

Relationship of Parental Mental Health with Children's Behavioral Problems: Role of Social Support and Resilience

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The present study aimed to examine the relationship of parental mental health with children's behavioral problems and role of social support and resilience as moderating factors. The sample comprised of 80 parents (35 mothers and 45 fathers) and their children ($N = 80$, 44 boys and 36 girls) aged 12- 16 years. Forty parents had mental health issues and 40 were mentally healthy. Translated versions of Mental Health Inventory, Provisions of Social Relations, Ego-Resiliency Scale and indigenously developed parent rated Child Problem Checklist (CPCL) were used for assessment. The findings indicated that parental mental illness had positive relationship with child behavioral problems. Significant differences were observed between the children of mentally ill mothers, and mentally ill fathers, children of mentally ill mothers reporting significantly more behavioral problems. Social support moderated between parental mental illness and child behavioral problems, but resilience did not. Findings can be implemented in counseling, developmental, educational and clinical research and can help develop prevention or intervention plans for children of mentally ill parents.

KeyWords: Behavioral Problems, Mental Health, Resilience, Social support