

Exploring the Impact of Parental Attachment and Communication on Adolescent Mental Health: Trusting Bonds and Open Dialogues

Explorando el impacto del apego y la comunicación parental en la salud mental de los adolescentes: vínculos de confianza y diálogos abiertos

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ABSTRACT

This study employs a descriptive correlational design to investigate the association between dimensions of adolescent attachment to parents and emotional, psychological, and social well-being. Self-report measures were utilized to gather data. The Inventory of Parental Attachment (IPPA) was administered, comprising 50 statements that assessed attachment to both mother and father separately. Additionally, the Mental Health Continuum Short Form (MHC-SF) was employed, consisting of 14 items representing the overall well-being of adolescents and encompassing three dimensions: emotional, psychological, and social well-being. The sample for this study comprised 499 participants aged between 15 and 18 years, selected from first, second, and some third-year high school students. The distribution of participants' ages was as follows: 11.6% were 15 years old, 34.8% were 16 years old, 33.9% were 17 years old, and 19.7% were 18 years old. This study explored the relationship between dimensions of adolescent attachment to parents and emotional, psychological, and social well-being. The findings highlight the significance of trust and communication with both the mother and father in promoting positive mental health outcomes among adolescents. Specifically, trust in the mother was found to have a substantial impact on mental health, increasing it by 20.3%. Similarly, communication with both the mother and father positively influenced mental health, with an 8.4% increase attributed to communication with the mother and a notable 26.1% increase associated with communication with the father.

KEYWORDS

Adolescent attachment, parental trust, mental health, emotional well-being, psychological well-being, social well-being.

RESUMEN

Este estudio emplea un diseño correlacional descriptivo para investigar la asociación entre las dimensiones del apego adolescente con sus progenitores y el bienestar emocional, psicológico y social. Se utilizaron medidas de autoinforme para recopilar los datos. Se administró el Inventario de Apego Parental (IPPA), compuesto por 50 enunciados que evaluaban el apego tanto con la madre como con padre por separado. Además, se empleó el Inventario breve del Continuo de Salud Mental (MHC-SF), que consta de 14 ítems que representan el bienestar general de los adolescentes y abarca tres dimensiones: bienestar emocional, psicológico y social. La muestra de este estudio estuvo compuesta por 499 participantes con edades comprendidas entre 15 y 18 años, seleccionados entre estudiantes de primero, segundo y algunos terceros cursos de secundaria. La distribución de edades de los participantes fue la siguiente: el 11,6% tenía 15 años, el 34,8% tenía 16 años, el 33,9% tenía 17 años y el 19,7% tenía 18 años. Este estudio exploró la relación entre las dimensiones del apego adolescente con los progenitores y el bienestar emocional, psicológico y social. Los hallazgos resaltan la importancia de la confianza y la comunicación tanto con la madre como con el padre para promover resultados positivos de salud mental entre los adolescentes. En concreto, se encontró que la confianza con la madre tiene un impacto sustancial en la salud mental, incrementándola en un 20,3%. De manera similar, la comunicación tanto con la madre como con el padre influyeron positivamente en la salud mental, con un aumento del 8,4% atribuido a la comunicación con la madre y un notable aumento del 26,1% asociado a la comunicación con el padre.

PALABRAS CLAVE

Apego adolescente, confianza parental, salud mental, bienestar emocional, bienestar psicológico, bienestar social.

Recibido: 17/12/2023; aceptado: 23/12/2023

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Introduction

Adolescence is a critical period of development characterized by significant physical, cognitive, and socio-emotional changes (Arnett, 2000; Bai et al., 2022). During this time, the attachment relationship between adolescents and their parents plays a crucial role in shaping their emotional, psychological, and social well-being (Allen, Hauser, & Borman-Spurrell, 1996). Attachment theory posits that the quality of attachment formed in childhood influences an individual's internal working models and interpersonal relationships throughout their lifespan (Bowlby, 1982). Understanding the associations between adolescent attachment to parents and various aspects of well-being is therefore essential for promoting positive mental health outcomes during this formative period. Previous research has highlighted the importance of parental attachment in adolescence and its impact on emotional, psychological, and social well-being. Attachment to parents provides a secure base from which adolescents can explore the world, regulate their emotions, and develop healthy relationships with others (Barrow, & Thomas, 2022; Buka et al., 2022). Secure attachment has been associated with higher levels of emotional well-being, greater resilience to stress, and improved social competence (Kaasbøll et al., 2021; Morgan et al., 2020; Méndez-Méndez et al., 2021). Conversely, insecure attachment has been linked to various negative outcomes, including increased anxiety, depression, and behavioral problems (Mikulincer, & Shaver, 2012; Gibson et al., 2018; Furlong et al., 2021).

While the existing literature has examined the broad associations between attachment

and well-being, there is a need for more nuanced investigations that explore specific dimensions of attachment and their differential impact on emotional, psychological, and social well-being (Toumbelekis, Liddell, & Bryant, 2021; Barrett et al., 2024; Ye et al., 2023). This study aims to address this gap by examining the association between dimensions of adolescent attachment to parents and their well-being, encompassing emotional, psychological, and social domains.

The impact of parental attachment and communication on adolescent mental health has been widely explored in the literature, and recent studies have provided valuable insights into this important topic.

One significant finding highlighted in the literature is the positive relationship between parental trust and adolescent mental health. Studies have consistently demonstrated that higher levels of trust in parents are associated with better mental health outcomes among adolescents (Morgan et al., 2020; Coulombe, & Yates, 2022). Steventon Roberts et al. (2022) further support this association, reporting a significant positive relationship between trust in the mother and mental health in their study. This finding emphasizes the importance of establishing and maintaining trusting bonds between parents and adolescents for promoting positive mental health.

Moreover, effective communication between parents and adolescents has been identified as a crucial factor in shaping adolescent mental health. The literature consistently indicates that open dialogues and supportive communication between parents and adolescents are

associated with better emotional well-being, psychological well-being, and social well-being (Zapf et al., 2023; Ross et al., 2023). In line with this, Sagone et al., (2023) found significant positive relationships between communication with both the mother and father and mental health in their study. This finding underscores the importance of fostering open and effective communication within the parent-child relationship to support positive mental health outcomes among adolescents.

The findings from the literature review highlight the interconnected nature of parental attachment, communication, and adolescent mental health (Morgan et al., 2020; Kaasbøll et al 2021; Yang et al., 2022). Trusting bonds and open dialogues between parents and adolescents play a critical role in promoting positive mental health outcomes. Adolescents who experience higher levels of trust and effective communication with their parents are more likely to exhibit better emotional well-being, psychological well-being, and social well-being (Sagone et al., 2023; Barrett et al., 2024; Coulombe, & Yates, 2022).

The implications of these findings are significant for both research and practice. From a research perspective, the literature review emphasizes the need for further investigation into the underlying mechanisms and processes involved in the impact of parental attachment and communication on adolescent mental health (Schneider et al., 2022; Barlow et al., 2015; Furlong et al., 2021; Simhan et al., 2021; Izett et al., 2021). Longitudinal studies could provide insights into the temporal dynamics and developmental aspects of these relationships. Additionally, future

research should explore potential moderating factors, such as cultural influences or the quality of the parent-child relationship, to gain a more comprehensive understanding of the complex interplay between these variables.

From a practical standpoint, the findings underscore the importance of promoting secure attachment bonds and effective communication within the parent-child relationship. Parents, educators, and mental health professionals should be aware of the significant role they play in fostering trust and open dialogues with adolescents (Donenberg et al., 2020; Ssewamala et al., 2018; Buka et al., 2022). Interventions and programs aimed at enhancing parental attachment and communication skills could contribute to improving adolescent mental health outcomes (Townsend et al., 2021; Gibson et al., 2018; Wolf & Schmitz, 2023). These interventions may include parent-child communication workshops, parenting education programs, and family therapy sessions (Sood et al., 2021; Aguirre Velasco et al., 2020).

The current study aims to investigate the association between adolescent attachment to parents and emotional, psychological, and social well-being. Specifically, it seeks to examine the unique contributions of different dimensions of attachment, such as trust and communication, to well-being outcomes. By exploring these associations, valuable insights can be gained into the specific mechanisms through which attachment influences different aspects of adolescent well-being (Parke, & Cookston, 2019; Purgato et al., 2023).

The findings from this study will contribute to the growing body of literature on the impa-

ct of parental attachment and communication on adolescent mental health. The results may have implications for interventions and programs aimed at promoting positive attachment relationships and effective communication between parents and adolescents. Ultimately, a better understanding of the role of parental attachment and communication in shaping adolescent well-being can inform strategies to support mental health promotion during this crucial developmental stage.

Method

Study Design

This study utilized a cross-sectional design to investigate the impact of parental attachment on adolescent mental health. A cross-sectional design allows for the examination of variables at a specific point in time, providing a snapshot of the relationship between parental attachment and mental health.

Participants and Randomization

The study included a total of 492 participants, aged between 16 and 17 years ($M=16.62$, $sd=.929$). The participants were randomly selected from a population of adolescents within the specified age range. Randomization ensures that each participant has an equal chance of being included in the study, minimizing selection bias and increasing the generalizability of the findings.

Data Collection Procedure

Data were collected using two self-report measures: the Inventory of Parental Attach-

ment (IPPA) and the Mental Health Continuous Short Form (MHC-SF) questionnaire.

The IPPA, developed by Armsden and Greenberg (1987), was administered to assess adolescent attachment to their parents. The questionnaire consists of items that measure various dimensions of attachment, including trust, communication, and alienation.. The IPPA is a widely used self-report measure that assesses attachment to both mother and father separately, allowing for a comprehensive exploration of the parent-child relationship. The measure includes 50 statements that capture various dimensions of attachment, such as trust, communication, and alienation. Participants were asked to respond to each item based on their perception of their relationship with their parents

In terms of well-being assessment, the Mental Health Continuous Short Form (MHC-SF) developed by Corey and Keys (2008) is utilized. The MHC-SF is a reliable and valid self-report measure that assesses overall well-being in adolescents, encompassing emotional, psychological, and social dimensions. The 14-item scale provides a comprehensive evaluation of an individual's mental health status. This questionnaire covers multiple dimensions of mental health, including emotional, psychological, and social well-being. Participants rated their experiences and feelings based on a Likert scale, indicating the frequency or intensity of each item.

By employing these self-report measures, the study aimed to gather subjective information directly from the participants themselves. The use of standardized questionnaires ensures consistency and allows for reliable comparisons across participants.

Data Analysis

Descriptive statistics, such as means and standard deviations, were calculated to summarize the demographic characteristics of the participants. Correlation analyses were performed to examine the associations between dimensions of parental attachment and adolescent mental health.

Ethical Considerations

Ethical guidelines were followed throughout the study to ensure the protection of participants' rights and well-being. Informed consent was obtained from both the participants and their parents or legal guardians. Confidentiality and anonymity were maintained during data collection and analysis, and the study protocol was reviewed and approved by the relevant ethical review board or committee.

Results

The analysis reveals that the age distribution of the sample is characterized by a narrow range, with a predominant concentration of individuals between the ages of 15 and 18. The mean age of 16.62 is a central tendency indicator, representing the typical age value. Furthermore, the low standard deviation of 0.929 suggests that the ages are tightly clustered around the mean, indicating limited variability in age values.

The findings demonstrate varying levels of mental health across different dimensions, with emotional and social well-being dimensions exhibiting slightly higher variability compared to psychological well-being dimensions. For three dimensions of the mother-child rela-

tionship: trust in the mother, communication with the mother, and alienation from the mother the analysis indicates that the sample consists of 489 participants. The scores for trust in the mother range from 1 to 5, reflecting varying levels of trust within the mother-child relationship. The mean score of 3.98 represents the average level of trust in mothers within the sample. The standard deviation of 0.53 suggests a relatively low degree of variability around the mean, indicating a clustering of trust scores.

Similarly, the scores for communication with the mother range from 1 to 5. The mean score of 3.48 represents the average level of communication within the mother-child relationship in the sample. The standard deviation of 0.58 suggests a moderate amount of variability around the mean, indicating some diversity in the communication scores.

Regarding the dimension of alienation from the mother, the scores range from 1 to 5. The mean score of 4.10 represents the average level of alienation within the mother-child relationship in the sample. The standard deviation of 0.55 indicates a moderate amount of variability around the mean, suggesting some diversity in the alienation scores.

The mean scores represent the average levels of trust, communication, and alienation, while the standard deviations indicate the dispersion of scores around the mean. The results reveal varying levels of trust, communication, and alienation within the mother-child relationship, with relatively low variability in trust and higher variability in communication and alienation.

The scores for trust in fathers range from 1 to 5, signifying varying levels of trust within the father-child relationship. The mean score of 3.79 represents the average level of trust in fathers within the sample. The standard deviation of 0.70 suggests a moderate amount of variability around the mean, indicating some diversity in the trust scores.

Similarly, the scores for communication with father range from 1 to 5. The mean score of 3.45 represents the average level of communication within the father-child relationship in the sample. The standard deviation of 0.76 suggests a moderate amount of variability around the mean, indicating some diversity in the communication scores.

Regarding the dimension of alienation from the father, the scores range from 1 to 5. The mean score of 3.86 represents the average level of alienation within the father-child

relationship in the sample. The standard deviation of 0.70 indicates a moderate amount of variability around the mean, suggesting some diversity in the alienation scores.

The mean scores represent the average levels of trust, communication, and alienation, while the standard deviations indicate the dispersion of scores around the mean. The results demonstrate varying levels of trust, communication, and alienation within the father-child relationship, with moderate variability observed in the scores for each dimension.

Table 1 presents the results of Pearson correlation analyses examining the associations between dimensions of mental health (emotional well-being, psychological well-being, and social well-being) and three aspects of the mother-child relationship (trust, communication, and alienation).

Table 1
Pearson correlation between well-being and maternal attachment

Mental health		Trust with mother	Communication with mother	Alienation with mother
Total Mental health	Pearson Correlation	.476**	.348**	-.435**
	Sig. (2-tailed)	.000	.000	.000
	N	489	489	489
Emotional well-being	Pearson Correlation	.409**	.281**	-.367**
	Sig. (2-tailed)	.000	.000	.000
	N	489	489	489
Psychological well-being	Pearson Correlation	.456**	.321**	-.433**
	Sig. (2-tailed)	.000	.000	.000
	N	489	489	489
Social well-being	Pearson Correlation	.421**	.332**	-.370**
	Sig. (2-tailed)	.000	.000	.000
	N	489	489	489

** . Correlation is significant at the 0.01 level (2-tailed).

The findings reveal significant correlations between the mother-child relationship variables and different dimensions of mental health. Specifically, trust with the mother demonstrates positive associations with emotional well-being, psychological well-being, and social well-being. Stronger communication with the mother is also positively correlated with each dimension of mental health. Conversely, higher levels of alienation from the mother show negative associations with emotional well-being, psychological well-being, and social well-being.

These results underscore the importance of a positive and nurturing mother-child relationship in promoting overall well-being and mental health. They indicate that higher levels of trust and communication with the mother are consistently linked to better outcomes across multiple dimensions of mental health.

Conversely, increased levels of alienation from the mother are associated with poorer mental health in various aspects.

In summary, this analysis provides robust evidence of the significant correlations between dimensions of the mother-child relationship and different aspects of well-being. These findings contribute to our understanding of the critical role that trust, communication, and alienation play in shaping an individual's overall well-being and mental health. They highlight the importance of fostering positive mother-child relationships to promote optimal mental health and well-being outcomes.

Based on the results (See Table 2) of Pearson correlation analyses between mental health, emotional well-being, psychological well-being, and social well-being with three aspects of the father-child relationship: trust, communication, and alienation.

Table 2

Pearson correlation between well-being and attachment to father

Mental health		Trust with father	Communication with father	Alienation with father
Total Mental health	Pearson Correlation	.502**	.494**	-.502**
	Sig. (2-tailed)	.000	.000	.000
	N	483	483	483
Emotional well-being	Pearson Correlation	.453**	.448**	-.464**
	Sig. (2-tailed)	.000	.000	.000
	N	483	483	483
Psychological well-being	Pearson Correlation	.481**	.461**	-.482**
	Sig. (2-tailed)	.000	.000	.000
	N	483	483	483
	Pearson Correlation	.433**	.437**	-.425**
	Sig. (2-tailed)	.000	.000	.000
	N	483	483	483

** . Correlation is significant at the 0.01 level (2-tailed).

The analysis reveals significant positive correlations between trust and communication with the father and total mental health. Higher levels of trust and communication with the father are associated with better overall mental health. Conversely, higher levels of alienation from the father are negatively correlated with total mental health.

The analysis demonstrates significant positive correlations between trust and communication with the father and emotional well-being. Higher levels of trust and communication with the father are associated with higher emotional well-being. Conversely, higher levels of alienation from the father are negatively correlated with emotional well-being.

Significant positive correlations between trust and communication with the father and psychological well-being were found. Higher levels of trust and communication with the father are associated with higher psychological well-being. Conversely, higher levels of alienation from the father are negatively correlated with psychological well-being.

The analysis demonstrates significant positive correlations between trust and communication with the father and social well-being. Higher levels of trust and communication with the father are associated with higher social well-being. Conversely, higher levels of alienation from the father are negatively correlated with social well-being.

The results highlight significant positive correlations between dimensions of well-being (mental health, emotional well-being, psychological well-being, and social well-being) and aspects of the father-child relationship (trust

and communication). A positive and supportive relationship with the father is consistently associated with better overall well-being outcomes. Conversely, higher levels of alienation from the father are linked to poorer well-being. These findings emphasize the importance of a positive and nurturing father-child relationship for promoting well-being in different dimensions.

The present study employed Pearson correlation analysis to investigate the potential associations between mental well-being, attachment to the mother, attachment to the father, and the age of adolescents. The obtained results demonstrate that no statistically significant relationship exists among these variables.

In summary, the statistical analyses utilizing Pearson correlation indicate a lack of significant associations between mental well-being, attachment to the mother, attachment to the father, and the age of adolescents, as evidenced by the provided data. These findings suggest that factors other than age, such as individual differences or environmental influences, may exert a more influential role in shaping mental well-being and attachment to parents.

Discussion

Based on the statistical analyses presented in this study, the findings provide valuable insights into various dimensions of mental health and the parent-child relationship. The results indicate that the age distribution within the sample is relatively narrow, with the majority of individuals falling between the ages of 15 and 18.

In terms of mental health, the analysis reveals varying levels of emotional well-being, psychological well-being, and social well-being within the sample. The mean scores for each dimension indicate an overall positive average level of well-being. However, the standard deviations reflect different degrees of variability in the scores. For instance, emotional well-being and social well-being dimensions exhibit slightly higher variability compared to psychological well-being. These findings provide further insights into the multidimensional nature of mental health among adolescents and contribute to the existing literature on adolescent well-being.

In terms of the parent-child relationship, the analysis examines dimensions related to both the mother-child and father-child relationships, including trust, communication, and alienation. The findings demonstrate varying levels of trust, communication, and alienation within these relationships. The mean scores provide an indication of the average levels of these dimensions, while the standard deviations suggest the dispersion around the means. These results contribute to the growing body of literature on the importance of parent-child relationships in adolescent well-being.

The positive correlations between trust, communication, and mental health observed in this study are consistent with previous research (Furlong et al., 2021; Brown, & Thomas, 2022; Toumbelekis et al., 2021; Kapetanovic & Skoog, 2021) that highlight the significance of positive parent-child relationships for promoting well-being outcomes among adolescents.

While the results of this study contribute to the understanding of mental health and parent-child relationships, it is essential to acknowledge certain limitations. The sample used in this study may not be representative of the broader population, which limits the generalizability of the findings. Additionally, the reliance on self-report measures introduces the possibility of response biases. Future research could address these limitations by employing larger and more diverse samples, utilizing multi-method approaches, and considering longitudinal designs to examine the dynamic nature of well-being and parent-child relationships.

The findings from this study shed light on the age distribution, well-being dimensions, and parent-child relationships among adolescents. The results highlight the multidimensional nature of well-being and emphasize the importance of positive parent-child relationships in promoting adolescent well-being. By comparing these findings with existing literature, we can identify consistent patterns and contribute to the cumulative knowledge in the field of adolescent well-being and parent-child relationships (Perpétuo et al., 2023; Bamford et al., 2023; Crompton et al., 2023; Tadesse et al., 2012).

The significant correlations observed between trust, communication, and alienation with the mother and various dimensions of well-being align with previous research on parent-child relationships. For instance, the positive association between trust in the mother and mental health well-being is consistent with studies that have emphasized the importance of secure attachment in promoting positive mental health outcomes among

adolescents (Schneider et al., 2022; Macdonald et al., 2021; Islam et al., 2023). Similarly, the positive correlations between trust, communication, and emotional well-being are in line with previous research highlighting the role of supportive parent-child relationships in fostering emotional well-being (Furlong et al., 2021; Dixon et al., 2023; Simhan et al., 2021).

Furthermore, the positive associations between trust, communication, and psychological well-being are consistent with existing literature that emphasizes the significance of secure attachment and effective communication in promoting psychological well-being (Yang et al., 2022; Champion et al., 2023; Furlong et al., 2021; Schneider et al., 2022). Similarly, the negative correlations between alienation from the mother and various dimensions of well-being align with previous studies that have demonstrated the detrimental effects of maternal alienation on adolescent well-being (Townsend et al., 2021; Crompton et al., 2020; Ross et al., 2023; Lünemann et al., 2023).

While these findings are consistent with prior research, it is important to acknowledge that each study has its unique sample characteristics and measurement approaches. Factors such as cultural context, sample demographics, and measurement tools can contribute to variations in the findings across studies. Additionally, the directionality of the observed associations cannot be inferred from correlational analyses alone, and further longitudinal research is needed to establish causal relationships.

The findings from this study support and extend existing research on the associations between dimensions of the mother-child re-

lationship and adolescent well-being. The significant correlations between trust, communication, and alienation with the mother and various dimensions of well-being highlight the importance of a positive and nurturing mother-child relationship in promoting overall well-being. By comparing these findings with other studies, we can identify consistent patterns and contribute to the cumulative knowledge in the field of adolescent well-being and parent-child relationships. Future research could explore additional factors that may influence these relationships, such as cultural influences or specific mechanisms underlying the associations observed.

The significant positive correlations observed between trust, communication, and dimensions of well-being, such as mental health, emotional well-being, psychological well-being, and social well-being, align with prior research on the importance of a positive father-child relationship. For instance, previous studies have highlighted the positive influence of trust and effective communication with the father on various dimensions of well-being among adolescents (Morgan et al., 2019; Sood, et al., 2021; Perpétuo et al., 2023). These findings suggest that a supportive and nurturing father-child relationship plays a crucial role in promoting overall well-being.

Furthermore, the significant negative correlations between alienation from the father and dimensions of well-being emphasize the detrimental effects of a strained or distant father-child relationship. Previous research has consistently shown that higher levels of alienation from the father are associated with poorer men-

tal health, emotional well-being, psychological well-being, and social well-being outcomes among adolescents (Morgan et al., 2019; Sood et al., 2021; Beltrán-Morillas et al., 2023).

While these findings are consistent with prior research, it is important to acknowledge that each study has its unique sample characteristics and measurement approaches. Factors such as cultural context, sample demographics, and measurement tools can contribute to variations in the findings across studies. Additionally, the directionality of the observed associations cannot be inferred from correlational analyses alone, and further longitudinal research is needed to establish causal relationships.

The findings from this study support and extend existing research on the associations between dimensions of the father-child relationship and adolescent well-being. The significant positive correlations between trust, communication, and well-being dimensions highlight the importance of a positive and nurturing father-child relationship in promoting overall well-being. Conversely, higher levels of alienation from the father are linked to poorer well-being outcomes. These findings underscore the significance of the father's role in the well-being of adolescents and emphasize the need for interventions and support systems that foster positive father-child relationships.

However, it is important to note that other studies have reported conflicting findings. For example, Ross and colleagues (2023) found a significant relationship between age and mental well-being in adolescents, suggesting that older adolescents tended to have higher levels of mental well-being compared to younger

adolescents. Additionally, Aguirre Velasco and colleagues (2020) reported that attachment to parents played a moderating role in this relationship, indicating that secure attachment to parents was associated with higher mental well-being across different age groups.

These contrasting results may be attributed to several factors, including differences in sample characteristics, measurement tools used, and cultural or contextual influences. It is also possible that the relationship between age, mental well-being, and attachment to parents is complex and influenced by various individual and environmental factors that were not fully captured in the present study.

In conclusion, the present study did not find a significant relationship between mental well-being, attachment to the mother, attachment to the father, and the age of adolescents. These findings align with previous research by Raposo and Francisco, (2022). However, it is important to consider the limitations of the study and the potential influence of other factors on the relationship between age, mental well-being, and attachment to parents. Further research is needed to explore these associations in more depth and to consider a broader range of factors that may influence adolescent well-being and parent-child attachment.

Study Limitations

This study encountered certain limitations that should be acknowledged. Firstly, the sample size utilized was relatively small, thus potentially constraining the extent to which the findings can be generalized to a larger population of adolescents. Additionally, the

study employed a cross-sectional design, which inherently restricts the ability to establish causal relationships between variables. The utilization of longitudinal or experimental designs would offer more robust evidence in this regard. Furthermore, the reliance on self-report measures for data collection introduces potential response biases and inaccuracies in participants' reporting of their mental well-being and attachment relationships. Finally, it is important to note that the study sample may have lacked diversity in terms of cultural backgrounds, thereby limiting the generalizability of the findings to other cultural contexts.

Implications of Findings

The absence of a significant association between age and mental well-being among adolescents implies that age alone does not adequately account for variations in mental well-being. It suggests that additional factors, such as individual differences, should be taken into consideration when assessing and addressing mental well-being in this population. Therefore, a more nuanced approach that considers the unique characteristics of each adolescent is warranted.

The significant relationships observed between attachment to parents and mental well-being underscore the critical role of the parent-child relationship in fostering positive mental well-being in adolescents. These findings suggest that interventions aimed at enhancing secure attachment may be effective in promoting mental well-being among adolescents. Investing in interventions that strengthen the bond between parents and their

children could contribute to positive mental health outcomes in this population.

Furthermore, the findings highlighting the various dimensions of well-being underscore the importance of adopting a comprehensive approach when assessing adolescent well-being. It is essential to consider emotional, psychological, and social aspects of well-being to gain a holistic understanding of an adolescent's mental health. A multidimensional assessment can provide valuable insights into the diverse facets of an adolescent's well-being, enabling targeted interventions that address their specific needs across different domains.

In conclusion, the implications of the findings suggest that age should not be solely relied upon when evaluating mental well-being in adolescents. Instead, a comprehensive understanding of individual differences is crucial. The significant association between attachment to parents and mental well-being highlights the significance of the parent-child relationship in promoting positive mental health outcomes. Lastly, the multidimensional nature of well-being underscores the importance of comprehensive assessments that encompass emotional, psychological, and social dimensions. By considering these implications, researchers and practitioners can develop tailored interventions and assessment strategies that effectively support the mental well-being of adolescents.

Conclusion

In conclusion, the statistical analyses presented in this article offer valuable empirical insights into diverse dimensions of well-being and the parent-child relationship. The

findings demonstrate robust and statistically significant correlations between the quality of attachment to both mothers and fathers and various facets of well-being. Specifically, trust and communication with parents consistently exhibit positive associations with enhanced well-being outcomes, while elevated levels of alienation are significantly linked to compromised well-being. However, it is noteworthy that no statistically significant relationship was observed between age and either mental well-being or attachment to parents.

These findings hold significant implications for the comprehensive understanding of the multifactorial determinants of adolescent well-being. The observed positive associations between trust, communication, and well-being underscore the pivotal role played by supportive and nurturing parent-child relationships. These findings underscore the imperative for parents to actively cultivate trust and establish open lines of communication with their children to foster their holistic well-being. In contrast, the absence of significant relationships between age and well-being or attachment suggests that other variables, such as individual differences and contextual influences, may exert more substantial influences on shaping adolescent well-being.

Overall, the findings presented herein contribute to the expanding body of scientific literature focused on illuminating the paramount importance of parent-child relationships in adolescent well-being. They accentuate the pivotal significance of trust, communication, and a positive parent-child bond in promoting diverse dimensions of well-being. Moreo-

ver, further scholarly inquiry in this domain holds promise in informing the development of targeted interventions and evidence-based programs aimed at fortifying parent-child relationships and fostering positive outcomes for the mental health and overall well-being of adolescents.

Author Contributions

Conceptualization, origination of the initial manuscript, methodological design, software implementation, formal analytical procedures, and revision processes were exclusively undertaken by the primary author, ED. The collection of empirical data was conducted by FI. ACB actively participated in the conceptual refinement, methodological structuring, and revision stages of the study. The final version intended for publication underwent thorough scrutiny and unanimous approval by all contributing authors.

Acknowledgments

Gratitude is extended to all adolescent participants who generously contributed to this investigative endeavor, sharing their perspectives. The authors express their appreciation to the anonymous reviewers for providing invaluable insights during the peer-review process.

Declaration of Conflicting Interests

The authors explicitly state the absence of potential conflicts of interest concerning the research, authorship, and publication of this paper. This declaration emphasizes the commitment to maintaining objectivity and integrity throughout the study.

Funding

The authors affirm that the entirety of the research process, from its inception to completion, was conducted without external financial support that could be construed as a potential source of conflict of interest. This declaration underscores the impartiality and autonomy with which the research was undertaken.

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