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| **Parental Depression, Parenting, and Child Depression: Reciprocal Relations from Early Childhood Through Adolescence**  **Emma Chad-Friedman, MS (nothing to disclose)**  Psychology Doctoral Intern  Children’s National Hospital | |
| **Wednesday, June 14, 2023**  **@ 11:00am – 12:00pm** | **Virtual (Zoom)**  https://childrensnational.zoom.us/j/98382439548  Passcode: 3932 |
| **Abstract**  In the U.S., more than 15 million children live with a parent who has experienced major depression. This is concerning as the children of depressed parents have a three-fold risk for developing depression themselves compared to offspring of nondepressed parents. Furthermore, by the time these children are 18 years old, about a fourth of them will have experienced clinically significant depression, making depression among the most prevalent psychiatric problems among youth. Most work has examined effects of parental depression on child depression and the mediating role of parenting behaviors. However, much less work has examined the effects of child depression on later parental depression and parenting behavior. Theories on the interactional nature of families suggest that while parent’s psychopathology influences their parenting and their abilities to respond to their children’s strong emotions, children’s behaviors also elicit responses from their parents, including negative parenting behaviors, which may further impact parent’s and children’s moods. This talk will focus on reciprocal models of parent and youth depression; it will summarize prior research, briefly present a new study, and focus on clinical implications for working with families. | **Emma Chad-Friedman** is a PhD candidate in Clinical Psychology at the University of Maryland, College Park. She is currently completing her psychology internship at Children’s National Hospital. Prior to her doctoral training, Emma obtained her bachelor’s degree in psychology and anthropology from Brandeis University and worked as a Clinical Research Coordinator at Massachusetts General Hospital. Her research interests include the influences of parental psychopathology and parenting behaviors on children’s mental health disorders throughout development. Next year, Emma will be a post-doctoral fellow at Boston Children’s Hospital in Adolescent Medicine.  **Session Code: RATGAC** |
| **Learning Objectives:**  By the end of this presentation, participants should be able to:   1. Describe impacts of parental depression and parenting on youth symptoms and the reciprocal impacts of youth mental health problems on parents’ emotions and behaviors 2. Identify appropriate screening measures for depression in children and parents 3. Select appropriate intervention approaches to support families in increasing awareness of their reciprocal influences on one another’s emotions   **Audience:**  Psychiatrists, Psychologists, Neuropsychologists, Child and Adolescent Psychiatry fellows, Psychology Doctoral Interns | |