

## RELATIONSHIP BETWEEN PARENTING STYLES AND MENTAL DISORDER OF TEENAGE GIRLS IN TEHRAN

**Z. Alayi**

Islamic Azad University, Roudehend Branch, Young Researchers Club, Tehran, Iran

The aim of this research was to study the relationship between parenting styles and mental disorder of teenage girls. The statistical population of this research included the whole third-grade high-school teenager girls in Tehran, with mean age of 16.4 years, and that of their mothers of 40.2 years. Using multi-phase random sampling, 132 students and their mothers were chosen from 4 schools in 4 areas in Tehran as the sample. The scales used consisted of General Health Questionnaire (GHQ) and Baumrind parenting style questionnaire which were filled out by the girls and their mothers. The correlational design was used in this research. The results showed that there are significant positive correlations ( $p < 0.05$ ) between authoritarian style with the mental disorder in general and its components among teenage girls (somatic symptoms, anxiety, social dysfunctions and depression). The results also showed that there are significant negative correlations ( $p < 0.05$ ) between authoritative style with mental disorder and its components. However, no significant correlation was found between permissive method and mental disorder. Since some parents do not realize the fact that their style of parenting might have a detrimental effect on their child's mental disorder, opportunities must be created to raise their awareness through training programs.