

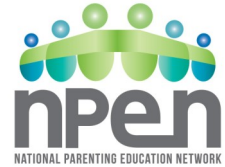


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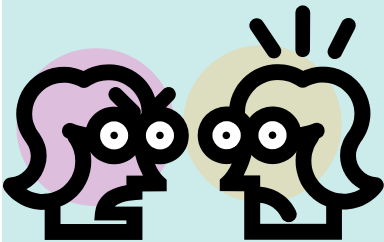


Research Update for Professionals:

Marital Conflict May Affect Disordered Eating in Adolescents

Selected Research Article:

Blodgett Salafia, E. H., Schaefer, M. K., & Haugen, E. C. (2014). Connections between marital conflict and adolescent girls' disordered eating: Parent-adolescent relationship quality as a mediator. *Journal of Child and Family Studies*, 23(6), 1128-1138. doi: 10.1007/s10826-013-9771-9



What were they trying to find out?

- Research shows that marital conflict has long been linked with problematic development among children and adolescents, but no research has been done concerning the link between marital conflict and disordered eating.
- The authors wanted to know if marital conflict may have an effect on girls' eating habits through the effect it has on the adolescent-parent relationship.

What did they do?

- They took a sample of girls ages 12–19 and used previously validated scales to survey them about the perceived marital conflict in their home, parent-adolescent relationship quality, and eating behaviors and mentalities.

What did they find?



- The authors stated, "Specifically, we found that higher perceived levels of marital conflict were directly associated with higher levels of girls' disordered eating. In addition, we found that this relation was mediated by both mother-adolescent and father-adolescent relationship quality, specifically low levels of warmth and high levels of control."

What does it mean for parenting educators?

- Marital conflict can have many negative effects on children, including a decrease in relationship quality between the parents and adolescent, which could increase disordered eating.

What topic would you like to see featured in the next C4P research update? Email your ideas to center4parenting@utk.edu

September 2014