

Relationship between Depression and Attachment in Pakistani Children and Adolescents

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This study examined relationship between depression and paternal and maternal acceptance rejection in children and adolescents. The gender equated participants were 60 children and adolescents, living with both parents, between the ages 12-19 years, whom teachers reported being withdrawn and unhappy. The self reporting Child Depression Inventory (CDI; Kovacs, 1992) was used to assess depression. The Urdu versions of Parental Acceptance-Rejection Questionnaire (PARQ; short form; Rohner, 2005) were used for assessing acceptance-rejection in children and adolescents. The results revealed a significant relationship between depression and the perception of rejection in children. Children who reported negative relationships with their mothers also tended to report negative relationships with fathers. Furthermore, children who perceived being rejected by their parents were more depressed. No gender differences were found in depression and parental acceptance-rejection. Findings highlight the need to look at parental acceptance-rejection as an important intervention for understanding depression in children and adolescents.

Keywords: Depression, acceptance, rejection, adolescent