

Background

- ◆ **Self-worth** is defined as an individual's perception of the value of his or her self as a person (Harter, 2003).
 - ◆ Global or overall self-worth is a compilation of an individual's perceived abilities in a number of domains, including academic, social, family, and athletic domains (Harter, 2003).
 - ◆ An individual's self-worth fluctuates across time, especially during adolescence (Harter, 2003; Harter, Waters, & Whitesell, 1998).
- ◆ **Emotion dysregulation** is characterized by an individual's inability to manage the experience and expression of emotions (Kim-Spoon, Cicchetti, & Rogosch, 2013). Emotion dysregulation is related to:
 - ◆ Negative emotional outcomes (Kim-Spoon et al., 2013).
 - ◆ Global self-worth and domain-specific competencies (Hsieh & Stright, 2012; Oram, Ryan, Rogers, & Heath, 2017; Rew, Grady, Spoden, 2012).
- ◆ Families play an important role in adolescents' perceived self-worth (Ciciolla et al., 2017; Harter, 2003; Harter et al., 1998; Jagers et al., 2012), but less is known about how the family context impacts the association between emotion dysregulation and self-worth.

Objective

To examine the relation between family satisfaction, emotion dysregulation, and global self-worth.

Research Question: Does family satisfaction mediate the association between emotion dysregulation and global self-worth?

Methods

Participants

- ◆ *N* = 91 adolescents and their parents from seven public high schools in the Mid-Atlantic region of the United States
- ◆ 55% female, 85% Caucasian
- ◆ Baseline age: *M* = 16 years, *SD* = 0.66

Procedures

- ◆ Data were collected at two time points:
 - ◆ Time 1: Spring 2007
 - ◆ Time 2: Spring 2008
- ◆ Adolescents completed paper surveys at their high school.
- ◆ Parents completed paper surveys that were mailed to their home and returned via mail.

Methods

Measures

Construct	Time Point	Reporter	Measure	Internal Consistency
Emotion Dysregulation	1	Parent	Child Behavior Checklist (CBCL), Dysregulation Profile ⁺	$\alpha = .76 - .86$
Family Satisfaction	2	Adolescent	Family Satisfaction Scale	$\alpha = .91$
Global Self-worth	2	Adolescent	Harter's Self-Perception Profile for Adolescents, Global Self-worth subscale	$\alpha = .80$

⁺ Dysregulation Profile of the CBCL is the sum of:

- 1) Aggressive Behavior Subscale
- 2) Anxious Depressed Subscale
- 3) Attention Problems Subscale

Analyses

- ◆ Dysregulation scores were log transformed to approach normality.
- ◆ Mediation of family satisfaction was tested using bootstrapping with 10,000 samples (Baron & Kenny, 1986).

Results

Mean Scores

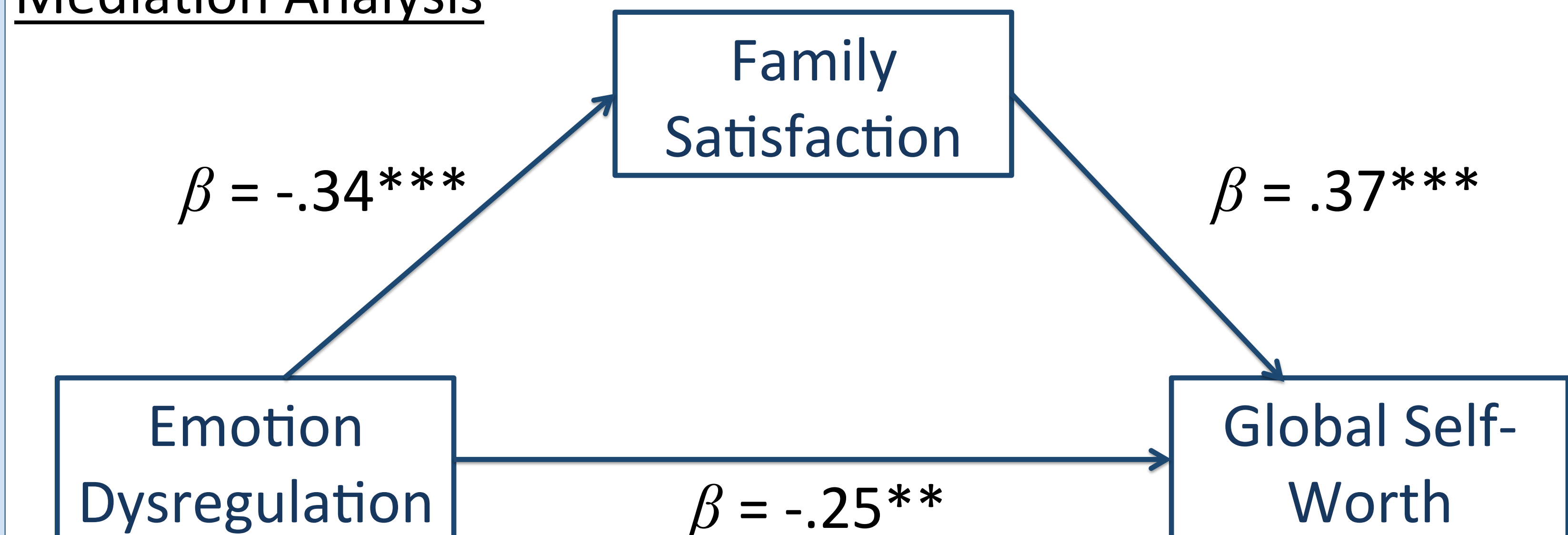
Construct	Mean	Standard Deviation	Range
Emotion Dysregulation	5.54	5.86	0-31
Family Satisfaction	49.60	11.60	25-70
Global Self-worth	15.92	3.17	5-20

- ◆ On average, parents reported their adolescents did not display a high degree of emotion dysregulation as defined by aggressive behavior, anxious depressed mood, and attention problems.
- ◆ Adolescents generally reported that they were satisfied with the degree of cohesion and adaptability in their families, as measured by the total family satisfaction score.
- ◆ Adolescents showed high global self-worth overall.

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 To obtain a copy of this poster, please visit
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Results

Mediation Analysis



Standardized coefficients are reported
 * = $p < .05$, ** = $p < .01$, *** = $p < .001$

- ◆ Emotion dysregulation predicted family satisfaction ($\beta = -.34$, $p < .001$).
- ◆ Family Satisfaction predicted global self-worth ($\beta = .37$, $p < .001$).
- ◆ Emotion dysregulation predicted global self-worth ($\beta = -.25$, $p < .01$).
- ◆ **Indirect coefficient was significant ($\beta = -.12$, $p < .05$):**
 - ◆ Indicates that family satisfaction significantly mediated the relation between emotion dysregulation and global self-worth.

Conclusions

- ◆ Results support previous research indicating that adolescents' global self-worth is closely related to their emotion dysregulation and the larger family context.
- ◆ Emotion dysregulation negatively predicted both family satisfaction and global self-worth, pointing to the importance of developing adaptive regulation strategies during adolescence.
- ◆ Family satisfaction positively predicted global self-worth, indicating that parents and families continue to play an important role in adolescents' emotional lives even as youth individuate themselves from their families.

Implications

- ◆ Given the normative fluctuations in self-worth that occur for adolescents, bolstering their emotion regulation capacities by teaching regulation strategies may be an effective way to ensure adolescents continue to feel competent and worthy as they endure the many changes that occur during this time period.
- ◆ Interventionists would also be wise to consider how the family context plays a role in emotional development and feelings of self-worth for adolescents.