

# Dreaming About Parents Quarreling?



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# Adolescent-Mother-Father Perceived Daily Interparental Interactions and Adolescent's Sleep Health

+ means statistically higher than average,  $p < 0.05$   
- means statistically lower than average,  $p < 0.05$   
O means not statistically different from average,  $p < 0.05$

## Introduction

### Significance

Interparental Positivity & Negativity

Adolescent's Sleep Health in Family Context

Diverse Perceptions of Multiple Family Members

### Research Questions

Are there distinct profiles of AMF-perceived interparental positivity and negativity?

How are different profiles of interparental interactions associated with adolescents' sleep health?

### Hypotheses

YES.

High Positivity → Better Sleep  
Low Negativity → Better Sleep

My parents were loving and affectionate with each other today

## Methods

### Sample and Measurement

- 107 two-parent families with one adolescent
- 30-days daily diaries
- A-M-F each report on Interparental Positivity and Negativity (2 items for each)
- A report on Sleep Quality and Sleep Quantity (1 item each)

### Analytical Plan

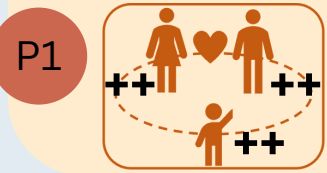
- Multilevel Latent Profile Analysis was used to identify different types of A-M-F perceived daily Interparental Positivity and Negativity(respectively).
- BCH approach was used to estimate the association between identified Profiles and Adolescents' Sleep Quality



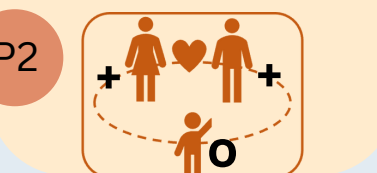
Sleep Quantity

### Latent Profiles for Positivity

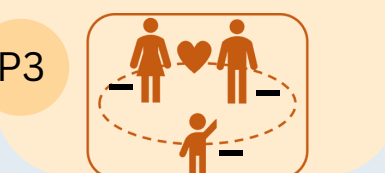
#### Affectionate



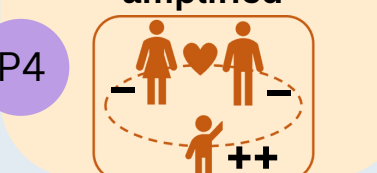
#### Higher-than-average



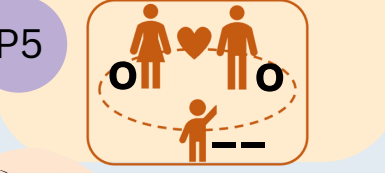
#### Lower-than-average



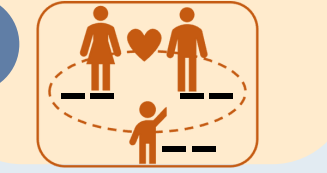
#### Discrepant-adolescent-amplified



#### Discrepant-adolescent-underestimated

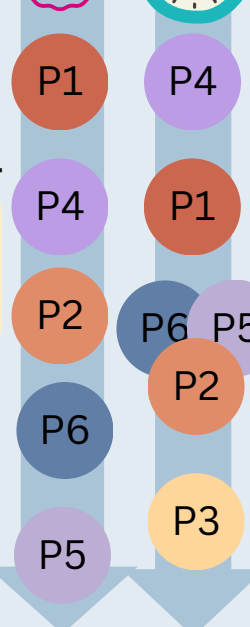


#### Emotion-barren



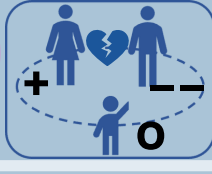
## Results

### Sleep Health

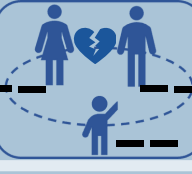


### Latent Profiles for Negativity

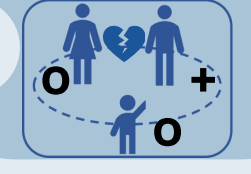
#### Discrepant



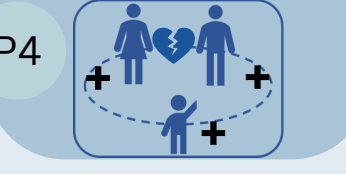
#### Peaceful



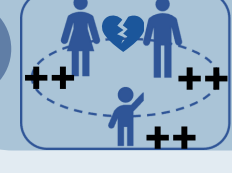
#### Mild tension



#### Elevated tension



#### Conflictual



### Sleep Health



Details of the results:



## Findings!

Discrepancy in AMF perception of interparental negativity can be a risk factor for adolescent's sleep health.

Adolescents' perception of interparental positivity matters the most for their own sleep health regardless of the consistency of their perception of reality.

HIGH AMF perceived interparental Positivity and LOW AMF perceived interparental Negativity are associated with better adolescent's sleep health.



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