

## OVERPROTECTIVE PARENTING AND ANXIETY OF CHILDREN PRESENTED AT ALBANIAN CHILD AND ADOLESCENT PSYCHIATRY CLINIC

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**Introduction:** Many children experience severe anxiety symptoms that lead to impairment in daily functioning (Albano, Chorpita, & Barlow, 2003). Anxiety disorders are among the most common psychiatric problems experienced by children and they appear to remain stable and problematic for many youngsters throughout childhood and adolescence. About 13 of every 100 children and adolescents ages 9 to 17 experience some kind of anxiety disorder; girls are affected more than boys. Various parenting styles have been associated with the development of a wide range of anxiety disorders.

**Aims:** This study will look at correlations between parenting styles and symptoms among children with symptoms of anxiety disorders, at the Child/Adolescent Clinic of Psychiatry at University Hospital Center "Mother Teresa".

**Methods:** Families participating in this observational study completed different parent and child questionnaires during the first study session. The child questionnaires asked for information regarding the child's feelings and family interactions. Parent questionnaires asked for information about their own personal feelings as well as the child's feelings, symptoms, and behaviors. Age range was between 6 to 17 years, 58% of them was female. Exclusion criteria were mental retardation, current or past diagnosis of autistic spectrum disorders, current or past diagnosis of psychotic disorders.

**Results:** There was a significant statistical correlation between overprotective parenting and number, intensity and severity of anxiety symptoms.

**Conclusions:** Results of this study may contribute to the future treatment of children with anxiety disorders.