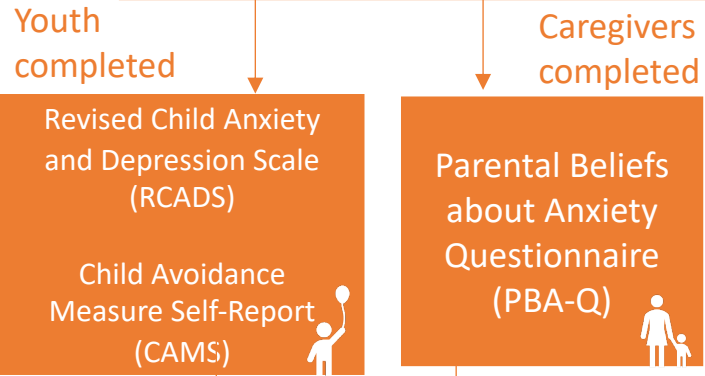


WE KNOW THAT

- Negative parental beliefs about anxiety worsen youth anxiety [1]
- Anxious youth are more likely to engage in avoidance behaviors [2]
- **Parenting behaviors** may be acting as an underlying mechanism through reinforcement patterns and accommodation



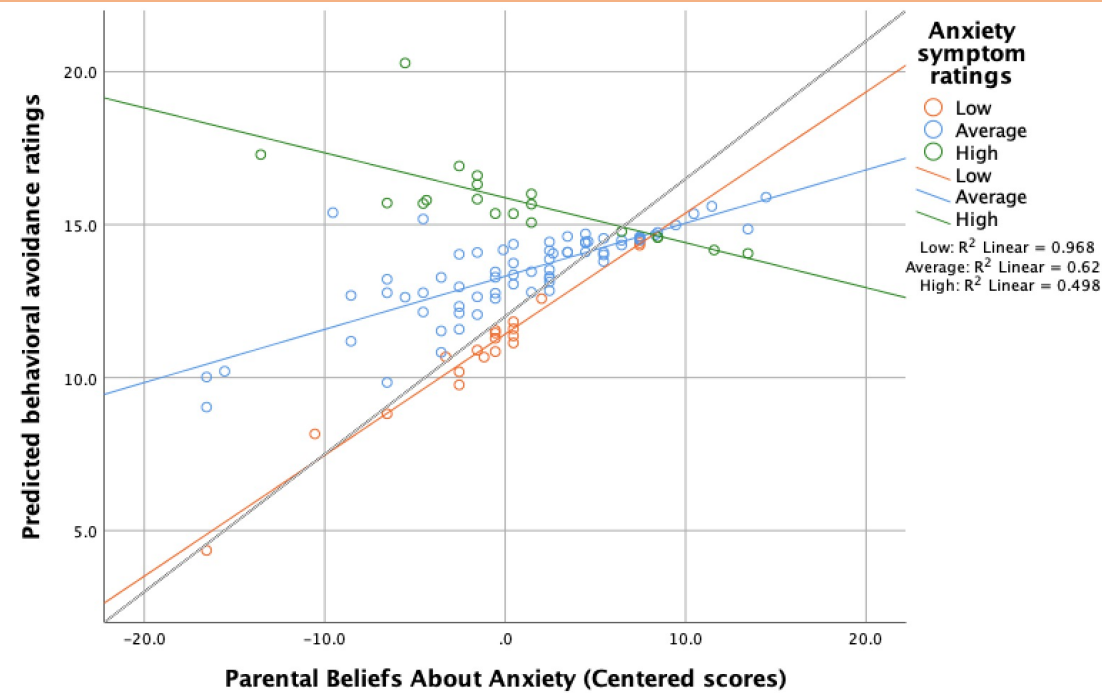
108 treatment-seeking youth ages 6 to 18 (52.3% female, M = 11.81 years)



Hierarchal linear regression

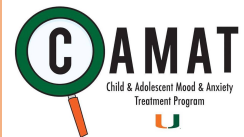
The Impact of Parental Beliefs About Anxiety on Youth Avoidance

Parental beliefs about anxiety interact with youth anxiety symptoms to predict youth avoidance behaviors

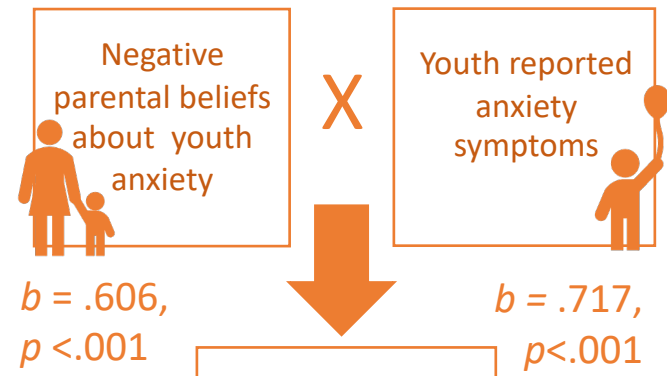


Scan for access to abstract

REFERENCES:
 [1] Johnco et al., 2020
 [2] Venta et al., 2012



WE FOUND THAT



$R^2 = .186, F(3, 107) = 7.921, p < .001$

IMPLICATIONS

Clinical intervention → target parental beliefs to reduce parental accommodation and reinforcement patterns

LOOKING AHEAD

Examine the role played by parenting behaviors and cultural beliefs