

3. Sukhawathanakul, P., Yeung, R.S., Desjardins, T., & Leadbeater, B.J. (2011, April). Enhancing parents' involvement in a school-based prevention program: What matters? Poster presented at the *Society for Research on Child Development biennial meeting*, Montreal, QC, Canada.
4. Desjardins, T., Yeung, R.S. Sukhawathakanakal, P., Leadbeater, B.J. & MacDonald, S.W.S. (2010, March). The Social Experience Questionnaire revisited: Examining its factor structure and stability with elementary school children. Poster presented at the *Society for Research on Adolescence biennial meeting*, Philadelphia, PA, USA.

### **Publications**

1. Desjardins, T., Yeung Thompson, R.S., Sukhawathanakul, P., Leadbeater, B., & MacDonald, S.W.S. (2013). Factor structure and stability of the Social Experience Questionnaire among early elementary school children. *Psychological Assessment*, 25(4), 1058-1068.
2. Leadbeater, B.J., Gladstone, E., Yeung Thompson, R.S., Sukhawathanakul, P., & Desjardins, T. (2012). Getting started: Assimilatory processes of uptake of mental health promotion and primary prevention programmes in elementary schools. *Advances in School Mental Health Promotion*, 5(4), 258-276.
3. Desjardins, T., & Leadbeater, B.J. (2011). Relational victimization and depressive symptoms in adolescence: Moderating effects of mother, father, and peer emotional support. *Journal of Youth and Adolescence*, 40(5), 531-544.
4. Desjardins, T., & Scoboria, A. (2007). "You and your best friend Suzy put slime in Ms. Smollet's desk": Producing false memories with self-relevant details. *Psychonomic Bulletin & Review*, 14(6), 1090-1095.



**University  
of Victoria**

Graduate Studies

## **PROGRAMME**

The Final Oral Examination  
for the Degree of

DOCTOR OF PHILOSOPHY  
(Department of Psychology)

**Tracy Desjardins**

2009  
2006

University of Victoria  
University of Windsor

MSc  
BA

**"Changes in Parental Emotional Support and  
Psychological Control During the Transition to Adulthood:  
Direct and Indirect Associations with Educational,  
Occupational, and Financial Adjustment Through Mental  
Health Systems."**

Monday, December 1, 2014  
10:00AM

David Turpin Building, room A132

#### Supervisory Committee:

Dr. Bonnie Leadbeater, Department of Psychology, University of  
Victoria (Supervisor)  
Dr. Marsha Runtz, Department of Psychology, UVic (Member)  
Dr. Cecilia Benoit, Department of Sociology, UVic (Outside  
Member)

#### External Examiner:

Dr. Joseph Allen, Department of Psychology, University of Virginia

#### Chair of Oral Examination:

Dr. Rosaline Canessa, Department of Geography, UVic

## **Abstract**

Young adulthood is a critical period during which advances in educational, occupational, and financial adjustment set the stage for lifelong economic capital, health, and well-being. Greater understanding of the factors that contribute to positive and negative adjustment in young adulthood is warranted. This longitudinal study highlights the important role of parents by investigating (1) changes in the emotional quality of parent-youth relationships during adolescence and the transition to adulthood, (2) whether such changes relate to young adults' adjustment outcomes in three age-salient domains, and (3) whether the effects of changes in parental relationships are associated with young adults' adjustment outcomes through the intervening effects of mental health symptoms. Specifically, I examined direct and indirect associations between changes in mother and father emotional support (ES) and psychological control (PC) and young adults' educational, occupational, and financial outcomes through youths' depressive and anxiety symptoms. Sex and SES group differences were also examined. Participants were 545 youth from a medium-sized Canadian city. They were assessed at four time points over a six-year period. All analyses were conducted separately by two developmental transition groups: The *young adult transition group* included 240 participants who were initially 18 to 21 years old, and the *adolescent transition group* included 305 participants who were 14 to 17 years old at the initial assessment. Measures of parental ES and PC, youth's mental health symptoms, and youth's adjustment were obtained through self-reports. Multi-level modeling analyses showed that mother and father ES increased over time for both transition groups. Declines in mother and father PC were significantly greater for the young adult transition group. Results from latent growth curve mediation analyses revealed that parental ES was linked to positive and negative youth adjustment directly and indirectly through depressive symptoms. Findings also highlight the negative effects of parental PC on youth's adjustment outcomes directly and also indirectly through changes in youth's depressive and anxiety symptoms. Differences for mothers and fathers, males and females, and lower and higher SES groups are discussed. Overall, the quality of parent-youth relationships changes during

the transition to adulthood, and such changes are important factors in understanding young adults' educational, occupational, and financial adjustment.

## **Awards, Scholarships, Fellowships**

2013 Canadian Institutes of Health Research (CIHR) Health Professional Student Research Award  
2012 President's Distinguished Service Team Award, University of Victoria  
2009 – 2011 Social Sciences and Humanities Research Council of Canada (SSHRC) Joseph Armand Bombardier Scholarship - Doctoral  
2008 – 2010 Michael Smith Foundation for Health Research Junior Graduate Trainee Award  
2009 President's Research Scholarship, University of Victoria  
2008 Exceptional Merit Award, Department of Psychology, University of Victoria  
2006 – 2007 Social Sciences and Humanities Research Council of Canada (SSHRC) Graduate Scholarship - Master's  
2006 Canadian Psychological Association (CPA) Certificate of Academic Excellence

## **Presentations**

1. Leadbeater, B., Sukawathanakul, P., & Desjardins, T. (2012, July). Assessing positive peer influences across developmental transitions and changing ecologies. Paper presented at the *International Society for the Study of Behavioural Development biennial meeting*. Edmonton, AB, Canada.
2. Desjardins, T., Sukhawathanakul, P., Homel, J., Gruppuso, V., & Leadbeater, B.J. (2012, March). Trajectories of alcohol-related risky driving in adolescence and young adulthood. Poster presented at the *Society for Research on Adolescence biennial meeting*, Vancouver, BC, Canada