Maternal phobic anxiety and child anxiety

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Abstract

The present study examined the relation between maternal anxiety symptoms and child anxiety symptoms and evaluated whether a reporting bias is associated with maternal anxiety. Fifty-seven mother–child pairs participated. All children had features or diagnoses of separation anxiety disorder (SAD), generalized anxiety disorder, and/or social phobia. Measures of maternal symptomatology and child anxiety were administered. Higher levels of maternal phobic anxiety on the Brief Symptom Inventory were significantly associated with higher levels of separation anxiety in children. After controlling for clinician rating of SAD severity, maternal phobic anxiety emerged as a significant predictor of maternal ratings of child separation anxiety, accounting for 19% of the variance. Phobic mothers endorsed levels of separation anxiety in their children that exceeded levels endorsed by clinicians, suggesting maternal overreporting.

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1. Introduction

It is widely accepted that anxiety disorders are among the most prevalent psychiatric disorders in children. Up to 15–20% of the general youth population has an anxiety disorder (Costello, Egger, & Angold, 2004). These disorders are strongly associated with risk for later developing mood disorders, other anxiety disorders, academic failure, and substance abuse problems (Ialongo, Edelsohn, Werthamer-Larsson, Crockett, & Kellam, 1995; Pine, Cohen, Gurley, Brooks, & Ma, 1998; Woodward & Fergusson, 2001). Several well-designed, controlled studies have documented that children of parents with anxiety disorders are at increased risk of developing anxiety disorders compared to children of normal control parents or children of parents with other psychiatric disorders (Beidel & Turner, 1997; Biederman et al., 2001; McClure, Brennan, Hammen, & Le Brocque, 2001; Merikangas, Dierker, & Szatmari, 1998; Merikangas, Avenevoli, Dierker, & Grillon, 1999).

Biederman et al. (2001) reported that children of parents with panic disorder and/or major depression were at increased risk for separation anxiety disorder (SAD). McClure et al. (2001) reported that maternal lifetime history of anxiety disorder more than doubled children’s risk of anxiety disorder; this risk tripled for children of mothers with anxiety and comorbid depression. Similarly, Merikangas et al. (1999) reported that children with one parent with an anxiety disorder were three times more likely to have overanxious disorder and an additional threefold risk when both parents had an anxiety disorder. Studies demonstrate that transmission of anxiety from parent to child tends to be fairly specific with anxious parents having anxious children (Beidel & Turner, 1997; Merikangas et al., 1998).

Recently, maternal phobic anxiety has emerged above other forms of maternal anxiety as significantly related to child anxiety (Layne, Bernstein, & Fadness, 2002; Manassis & Hood, 1998). Phobic anxiety, as measured by the Brief Symptom Inventory (BSI; Derogatis, 1993) (SCL-90; Derogatis, 1994), “is defined as a persistent fear response-to a specific person, place, object, or situation—that is irrational and disproportionate to the stimulus and leads to avoidance or escape behavior” (Derogatis, 1993, p. 9). The Phobic Anxiety dimension focuses on phobic behavior rather than the internal state of anxiety. Elevated scores on Phobic Anxiety are typically associated with marked avoidant behavior; items on the scale describe impairing manifestations of phobic behavior (Derogatis, 1993). The content of the items relate closely to DSM-IV criteria for agoraphobia. The items on the Phobic Anxiety dimension are as follows: “Feeling afraid in open spaces or on the streets, Feeling afraid to travel on buses, subways, or trains, Having to avoid certain things, places, or activities because they frighten you, Feeling uneasy in crowds, such as shopping or at a movie, and Feeling nervous when you are left alone.”

Elevation on the Phobic Anxiety dimension of the SCL-90-R was the only measure of maternal psychopathology that significantly predicted elevation in
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