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FAMILY PROCESS

ORIGINAL ARTICLE

Family-centered profiles of mindful parenting: Longitudinal associations with negative parenting and youth emotional and behavioral problems

Maite Larrucea-Iruretagoyena[1] | **Justin Parent**[2,3,4] | **Izaskun Orue**[1]

[1]Faculty of Health Sciences, University of Deusto, Bilbao, Spain

[2]Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University, Providence, Rhode Island, USA

[3]Bradley/Hasbro Children's Research Center, E. P. Bradley Hospital, Providence, Rhode Island, USA

[4]Department of Psychology, University of Rhode Island, Kingston, Rhode Island, USA

Correspondence
Maite Larrucea-Iruretagoyena, Department of Psychology, Faculty of Health Sciences, University of Deusto, Avenida de las Universidades 24, Bilbao 48007, Spain.
Email: m.larrucea@deusto.es

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Abstract

There has been great interest in analyzing the potential of mindful parenting in promoting family well-being. Studies indicated that there is a lack of research on the predictive relationship between parenting practice and youth emotional and behavioral problems analyzed from a multi-informant perspective. This study evaluates the family-centered profiles of mothers and fathers' mindful parenting and negative parenting and youth problems associated with those profiles. A total of 441 youths (aged 9–14 years), along with their parents, answered self-report questionnaires in a three-wave longitudinal study conducted over 1 year. A latent profile analysis was performed to examine the mindful parenting profiles and to identify their associations with youth emotional and behavioral problems and negative parenting as outcomes. The results of latent profile analyses supported a three-profile solution: low mindful parenting family (35%), high maternal mindful parenting family (24%), and average mindful parenting family (41%). The low mindful parenting family profile showed the highest scores on negative parenting and youth emotional and behavioral problems. The high maternal mindful parenting family profile had the lowest scores on youth negative outcomes but demonstrated similar levels to those of the average mindful parenting family profile regarding negative parenting. Our findings highlight the importance of analyzing specific family profiles that help to develop personalized interventions with optimized treatments regarding family cohesion and environment.

KEYWORDS
mindful parenting, negative parenting, youth emotional and behavioral problems

INTRODUCTION

Recent decades have seen emerging interest in mindful parenting and its potential to enhance resilience and promote family-wide well-being (Parent & DiMarzio, 2021). Mindful parenting was first introduced by Kabat-Zinn and Kabat-Zinn (1997), who described it as an extension of parents' moment-to-moment interaction with their children of the mindful principles of acting with awareness, attention, nonjudgmental acceptance, and compassion. Mindful parenting allows parents to use intentional parenting practices that consider their own needs and those of their children through the reduction of automatic or reactive parenting practices (Duncan et al., 2009). Such mindful parenting practices help families to better enhance parent–youth relationships by embracing moment-to-moment awareness (Ahemaitijiang et al., 2021; Kabat-Zinn & Kabat-Zinn, 2021). Consequently, parent–youth mindful interaction may play an important role in youth development and support adaptive development and well-being (Bögels & Emerson, 2019). In the current study, mindful parenting profiles and their cross-sectional and longitudinal association with negative parenting and youth's emotional and behavioral problems was addressed.

There has been growing evidence in support of mindful parenting having a positive relationship with higher levels of positive parenting practices (e.g., warmth, listening with full attention, and positive reinforcement) and lower levels of negative parenting practices (e.g., hostility, behavioral control, and harassment; Kil et al., 2021; Parent et al., 2010; Parent, McKee, Anton, et al., 2016; Parent, McKee, Rough, & Forehand, 2016).

Research has recently started to expand early cross-sectional findings to longitudinal designs (Parent & DiMarzio, 2021). In particular, although longitudinal evidence remains limited, findings are beginning to support the robust longitudinal impact of low mindful parenting on negative parenting practices, which predicts higher internalizing and externalizing problems among youth (Parent et al., 2021). Furthermore, maternal and paternal interparental conflict has been shown to longitudinally predict lower levels of maternal and paternal mindful parenting (Cheung & Chung, 2022). In addition, a longitudinal study conducted with parents of children with autism spectrum disorder (Chan et al., 2022) concluded that mindful parenting negatively predicted child's internalizing symptoms and positively predicted parent–child closeness.

Most longitudinal studies have thus far focused on childhood, which limits our knowledge of the impact of mindful parenting on youth and adolescent outcomes (Kil et al., 2021). In particular, early adolescence, also referred to as peripubertal development, is a sensitive stage during which biological, behavioral, and social changes occur (Wade et al., 2022) that can dramatically amplify or begin the onset of emotional and behavioral problems (e.g., anxiety, depression, and conduct problems; Berenbaum et al., 2015). Given the fact that emotional and behavioral problems increase in adolescence (Möller et al., 2016) and that more or new conflicts and problems between parents and youth emerge during this stage (Bögels & Emerson, 2019), it is unsurprising that these compounding stressors can result in reciprocal changes in reactive parenting behaviors and youth psychopathology (Bögels & Emerson, 2019). Thus, there is a clear need to increase the amount of research on protective and risk factors for youth well-being in early adolescence (Lansford et al., 2018) and, in particular, familial factors that can be leveraged to promote healthy psychosocial development (Kil et al., 2021).

Concerningly, most studies related to mindful parenting have included samples predominately or solely represented by mothers (Henrichs et al., 2021), and only one study has examined mindful family research through dyadic data designs. In a cross-sectional study measuring interdependence between mothers and fathers (Parent et al., 2014), maternal dispositional mindfulness was associated with youth-reported maternal firm control parenting through the maternal perception of mother–partner relationship quality. Studies examining mothers and fathers separately have associated maternal (Moreira et al., 2018) and paternal (Medeiros et al., 2016) mindful parenting with secure attachment and, in turn, youth well-being. Furthermore, one study found that mindful parenting may be a vital mechanism linking maternal, but not paternal, anxiety with youth emotional and behavioral problems (Larrucea-Iruretagoyena & Orue, 2023).

Families as systems models (Cox & Paley, 1997) indicate that the members of a family are interdependent with each other, so it is more appropriate to analyze the reciprocal influence between family members and between the different family subsystems (mother–father, mother–youth, and father–youth) than it is to do so at the individual level (Minuchin, 1985). Previous research focusing on mothers and examining parent and coparent mindful parenting separately may have led to incomplete conclusions about family dynamics and the influence of mindfulness on family-wide well-being.

An approach that could provide a more complex or complete analysis of the family context would be to examine family-centered profiles (Jun et al., 2022), such as combining maternal and paternal mindful parenting in a latent profile analysis. This approach would help to analyze the different patterns of maternal and paternal mindful parenting within families to understand better the link between family-wide mindful parenting and negative parenting practices (e.g., reactive discipline) and youth problems (e.g., anxiety and disruptive behavior). Previous research has conducted latent profile analysis (LPA) with the mindfulness facets (Bravo et al., 2016; Ford et al., 2020; Gómez-Odriozola & Calvete, 2021; Zhu et al., 2020). However, we have not found any studies analyzing mindful parenting profiles. Some research found strong associations between mindfulness and mindful parenting in parent samples (Gouveia et al., 2016; Kil et al., 2023; Parent, McKee, Anton, et al., 2016; Parent, McKee, Rough & Forehand, 2016). This may suggest that, as seen with mindfulness, LPA may be a suitable approach to further study mindful parenting. Additionally, given previous research demonstrating variability in mindful parenting (Coatsworth et al., 2018; Cowling & Van Gordon, 2022), as well as in the facets of mindful parenting (Kil et al., 2023), utilizing LPA could be a suitable approach to address heterogeneity in this variable. Also, adding more profile indicators increases power of LPA (Tein et al., 2013). This family-centered approach could lead to an improved ability to create personalized family-based models and mindful parenting interventions, which would be more in line with the family context represented in the theory of family systems (Stanley et al., 2017).

Thus, the current study examines family-centered profiles of maternal and paternal mindful parenting, explores family mindful parenting profiles, and longitudinally predicts negative parenting practices and youth psychosocial outcomes. Importantly, we combine a dyadic family-centered approach with a three-wave longitudinal design that includes multiple informants (mother, father, and youth reporting), thereby addressing the common limitations of mindful parenting research (e.g., commonly cross-sectional, single informant, or mother-focused studies). Regarding mindful parenting profiles, we expect to find profiles with congruent levels of mindful parenting of both parents, namely profiles where both parents present high or low levels of mindful parenting and have incongruent levels of mindful parenting, where one parent presents high mindful parenting and the other low mindful parenting. The second study objective is to analyze the differences between dyadic mindful parenting profiles with respect to negative disciplinary practices and youth emotional and behavioral problems both cross-sectionally and longitudinally.

METHOD

Participants

In this study, 795 youths, along with their mothers and fathers, were invited to participate in three waves separated by periods of 6 months: Time 1 (T1) was in May 2021, Time 2 (T2) in November 2021, and Time 3 (T3) in May 2022. Finally, 487 families accepted to participate at T1, but the sample size decreased to 441 families by T3 due to the withdrawal of 25 families at T2 and 21 families at T3. The youths (49.1% girls and 50.9% boys) were aged between 9 and 14 years ($M = 12.91$; SD = 1.29) at T1, the mothers between 31 and 63 years ($M = 46.72$; SD = 4.6), and the fathers between 32 and 78 years ($M = 48.91$, SD = 5.44). Regarding nationality, 89.9% of the participants were Spanish and 8.8% were from South American countries, 0.7% from other European countries, 0.4% from Asian countries, and 0.2% from African countries. Using guidelines from the Spanish Society of Epidemiology and Family and Community Medicine (2000), 23.45% of the families had low, 19.05% medium–low, 16.77% medium, 13.12% medium–high, and 27.61% high socioeconomic levels.

Procedure

The ethics committee of the University of Deusto approved this study. Eleven Biscayan schools were randomly contacted and sent a cover letter with information about the study, and seven schools decided to participate. The parents were provided with informed consent forms (non-participation rate = 2%).

The study consisted of three waves (referred to in the following sections as T1, T2, and T3) separated by periods of 6 months, during which a group of researchers visited classrooms for sample recruitment. All the schools invited to participate took part in the study. In each wave, the youths completed self-reported questionnaires in their classrooms and took home two questionnaires, one each for their mothers and their fathers. The parents who decided to participate sent back their answers on mindful parenting skills to the school in a closed envelope.

Measures

Mindful parenting

Both parents completed the Interpersonal Mindfulness in Parenting (IM-P) Questionnaire (Duncan et al., 2009) at T1. The Spanish version has obtained good psychometric properties (Orue et al., 2023). The IM-P consists of a 31-item questionnaire ranging from 1 (*never true*) to 5 (*always true*). For the present study, a separate five-facet structure for both mothers and fathers was used that included nonjudgmental acceptance of parenting functioning, compassion for the child, listening with full attention, self-regulation in the parenting relationship, and emotional awareness of the child. Higher scores indicated better mindful parenting facets (e.g. "caring for the child when struggling," "openness to child's point of view"). As has been reported in other studies (Kil et al., 2023), the five facets showed good psychometric properties for both mothers (Cronbach's alpha between 0.81 and 0.86) and fathers (Cronbach's alpha between 0.82 and 0.87).

Negative parenting

The youth completed the Dimensions of Discipline Inventory (DDI; Straus & Fauchier, 2007) in T1 and T2 to provide information on perceived negative parenting. This questionnaire is composed of 26 items, with each item completed twice, once in reference to the maternal figure and once to the paternal figure. The DDI can be reduced to four factors, namely aggressive discipline, positive discipline, penalty, and supervision. For the current study, the total score of aggressive discipline was used to measure negative parenting. The total score of negative parenting was used in the model. This factor consisted of items related to corporal punishment and psychological aggression (e.g., "How often did mom/dad shake or grab you to get your attention?"; "How often did mom/dad shout or yell at you?"), and it was answered on a Likert scale from 0 (*never*) to 4 (*two or more times a day*). The Spanish version of the DDI has obtained a high degree of reliability (Gámez-Guadix et al., 2010). Cronbach's alpha showed good psychometric properties for both maternal ($\alpha_{T1}=0.84$, $\alpha_{T2}=0.85$) and paternal negative parenting ($\alpha_{T1}=0.83$, $\alpha_{T2}=0.83$).

Emotional and behavioral problems

Youth emotional and behavioral problems were assessed at T1 and T3 using the Spanish version (Ortuño-Sierra et al., 2015) of the Strengths and Difficulties Questionnaire (SDQ; Goodman, 1997). The 25 items of this questionnaire were answered on a 3-point Likert scale (0 = *not true*, 1 = *somewhat true*, and 2 = *absolutely true*). For the current study, a global score was obtained by the mean of all the 25 items (e.g., "Many worries or often seems worried"; "Often unhappy, depressed, or tearful"). Higher scores indicated more emotional and behavioral problems. The Spanish adaptation has shown good internal consistency and construct validity (Rodríguez-Hernández et al., 2014). Cronbach's alphas were adequate for each wave ($\alpha_{T1}=0.77$, $\alpha_{T3}=0.82$).

Data analytic plan

Prior to conducting analyses, full-information maximum-likelihood (FIML) estimation was used for the treatment of missingness. For the current study, LPA was conducted to extract profiles of mindful parenting and to identify their associations with predictors and with youth emotional and behavioral problems and negative parenting outcomes. LPA is a useful clustering method to detect group patterns between variables with similar means and variances. Profile indicators included maternal and paternal mindful parenting in each of the five facets of nonjudgmental acceptance of parenting functioning, compassion for the child, listening with full attention, self-regulation in the parenting relationship, and emotional awareness of the child. Regarding sample size, contrary to what one might expect, the effect of sample size on power in LPA models has been found to be minimal compared to other factors like profile separation (Tein et al., 2013). Stimulation-based studies have shown that with large separation, a sample size of around 500 is adequately powered to detect the optimal number of profiles (Tein et al., 2013).

The optimal number of profiles was selected from the following criteria: (a) that the Lo–Mendel–Ruben adjusted (LMRa) likelihood ratio test (Lo et al., 2001) shows significant improvements ($p<0.05$) in a model, compared to a model with fewer profiles; (b) that the bootstrap likelihood ratio test (BLRT) determines that a model is superior to a model with one profile fewer; (c) that lower values on the Akaike information criteria (AIC) and the Bayesian information criterion (BIC) indicate better model fit; and (d) that values closer to 1 in entropy

show the best-fitting model. Stimulation studies have found superior power for detecting the optional number of profiles using the BLRT and LMRa (Nylund et al., 2007; Tein et al., 2013). Once the profile enumeration was established, and based on posterior probabilities, cases were distributed into the profiles. We checked that the number of participants was balanced among profiles and that the profile enumeration was concordant with theory or previous research.

To examine the predictors, we used Vermunt's (2010) three-step approach in Mplus rather than repeated measure ANOVA. Using ANOVA-based methods requires hard-classifying participants, ignoring error profile membership, and reducing power (Lanza et al., 2013). When entropy is not very high (e.g., above 0.90), this introduces substantial bias in estimates and reduces the power to detect effects. The three-step approach avoids the need to hard classify without resulting in the distortion of profiles. Similarly, to analyze the cross-sectional and longitudinal impact of mindful parenting latent profiles on negative parenting and youth emotional and behavioral problems, a three-step approach was conducted (Bakk et al., 2013). Figure 1 shows the conceptual model. Specifically, we aimed to examine parenting behaviors as a mechanism linking mindful family profiles to youth outcomes. To explore this model with parenting as a mechanism, we needed to have parenting in the model have temporal precedence to the youth outcomes variable (X is profile—>M is parenting behavior—>Y is youth outcome).

RESULTS

Latent profiles

Table S1 displays the correlation coefficients between the study variables. To determine the optimal number of clusters of family-wide mindful parenting profiles, LPA was conducted. Table 1 displays the fit indices for the six profiles, which were run with a minimum of 200 random starts. The models' entropy was between 0.74 and 0.81. Based on the LMRa, LRT, and BLRT, the three-class model was superior to a two-class or four-class solution. The LRTs did not consistently support more complex models. The model of three profiles fit best with what is described in the literature, and the five-profile model did not appear to meaningfully contribute unique profiles above and beyond the three-class model. Thus, the three-profile model was chosen for further analyses based on model fit, theory, and parsimony. The first profile (low mindful parenting family) included 171 families (35%) and was

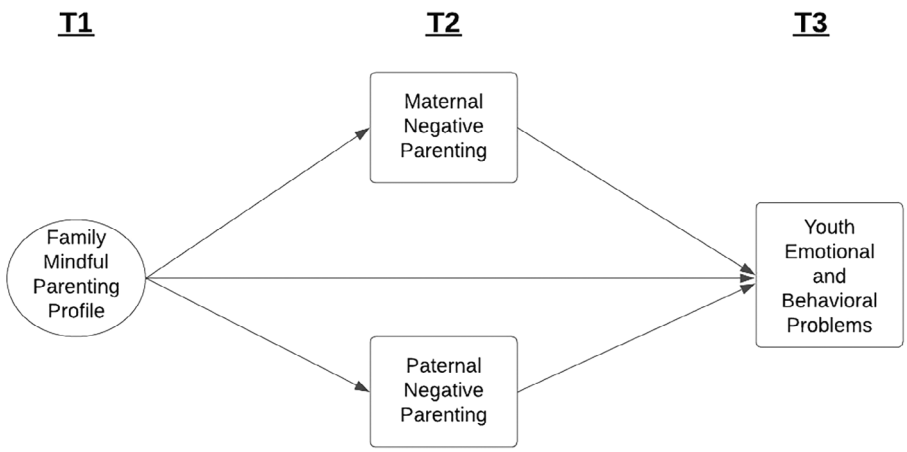

FIGURE 1 Conceptual model.

TABLE 1 Latent profile analysis model fit indices.

Profiles	*N*	Entropy	Parsimony criteria		LRT *p* value	
			AIC	BIC	LMRa	BLRT
1	487	—	7987.78	8071.55	—	—
2	487	0.75	7474.08	7645.79	0.001	0.000
3	487	0.74	7199.57	7459.24	0.009	0.000
4	487	0.78	7038.41	7386.04	0.297	0.301
5	487	0.76	6949.38	7384.96	0.237	0.000
6	487	0.81	6944.89	7468.42	0.396	1.000

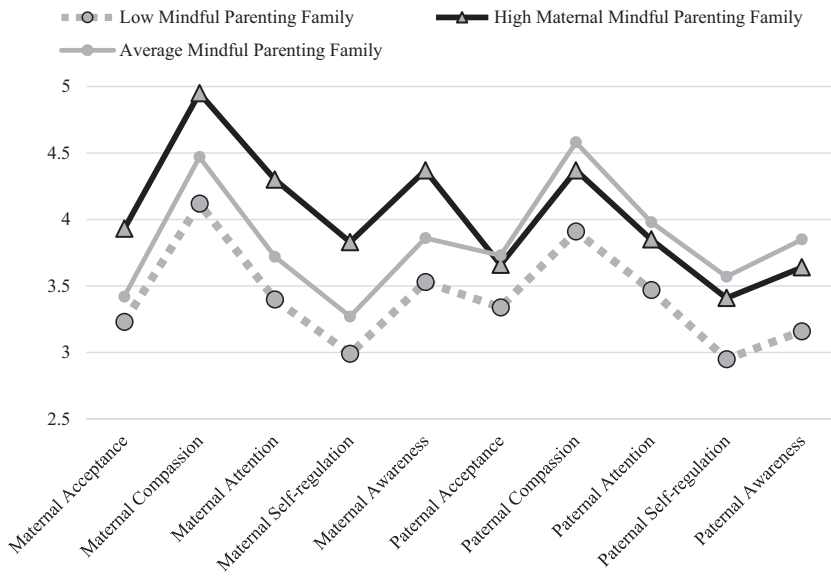

FIGURE 2 Latent profile subscale means.

characterized by convergent low maternal and paternal mindful parenting facet scores. The second profile (high maternal mindful parenting family) included 115 families (24%) and was characterized by high maternal and lower paternal mindful parenting facets. Finally, the third profile (average mindful parenting profile) included 201 families (41%) and was characterized by average paternal and maternal mindful parenting facets. See Figure 2 for a plot of the subscale means for each profile.

Table S2 presents the means and results of the ANOVA, including post-hoc analyses to identify significant differences among groups. These results should be interpreted with caution owing to the ANOVA method used. All maternal mindful parenting facets showed statistically significant differences with a large effect size among the three mindful parenting profiles. The profile of high maternal mindful parenting had the highest means in mindful parenting facets. As for paternal mindful parenting facets, there were only significant and large differences among the three profiles in paternal compassion for child. In all other paternal facets, significant differences were observed in the low mindful parenting profile compared to the high maternal and average mindful parenting profiles. The low mindful parenting profile had the lowest means in both maternal and paternal mindful parenting facets. Also, significant

differences were found in maternal negative parenting T1, and youth's emotional and behavioral problems T1 and T3 in the low mindful parenting profile compared to the other two profiles. The low mindful parenting profile had the highest means for all of these variables. No significant differences were found in the remaining study variables between the mindful parenting profiles.

Negative parenting and youth emotional and behavioral problem outcomes

The differences between the profiles in negative parenting and youth' emotional and behavioral problem outcomes are displayed in Figure 3, and the complete results are shown in Tables S3 and S4, and Figure S1. Significant cross-sectional differences were found between profiles in maternal negative parenting at T1 (Wald χ^2 (2) = 18.30, $p < 0.001$), but not in paternal negative parenting at T1 (Wald χ^2 (2) = 0.64, $p = 0.726$). At T2, however, significant differences were found in paternal negative parenting (Wald χ^2 (2) = 6.19, $p = 0.045$), but not in maternal negative parenting (Wald χ^2 (2) = 0.10, $p = 0.951$), after controlling for baseline levels of negative parenting. In both cases, the low mindful parenting family profile obtained the highest scores on maternal negative parenting at T1 and paternal negative parenting at T2, and the average mindful parenting family profile and the high maternal mindful parenting family profile demonstrated similar levels of negative parenting.

Regarding youth outcomes, the results showed significant differences between the mindful parenting profiles in youth emotional and behavioral problems at T1 (Wald χ^2 (2) = 13.39, $p < 0.001$) and at T3 (Wald χ^2 (2) = 68.20, $p < 0.001$). The highest scores of youth emotional and behavioral problems were observed in the low family mindful parenting family profile, and the lowest were reported in high maternal mindful parenting family profile. The profiles did not differ in the predictive association between maternal negative parenting at T2 and youth emotional and behavioral problems at T3 (Wald χ^2 (2) = 3.12, $p = 0.210$) or between paternal negative parenting at T2 and youth emotional and behavioral problems at T3 (Wald χ^2 (2) = 3.26, $p = 0.196$), suggesting that the negative parenting–youth outcomes association was similar across mindful parenting family profiles.

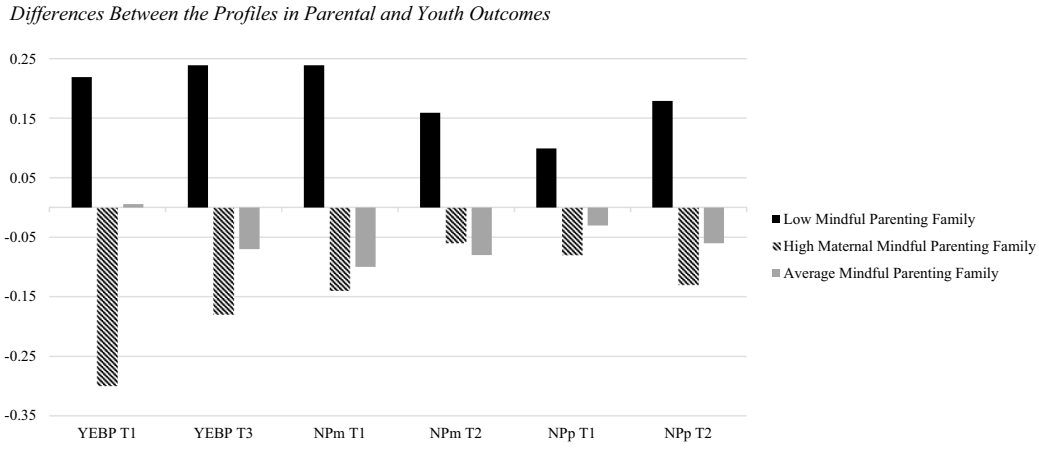

FIGURE 3 Differences between the profiles in parental and youth outcomes. NPm, Maternal Negative Parenting; NPp, Paternal Negative Parenting; T1, Time 1; T2, Time 2; T3, Time 3; YEBP, Youth's Emotional and Behavioral Problems. Mean *Z*-scores on study outcomes for each mindful parenting profile.

DISCUSSION

The main objective of the present study was to analyze the possible profiles of mindful parenting with a family-centered approach that included both mothers and fathers. The results suggest a three-profile model that consists of one profile with high maternal mindful parenting family (discordant levels between parents), one profile with low mindful parenting family, and a final profile with average mindful parenting family (both concordant in level between parents). The study found that the low mindful parenting family profile is comprised of fathers and mothers with the lowest levels of mindful parenting facets. This profile is characterized by more negative parenting practices and higher levels of youth's emotional and behavioral problems. The differences between high maternal and average mindful parenting family profiles are very small regarding the difference in means in the study variables. However, the high maternal mindful parenting family profile appears to have the lowest levels in negative parenting and youth emotional and behavioral problems. These results show distinct patterns of similarity or dissimilarly in maternal and paternal mindful parenting and demonstrate the importance of dyadic approaches that are family centered and support understanding mindfulness in the family system and its protentional for positive spillover effects on youth outcomes.

The analysis of mindful parenting profiles also helped to evaluate the cross-sectional and longitudinal association of family-level profiles with the negative parenting perceived by children and with youth emotional and behavioral problems. The results showed that the profiles differed significantly in maternal negative parenting cross-sectionally and in paternal negative parenting longitudinally. The differences between mothers and fathers in this regard may have been due to the continuous changes detected in early adolescence. For example, the covariation between maternal mindful parenting and negative disciplinary practices may be concurrently reciprocal and stable over time or longitudinal associations with changes in maternal parenting behaviors may emerge in earlier developmental stages. In contrast, the longitudinal influence of paternal mindful parenting on negative parenting behavior may become more prominent as the stressors of adolescence increase during development. This hypothesis is partially supported by mindfulness-based parent training research showing that mindful parenting programs may be especially impactful for father–child relationships (Coatsworth et al., 2015). Furthermore, previous prospective longitudinal research has also shown that the impact of mindful parenting on reducing unsupportive emotional socialization (e.g., minimizing or invalidating youth emotions, punitive reactions to youth negative emotions) may be more robust for fathers than for mothers (McKee et al., 2018). Nevertheless, more research is needed to understand better if and how mindful parenting disrupts or changes gendered parenting practices, such as by promoting enhanced emotional attunement between fathers and their early adolescents.

We identified one divergent mindful parenting family profile (high maternal) and two profiles (low and average) where mindful parenting was similar for mothers and fathers. However, this was only for convergent low levels of mindful parenting. Participants in the low mindful parenting family profile demonstrated the highest maternal negative parenting at T1 and paternal negative parenting at T2. This is consistent with previous findings, where lower levels of mindful parenting were associated with higher scores in negative parenting domains (Cheung & Chung, 2022; Parent et al., 2021). This finding supports family-based parenting programs to include mothers and fathers, especially when the family system is low overall in mindful parenting. Therefore, future research could benefit from including tools to improve the practice of mindful parenting in the family context and thus reduce the use of negative parenting (Parent & DiMarzio, 2021). Technology-based methods for outreach and recruitment (Parent et al., 2022), treatment delivery (Militello et al., 2022; Sullivan et al., 2021), and treatment enhancement (Parent et al., 2022) may be fruitful approaches for engaging fathers or multiple caregivers in mindful parenting programs.

Importantly, the mindful parenting profiles differed significantly in youth emotional and behavioral problems at T1 and T2. In this case, the highest scores in youth emotional and behavioral problems were observed in the low mindful parenting family profile cross-sectionally and longitudinally. These results confirm what has been proposed by other authors who concluded that families with the lowest levels of mindful parenting are associated with higher levels of youth problems (Chang et al., 2022; Royuela-Colomer et al., 2023). On the other hand, it is important to underline that the profile with the lowest scores in youth emotional and behavioral problems at both times was the profile of high maternal mindful parenting family profile. However, although the high maternal mindful parenting profile had notably high levels of maternal mindful parenting, it also had paternal mindful parenting levels that were as high as those in the average mindful parenting family profile (although that profile had low levels of maternal mindful parenting). Thus, the maternal mindful parenting family profile may be best understood as demonstrating high family-level mindful parenting, and it then becomes evident why this profile showed the lowest levels of youth emotional and behavioral problems. Furthermore, these results show the importance of analyzing the impact of mindful parenting on the psychosocial environment of families, as the findings show its relationship with negative parenting and youth problems in both the short and the long term (Coatsworth et al., 2018).

Strengths, limitations, and future research

The study has some limitations worth noting. First, the sample was composed of families from a specific province of Spain, so generalization to other provinces, countries, or cultures may be hindered. Second, the data collected were from families in the community setting, so future research should focus on analyzing whether the same associations between variables occur in the clinical setting and whether the same profiles of mindful parenting are detected in clinical samples. Third, the data in the present study were collected with self-report instruments, so future research could benefit from including information from other methods, such as observation, to limit shared method variance and increase confidence in the findings.

Despite its limitations, the present study has several strengths. Among others, it is one of the first to use a family-centered approach to assess mindful parenting of mother–youth and father–youth dyads. In addition, exploring mindful parenting within the family system enriched knowledge of the characteristics of each mindful parenting profile and its impact on negative parenting and youth psychosocial functioning. Furthermore, the study used a multi-informant, longitudinal, and person-centered method to assess youth and parent factors. In addition, it had balanced samples of mothers and fathers, which addressed the longstanding limitation of not including fathers in family and child psychopathology research (Cowan & Cowan, 2019; Parent et al., 2017). Not only do these findings highlight the importance of including fathers but we also propose that using family-centered mindful parenting profiles will support the development of personalized interventions that can optimize the treatment of difficulties in the family environment (Stanley et al., 2017). Such approaches would allow for personalized treatment or prevention recommendations that fit the needs of each family.

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DATA AVAILABILITY STATEMENT

The datasets generated and analyzed during the current study are not publicly available but are available from the corresponding author on reasonable request.

ORCID

Maite Larrucea-Iruretagoyena https://orcid.org/0000-0002-6192-9353
Justin Parent https://orcid.org/0000-0002-1659-8188
Izaskun Orue https://orcid.org/0000-0003-1322-6802

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SUPPORTING INFORMATION

Additional supporting information can be found online in the Supporting Information section at the end of this article.

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