Maternal ADHD Symptoms and Parenting Stress - The Roles of Parenting Self-Efficacy Beliefs and Neuroticism

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Abstract

Objective:
ADHD symptoms in adults are consistently related to stress in a variety of domains, although whether the link between ADHD symptoms and stress is direct, or accounted for or moderated by other variables, is little studied. We used a cross-sectional design to examine whether parenting self-efficacy accounts for the relation between maternal ADHD symptoms and parenting stress and whether levels of maternal neuroticism moderate this relation.

Method:
A nonclinical sample of mothers of 120, six- to 12-year-old children completed surveys online.

Results:
Maternal ADHD symptoms were associated with parenting stress, but this relation was accounted for by parenting self-efficacy beliefs. Neuroticism did not moderate the relations among these variables. Covariate analyses indicated that although parenting self-efficacy beliefs remain a robust predictor of parenting stress, the relation between maternal ADHD symptoms and parenting stress can be better accounted for by other variables.

Conclusion:
The results highlight the importance of self-efficacy beliefs and demonstrate that ADHD symptoms are not sufficient to understand the experience of parenting.