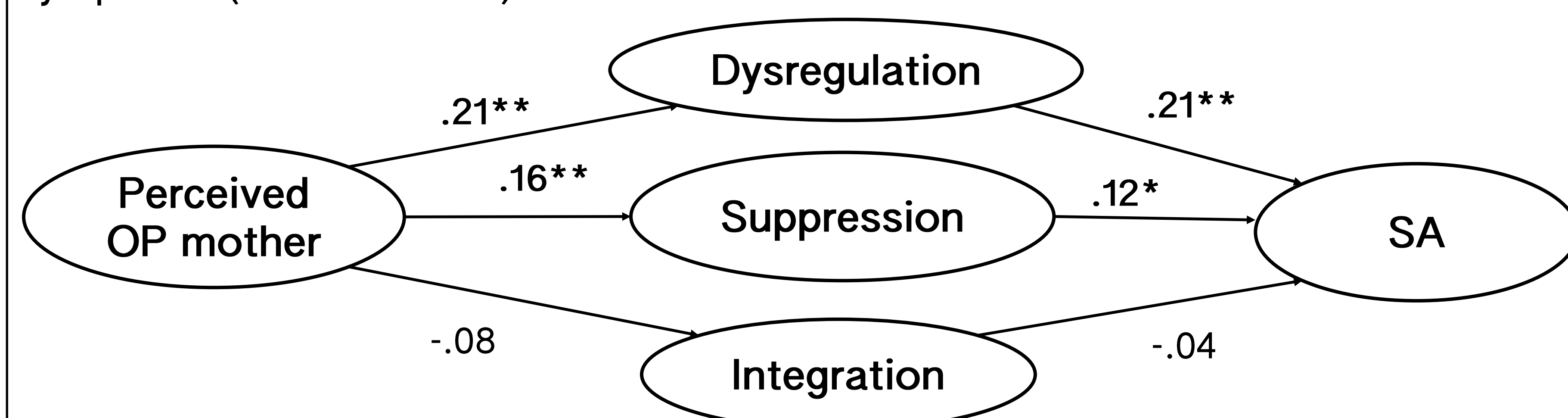
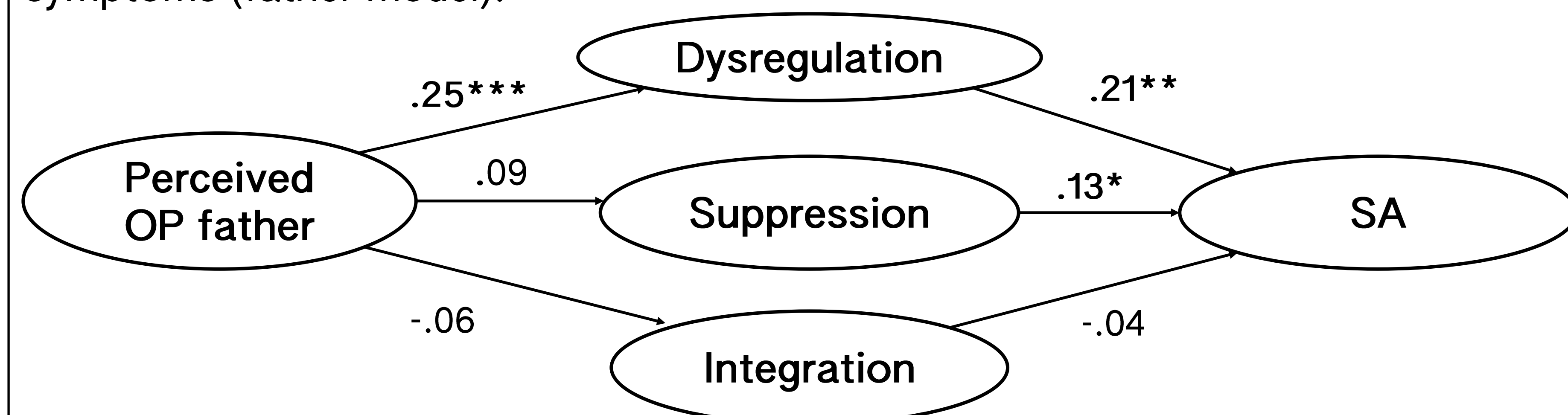


Figure 2. Structural model depicting the relation between perceived OP, ER and SA symptoms (father model).



Note. *** $p < .001$. ** $p < .01$. * $p < .05$

Discussion

- **Both mother and father models:**
 - More OP → more AS
 - Adolescents experiencing OP → more dysregulation, which in turn related to more SA
 - Intergenerational transmission? (Fulton et al., 2014)
 - More suppression → more SA
 - No associations with integration
 - Positive parenting (e.g. autonomy support) associated with more adaptive ER? (Brenning et al., 2015)
- **Mother model**
 - More perceived OP → more suppression