

## **Indicadores Psicofisiológicos e Psicossociais do Impacto do Relacionamento Conjugal no Desenvolvimento Pessoal e Relacional dos Filhos na Fase Adulta**

### **Results:**

The results show important differences between the positive and negative assessment moments. In reaction to positive emotions parental relationship has a direct impact on self differentiation meaning that a good parental relationship allows the individual to differentiate and an indirect effect on avoidance coping strategies. This path does not show up in reaction to stressful situations in which less differentiation is related to using less attention strategies as one might expect.

Parental relationship has also a direct impact on distress and physical morbidity both in reaction to negative and positive emotions and an indirect impact through social support and social intimacy.

As a conclusion we might say that Parental Relationship has an effect upon both psychological and physiological perceived health; this effect is complex and at least partially mediated by other psychosocial variables, namely coping strategies, self-differentiation and social support.

Physiological reactivity, as it was measured in this study, although it may be influenced by psychosocial variables, does not mediate its effects upon health problems.

The perception of health problems is mostly determined, at least in this data set, by Psychological Distress, highlighting the importance of negative affectivity (depression, anxiety and psychological morbidity)

Social Intimacy has the only consistent effect upon health problems, apart from that of Psychological Distress, probably indicating an alternative mediating path, possibly of physiological variables not measured in this study (e.g., immune system variables).

According to results, there is a need to intervene with children from problematic families in order to minor the intergenerational risk of parental relational problems on young adults' physical and mental health.

### **Published Work:**

- Pereira, M.G. & Araújo-Soares V. (2005). Impact of Marital relationship on the personal and interpersonal development of adult children. Final Report. Bolsa Fundação Bial 02/00.
- Pereira, M.G. & Araújo-Soares V. Impact of Marital relationship on Adult children's health (sent for publication).

The adapted versions of the instruments are also being prepared for publication.

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