

- Health-related social control (SC) is used to help regulate another's health behaviors including diet, exercise, and smoking (Lewis & Butterfield, 2007)
- Parents use a variety of SC tactics (positive, collaborative & negative) to prompt their child to participate in physical activity (Wilson & Spink, 2010)
 - However, child's behavior has been reported to increase consistently with collaborative SC but not other types (Wilson & Spink, 2010, 2011)
- In spouses, relationship quality (RQ) has been suggested as a moderator between SC use and response in both behavior and affect (Knoll et al., 2002)
 - In adolescents, RQ with parent has been associated with parent's monitoring and supportive behaviors (Hair et al., 2008)
 - Less is known about how relationship quality influences the effectiveness of parental social control

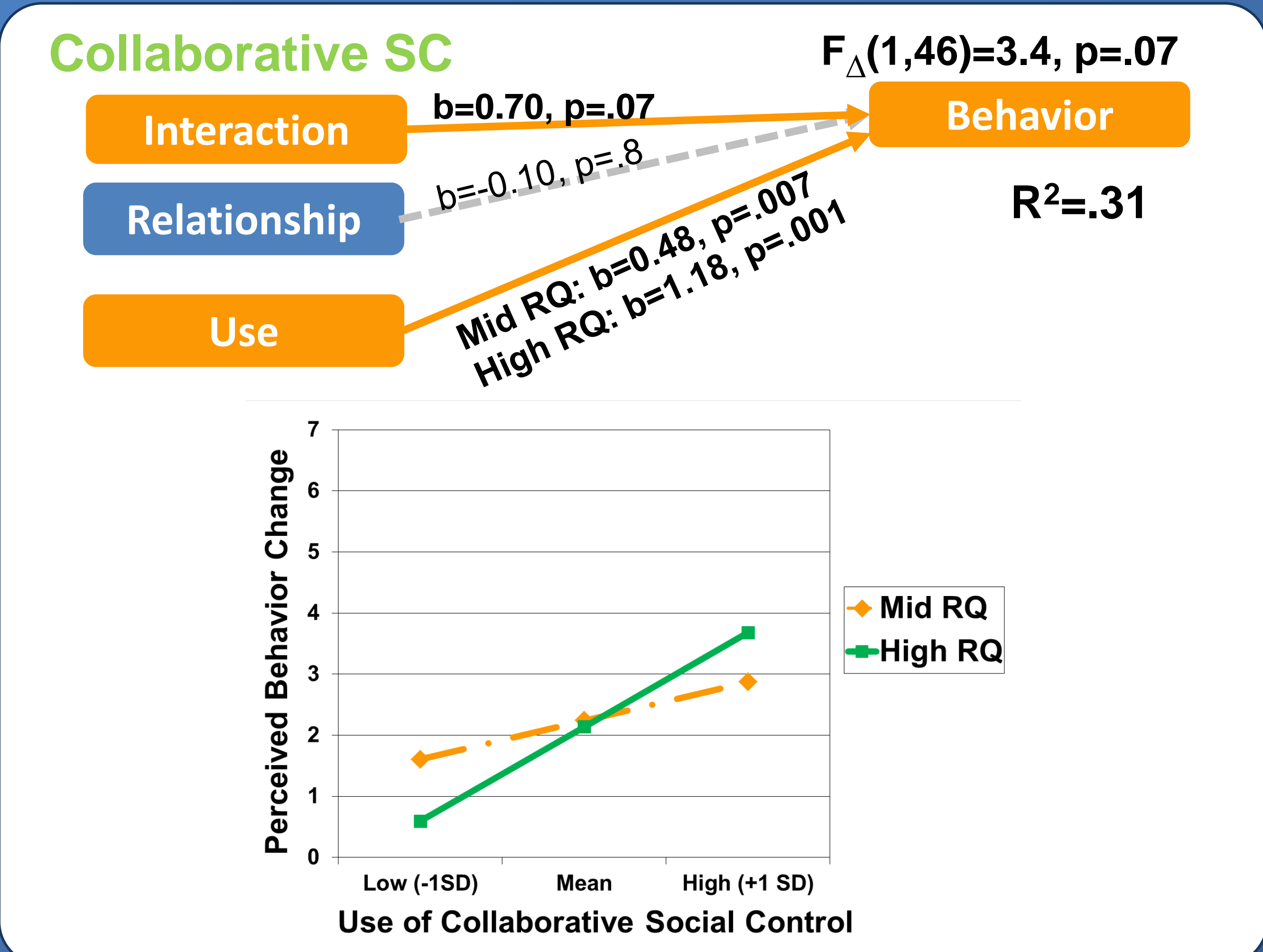
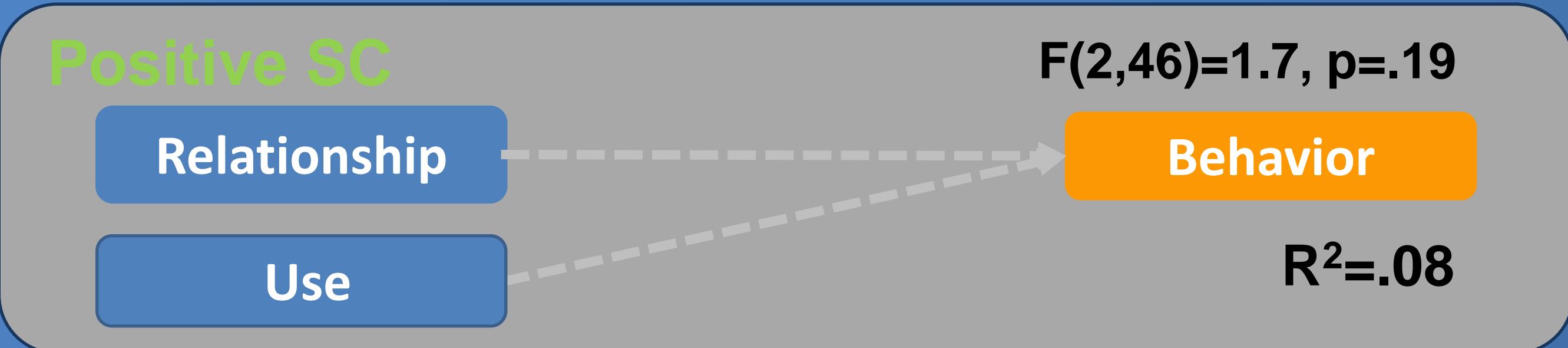
The purpose was to examine parent and child relationship as a moderator between parent SC use and behavioral and affective response.

Methods

- ### Participants
- Parents (N=50; 44 mothers & 6 fathers) reported on:
 - 21 boys and 29 girls
 - Average age of children = 6.9 years (SD = 4.4years)
- ### Procedures
- Two online surveys completed one week apart
- ### Measures
- **SC Use:** Frequency of each tactic (Wilson & Spink, 2010)
 - Positive – Encourage (4 items)
 - Collaborative – Offer to be active with (3 items)
 - Negative – Nag the child (2 items)
 - 1 (*Not at all*) to 7 (*Very often*)
 - **Behavior:** Separate for each tactic (Lewis & Butterfield, 1999)
 - How did your child's behavior change: increase, decrease, same
 - -7 (*Very much decrease*) to +7 (*Very much increase*)
 - **Affective Response:** (Lewis & Butterfield, 2005)
 - How did your child feel:
 - -3 (*Very negative*) to 0 (*Neutral*) to +3 (*Very positive*)
 - **Relationship Quality:**
 - 8 item scale adapted from Parent-Adolescent Relationship Scale (Hair et al., 2006)
 - e.g. Do you get along well with your child?
 - 1 (Never) to 5 (Very often)
 - Dichotomized scale (higher and lower) due to skewness*
 - High: n=9; Mid RQ: n=41

Behavior

- Hierarchical regression: Separated by type of SC
 - DV: Perceived behavior change
 - Step 1: Use of SC & Relationship Quality
 - Step 2: Interaction : Use by Relationship Quality



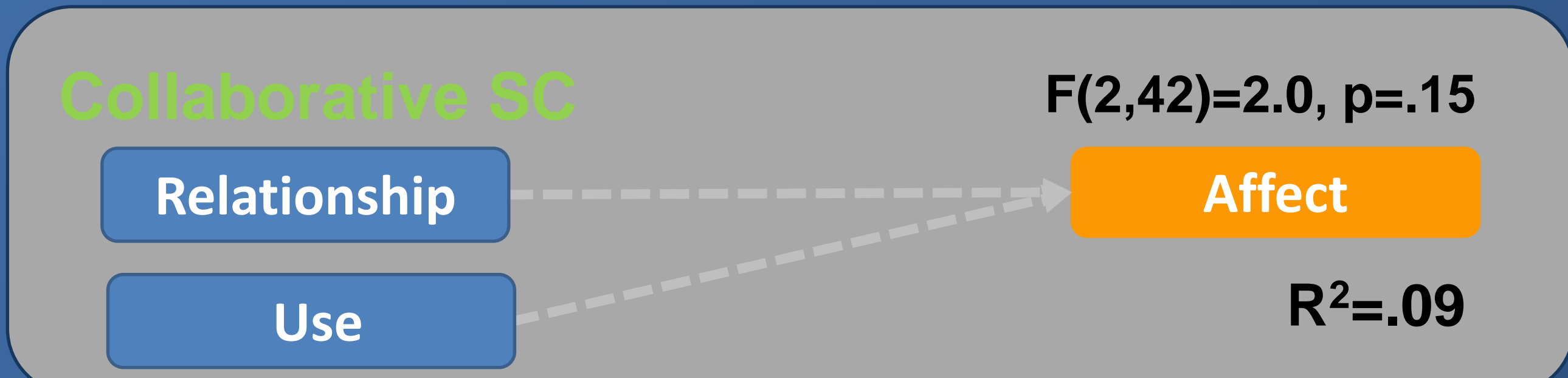
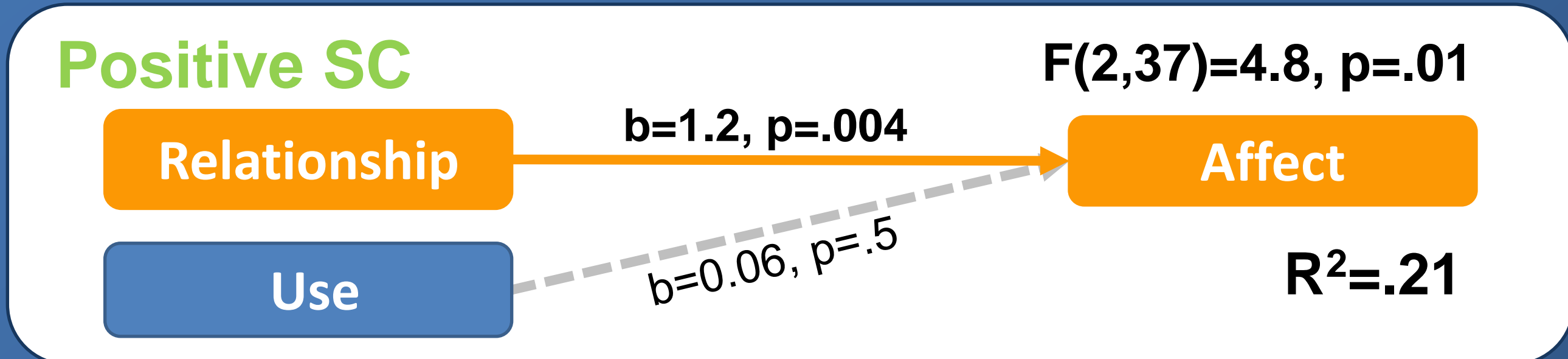
Results Summary

- Positive SC:
 - RQ related to affect but not behavior
- Collaborative SC:
 - RQ moderated use-behavior relationship
 - RQ not related to affect
- Negative SC:
 - No analysis was performed due to small sample size (N=12)

	# reporting item	Mean (SD)	Range
Relationship Quality*	50	4.6 (0.4)	3.6-5.0
Positive SC			
Use	50	4.2 (1.7)	1-7
Behavior Change	46	1.6 (1.5)	0-5
Affect	39	1.1 (1.0)	-1-3
Collaborative SC			
Use	50	4.6 (1.3)	1.7-7
Behavior Change	50	2.3 (1.6)	0-6
Affect	45	1.6 (1.1)	-2-3
Negative SC			
Use	50	2.0 (1.2)	1-5.5
Behavior Change	12	1.5 (2.1)	-2-6
Affect	11	0.4 (1.5)	-1-3

Affect

- Hierarchical regression: Separated by type of SC
 - DV: Perceived affect following use
 - Step 1: Use of SC & Relationship Quality
 - Step 2: Interaction : Use by Relationship Quality



Discussion

- Relationship quality did not appear to have a strong impact on children's responses to parental SC
 - RQ related to affective response to positive SC and served as a moderator for behavioral response to collaborative SC
 - May be due to limited variation in RQ scale (all parents reported average > 3.6)
 - This is In contrast to previous research that demonstrated the importance of RQ in spouses SC (Knoll et al., 2002) and with other parental influences (Hair et al., 2008)
- Use of collaborative SC was related to perceived behavior change, with this relationship strengthened with greater RQ
 - Supported by previous research showing link between collaborative SC use and physical activity (Wilson & Spink, 2011, 2010)

Strengths

- Considered types of SC separately as responses to each type of SC are unique
- Congruence between use and the respective behavior and affect measures

Limitations

- Parent-report based on parents' perspective only
- Retrospective recall of behavior change and affect
- Too few parents reported using negative SC to explore how relationship quality impacted behavior and affect

Future Directions

- Follow parents over time as they exert social control to see how behavior changes
- Use a dyadic approach to assess both parent and child perspectives