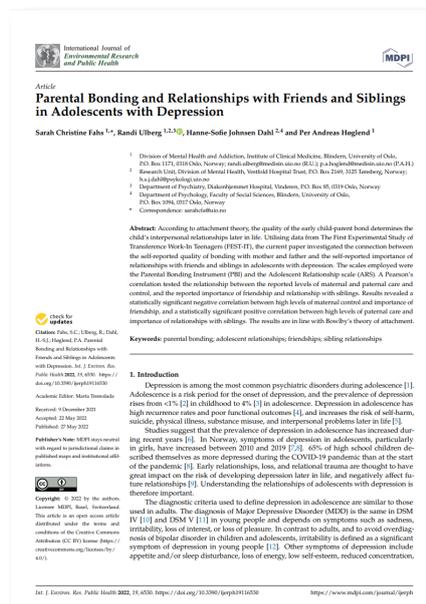


Fra forskning

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# Parental Bonding and Relationships with Friends and Siblings in Adolescents with Depression

Sarah Christine Fahs, Randi Ulberg, Hanne-Sofie Johnsen Dahl and Per Andreas Høglend (2022), Parental Bonding and Relationships with Friends and Siblings in Adolescents with Depression. *Int. J. Environ. Res. Public Health*, 19(11), 6530.

The main aim was to determine the self-reported relationship between parenting styles, characterised as warmth and control, and the importance of relationships with friends and siblings. Data from the First Experimental Study of Transference Work-In Teenagers (FEST-IT) were used to investigate the connection between the quality of: 1) parental bonding and 2) relationships with friends and siblings in adolescents with depression.

According to attachment theory, the quality of the early child-parent bond determines the child's interpersonal relationships later in life. The study used the Parental Bonding Instrument and the Adolescent Relationship Scale - which assesses

the mutual quality of relationships, both the importance of the relationship (i.e., "How much do your siblings mean to you?") and the relationship's reciprocity (i.e., "How much do you mean to your siblings?").

There were low levels of care and high levels of control in both mothers and fathers, but mothers were perceived as both more caring and more controlling than fathers. The results revealed a significant negative correlation between high levels of maternal control and importance of friendship, and a significant positive correlation between high levels of paternal care and importance of relationships with siblings. High levels of maternal con-

trol were significantly correlated with low quality of adolescent friendships. High levels of paternal care were significantly correlated with adolescent sibling relationships. Maternal control had greater negative effects on development than paternal control, and was less tolerated than the latter.

Furthermore, the adolescents' reported quality of life was correlated with the maternal parenting style: high levels of maternal care and low levels of maternal control are related to adolescent's well-being.

The findings are consistent with previous research and attachment theory. Attachment patterns developed in childhood are internalised and function as prototypes in future relationships. Thus, parenting style in childhood shapes an internal working model of self that affects one's disposition to psychopathology, such as depression, later in life. Secure attachment styles between adolescent and parent are associated with increased warmth and intimacy in sibling relationships.

The results partially supported the hypotheses that high levels of parental care and low levels of parental control would be significantly correlated with meaningful relationships with friends and siblings. These findings may contribute to new insight into different effects of maternal and paternal care and control on adolescent relationships.

The findings are discussed in more detail in the article, both in connection with previous research and theoretical concepts. For a closer look at these nuances, the article is highly recommended.

## Reference

Fahs, S.C., Ulberg, R., Johnsen Dahl, H-S. & Høglend, P.A. (2022), Parental Bonding and Relationships with Friends and Siblings in Adolescents with Depression. *Int. J. Environ. Res. Public Health*, 19(11), 6530.  
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