

Influence of family relationships on the presence of clinical symptoms during emerging adulthood (pp. 343-358)

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The relationship between family and mental health has been one of the cornerstones of research into emerging adulthood over the last decade. In the present study, we analyze the relationship between variables linked to family functioning and the presence of clinical symptoms of depression, anxiety and stress during emerging adulthood in Spain. The study had a cross-sectional design and the sample comprised 1,502 students aged 18-29 years ($M= 20,32$, $DT= 2,13$) from two Spanish universities. Participants completed questionnaires in pencil-and-paper format. The results indicate that high levels of parental involvement, warmth and autonomy support are associated with a lower presence of clinical symptoms, whereas psychological control is associated with a higher level of said symptoms. These findings demonstrate the relationship between family functioning and the presence of clinical symptoms, as well as the protective -or risk enhancing- role played by family relationships during this life stage.