

## **Critical parents lead to persistence of ADHD in Kids**

Attention-Deficit/Hyperactivity Disorder (ADHD) is a prevalent neurodevelopmental condition characterized by inattention, hyperactivity, and impulsivity. While genetic and neurobiological factors play significant roles in its onset, environmental influences, particularly parenting styles, have been found to impact the persistence and severity of ADHD symptoms in children. Notably, critical and negative parenting practices have been associated with the continuation of ADHD symptoms over time.

### **Impact of Parental Criticism on ADHD Persistence**

Research indicates that sustained parental criticism can hinder the typical decline of ADHD symptoms as children age. A study led by Dr. Erica Musser at Florida International University followed 388 children diagnosed with ADHD and 127 without the disorder over three years. The findings revealed that children with ADHD whose parents consistently expressed high levels of criticism were less likely to experience a reduction in symptoms. Dr. Musser noted, "The novel finding here is that children with ADHD whose families continued to express high levels of criticism over time failed to experience the usual decline in symptoms with age and instead maintained persistent, high levels of ADHD symptoms."<sup>[1]</sup>

Similarly, a study published in *PubMed Central* highlighted that children's perceptions of parental rejection serve as a clear predictor of persistent ADHD symptomatology. The research emphasized that negative parenting styles characterized by rejection and criticism are linked to more severe and enduring ADHD symptoms. Conversely, parental warmth has been associated with positive developmental outcomes and better psychological adjustment in children with ADHD.<sup>[2]</sup>

### **Mechanisms Linking Parental Criticism to ADHD Symptoms**

The exact mechanisms by which parental criticism influences the persistence of ADHD symptoms are complex and multifaceted. One proposed pathway is through the exacerbation of emotional dysregulation in children. Children with ADHD often struggle with managing their emotions, and exposure to consistent criticism may heighten feelings of inadequacy, leading to increased stress and behavioral issues. This environment can create a cycle where negative behaviors elicit criticism, which in turn perpetuates the behaviors.

Furthermore, critical parenting may impede the development of effective coping strategies and self-regulation in children. Without supportive guidance, children may find it challenging to navigate social and academic demands, potentially leading to the persistence of ADHD symptoms.

## Interventions and Recommendations

To mitigate the adverse effects of critical parenting on children with ADHD, several intervention strategies have been identified:

- 1. Parent-Child Interaction Therapy (PCIT):** This therapeutic approach focuses on improving the quality of the parent-child relationship and altering negative interaction patterns. PCIT has been effective in reducing disruptive behaviors and enhancing parenting skills.
- 2. Parent Management Training (PMT):** PMT equips parents with techniques to manage their children's challenging behaviors effectively. By promoting positive reinforcement and consistent discipline strategies, PMT has shown efficacy in reducing externalizing behaviors in children with ADHD.
- 3. Promoting Parental Warmth and Support:** Encouraging a parenting style characterized by warmth, responsiveness, and support can foster better emotional and behavioral outcomes in children with ADHD. Emphasizing positive interactions over criticism may help in reducing the persistence of ADHD symptoms.

## Conclusion

While ADHD is influenced by various factors, the role of parenting, particularly the impact of criticism and negativity, is significant in the persistence of its symptoms. Adopting supportive and positive parenting practices can play a crucial role in the effective management and potential reduction of ADHD symptoms in children.

## References:-

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2. Cueli, M., Martín, N., Cañamero, L. M., Rodríguez, C., & González-Castro, P. (2024). The impact of children's and parents' perceptions of parenting styles on attention, hyperactivity, anxiety, and emotional regulation. *Children, 11*(3), 313.