Mediating Effect of Parenting Stress and Partner Relationship Quality in the Association Between Acculturation and Child Feeding

By

JING LI
THESIS

Submitted in partial satisfaction of the requirements for the degree of

MASTER OF SCIENCE

in

Child Development

in the

OFFICE OF GRADUATE STUDIES

of the

UNIVERSITY OF CALIFORNIA

DAVIS

Approved:

_____
Lenna L. Ontai, Chair

_____
Leah C. Hibel

_____
Maciel M. Hernández

Committee in Charge

2023

Abstract

High obesity rates among Hispanic children are a critical health concern, highlighting the need to understand factors underlying these disparities. Previous studies suggested parent feeding practices (i.e., pressure to eat, restriction, and food monitoring) are important family level processes affecting childhood obesity. Understanding factors affecting parent's use of feeding practices is essential for developing interventions to combat childhood obesity in Hispanic families. There is evidence that parent feeding behaviors shift with acculturation with mothers demonstrating greater use of parent feeding behaviors associated with child obesity. However, the transition in parent feeding associated with acculturation remains unexplored. Previous studies have documented that acculturation is positively associated with parenting stress and negatively associated with partner relationship quality, suggesting these two factors might play a role in the association between acculturation and feeding. This study investigates the associations between acculturation, partner relationship quality, parenting stress, and parent feeding practices within a sample of Hispanic mothers and their child (n = 99). Findings revealed that a stronger orientation toward mainstream American cultural values positively correlates with increased utilization of food monitoring practices. Furthermore, partner relationship quality mediates the association between parenting stress and food monitoring. These findings can inform the development of effective strategies to promote healthier outcomes for Hispanic children, contributing to the broader effort to address childhood obesity in this population.

Keywords: feeding practices, acculturation, partner relationship quality, parenting stress.

Introduction

Hispanic children have amongst the highest overweight and obesity rates in the United States (US Department of Health and Human Services, 2020). Obesity in childhood is known to have profound negative consequences. For example, obese children are likely to stay obese into adulthood and are more likely to develop non-communicable diseases like diabetes and cardiovascular diseases at a younger age (Sahoo et al., 2015). Beyond physical cost, children with obesity experience negative psychological and social consequences, including psychological distress, poor social interactions, school absenteeism, and overall poor school performance (Turney, 2014). Given the high prevalence rate of childhood obesity and the resulting negative consequences, it is important to understand how processes Hispanic family processes are related to higher rates of obesity.

Previous studies have established a link between increased obesity risk among Hispanic individuals and acculturation across generations (Power et al., 2016). Acculturation involves changes in an individual's cultural orientation resulting from sustained intercultural contact, impacting beliefs and behaviors (Sam & Berry, 2010). Given that culture impacts all aspects of family life, understanding and accounting for shifts in cultural value orientations associated with acculturation can help provide a fuller understanding of the contexts that shape parent-child interactions that impact children's dietary behaviors in Hispanic families (Buhler-Wassmann & Hibel, 2021). Previous studies have found that acculturation is associated with dietary and lifestyle changes among Hispanic children. Specifically, Hispanic children and adults from later generations of immigrants tend to consume fewer fruits and vegetables (Dave et al., 2009) while showing increased consumption of fast food (Cuy Castellanos, 2015), cheese, and high-calorie snacks (Ayala, 2008). These changes in dietary habits are associated with a higher likelihood of

obesity (Power et al., 2015). Findings from existing research evidence an acculturative shift in parent feeding behaviors, with more acculturated mothers using parent feeding behaviors that are associated with these obesogenic dietary patterns in children (Power et al., 2015). Understanding the processes that underly this acculturative shift in parent feeding behaviors among Hispanic families will add insight into processes that may contribute to the high rates of child obesity in this population.

Parent Feeding Behaviors

Two of the most common ways of conceptualizing parent feeding behaviors are practices versus styles. Among parent feeding practices, three that have received considerable attention in research due to their associations with children's dietary behaviors are pressure to eat, restriction, and monitoring (e.g., Boots et al., 2018; Loth et al., 2014; Loth et al., 2016; Webb et al., 2019; Zhou et al., 2020). Both pressure to eat and restriction have been found to be positively associated with children's weight status and dietary behaviors. A longitudinal study conducted by Birch et al. (2003) over a three-year period found that pressure to eat, characterized as parental pressure to consume more food regardless of nutritional needs or children's hunger or satiety, was positively associated with an increase in children's weight and greater preference for high-fat, high-calorie foods. A study conducted by Webber et al. (2010) found that use of restrictive feeding practices, characterized by parental restriction of access to palatable foods, was associated with an increase in children's weight over two years. Food monitoring, on the other hand, is positively associated with children's healthy diet and healthy weight (Lytle et al., 2006; Pei et al., 2016). Monitoring involves keeping track of the amount or type of food children eat with the intention of ensuring access and intake of a sufficient number of healthy foods and limited intake and access to unhealthy food (Vaughn et al., 2016). For example, a systematic

review by Hingle and colleagues (2018) found that parental involvement in food monitoring interventions was effective at improving children's dietary intake and weight-related outcomes. Taken together, high parental monitoring, low food restriction, and low pressure to eat are each associated with more optimal weight outcomes in children (Shloim et al., 2015).

These practices have been found to consolidate into feeding styles, represented by dimensions of demandingness (how much control parents exercise during mealtime) and responsiveness (warmth and acceptance in response to their children's needs) (Hughes et al., 2005; Ventura and Birch, 2008; Blissett, 2011). These dimensions parallel those of warmth and demandingness that represent parenting styles, originally conceptualized by Baumrind (1991). While the term 'parenting style' has a broader meaning within developmental literature and refers to the emotional climate within which parenting practices are applied (Darling & Steinberg, 1993), feeding style refers to the specific emotional climate within which specific types of feeding interactions take place. The four feeding styles are: (1) ***authoritative feeding***, characterized as a high level of demandingness and rules with high responsiveness to the child's dietary needs; (2) ***authoritarian feeding,*** characterized as high demandingness and low responsiveness, such as setting rules but with less influence from the child's dietary needs; (3) ***indulgent feeding*** combining low demandingness and high responsiveness with few rules and high engagement with the child's dietary needs; and (4) ***uninvolved feeding*** which has both low demandingness and low responsiveness. While authoritative feeding style has consistently been shown to be protective against adverse weight-related outcomes (Vollmer & Mobley, 2013), the other three feeding styles have somewhat negative effects on children's dietary behaviors or weight outcomes (see Hughes and Power, 2018 for a review). For example, previous studies have found that mothers with more authoritarian, indulgent, or neglectful parenting styles are

significantly more likely to have children who were overweight compared with mothers with authoritative parenting styles (Arlinghaus et al., 2018; Shloim et al., 2015).

While feeding style itself might be somewhat abstract and difficult to directly measure, it becomes tangible and observable through the myriad of feeding practices employed within the parent-child feeding dynamic. Parental feeding practices are the specific strategies parents use to manage children's food intake, which may consequently impact children's weight and risk of obesity (Berge et al., 2018). Recent literature has conceptualized feeding practices as reflective of feeding style. For example, Hughes and colleagues (2005) found that parents who demonstrated an authoritarian feeding style used higher levels of restrictive and pressuring feeding practices. In contrast, indulgent feeding style is related to low use of restriction, and pressure to eat and monitoring (Blissett, 2011; Hubbs-Tait et al., 2008; Blissett & Haycraft, 2008). By capturing feeding practices, researchers can effectively decipher the underlying feeding style that shapes these behaviors. Thus, shifts in acculturative shifts in feeding styles that have been documented in the literature may reflect shifts in the use of feeding practices.

Culture and Acculturation

Culture plays a pivotal role in shaping parenting behaviors and feeding. Indeed, culture exerts a profound influence on all facets of family life. Culturally embedded factors influence how parents express, discuss, think about, and respond to their children (Friedlmeier et al., 2011). Simultaneously, families can draw on the wealth of their cultural communities, reaping benefits in terms of mental and physical well-being. For instance, familism, a Hispanic cultural value characterized by a strong positive identification with one's group, has been identified as a resilience factor against stress among Hispanic families (Zeledon et al., 2023).

As individuals adapt to a new culture they experience the process of acculturation. According to Berry's Model of Acculturation (Berry, 1980), individual adaptation strategies during the acculturative process involve two key dimensions: the retention or rejection of one's native culture and the adoption or rejection of the host culture. The theory promotes the notion of assessing two or more cultures independently from each other across various dimensions (Berry, 2003). The dual-axis or bicultural model takes both the host culture and culture of origin into account in examining one's cultural experiences and identity (Berry 1980). According to this model, it is possible for an individual to retain aspects of his/her culture of origin while adopting aspects of the host culture. Applying this approach to Hispanic families, acculturation can be assessed through parents' orientation to Hispanic culture and Mainstream American culture.

Acculturation and Parent Feeding Behaviors

Previous studies highlight the significant impact of acculturation on parenting styles, emphasizing the dynamic interplay between cultural influences and the shaping of parenting, including parent's feeding dynamics. For example, previous literature has found that parents who are more oriented to Mainstream American culture tend to use more authoritative parenting styles represented by high level of responsiveness together with high level of demandingness (Yaffe, 2023), while parents who are oriented toward Hispanic culture are more likely to practice authoritarian parenting, represented by low level of responsiveness and high level of demandingness (Varela et al., 2004).

This acculturative shift is replicated in parent feeding behaviors evidenced by a shift in feeding styles, with more-acculturated Hispanic mothers more likely to use feeding behaviors indicative of indulgent feeding style, whereas less-acculturated Hispanic mothers are more likely to use feeding behaviors indicative of authoritarian feeding style (Power et al., 2015; Hughes et

al., 2016). For example, less-acculturated mothers have been found to exhibit greater control over their child's food intake through the use of restriction and pressure to eat, and are more likely to use an authoritarian feeding style (Powers et al., 2015). Similarly, Evans and colleagues (2011), using language use as a measure of acculturation, found that less acculturated (Spanish-speaking) mothers of pre-school aged children engage in more pressure to eat than more acculturated (English-speaking) mothers. However, the process through which acculturation results in this shift in parent feeding behaviors has not been explored. Nevertheless, according to previous studies, two factors might play a role: parenting stress and partner relationship quality.

Acculturation itself can also be considered as a source of stress and support. Previous studies have found that foreign-born Hispanics report lower rates of stress compared to their native-born counterparts (Alegria et al. 2008; Grant et al. 2004). One possible explanation is that adherence to Hispanic cultural values serves as a protective factor against parenting stress (D'Anna-Hernandez et al., 2015). Parenting stress is defined as the psychological strain experienced as a result of the challenges associated with parenting (D'Anna-Hernandez et al. (2015) and has generally been found to be higher in Hispanic families (Prime et al., 2020). Traditional cultural values such as *familismo,* which emphasizes on interdependence among family members (Parke et al., 2004), may offer some resilience to parenting stress for Hispanic parents that are more oriented toward traditional Hispanic cultural values. Driver and Shafeek Amin's investigation (2019) underscores this phenomenon, indicating that the relinquishment of traditional Hispanic cultural values, a hallmark of acculturation, corresponds with heightened levels of parenting stress among Hispanic parents. Mexican cultural values prioritize positive family relations and underscores the drawbacks of excessive emphasis on American cultural values without preserving a balance with traditional cultural values (Fuller-Iglesias & Antonucci,

2016). These cultural values also encourage open communication and emotional expression, reducing isolation and stress (Gallegos & Segrin, 2022). For example, Campos and colleagues (2008) found that adhering to traditional Hispanic cultural values was positively associated with social support and negatively associated with stress, including stress associated with parenting. Thus, mothers' cultural orientation towards traditional Hispanic cultural value may reduce their feelings of parenting stress, whereas cultural orientation towards mainstream American cultural values may augment parenting stress. There is evidence in non-Hispanic populations for associations between parenting stress and parent feeding practices, such as increased restriction (Gouveia et al., 2019) and pressure to eat (Berge et al., 2017) and less frequent monitoring (González et al., 2022), lending some support for the potential relevance of parenting stress in understanding the association between acculturation and parent feeding behaviors.

Another potential avenue through which acculturation may result in a shift in parent feeding is through its effect on partner relationship quality which has been found to be associated with healthier parent feeding practices (Haycraft and Bliss, 2010). According to McLoyd and colleagues (2000), acculturation challenges, such as differences in cultural values, expectations, and roles, can strain the marital relationship, leading to decreased marital quality. As individuals acculturate, they often experience changes in their beliefs, behaviors, and communication styles to align with the dominant culture. These shifts can result in disparities between spouses in terms of acculturation levels, with one partner potentially acculturating more rapidly or embracing the host culture to a greater extent than the other. Such discrepancies in acculturation may lead to misunderstandings, disagreements, and conflicts related to differing cultural perspectives, family roles, and social norms. Additionally, the stress and challenges associated with adapting to a new

culture, including language barriers, discrimination, and acculturative stress, can further strain marital relationships. Thus, it is evident that acculturation can introduce unique dynamics and stressors that may contribute to decreased relationship quality within culturally diverse couples (Cruz et al., 2014). This diminished quality of the marital relationship, in turn, has been found to be associated with elevated levels of parenting stress (Pinquart, 2018). One potential explanation is that the disruptions and conflicts arising from the acculturation process can spill over into parenting interactions, contributing to increased stress experienced by parents. Consequently, acculturation indirectly affects parenting stress by exerting its influence through decreased marital quality. Thus, partner relationship quality and parenting stress may serve potential mediating roles in the association between acculturation and parents' feeding.

There is evidence suggesting that both of these family level factors vary as a function of acculturation, reflecting a pattern whereby the process of acculturation has a detrimental impact on the quality of partner relationships and increasing the levels of parenting stress. Partner relationship quality and parenting stress, in turn, have been found in previous studies to be associated with parents' feeding practices (Haycraft & Bliss, 2014; Thullen & Bonsall, 2017). Indeed, this intersection of sources of stress impacting the quality of partner relationships and parenting is supported by theories of parenting, such as Belsky's Determinants of Parenting (1984), which provides a theoretical foundation for the relevance of this approach to understanding the association of acculturation on parent feeding practices.

Theoretical Framework

Belsky's (1984) determinants of parenting model offers a comprehensive framework for understanding the interplay of factors that influence parenting stress, subsequently shaping parenting behaviors. The model identifies three key domains that influence parenting: parent

characteristics, child characteristics, and contextual sources of stress and social support. Belsky posits links between specific predictors and parenting behavior within each of these domains. For instance, within the contextual sources of stress and social support domain, marital relationship quality is considered a significant source of support or strain on parental functioning (Belsky, 1984). Moreover, the model suggests that each domain can be influenced by numerous contextual factors, encompassing cultural, economic, social, and environmental aspects.

Acculturation, as one such contextual factor, has been identified in previous literature as a contextual process that a family is living within as well as one that exerts external pressure on that family system which affects the marital relationship (Flores et al., 2004) and parenting stress (Driver & Shafeek Amin's, 2019). As mentioned, acculturation refers to the process by which individuals or groups adopt the cultural traits and practices of a different culture (Samnani et al., 2013). One aspect of acculturation is the shift of cultural orientation. This refers to the change in an individual's cultural values, beliefs, attitudes, and behaviors as they adapt to the dominant culture or the culture of the new environment and simultaneously retain aspects of their traditional culture. Differences in rates of acculturation of individuals can result in increased conflict, decreased intimacy, and diminished support within the marriage (Milner & Khawaja, 2010) ultimately degrading relationship quality. Likewise, relinquishment of traditional cultural values has been found to be associated with increased parenting stress among Hispanic parents (Driver & Shafeek Amin's, 2019).

Belsky's model also suggests that contextual factors in different domains can interact with each other to affect parenting outcomes. Aligned with the model, acculturation exerts both direct and indirect effects on parenting. Directly, as acculturation can affect parents' beliefs regarding child-rearing, thus affecting their parenting. Indirectly, acculturation may impact

parents' relationship quality and the likelihood of experiencing parenting stress, which subsequently affects parenting behaviors (Ponnet et al., 2013). Although Belsky's model has primarily been applied to general parenting practices, research has extended its applicability to food-related parenting practices (Bjørklund et al., 2018), highlighting its validity and potential for understanding various aspects of parenting behaviors. Moreover, while the model initially emphasized the role of the marital relationship, recent studies suggest that the broader romantic partner relationship also plays a critical role in parenting (Brown et al., 2020). Building on the existing evidence, the present study aims to apply Belsky's model to examine the mediating role of parenting stress and partner relationship quality in the association between acculturation and parent feeding.

The following sections will provide a comprehensive review of these mediators and their associations with parenting feeding practices, to establish a foundation for the conceptual models (see Figures 1 and 2) guiding the current study.

Partner Relationship Quality and Parenting

The concept of partner relationship quality encompasses two sides. On the positive side, it includes partner warmth and support, while on the negative side, it involves aspects such as hostility (Kjobli & Hagen, 2009). A high-quality partner relationship is marked by the presence of warmth, with partners displaying affection and providing support to each other. In contrast, low-quality partner relationships are characterized by hostility, often leading to marital conflicts (Hakvoort et al., 2012). Previous studies have found that low partner relationship quality, characterized by partner hostility, is related to parenting hostility. For example, Stover and colleagues (2016) demonstrated, in a study of 308 parents and their 27-month-old children, a significant unique contribution of spill-over from marital conflict to parenting hostility whereby

marital conflict when children were 18 months was associated with more parental hostility when children were 27 months. Another study of 6-year-old children and their families found associations between interparental conflict and subsequent parent-to-child hostility (Harold et al., 2013). In addition, a longitudinal study with 361 mothers and their children found that mothers experiencing marital hostility when children were 6 months of age were more likely to use harsh discipline toward their children at 18 months of age (Rhoades et al., 2011). Thus, low-quality partner relationships can have negative spill-over effects on parenting.

On the other hand, high relationship quality, characterized by high partner support and warmth, is related to greater maternal sensitivity and responsivity (Tough et al., 2017). High partner relationship quality has been linked to increased sensitive parenting, where parents recognize children's cues and respond promptly and appropriately to children's needs (Huth-Bocks & Hughes, 2008; Belsky et al., 1991). In addition, Cox and colleagues (1989) studied 38 married couples in the third trimester of pregnancy and again when their children were 3 months of age. For mothers, greater marital relationship quality was found to be related to greater warmth and sensitivity in parenting. A more recent study by McCoy and colleagues (2013) also suggested that marital partners who reported higher scores in relationship quality tend to be more available and responsive to their children. Parents with high partner relationship quality often received assistance from their partners in parenting which enables them to be more sensitive and responsive toward their children (Cox et al., 1989).

Studies examining the association between partner relationship quality and parent feeding practices are more limited than general parenting. One study by Haycraft and Blissett (2010) investigated parents' reports of the quality of their romantic relationships with their partner and their feeding practices with 156 married or cohabiting mothers of young children. The study

found that the quality of parents' romantic relationships was associated with parent's feeding practices. Reports of a more hostile relationship were related to greater restriction of their children's food intake (i.e., food restriction). Therefore, this pattern mirrors what is observed in general parenting literature, and it offers an initial indication of a similar process at play in parent feeding behaviors. Coupled with evidence for negative impacts of acculturation on relationship quality (Warfield, 2018), this emerging evidence supports a potential mediating role of partner relationship quality on the association between acculturation and parent feeding behaviors.

Parenting Stress and Parenting

Previous research highlights adverse influences of parenting stress on parenting, whereby parenting stress leads to less adaptive parenting practices, increased parent-child conflict, and harsh parenting (Deater-Deckard, 2016; Calvano et al., 2022). For instance, a recent study by Doans et al. (2022) found mothers with higher parenting stress exhibit lower instrumental and emotional responsiveness to their children, reflecting reduced positive parenting interactions. Similarly, high parenting stress correlates with harsher treatment of children (Jackson & Choi, 2018; Niu et al., 2018; Choi & Becher, 2019), involving insensitivity to their needs (Chung et al., 2020; Ward et al., 2020; Wolford et al., 2019). Studies with Mexican-origin parents exhibit a similar pattern, with parenting stress positively associated with harsh parenting behaviors (Mortensen & Barnett, 2015).

Parenting stress has also emerged as a critical factor influencing parent's feeding (Abidin, 1990; Frankel et al., 2011; Hughes et al., 2015). Studies have found associations between parenting stress and increased use of pressure to eat and restriction in feeding children (Gouveia et al., 2019; Goulding et al., 2014). Greater parenting stress is also linked to reduced food monitoring (Gouveia et al., 2019). Hughes et al. (2015) propose that heightened stress leads

parents to engage in suboptimal feeding practices due to time, energy, and emotional constraints. Given Hispanic parents' elevated stress risk (Prime et al., 2020) and its positive association with mainstream American value orientation (Calzada, Sales, & O'Gara, 2019), parenting stress may serve as a potential mediator in the relationship between acculturation and feeding behaviors among Hispanic parents.

Summary

Overall, results of previous studies suggest a general shift towards indulgent feeding from authoritarian feeding as Hispanic parents acculturate from traditional Hispanic value orientation to mainstream American value orientation. Nevertheless, the process that underlies this shift in parent feeding behaviors has not yet been investigated. Based on Belsky's Determinants of Parenting model, acculturation may act as an external contextual factor affecting partner relationship quality and parenting stress, resulting in this shift from authoritarian feeding toward indulgent feeding behaviors. Acculturation has been found to be related to lower partner quality (Cowan & Cowan, 2019) and higher parenting stress (Driver & Shafeek Amin, 2019), both of which have been found to affect parenting (Brown et al., 2020; Hungerford et al., 2010). While there is little research on associations between these factors and parent feeding behaviors, the few studies that have been conducted find evidence regarding the impact of partner support (Haycraft & Blissett, 2010) and parenting stress (Driver et al., 2019) on parenting feeding behaviors, suggesting potential mediating effects on the association between acculturation and parent feeding practices (González et al., 2022; Haycraft & Blissett, 2010).

Current Study

Taken together, the literature provides support for significant associations between value orientation that results from acculturation (traditional Hispanic and mainstream American),

partner relationship quality, parenting stress, and feeding behaviors. It further reveals a two-fold gap: (a) the variables tend to be investigated separately leaving the combined associations among these variables remained underexplored; and (b) these associations in relation to parent feeding behaviors remain relatively unexplored. The current study aims to examine whether partner relationship quality and parenting stress add to our understanding of the possible shift in parent feeding behaviors that occurs with acculturation in Hispanic parents. The current study primarily focuses on Mexican origin families, as they constitute the largest Hispanic group in California. This deliberate emphasis on Mexican origin allows a strong rationale for the significance of the current analysis in understanding broader Hispanic family-level processes. This approach helps shed light on Hispanic family dynamics, as Mexican origin families are a vital component of this larger population and can offer valuable insights that extend to the broader Hispanic community. Past research has demonstrated that various factors such as the age of parents, the age of the child, parental income and education level can impact parenting (Rafferty & Griffin, 2010). Additionally, the quality of partner relationships can be influenced by relationship status. Consequently, these variables will be examined in a priori analysis to assess their potential role as confounding factors.

Hypotheses

1. Cultural value orientation, parenting stress, and partner relationship quality are uniquely related to feeding practices (pressure to eat, restriction, and monitoring). It is hypothesized that parenting stress and traditional Hispanic value orientation is positively related to pressure to eat and restriction and negatively related to food monitoring; and mainstream American value orientation and partner relationship quality are negatively related to pressure to eat and restriction, and positively related to food monitoring.

2. Partner relationship quality mediates the association between value orientations and individual feeding practices (see Figure 1).
3. Parenting stress mediates the effect of value orientations and individual feeding practices (see Figure 2).

Method

Participants

The current study utilized a subset of existing data from the California Babies Project (CBP), which is a longitudinal study of Mexican-origin families aimed at studying the development of children's self-regulation within the context of the family system. Mothers (*M*age-mother = 25.61 years, *SD* = 5.10) and their children who were between 18 months and 36 months of age who had complete data at either the 18-month - or 36-month- data collection time points (*M*age-child =19.22 months, *SD* = 2.87, 56% male) were used for the current study (*n* = 99). Only participants who completed questionnaires on all measuring variables (acculturation, parenting stress, partner relationship quality, feeding practices) are included in the current study. If parents completed the questionnaire at multiple time points, the data from the earliest time point was used in this study. All mothers identified themselves as either Hispanic or Mexican American and 54.5% of mothers reported themselves as married and living with a partner, 4% of mothers reported as married and not living with a partner, 26.3% of mothers reported dating and living with a partner, and 7.1% reported dating but not living with a partner (see Table 1).

Procedures

For the larger CBP study, Mexican-origin, English-Spanish bilingual project staff scheduled an initial home visit with families when infants were around 6 months of age (range = 3.77-10.90 months) (see Buhler, 2019 for study procedure). Informed consent and demographic

surveys were collected from the parents on the first visit. Questionnaires for parenting stress, relationship quality, and feeding practices were collected from mothers at the 6-, 18-, 36-, 48-, and 54-month visits. The current study utilized data for each child from a single visit at either the 18 (n = 42) or 36 (n = 57) month visits (age range 18 months to 38 months) (N = 99). Descriptive statistics for variables of interest is shown in Table 1.

Measures

Acculturation. Mainstream American cultural values and traditional Mexican cultural values were measured separately using the Mexican American Cultural Values Scale (MACVS) (Knight et al., 2010). The MACVS is a 50-item measure of Mexican American cultural expectations and has been used with Hispanic populations (e.g., Knight et al., 2010). The questionnaire comprises 4 subscales for evaluating *Mexican cultural values* and 3 subscales for assessing *mainstream cultural values* with a 5-point Likert scale response (1 = *not at all* to 5 = *completely*). For the current study, *Mexican cultural values* are calculated by averaging scores across the three *familism* subscales: Support (6 items, e.g., 'Parents should teach their children that the family always comes first'), Obligation (5 items, e.g., 'Children should be taught that it is their duty to care for their parents when their parents get old.'), and Referent (5 items, e.g., 'Children should always do things to make their parents happy.'). *Familism* serves as an indicator of Mexican American cultural values in the current analyses due to its importance in the parenting role. *Mainstream American values* are calculated by averaging scores across three subscales: material success (5 items, e.g., 'children should be taught that it is important to have a lot of money'), independence/self-reliance (5 items, e.g., 'people should learn how to take care of themselves and not depend on others'), and competition/personal achievement (4 items, e.g., 'one must be ready to compete with others to get ahead'). Higher scores represent higher presence of

cultural values. MACVS has been validated in Spanish for use with Hispanic participants (Knight et al., 2010). Cronbach's alpha in the current sample is .87 for Mexican cultural values (familism) and .72 for mainstream American cultural values, indicating good internal consistency reliability.

Feeding Practices. Maternal feeding behaviors were assessed using the child feeding questionnaire (CFQ) **(**Birch et al., 2001). The CFQ contains 31 questions that load onto 7 subscales. The three subscales used in the current analysis include restriction (7 items, e.g., 'I have to be sure that my child does not eat too many unhealthy foods'), pressure to eat (4 items, e.g., 'My child should always eat all of the food on his/her plate), and monitoring (3 items, e.g., 'How much do you keep track of the snacks/sweets that your child eats'). Participants respond using a 5-point Likert scale (from 1 = *never*/*unconcerned*/*disagree* to 5 = *always*/*very concerned*/*agree*). A response of 3 indicates a neutral response. The average score for each subscale is obtained by summing the items and dividing them by the total number of questions. The CFQ has been validated in Spanish for use with Hispanic children (Canals-Sans et al., 2016). Cronbach's alpha in the current sample ranges from .62 to .71, indicating good internal consistency reliability.

Partner Relationship Quality. The Behavioral Affection Rating Scale (BARS) assesses the mother's report of her romantic partner's behavior towards her. All three BARS subscales were used in this study: warmth (9 items, e.g., "How often did your partner let you know that he/she appreciates you, your ideas or the things you do?"), moderate hostility (9 items, e.g., "How often did your partner get angry at you"), and extreme hostility (4 items, e.g., "How often did your partner hit, push, grab, or shove you?"). Participants respond using a 7-point Likert scale (1 = *never* to 7 = *always*). Mean response scores for each subscale are used to calculate a

single score to be used in correlational tests and mediation analyses, computed by subtracting moderate and extreme hostility mean scores from the mean warmth score (Conger, 1989). Higher final scores (i.e., high relationship quality) indicate lower mean hostility and higher mean warmth in a relationship, while lower final scores are indicative of higher hostility and lower warmth in a relationship. The BARS has been found to demonstrate concurrent, convergent, and predictive validity (e.g., Matthews *et al*., 1996; Melby *et al.,* 2003). The BARS measure demonstrated high internal consistency in the current sample with Cronbach's alphas ranging from .71 to .83 across subscales, and an overall alpha of .78.

Parenting Stress. Parenting stress was measured using the 36-item Parenting Stress Index - Short Form (PSI-SF) (Abidin, 1983). PSI-SF is a parent-report scale designed to measure parenting stress and reflects a direct derivative of the Parenting Stress Index full-length scale (Abidin, 1995). Three 12-item subscales are included: parental distress indicates the level of distress resulting from personal factors such as relationship quality or conflict with a partner and life restrictions due to the demands of child-rearing (12 items, e.g., "I feel trapped by my responsibilities as a parent", "I feel lonely and without friends"); parent-child dysfunctional interaction indicates parents' dissatisfaction with interactions with their children (12 items, e.g., "Sometimes I feel my child doesn't like me and doesn't want to be close to me"); and difficult child measures how parents perceive their child to be in terms of self-regulation (12 items, e.g., "My child makes more demands on me than most children"). Participants respond using a 5-point Likert scale (from 1 = *strongly disagree* to 5 = *strongly agree*), with subscale scores ranging from 12 to 60. A Total Parenting Stress score is calculated by summing the scores across the three subscales where high scores indicate greater levels of parental stress. The English and Spanish versions of the PSI-SF have been found reliable in studies with Hispanic parents

(Roggman et al., 1994; Solis & Abidin, 1991). Cronbach's alpha in the current sample for total parenting stress is .73, indicating an acceptable internal consistency reliability.

Control variables. Parent and child's age, household income, mother's education level, and relationship status were examined as potential control variables based upon their significant association with mainstream cultural values, Mexican cultural values, or parent's feeding practices found in previous literature (e.g., Blewitt et al., 2016; Hooley et al., 2012; Hughes et al., 2006). Maternal age in years and child age in months were assessed as continuous variables. Parent education was measured by four dummy-coded variables: less than a high school degree, a high school diploma or equivalent, some college, and a 4-year college degree or above. The income measure is categorical representing nine income ranges with unequal intervals, from less than $5,000 to greater than $95,000. Relationship status was categorized into three groups (married, dating and living together, and dating and not living together). Bivariate correlations were conducted to examine associations between the potential control variables (income and parent's age) and scores on MACVS and feeding. *One-way ANOVAs* were conducted for education, relationship status, and income level to examine the group differences in mean scores of Mexican American cultural values, mainstream cultural values, parenting stress, and child feeding. Only mother's age was found to be significantly correlated with child feeding; hence, maternal age was included as a control variable in the final model.

Analysis

All statistical analyses were conducted using SPSS version 28.0 (IBM SPSS, Armonk, NY).

***Hypothesis 1*:** *Value orientation, parenting stress, and partner relationship quality are uniquely related to feeding practices (pressure to eat, restriction, and monitoring. It is hypothesized that*

parenting stress and traditional Hispanic value orientation are positively related to pressure to eat and restriction and negatively related to food monitoring; and partner relationship quality and traditional American value orientation will be negatively related to pressure to eat and restriction, and positively related to food monitoring.

To test associations among all study variables while controlling for maternal age, partial correlations among seven primary variables (mainstream cultural values, Mexican cultural values, parenting stress, relationship quality, pressure to eat, restriction, monitoring) were computed.

Hypothesis 2**:** *Partner relationship quality mediates the individual associations between Mexican and mainstream cultural values and each feeding practices via a positive association with Mexican cultural values and a negative association with mainstream cultural values (see Figure 1).* Baron and Kenny's method was followed to conduct a series of linear regression analyses. Baron and Kenny's method (1986) is the most commonly used method to test the statistical significance of a mediated effect when it is parameterized as the product of coefficients, *ab*. Baron and Kenny specify three conditions in order to be able to draw conclusions about the intermediary effect. Hence, to examine the mediating role of partner relationship quality, 6 equations (2 cultural values x 3 feeding practices) were tested using multiple regression with maternal age entered in step 1 in every equation as a control variable. The first condition is that both predictor variables (Mexican and mainstream American cultural values) should have a significant effect on predicted variables (individual feeding practices). In the first equation, each feeding practice is regressed separately on Mexican cultural value and on mainstream cultural value subscales. The second condition is that the predictor variables (Mexican and mainstream cultural values) should have a significant impact on the mediating

variable (partner relationship quality). The second equation involves two distinct regressions: one for partner relationship quality regressed on Mexican cultural value subscale, and another for partner relationship quality regressed on mainstream American cultural value subscales. The third condition is that when the effect of cultural values (Mexican or mainstream American) on feeding practices is entered into the model controlling for partner relationship quality, the previously significant relation between cultural values and feeding practices must no longer be significant. In the third equation, each feeding practice (restriction, pressure to eat, monitoring) is regressed on both mainstream American and Mexican cultural values and partner relationship quality. If the effect of cultural value on the feeding practice decreases in the final equation, then a "partial" mediation effect is determined; if the originally significant effect becomes insignificant ($p < .05$), then "full" mediation is determined.

Hypothesis 3**:** *Parenting stress mediates the individual association between Mexican and mainstream cultural values and each feeding practice via a negative association with Mexican cultural values and a positive association with mainstream cultural values (Figure 2).* Likewise, to examine the mediating role of parenting stress, 6 equations (2 cultural values x 3 feeding practices) were tested applying Baron and Cohen's method to multiple regression with maternal age entered in step 1 in every equation as a control variable. The first condition of the Baron and Cohen method is that both predictor variables (Mexican and mainstream cultural values) should have a significant effect on predicted variables (individual feeding practices). In the first equation, each feeding practice is regressed separately on Mexican cultural value and on mainstream cultural value subscales. The second condition is that the predictor variables (Mexican and mainstream cultural values) should have a significant impact on the mediating variable (parenting stress). The second equation involves two distinct regressions: one for

parenting stress regressed on Mexican cultural value subscale, and another for parenting stress regressed on mainstream cultural value subscales. The third condition is that when the effect of cultural values (Mexican and mainstream) is entered into the model while controlling for parenting stress, the previously significant association between cultural values and feeding practices must no longer be significant. In the third equation, each feeding practice (restriction, pressure to eat, monitoring) is regressed on both cultural values (Mexican and mainstream) and parenting stress. If the effect of cultural value on the feeding practice decreases in the final equation, then a "partial" mediation effect is determined; if the originally significant effect becomes insignificant ($p > .05$), then "full" mediation is determined.

Results

Descriptive Statistic and Correlations

Results of partial correlations (controlling for maternal age) between study variables shows a significant positive correlation between mainstream American cultural values and food monitoring ($r = .23$, $p < .05$), signifying that mothers exhibiting higher scores in mainstream American cultural values tend to engage in more food monitoring practices (see Table 2). Conversely, a significant negative correlation was observed between parenting stress and food monitoring ($r = -.21$, $p < .05$), indicating that mothers experiencing elevated levels of parenting stress tend to exhibit reduced utilization of food monitoring strategies. There was also a significant negative correlation between parenting stress and partner relationship quality ($r = -.37$, $p < .01$). Notably, no significant correlations were found between relationship quality and either mainstream American or traditional Mexican cultural values or feeding practices variables. Consequently, Model 3 will not be subjected to further analysis. Furthermore, neither parenting stress nor relationship quality demonstrated statistically significant associations with restriction

or pressure to eat practices. Due to the significant associations observed between parenting stress and both food monitoring and relationship quality, a subsequent analysis was undertaken to investigate whether partner relationship quality mediates the association between parenting stress and food monitoring.

Mediation Analysis

Entering maternal age as a control variable, regression analysis revealed a significant direct effect of mainstream cultural value on food monitoring, $b = .26$, $SE = .11$, $p < .05$ ($R^2 = 0.21$). The second regression equation examining the effect of the independent variable, mainstream cultural value, on the hypothesized mediator variable, parenting stress, indicates a non-significant direct effect, $b = -.01$, $SE = .00$, $p = .14$, with 51% of the variance explained ($R^2 = 0.51$). Based on this finding, the prerequisites for establishing a mediation model were not satisfied. Thus, the final step of mediation analysis was not conducted.

Post hoc analysis

To delve deeper into the relations between parenting stress, relationship quality, and food monitoring, a series of post hoc analyses were conducted. Multiple linear regression analyses were performed to assess a potential mediating role of partner relationship quality in the association between parenting stress and food monitoring. Entering maternal age as control variable, regression analyses revealed a significant direct effect of parenting stress on food monitoring, $b = -1.57$, $SE = .65$, $p < .05$ ($R^2 = .25$). The second equation indicates a significant direct effect of parenting stress on relationship quality, $b = .98$, $SE = .24$, $p < .001$ with 16% of the variance explained ($R^2 = .16$). In the third equation, relationship quality was entered in the final step reducing the significance of the effect of parenting stress on food monitoring ($b = -1.34$, $SE = .70$, $t = -1.91$, $p = .06$). The full model explained 25% of the variance for food

monitoring (R^2 = .25). These analyses verify the hypothesized model, indicating that parenting stress has an indirect effect on food monitoring via partner relationship quality.

Discussion

In a sample comprising Hispanic mothers, it was hypothesized that partner relationship quality and parenting stress would function as mediators in the relation between acculturation and parent feeding practices (i.e., restriction, pressure to eat, and food monitoring). Results indicate that food monitoring is the only feeding practice with significant associations, demonstrating a negative association with mainstream American cultural values and positive association with parenting stress. In addition, post-hoc analysis revealed that partner relationship quality served as a mediator in the association between parenting stress and parent's use of food monitoring once maternal age was accounted for. None of the hypothesized mediated relationships were confirmed.

The significant associations between food monitoring and both mainstream American cultural values and parenting stress is noteworthy. Interestingly, these results contradict the findings reported by Power and colleagues (2016), where parents who were highly acculturated to mainstream American cultural values tended to adopt a more indulgent feeding style. Two explanations may help to account for this discrepancy. First of all, it is important to acknowledge that the study by Power and colleagues included Hispanic parents from the first to third generations, whereas the current study includes participants who are second and third generation only. The participants in Power's study likely captured a wider range of acculturation experiences, which may have enabled the observation of shifts from more authoritarian feeding styles to more indulgent feeding styles that may happen during the acculturative process. Furthermore, while Power's research examined acculturation via English language proficiency

and media consumption, the current study examined Mexican cultural orientation and mainstream American cultural orientation separately to explore the unique contributions of these value orientations to feeding practices. The differences in measurement, as noted by past acculturation research (Kang, 2006), may contribute to the different pattern of associations with feeding practices. In future studies, it would be valuable to employ measures that encompass the multifaceted nature of acculturation when investigating how acculturation relates to the feeding practices employed by parents.

The inconsistency might also be due to the subtle distinction in the measures of feeding practices between the current study and that of Powers and colleagues (2016). While previous findings suggested that feeding practices are reflective of feeding styles, others suggest that feeding styles and feeding practices emphasize different aspects of food interactions between parents and children (Collins et al., 2014). For example, indulgent feeding styles are marked by high responsiveness and low demands regarding a child's food intake. Past research indicates that parents with an indulgent feeding style allow children to eat whatever and however much they desire, lacking a structured approach (Hubbs-Tait et al., 2008). However, this leniency does not mean a complete lack of awareness of the child's diet. In contrast, food monitoring represents a proactive parental approach, distinct from the reduction in active control seen in indulgent feeding. Rather than controlling the child's diet directly, parents practicing food monitoring keep track of what their child eats, maintaining flexibility. Parents who use an indulgent feeding style may exercise some monitoring over their child's dietary choices but utilize a lenient approach. Consequently, the measurement of food monitoring may represent a different aspect of feeding not encompassed in the indulgent feeding style. To gain a better grasp, future research could include measures of both feeding style and feeding practices. Such an approach could help unveil

nuances contributing to observed differences in their association with acculturation, clarifying how acculturation impacts these aspects of feeding differently. Ultimately, this could offer insights into the broader panorama of feeding dynamics across diverse cultural contexts.

Aligned with previous research literature, parenting stress was found to be negatively associated with mother's use of food monitoring (Frankel et al., 2021; González et al., 2022). This finding aligns with Belsky's model of parenting, which underscores the impact of parenting stress on optimal parenting behaviors. The findings suggest that heightened stress levels among parents may diminish their capacity to effectively encourage a well-balanced diet for their child. This could be attributed to the diversion of cognitive resources towards other demanding responsibilities or stress-related concerns, thereby reducing the mental resources available for practicing food monitoring.

It is important to note, however, that while parents' cultural values and parenting stress are each associated with how they monitor their child's diet, parents' cultural values and parenting stress are not significantly correlated. As such, a mediating role of parenting stress between acculturation and feeding practices was not supported. The absence of a significant association between acculturation, based on mainstream American or traditional Mexican cultural values, and parenting stress within the current study may be attributed to several factors. One explanation could be the limited variance in acculturation levels observed within the sample. There is a strong correlation (r = .86) between mainstream American cultural values and Mexican cultural values scores in the current sample, indicating that the sample is largely bicultural, with few mothers strongly oriented to a single cultural system. Hence, when interpreting the insignificant association, it is important to note that the ongoing acculturation

process and the role of cultural orientation towards a specific cultural system might not be adequately reflected in this sample.

Previous studies have suggested that the loss of the cultural value of familism might resulted in higher level of parenting stress as parents adopt more mainstream American cultural values in the acculturation process (Chun & Akutsu, 2003). Nevertheless, bicultural families might be able to maintain this familism cultural value and the sense of support and belonging. Moreover, it is important to consider that the process of acculturation might not be inherently stressful for all individuals. The high correlation between the two cultural value systems indicates that mothers are able to maintain strong orientation to traditional familism values while adopting mainstream American cultural values, which may help protect against stress. For instance, some research examining bicultural identity (e.g., Benet-Martínez et al., 2021) suggests that those who feel competent navigating mainstream American and traditional cultural identities show better well-being than their counterparts. Further, parents who experience acculturation might build a strong social support system with friends or fellow immigrants, which can buffer the stress of acculturation. In addition, parents who are more acculturated might have an easier time blending in with their neighborhood and adjusting to the mainstream cultural values. Previous studies have also found that mothers who are more acculturated to mainstream values can more successfully adjust to life in the U.S. (Benet-Martínez et al., 2006), hence more acculturated mothers, such as in the current sample, might experience lower levels of parenting stress given the social connections they have built.

Lastly, the current study uses cultural values as indicators for acculturation and focuses on familism for traditional Mexican cultural values. As such, it is not a comprehensive measure capturing the process of acculturation as it lack capturing other aspects of acculturation, such as

language and cultural identity conflict. For instance, a previous study found that language barriers were associated with higher levels of parenting stress (Kim, 2018). Factors such as these that were not captured in the current study may have more powerful associations with parenting stress. Hence, future studies can try to capture other aspects of acculturation when examining its association with parenting stress.

A novel component of this study was the exploration of the role that partner relationship quality plays in food parenting. While it was expected that partner relationship quality would buffer stress that results from acculturation due to the strong emphasis on family relationships in Hispanic culture (Cahill et al., 2021), that hypothesis was not supported. Nevertheless, it is important to acknowledge that within Hispanic culture, the emphasis on family includes an appreciation for the collective family unit, including both immediate and extended members, rather than solely prioritizing individual relationships such as with their partners (Cahill et al., 2021). Therefore, even though partner relationship is an important component of family dynamics, the quality of the partner relationship alone might not play a role in the association between acculturation and feeding practices. Future studies may consider including measures of family cohesion or immediate and extended family relationships to better capture family relationships and explore its role in acculturation and feeding practices.

While the hypothesized mediating effect was not supported, a mediating role was found between parenting stress and food monitoring whereby mothers with higher levels of parenting stress were found to have lower relationship quality with their partners, which, in turn, predicted lower use of food monitoring. This result is consistent with the hypothesis offered by Belsky et al. (1991) that parents may develop ‘a general pattern of relating’ (p. 488) that is applied to their relationships with their partner and their children. Hostility from the partner relationship may

result in disengagement in childrearing, as parents rely on similar coping strategies across family subsystems (Almeida et al., 1999). Given that food monitoring involves the ability to recognize and respond both effectively and promptly to the needs of one's child during mealtime (Cox & Harter, 2003), the frustration underlying low-quality partner relationships may expand to the broader family system and limit the resources parents are willing or able to dedicate to their parenting responsibilities during feeding. On the other hand, children benefit from mothers' use of food monitoring; therefore, children whose mothers are experiencing higher levels of stress and are in low-quality partner relationships, might be at a disadvantage (Frankel, Kuno, & Sampige, 2021). Together these findings provide empirical contributions to the study of parent feeding by providing insight into the role of partner relationship quality in parenting stress and food monitoring that previous studies have not addressed.

Interestingly, counter to the hypotheses, there was no direct or mediated association found for pressure to eat or restriction, which is contradictory to previous studies that find high parenting stress (González et al., 2022) and low partner relationship quality (Haycraft and Blisett, 2009) are associated with higher use of controlling feeding. However, this existing literature is constrained. Previous research predominantly focuses on general parenting, revealing links between parenting stress, partner relationship quality, and increased adoption of harsh parenting practices (e.g., Neppl et al., 2019). General parenting and food parenting constructs, though similar, are distinct (Shloim et al., 2015; (Tan, Herzog, & Mhanna, 2021). For instance, while controlling feeding belongs to a specific kind of parenting practice intending to achieve certain dietary goals in children (e.g., consuming more vegetables), harsh parenting typically refers to a broader and general kind of parenting that does not have to be goal-orientated (Wang & Zhou, 2016). Furthermore, in contrast to monitoring which involves parent initiation of

tracking children's diets to ensure they eat enough healthy foods and avoid overeating unhealthy foods (Vaugh et al., 2016), pressure to eat and restriction are behaviors parents use in response to their children's dietary behavior (Webber et al., 2010). Thus, while initiation of parent behaviors may be supported by partners or inhibited by feelings of stress, reactive behaviors such as pressure to eat and restriction may be more directly affected by children's behavior.

Limitations

Three limitations of the present study merit mention: 1) The current study only examined concurrent associations; 2) Only mothers' perspectives were encompassed in the data; and 3) The sample was primarily comprised of second- and third-generation immigrants.

First, while the findings of this study support a mediating role of partner relationship quality on the association between parenting stress and feeding, the analysis only tested concurrent associations. Although mediation analyses can be conducted with concurrent data, a minimum of three time points is preferable for illustrating a mediated process (Cole & Maxwell, 2003). Ultimately, the structure and direction of the mediation models were informed by prior theoretical and empirical research (Mackler et al., 2015). However, conclusions concerning the direction of associations among variables should be approached with caution. Subsequent research utilizing longitudinal designs is essential for establishing causal relationships.

Furthermore, the current study concentrated on capturing mothers' perceptions of their relationship quality with their partners, given that mothers typically serve as primary caregivers. Nevertheless, it would be advantageous for future studies to encompass partners' perspectives on relationship quality. Family is conceptualized as a system composed of diverse subsystems (mother-child dyad, father-child dyad, mother-father-child triad, etc.) that interrelate and do not operate in isolation (Browne et al., 2015). The inclusion of partners' viewpoints can furnish a

more comprehensive outlook on the family process and potential diverse perspectives on the family system. Prior investigations comparing reports of both parents to individual reports have indicated that integrating partners' perspectives yield novel insights, as partners possess contrasting perceptions regarding their relationship (Barnes & Farrell, 1992; Larson & Richards, 1994; Paulson & Sputa, 1996).

Lastly, the current sample is composed of second and third generation mothers. Although this provides valuable insights into the influence of parenting stress on feeding practices among subsequent generation parents, it might fail to capture the role of acculturation in this process. Highlighting the importance of incorporating both less acculturated and more acculturated samples is essential for gaining a comprehensive understanding of the intricate relationship between acculturation and feeding practices. These individuals often navigate intricate interactions between their heritage culture and the host country's culture, which can substantially mold their approaches to feeding their offspring (Sussner et al., 2008). For instance, Power and colleagues (2016) report that first-generation parents employ different feeding approaches compared to later generations (e.g., second or third generations). Given that Power's study had more representation from first generation mothers than the current sample, it may have more variability in the resulting acculturation scores. By incorporating a more diverse range of generational status, studies can furnish a richer and more nuanced depiction of how acculturation influences feeding behaviors and other contextual elements across diverse cultural contexts. This expansion would contribute to a more holistic and inclusive exploration of the intricate dynamics at play within the domain of feeding practices and acculturation.

Implications

The present study addressed a relatively unexplored research question and provided preliminary findings that have important implications for healthcare professionals who work with families in obesity prevention and intervention settings. For example, the current findings suggest that interventions aimed at improving the use of food monitoring would benefit from consideration of cultural value orientation. For example, current findings suggest that mainstream American cultural values are negatively associated with food monitoring. This suggests that healthcare professionals should take into account the cultural backgrounds and values of the families they work with, tailoring their strategies to better align with the specific cultural contexts of their patients. Such a nuanced approach can help enhance the effectiveness of obesity prevention and intervention programs, ultimately contributing to better health outcomes for diverse populations.

Moreover, considering the pronounced bicultural nature of our sample, healthcare professionals can leverage the current findings to gain deeper insights into the nuanced relationship between culture, parenting stress, and partner relationship quality. This awareness is vital for developing interventions that account for the unique challenges and dynamics within bicultural families. While acculturation's influence on parenting stress and partner relationship quality is evident in acculturated families, the impact may differ for bicultural families. Therefore, future interventions should carefully assess, and tailor strategies based on the distinct needs of bicultural individuals, determining the necessity for targeted prevention programs that address their specific cultural context and challenges. This approach ensures that interventions are not only effective but also culturally relevant and responsive to the diverse experiences within bicultural communities.

Physicians may also want to consider screening parent's mood and partner relationship quality during visits in order to provide potential resources and anticipatory guidance to parents regarding the decreased likelihood of monitoring their children's diet when experiencing stress (Braden et al., 2014). When designing interventions, it could also be helpful to include components that strengthen family relationships. One study on a couple-relationship improvement intervention demonstrated that improvements in the relationship between partners can lead to better engagement from fathers, suggesting a direct link between partner relationships and feeding practices. Interventions that focus on the couple's relationship might be a useful way to improve both their relationship and indirectly their parenting, particularly in families with limited financial resources (Cowan et al., 2010). For example, programs aimed at preventing obesity could emphasize maintaining strong partner support among Hispanic families. This support could help these families better handle the challenges of parenting stress. Practitioners and programs need to deliver these insights in a way that parents can easily grasp, considering that making changes to how children are fed might create additional stress within the family dynamic. This could lead to unintended negative outcomes, so careful and thoughtful communication is essential.

Conclusion

In conclusion, the United States has experienced a concerning surge in childhood obesity rates over the past decade, necessitating a thorough examination of the pivotal role parental feeding practices play in tackling this multifaceted issue. It is noteworthy that Hispanic children face a particularly high risk of obesity, thus underscoring the urgency of comprehending the factors contributing to their elevated obesity rates. Among these factors, the feeding practices employed by Hispanic parents have been identified as influential, highlighting the imperative to

untangle the intricate threads that shape their utilization of feeding strategies. Within this complex framework, the present study casts light on key determinants that might impact parental feeding practices: namely, acculturation processes, partner relationship quality, and parenting stress. The findings illuminate the substantial impact of mainstream American cultural values and parenting stress on parent feeding behaviors, as well as unveiling the intricate pathway through which partner relationship quality mediates the association between parenting stress and food monitoring, whereby poor relationship quality that results from parenting stress is a significant disruptor of parent's use of food monitoring. These insights notably accentuate the significance of adopting nuanced strategies and underscore the imperative for targeted intervention programs.

Reference

Abidin, R. R. (1983). Parenting Stress Index: Manual, Administration Booklet,[and] Research Update.

Abidin, R. R. (1990). Introduction to the special issue: The stresses of parenting. *Journal of clinical child psychology*, *19*(4), 298-301.

Abidin, R. R. (1995). *Parenting Stress Index: Professional Manual;[PSI]*. PAR, Psychological Assessment Resources.

Almeida, D. M., Wethington, E., & Chandler, A. L. (1999). Daily transmission of tensions between marital dyads and parent-child dyads. *Journal of Marriage and the Family*, 49-61.

Arlinghaus, K. R., Vollrath, K., Hernandez, D. C., Momin, S. R., O'Connor, T. M., Power, T. G., & Hughes, S. O. (2018). Authoritative parent feeding style is associated with better child dietary quality at dinner among low-income minority families. *The American journal of clinical nutrition*, *108*(4), 730-736.

Ayala, G. X., Baquero, B., & Klinger, S. (2008). A systematic review of the relationship between acculturation and diet among Latinos in the United States: implications for future research. *Journal of the American Dietetic Association*, *108*(8), 1330-1344.

Barnes, G. M., & Farrell, M. P. (1992). Parental support and control as predictors of adolescent drinking, delinquency, and related problem behaviors. *Journal of Marriage and the Family*, 763-776.

Baron, R. M., & Kenny, D. A. (1986). The moderator–mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of personality and social psychology*, *51*(6), 1173.

Belsky, J. (1984). The determinants of parenting: A process model. *Child development*, 83-96.

Belsky, J., Youngblade, L., Rovine, M., & Volling, B. (1991). Patterns of marital change and parent-child interaction. *Journal of Marriage and the Family*, 487-498.

Benet-Martínez, V., Lee, F., & Leu, J. (2006). Biculturalism and cognitive complexity: Expertise in cultural representations. *Journal of Cross-Cultural Psychology*, *37*(4), 386-407.

Berge, J. M., Tate, A., Trofholz, A., Fertig, A. R., Miner, M., Crow, S., & Neumark-Sztainer, D. (2017). Momentary parental stress and food-related parenting practices. *Pediatrics*, *140*(6).

Berge, J. M., Tate, A., Trofholz, A., Loth, K., Miner, M., Crow, S., & Neumark-Sztainer, D. (2018). Examining variability in parent feeding practices within a low-income, racially/ethnically diverse, and immigrant population using ecological momentary assessment. *Appetite*, *127*, 110-118.

Berry, J. W. (1997). Immigration, acculturation, and adaptation. *Applied psychology*, *46*(1), 5-34.

Birch, L. L., Fisher, J. O., & Davison, K. K. (2003). Learning to overeat: maternal use of restrictive feeding practices promotes girls' eating in the absence of hunger. *The American journal of clinical nutrition*, *78*(2), 215-220.

Birch, L. L., Fisher, J. O., Grimm-Thomas, K., Markey, C. N., Sawyer, R., & Johnson, S. L. (2001). Confirmatory factor analysis of the Child Feeding Questionnaire: a measure of parental attitudes, beliefs and practices about child feeding and obesity proneness. *Appetite*, *36*(3), 201-210.

Bjørklund, O., Belsky, J., Wichstrøm, L., & Steinsbekk, S. (2018). Predictors of eating behavior in middle childhood: A hybrid fixed effects model. *Developmental psychology*, *54*(6), 1099.

Blewitt, C., Bergmeier, H., Macdonald, J. A., Olsson, C. A., & Skouteris, H. (2016). Associations between parent–child relationship quality and obesogenic risk in adolescence: A systematic review of recent literature. *Obesity Reviews*, *17*(7), 612-622.

Blissett, J. (2011). Relationships between parenting style, feeding style and feeding practices and fruit and vegetable consumption in early childhood. *Appetite*, *57*(3), 826-831.

Blissett, J., & Haycraft, E. (2008). Are parenting style and controlling feeding practices related?. *Appetite*, *50*(2-3), 477-485.

Boots, S. B., Tiggemann, M., & Corsini, N. (2018). Eating in the absence of hunger in young children: The role of maternal feeding strategies. *Appetite*, *130*, 45-49.

Braden, A., Rhee, K., Peterson, C. B., Rydell, S. A., Zucker, N., & Boutelle, K. (2014). Associations between child emotional eating and general parenting style, feeding practices, and parent psychopathology. *Appetite*, *80*, 35-40.

Brown, M., Whiting, J., Kahumoku-Fessler, E., Witting, A. B., & Jensen, J. (2020). A dyadic model of stress, coping, and marital satisfaction among parents of children with autism. *Family Relations*, *69*(1), 138-150.

Brown, S. M., Doom, J. R., Lechuga-Peña, S., Watamura, S. E., & Koppels, T. (2020). Stress and parenting during the global COVID-19 pandemic. *Child abuse & neglect*, *110*, 104699.

Browne, D. T., Plamondon, A., Prime, H., Puente-Duran, S., & Wade, M. (2015). Cumulative risk and developmental health: an argument for the importance of a family-wide science. *Wiley Interdisciplinary Reviews: Cognitive Science*, *6*(4), 397-407.

Buhler, A. (2019). *Maternal Bedtime Behaviors, Infant Emotion, and Actigraphy-Recorded Sleep in Mexican Origin Infants* (Doctoral dissertation, University of California, Davis).

Cahill, K. M., Updegraff, K. A., Causadias, J. M., & Korous, K. M. (2021). Familism values and adjustment among Hispanic/Latino individuals: A systematic review and meta-analysis. *Psychological Bulletin*, *147*(9), 947.

Calvano, C., Engelke, L., Di Bella, J., Kindermann, J., Renneberg, B., & Winter, S. M. (2021). Families in the COVID-19 pandemic: parental stress, parent mental health and the occurrence of adverse childhood experiences—results of a representative survey in Germany. *European child & adolescent psychiatry*, 1-13.

Calzada, E. J., Sales, A., & O'Gara, J. L. (2019). Maternal depression and acculturative stress impacts on Mexican-origin children through authoritarian parenting. *Journal of Applied Developmental Psychology*, *63*, 65-75.

Campos, B., Perez, O. F. R., & Guardino, C. (2016). Familism: A cultural value with implications for romantic relationship quality in US Latinos. *Journal of Social and Personal Relationships*, *33*(1), 81-100.

Choi, J. K., & Becher, E. H. (2019). Supportive coparenting, parenting stress, harsh parenting, and child behavior problems in nonmarital families. *Family process*, *58*(2), 404-417.

Chung, G., Lanier, P., & Wong, P. Y. J. (2020). Mediating effects of parental stress on harsh parenting and parent-child relationship during coronavirus (COVID-19) pandemic in Singapore. *Journal of family violence*, 1-12.

Cole, D. A., & Maxwell, S. E. (2003). Testing mediational models with longitudinal data: questions and tips in the use of structural equation modeling. *Journal of abnormal psychology*, *112*(4), 558.

Collins, C., Duncanson, K., & Burrows, T. (2014). A systematic review investigating associations between parenting style and child feeding behaviours. *Journal of Human*

Nutrition and Dietetics, *27*(6), 557-568.

Cowan, C. P., & Cowan, P. A. (2019). Enhancing parenting effectiveness, fathers' involvement, couple relationship quality, and children's development: Breaking down silos in family policy making and service delivery. *Journal of Family Theory & Review*, *11*(1), 92-111.

Cowan, P. A., Cowan, C. P., & Knox, V. (2010). Marriage and fatherhood programs. *The Future of Children*, 205-230.

Cox, M. J., & Harter, K. S. (2003). Parent-child relationships.

Cox, M. J., Owen, M. T., Lewis, J. M., & Henderson, V. K. (1989). Marriage, adult adjustment, and early parenting. *Child development*, 1015-1024.

Cruz, R. A., Gonzales, N. A., Corona, M., King, K. M., Cauce, A. M., Robins, R. W., ... & Conger, R. D. (2014). Cultural dynamics and marital relationship quality in Mexican-origin families. *Journal of Family Psychology*, *28*(6), 844.

Cuy Castellanos, D. (2015). Dietary acculturation in latinos/hispanics in the United States. *American Journal of Lifestyle Medicine*, *9*(1), 31-36.

Dave, J. M., Evans, A. E., Saunders, R. P., Watkins, K. W., & Pfeiffer, K. A. (2009). Associations among food insecurity, acculturation, demographic factors, and fruit and vegetable intake at home in Hispanic children. *Journal of the American Dietetic Association*, *109*(4), 697-701.

Deater-Deckard, K., Li, M., & Bell, M. A. (2016). Multifaceted emotion regulation, stress and affect in mothers of young children. *Cognition and Emotion*, *30*(3), 444-457.

Doan, S. N., Venkatesh, S., Mendiola, I., Smiley, P. A., & Schmolze, D. B. (2022). Stressed out and fed up: The effect of stress on maternal feeding behaviors and the moderating role of executive function. *Appetite*, *168*, 105762.

Driver, N., & Shafeek Amin, N. (2019). Acculturation, social support, and maternal parenting stress among US Hispanic mothers. *Journal of Child and Family Studies*, *28*, 1359-1367.

Driver, N., & Shafeek Amin, N. (2019). Acculturation, social support, and maternal parenting stress among US Hispanic mothers. *Journal of Child and Family Studies*, *28*, 1359-1367.

Dunst, C. J., Hamby, D. W., Raab, M., & Bruder, M. B. (2017). Family socioeconomic status and ethnicity, acculturation and enculturation, and parent beliefs about child behavior, learning methods, and parenting roles. *Journal of Education and Culture Studies*, *1*(2), 99-122.

Evans, A., Seth, J. G., Smith, S., Harris, K. K., Loyo, J., Spaulding, C., ... & Gottlieb, N. (2011). Parental feeding practices and concerns related to child underweight, picky eating, and using food to calm differ according to ethnicity/race, acculturation, and income. *Maternal and child health journal*, *15*, 899-909.

Frankel, L. A., Kuno, C. B., & Sampige, R. (2021). The relationship between COVID-related parenting stress, nonresponsive feeding behaviors, and parent mental health. *Current Psychology*, 1-12.

Fuller-Iglesias, H. R., & Antonucci, T. C. (2016). Familism, social network characteristics, and well-being among older adults in Mexico. *Journal of cross-cultural gerontology*, *31*, 1-17.

Gallegos, M. L., & Segrin, C. (2022). Family connections and the Latino health paradox: exploring the mediating role of loneliness in the relationships between the Latina/o cultural value of familism and health. *Health Communication*, *37*(9), 1204-1214.

González, L. M., Lammert, A., Phelan, S., & Ventura, A. K. (2022). Associations between parenting stress, parent feeding practices, and perceptions of child eating behaviors

during the COVID-19 pandemic. *Appetite*, *177*, 106148.

Goulding, A. N., Rosenblum, K. L., Miller, A. L., Peterson, K. E., Chen, Y. P., Kaciroti, N., & Lumeng, J. C. (2014). Associations between maternal depressive symptoms and child feeding practices in a cross-sectional study of low-income mothers and their young children. *International Journal of Behavioral Nutrition and Physical Activity*, *11*(1), 1-11.

Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2019). How can mindful parenting be related to emotional eating and overeating in childhood and adolescence? The mediating role of parenting stress and parental child-feeding practices. *Appetite*, *138*, 102-114.

Harold, G. T., Leve, L. D., Elam, K. K., Thapar, A., Neiderhiser, J. M., Natsuaki, M. N., ... & Reiss, D. (2013). The nature of nurture: Disentangling passive genotype–environment correlation from family relationship influences on children's externalizing problems. *Journal of Family Psychology*, *27*(1), 12.

Hooley, M., Skouteris, H., Boganin, C., Satur, J., & Kilpatrick, N. (2012). Parental influence and the development of dental caries in children aged 0–6 years: a systematic review of the literature. *Journal of dentistry*, *40*(11), 873-885.

Hubbs-Tait, L., Kennedy, T. S., Page, M. C., Topham, G. L., & Harrist, A. W. (2008). Parental feeding practices predict authoritative, authoritarian, and permissive parenting styles. *Journal of the American dietetic association*, *108*(7), 1154-1161.

Hughes, S. O., & Power, T. G. (2018). Parenting influences on appetite and weight. In *Pediatric food preferences and eating behaviors* (pp. 165-182). Academic Press.

Hughes, S. O., Power, T. G., Fisher, J. O., Mueller, S., & Nicklas, T. A. (2005). Revisiting a neglected construct: parenting styles in a child-feeding context. *Appetite*, *44*(1), 83-92.

Hughes, S. O., Power, T. G., Liu, Y., Sharp, C., & Nicklas, T. A. (2015). Parent emotional distress and feeding styles in low-income families. The role of parent depression and parenting stress. *Appetite*, *92*, 337-342.

Hungerford, A., Ogle, R. L., & Clements, C. M. (2010). Children's exposure to intimate partner violence: Relations between parent-child concordance and children's adjustment. *Violence and victims*, *25*(2), 185-201.

Huth-Bocks, A. C., & Hughes, H. M. (2008). Parenting stress, parenting behavior, and children's adjustment in families experiencing intimate partner violence. *Journal of family violence*, *23*, 243-251.

Jackson, A. P., & Choi, J. (2018). Parenting stress, harsh parenting, and children's behavior. *Journal of Family Medicine & Community Health*, *5*(3), 10.

Kaiser, L. L., Melgar-Quinonez, H. R., Lamp, C. L., Johns, M. C., & Harwood, J. O. (2001). Acculturation of Mexican-American mothers influences child feeding strategies. *Journal of the American Dietetic Association*, *101*(5), 542-547.

Kim, J. S. (2018). Social support, acculturation stress, and parenting stress among marriage-migrant women. *Archives of Psychiatric Nursing*, *32*(6), 809-814.

Knight, G. P., Gonzales, N. A., Saenz, D. S., Bonds, D. D., Germán, M., Deardorff, J., ... & Updegraff, K. A. (2010). The Mexican American cultural values scale for adolescents and adults. *The Journal of early adolescence*, *30*(3), 444-481.

Larson, R., & Richards, M. H. (1994). *Divergent realities: The emotional lives of mothers, fathers, and adolescents.* New York: Basic Books.

Lee, J., Lee, R., & Park, M. (2016). Fathers' alcohol use and spousal abuse and mothers' child

abuse in multicultural families in South Korea: the mediating role of acculturation and parenting stress. *Children and youth services review*, *63*, 28-35.

Lorenzo-Blanco, E. I., Unger, J. B., Baezconde-Garbanati, L., Ritt-Olson, A., & Soto, D. (2012). Acculturation, enculturation, and symptoms of depression in Hispanic youth: The roles of gender, Hispanic cultural values, and family functioning. *Journal of youth and adolescence*, *41*, 1350-1365.

Loth, K. A. (2016). Associations between food restriction and pressure-to-eat parenting practices and dietary intake in children: a selective review of the recent literature. *Current Nutrition Reports*, *5*, 61-67.

Loth, K. A., MacLehose, R. F., Fulkerson, J. A., Crow, S., & Neumark-Sztainer, D. (2014). Are food restriction and pressure-to-eat parenting practices associated with adolescent disordered eating behaviors?. *International Journal of Eating Disorders*, *47*(3), 310-314.

Lytle, L. A., Kubik, M. Y., Perry, C., Story, M., Birnbaum, A. S., & Murray, D. M. (2006). Influencing healthful food choices in school and home environments: results from the TEENS study. *Preventive medicine*, *43*(1), 8-13.

Mackler, J. S., Kelleher, R. T., Shanahan, L., Calkins, S. D., Keane, S. P., & O'Brien, M. (2015). Parenting stress, parental reactions, and externalizing behavior from ages 4 to 10. *Journal of Marriage and Family*, *77*(2), 388-406.

Matthews, L. S., Conger, R. D., & Wickrama, K. A. (1996). Work-family conflict and marital quality: Mediating processes. *Social Psychology Quarterly*, 62-79.

McCoy, K. P., George, M. R., Cummings, E. M., & Davies, P. T. (2013). Constructive and destructive marital conflict, parenting, and children's school and social adjustment. *Social Development*, *22*(4), 641-662.

Melby, J. N., Hoyt, W. T., & Bryant, C. M. (2003). A generalizability approach to assessing the effects of ethnicity and training on observer ratings of family interactions. *Journal of Social and Personal Relationships*, *20*(2), 171-191.

Mortensen, J. A., & Barnett, M. A. (2015). Risk and protective factors, parenting stress, and harsh parenting in Mexican origin mothers with toddlers. *Marriage & Family Review*, *51*(1), 1-21.

Neppl, T. K., Lohman, B. J., Senia, J. M., Kavanaugh, S. A., & Cui, M. (2019). Intergenerational continuity of psychological violence: Intimate partner relationships and harsh parenting. *Psychology of violence*, *9*(3), 298.

Niu, X., Song, L., Xiao, Y., & Ge, W. (2018). Drought-tolerant plant growth-promoting rhizobacteria associated with foxtail millet in a semi-arid agroecosystem and their potential in alleviating drought stress. *Frontiers in microbiology*, *8*, 2580.

Obesity and Hispanic Americans. Obesity and Hispanic Americans - The Office of Minority Health. (n.d.). https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=70

Pai, H. L., & Contento, I. (2014). Parental perceptions, feeding practices, feeding styles, and level of acculturation of Chinese Americans in relation to their school-age child's weight status. *Appetite*, *80*, 174-182.

Paulson, S. E., & Sputa, C. L. (1996). Patterns of parenting during adolescence: Perceptions of adolescents and parents. *Adolescence*, *31*(122), 369.

Pei, X., Wang, Q., Li, X., Xie, J., Xie, S., Peng, T., ... & Jiang, H. (2016). Provision of ultrasensitive quantitative gold immunochromatography for rapid monitoring of olaquindox in animal feed and water samples. *Food Analytical Methods*, *9*, 1919-1927.

Ponnet, K., Mortelmans, D., Wouters, E., Van Leeuwen, K., Bastaits, K., & Pasteels, I. (2013). Parenting stress and marital relationship as determinants of mothers' and fathers' parenting. *Personal relationships*, *20*(2), 259-276.

Power, T. G., O'Connor, T. M., Orlet Fisher, J., & Hughes, S. O. (2015). Obesity risk in children: the role of acculturation in the feeding practices and styles of low-income Hispanic families. *Childhood Obesity*, *11*(6), 715-721.

Prime, H., Wade, M., & Browne, D. T. (2020). Risk and resilience in family well-being during the COVID-19 pandemic. *American Psychologist*, *75*(5), 631.

Rafferty, Y., & Griffin, K. W. (2010). Parenting behaviours among low-income mothers of preschool age children in the USA: implications for parenting programmes. *International Journal of Early Years Education*, *18*(2), 143-157.

Rhoades, K. A., Leve, L. D., Harold, G. T., Neiderhiser, J. M., Shaw, D. S., & Reiss, D. (2011). Longitudinal pathways from marital hostility to child anger during toddlerhood: genetic susceptibility and indirect effects via harsh parenting. *Journal of Family Psychology*, *25*(2), 282.

Roggman, L. A., Moe, S. T., Hart, A. D., & Forthun, L. F. (1994). Family leisure and social support: Relations with parenting stress and psychological well-being in Head Start parents. *Early Childhood Research Quarterly*, *9*(3-4), 463-480.

Sahoo, K., Sahoo, B., Choudhury, A. K., Sofi, N. Y., Kumar, R., & Bhadoria, A. S. (2015). Childhood obesity: causes and consequences. *Journal of family medicine and primary care*, *4*(2), 187.

Sam, D. L., & Berry, J. W. (2010). Acculturation: When individuals and groups of different cultural backgrounds meet. *Perspectives on psychological science*, *5*(4), 472-481.

Shloim, N., Edelson, L. R., Martin, N., & Hetherington, M. M. (2015). Parenting styles, feeding styles, feeding practices, and weight status in 4–12 year-old children: A systematic review of the literature. *Frontiers in psychology*, *6*, 1849.

Solis, M. L., & Abidin, R. R. (1991). The Spanish version parenting stress index: A psychometric study. *Journal of Clinical Child and Adolescent Psychology*, *20*(4), 372-378.

Stover, C. S., Zhou, Y., Kiselica, A., Leve, L. D., Neiderhiser, J. M., Shaw, D. S., ... & Reiss, D. (2016). Marital hostility, hostile parenting, and child aggression: Associations from toddlerhood to school age. *Journal of the American Academy of Child & Adolescent Psychiatry*, *55*(3), 235-242.

Sussner, K. M., Lindsay, A. C., Greaney, M. L., & Peterson, K. E. (2008). The influence of immigrant status and acculturation on the development of overweight in Latino families: a qualitative study. *Journal of immigrant and minority health*, *10*, 497-505.

Tan, C. C., Herzog, N. K., & Mhanna, A. (2021). Associations between supportive and undermining coparenting and controlling feeding practices. *Appetite*, *165*, 105326.

Thullen, M., & Bonsall, A. (2017). Co-parenting quality, parenting stress, and feeding challenges in families with a child diagnosed with autism spectrum disorder. *Journal of Autism and Developmental Disorders*, *47*, 878-886.

Tough, H., Brinkhof, M. W., Siegrist, J., & Fekete, C. (2017). Subjective caregiver burden and caregiver satisfaction: the role of partner relationship quality and reciprocity. *Archives of physical medicine and rehabilitation*, *98*(10), 2042-2051.

Turney, K. (2014). Stress proliferation across generations? Examining the relationship between parental incarceration and childhood health. *Journal of health and social behavior*, *55*(3),

302-319.

Vaughn, A. E., Ward, D. S., Fisher, J. O., Faith, M. S., Hughes, S. O., Kremers, S. P., ... & Power, T. G. (2016). Fundamental constructs in food parenting practices: a content map to guide future research. *Nutrition reviews*, *74*(2), 98-117.

Wang, M., & Zhou, Z. (2016). Harsh parenting: Meaning, influential factors and mechanisms. *Advances in Psychological Science*, *24*(3), 379.

Ward, K. P., & Lee, S. J. (2020). Mothers' and fathers' parenting stress, responsiveness, and child wellbeing among low-income families. *Children and Youth Services Review*, *116*, 105218.

Webb, H. J., & Haycraft, E. (2019). Parental body dissatisfaction and controlling child feeding practices: A prospective study of Australian parent-child dyads. *Eating behaviors*, *32*, 1-6.

Webber, L., Cooke, L., Hill, C., & Wardle, J. (2010). Child adiposity and maternal feeding practices: a longitudinal analysis. *The American journal of clinical nutrition*, *92*(6), 1423-1428.

Wolford, S. N., Cooper, A. N., & McWey, L. M. (2019). Maternal depression, maltreatment history, and child outcomes: The role of harsh parenting. *American journal of orthopsychiatry*, *89*(2), 181.

Zhou, Z., Liew, J., Yeh, Y. C., & Perez, M. (2020). Appetitive traits and weight in children: evidence for parents' controlling feeding practices as mediating mechanisms. *The Journal of genetic psychology*, *181*(1), 1-13.

Table 1

Descriptive Statistics for Sample Characteristics (N = 99).

Variables	***M***	***SD***
Child age (years)	2.3	0.92
Maternal age	25.61	5.10
	n	**%**
Relationship status		
Single	5	5.1%
Married, living together	54	54.5%
Married, not living together	4	4.0%
Living with a partner	26	26.3%
Dating	7	7.1%
Other	3	3%
Household income (<$35,000)[a]	41	41.4%
Education level		
High school or below	62	62.6%
Community college or technical school	17	17.2%
4-year college degree	14	14.1%
Graduate degree	6	6.1%
Employment status		
Employed	45	49.5%
Unemployed	39	42.9%
Student, full-time or part-time	3	3.3%
Job leave	3	3.3%
Other	1	1.0%

Table 2

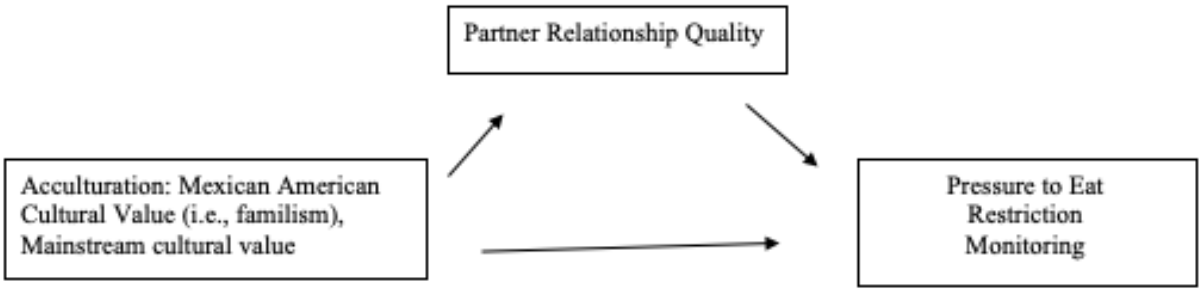
Descriptive Statistics and Partial Correlations, Controlling for Maternal Age, between Variables of Interest.

	1	2	3	4	5	6	7
Food Restriction	-						
Pressure to eat	.75***	-					
Monitoring	.57***	.65***	-				
Parenting stress	-.05	.01	-.21*	-			
Partner Relationship Quality	.10	-.04	-.14	-.37***	-		
Mexican American Cultural Values	-.01	.15	.07	.12	.09	-	
Mainstream American Cultural Values	.09	.09	.23*	.10	.15	0.86***	-
M	11.867	24.727	15.636	1.969	-.692	220.636	123.18
SD	3.741	10.314	4.057	.538	1.391	52.091	33.45

*p<.05, **p<.01, ***p<.001

Figure 1

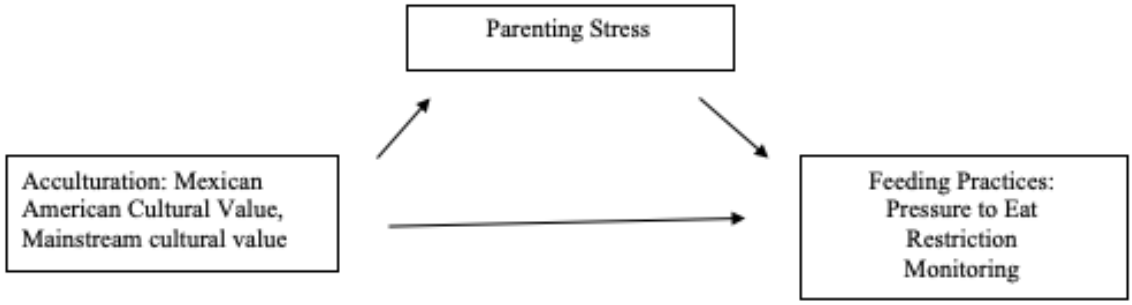
Mediating Role of Partner Relationship Quality



Note. The conceptual model showing the mediating role of partner relationship quality on effect of acculturation (i.e., Mexican American cultural value and mainstream cultural value) on mother's feeding practices (i.e., pressure to eat, restriction, monitoring).

Figure 2

Mediating Role of Parenting Stress



Note. The conceptual model showing the mediating role of partner relationship quality on effect of acculturation (i.e., Mexican American cultural value and mainstream cultural value) on mother's feeding practices (i.e., pressure to eat, restriction, monitoring).