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ABSTRACT SUBMISSION FORM

CHR D 2022: Abstract & Poster Submission Form

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Presenter Status

- Undergraduate Students
- Masters Student
- PhD Student
- Post-Doctoral Fellows
- Residents
- Non-Trainee

Research Category

- Basic Science
- Clinical
- Community Health / Policy

Role in the project

- Design
- Perform Experiments
- Analyze Data
- Write Abstract

Title

Preschool Emotional Expression: Associations with Parental Emotion Regulation and Child Mental Health

Background

Emotional expression, a component of emotional understanding, in early childhood is a crucial component of healthy development, promoting resilience, and decreasing problem behaviour. Parenting, and mental health (MH) are associated with children's understanding of other people's emotions; however, little is known about how these factors are associated with children's understanding of their own emotions.

Objective

The current study used secondary questionnaire and video-coded assessment data to examine associations between independent variables, parental emotion regulation strategies and child MH, and dependent variables, children's emotional expression before and after an acute stressor.

Methods

Recorded assessments were coded using a novel coding scheme developed for the current study. Bivariate correlations were conducted prior to regressions to determine significant associations between dependent variables and independent variables of interest.

Results

Results found that children (N = 104) whose parent reported using more attentional deployment emotion regulation strategies self-reported being more upset after the stressor versus at baseline, $\beta = -.263$, $t(97) = -2.396$, $p = .019$. Children whose parent reported using more attentional deployment strategies were also found to self-report being happy before the stressor but were observed as being more neutral or even upset, $\beta = -.298$, $t(85) = -2.622$, $p = .010$. Finally, results found that children (N = 104) displaying more internalizing behaviours were observed as more upset following the stressor compared to before, $r(104) = -.201$, $p = .042$, however, association was not significant after being included in the regression model.

Conclusion

$p = .042$, however association was not significant after being included in the regression model. Taken together, the findings presented in this study highlight that parental emotion regulation strategies and child mental health behaviours are associated with children's observed and self-reported emotion expression. Clinical implications of this research may include improving emotion-focused parent programs and child mental health treatment models.

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