

DISCUSSION

- Parent- child interactions play a significant role in child development.
 - For example, a parent's affection can help the child build perceptions of the self, such as feeling loved and confident (Seror, 2022).
- Poor sleep is associated with greater daily stress reactivity (Kalmbach, Anderson, Drake)
- Greater stress is associated with lower quality parent-child interactions
 - For example, fathers with higher levels of stress were less involved with caring for their child and less sensitive during the parent child interaction (Milikovsky-Ayalon, Atzaba-Poria, 2015)

Hypotheses

- After nights of shorter sleep duration or poorer sleep quality, parents will experience more daily stressors the next day and report more negative (less positive) interactions with their children.
- To test these hypotheses, we utilized daily diary data from a study of Hispanic/Latino parents with young children (ages 1 to 5 years old)

METHODS

Participants

- Hispanic/Latino/a parents or primary caregivers of at least one child who is 1-5 years old.
- Required to speak English or Spanish
- Gender: 97% women
- Age: $M = 35$ with a range of 25 to 44

Method: 10-day daily diary

- Completed surveys about daily interactions with children and stress at night
- Completed surveys about the prior night's sleep each morning

Data Analytic Plan

- Computed the average across 10 days to create composites of each variable
- Conducted regression analyses to determine if
 - parental sleep is related to parent-child interactions
 - parental sleep is related to daily stress
 - parent stress is related to parent-child interactions
- Significant paths were followed up with statistical tests of mediation in PROCESS

METHODS: MEASURES

Parent-child interactions

Parents rated the degree to which they interacted with their child in

Positive Ways (5 items; $\alpha = .87$)

e.g. I had fun with my child today, I praised my child today

Negative Ways (8 items; $\alpha = .87$)

e.g., I was irritated with my child today, I had to tell my child to stop doing something

Daily Stress

Parents completed a shortened Daily Inventory of Stressful Events (DISE; Almeida, Wethington, Kessler, 2002) indicating if stress occurred in each of 7 categories (Stress Number), and if so, rated the stressfulness of the experience (Perceived Stress)

e.g., ...did anything happen at work or school that most people would consider stressful?

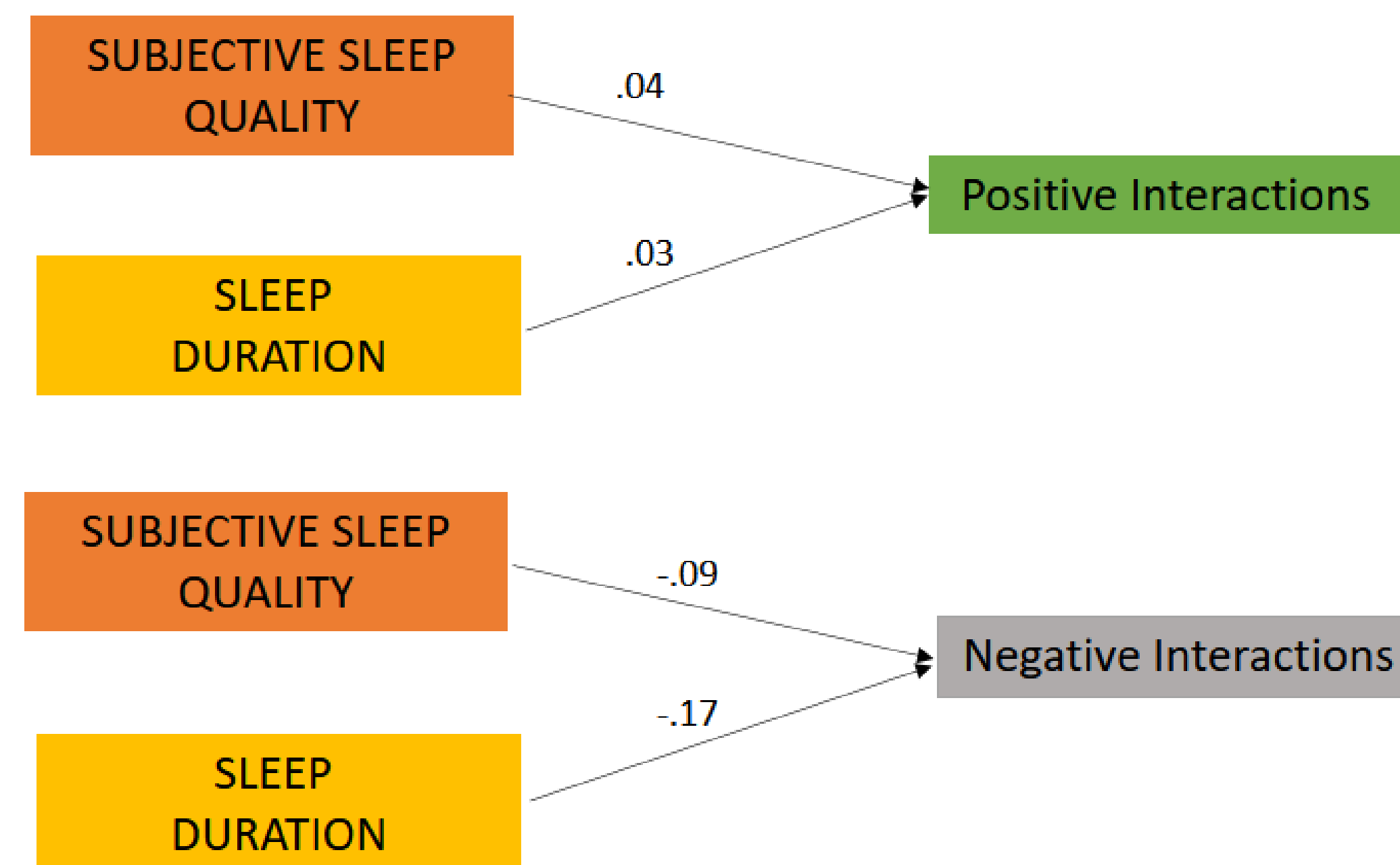
Sleep

Sleep duration: Parents reported their sleep duration in hours

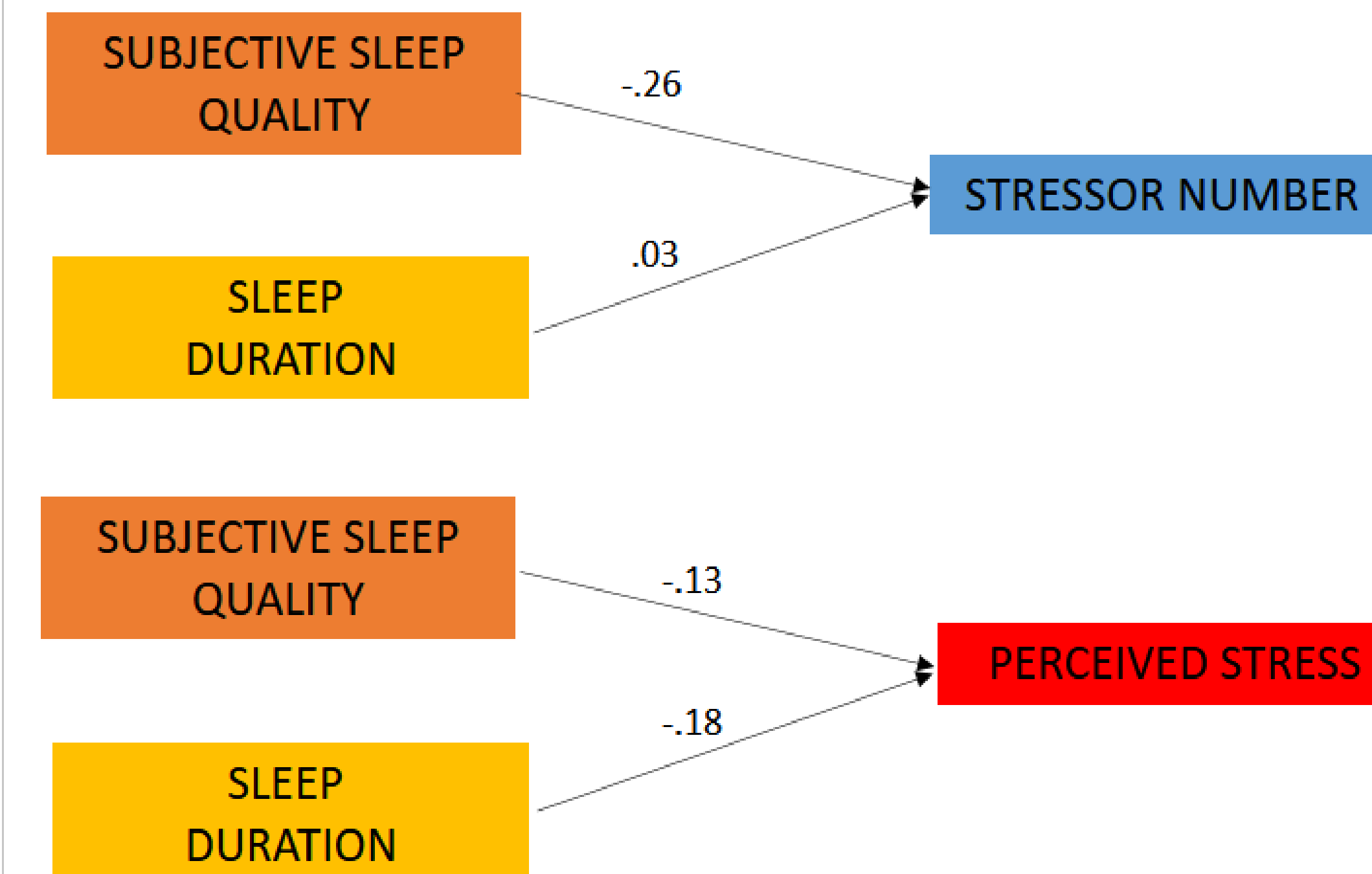
Subjective sleep quality: "How would you rate your quality of sleep?" 1= poor and 5= very good

RESULTS

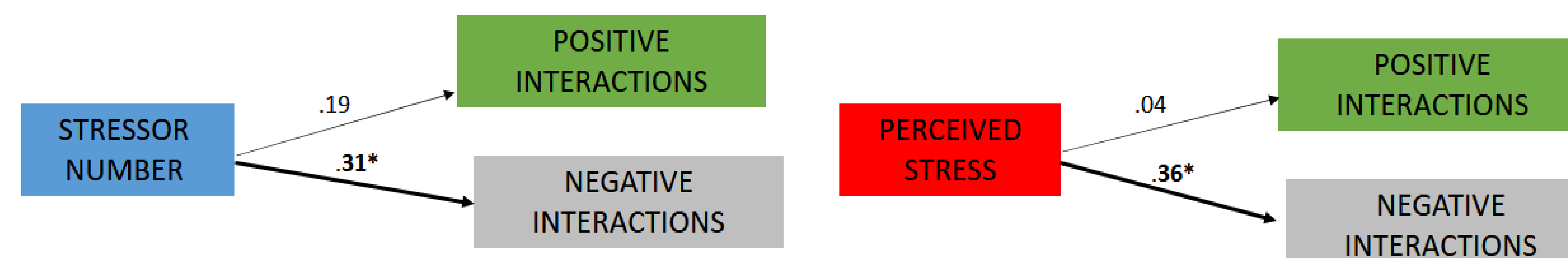
Is parental sleep related to parent-child interactions?



Is parental sleep related to daily stress?



Is parental stress related to parent-child interactions?



DISCUSSION

Primary Findings

- Contrary to hypotheses, parental sleep was not associated with parent-child interactions or daily stress
- Consistent with hypotheses, greater numbers of stressors and higher perceived stress were associated with more negative parent-child interactions, but were not related to positive interactions
 - Stress may not interfere with positive interactions, and potentially only increase negative interactions
 - It is possible that reports of negative parent-child interactions and stress are confounded in that negative parent-child interactions may be construed as stressors or stressful

Study Limitations

- The small sample size may limit the ability to detect the hypothesized associations; replications with larger samples are needed
- Because we used composites (averaged over the 10 days) it is not possible to determine directionality of the associations
 - Data is all self-reported and susceptible to reporting biases (e.g. social desirability, memory errors)
- Some of the variables had restricted range that may explain some of the null findings

Study Strengths and Future Directions

- Sleep and daily stress/parent-child interactions were assessed at different time points (i.e., sleep in the morning and daily stress/parent-child interactions in the evening)
- We plan to follow-up these analyses in the full sample (when data collection is complete) and at the daily level (sleep the night before predicting stress and interactions the next day)
- To circumvent some self-reporting biases, we also conduct these analyses with behavioral assessments of sleep (i.e., wrist actigraphy) when data collection is completed

CONTACT AND REFERENCES

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