

Parental Rearing Styles, Selfcriticism and Selfcompassion: Parent's Perception

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Introduction and objectives: Studies about the association between parental rearing styles and self-criticism/self-compassion focus in adult's perception about their parent's rearing styles, their own levels of self-criticism/self-compassion and psychopathology (possibly associated with that styles). Our objectives were to: evaluate parent's perception about their own parental rearing styles and levels of self-criticism/self-compassion; explore associations between these variables and between these variables and sociodemographic variables.

Methods: 114 parent's (women = 71.9%; mean age = 41.3/SD = 6.29) answered a sociodemographic questionnaire, the EMBU-PARENTS, the Forms of Self-Criticizing and Reassuring Scale/FSCRS and the Self-Compassion Scale/SELFCS.

Results: There were no differences, by gender, regarding rearing parental styles and self-criticism dimensions. Women and parent's with a higher level of education presented higher levels of *Human Condition* (SELFCS). Married parent's presented higher levels of *Emotional Support*. Parent's with a lower level of education presented higher levels of *Control*. *Inadequate self* correlated positively with *Rejection* and *Control*; *Hated self* with *Rejection*; *Reassuring self* with *Emotional Support*. *Warmth - Comprehension*, *Human Condition* and *Mindfulness* correlated positively with *Emotional Support*; *Over identification* and *Isolation* with *Rejection* and *Control*.

Conclusions: The results found regarding parent's perception about their parental rearing styles, their levels of self-criticism/self-compassion show this perception is similar to adult's perception about their parents rearing styles and levels of self-criticism/self-compassion. We can extrapolate, although in a cross-sectional study, that parent's parental rearing styles and their levels of self-criticism/self-compassion (influenced by the same variables on their own parents) have impact in the levels of these same variables in their children.