



Culturally Validated: Assessing Overprotection and Overcontrol in Childhood using the Chinese Version of the Expanded Childhood Trauma Questionnaire (CTQ-33)

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INTRODUCTION

The study assesses the reliability and validity of the 33-item Expanded Childhood Trauma Questionnaire (CTQ-33) in its Chinese version, specifically focusing on the concepts of overprotection and over control experienced during childhood. Overprotection refers to excessive parental monitoring, control, and restriction of a child's autonomy and independence, while over control encompasses rigid and authoritarian parenting styles that limit emotional expression and personal growth.

DESCRIPTION

Overprotection and over control are parenting behaviors characterized by excessive monitoring, restriction of autonomy, and intrusiveness into the child's life. While these behaviors may stem from well-intentioned parental concerns, they can have adverse effects on a child's emotional and psychological development, contributing to anxiety, low self-esteem, and impaired coping skills. The Chinese cultural context places a strong emphasis on filial piety, obedience, and conformity, which can influence parenting practices related to overprotection and over control. The development of the Chinese version of the CTQ-33 involved adapting the original CTQ items to align with Chinese cultural norms and parenting behaviors. This process included linguistic translation, cultural adaptation, and validation to ensure the instrument's relevance and reliability within the Chinese population. The CTQ-33 comprises 33 items divided into five subscales: emotional abuse, physical abuse, sexual abuse, emotional neglect, and overprotection/over control. The inclusion of the overprotection/over control subscale in the CTQ-33 acknowledges the significance of these parenting behaviors in the Chinese context. Overprotection is characterized by excessive parental involvement, over monitoring, and intrusion into the child's activities and decision-making processes. It reflects a desire to protect the child from

harm but can lead to feelings of suffocation, dependence, and reduced autonomy. Over control, on the other hand, involves strict rules, high expectations, and limited freedom for the child to explore and express themselves. While these behaviors may stem from parental concerns for the child's well-being and success, they can hinder emotional growth and independence. The CTQ-33's overprotection/over control subscale includes items such as "My parent(s) or other adult caregiver(s) were too strict or demanding," "I felt that my parent(s) or other adult caregiver(s) were too controlling," and "I felt that my parent(s) or other adult caregiver(s) tried to make me feel dependent on them." These items capture the essence of overprotection and over control as perceived by individuals raised in the Chinese cultural context. The validation of the CTQ-33 involved psychometric testing to assess its reliability and validity in measuring overprotection and over control experiences in childhood among Chinese individuals. Psychometric properties such as internal consistency, test-retest reliability, convergent validity, and discriminant validity were evaluated to ensure the instrument's robustness and accuracy.

CONCLUSION

In conclusion, the Chinese version of the Expanded Childhood Trauma Questionnaire (CTQ-33) provides a culturally validated assessment tool for measuring overprotection and over control experiences in childhood within the Chinese population. By incorporating culturally relevant items and addressing parenting behaviors specific to the Chinese cultural context, the CTQ-33 contributes to our understanding of how childhood experiences influence mental health outcomes across diverse cultural backgrounds. Its use facilitates research, clinical assessment, and intervention strategies aimed at promoting positive parent-child relationships and fostering healthy emotional development in children.

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