



tcmhcc
Texas Child Mental
Health Care Consortium

Parenting in Real Time:

Preliminary findings from an ecological momentary assessment study

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Project Title: Ecological Momentary Assessment of the Impact of Parental Emotion Socialization on Childhood Anxiety*

Childhood Anxiety: State of Affairs

\$46.6 Billion

Annual US Cost of Child Anxiety

40%

Non-responders to gold-standard therapy

48%

Relapse Within 4 Years



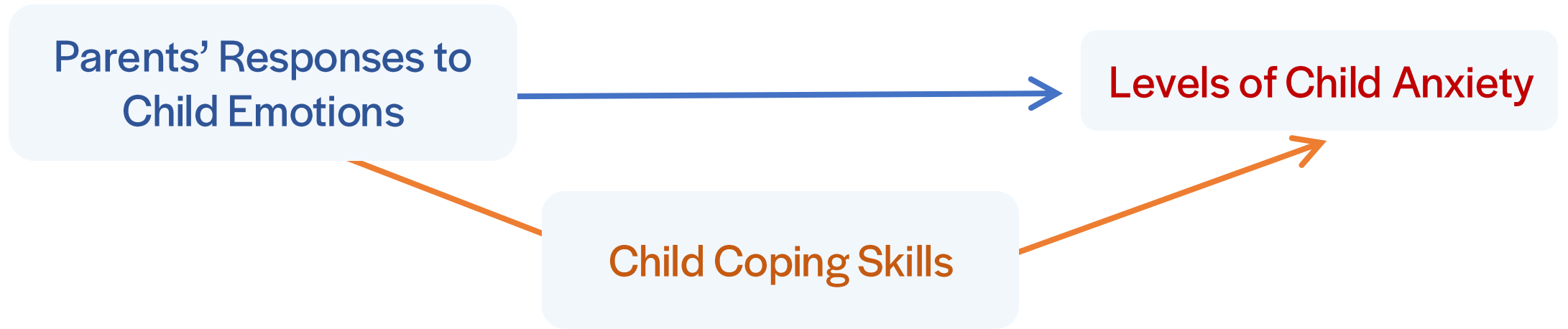
Parents are allies in supporting child mental health

Standard research misses real-time interactions

Leveraging **ecological momentary assessment** could inform just-in-time support



The Big Picture



QUESTION 1

How could parent responses to negative feelings influence child anxiety?

QUESTION 2

How do parents help kids cope with difficult situations?

QUESTION 3

Who is at higher risk? A look at temperament

How We Are Tracking Families in Real Time



REAL Study
RESEARCH ON ECOLOGICAL
MOMENTARY ASSESSMENT
OF ANXIETY AND FAMILIES

Ecological Momentary Assessment

- 15-Day Smartphone Study
- 3 Prompts Daily
- Parent-child Pair
- Questions on recent interactions between child and parent

Key Measures

1. Child State Anxiety (1–10 Scale)

IF child experienced a negative emotion in recent interactions:

2. Parent Emotion Socialization (Supportive vs “Unsupportive”)

3. Child Emotion Regulation (Adaptive vs. Maladaptive)



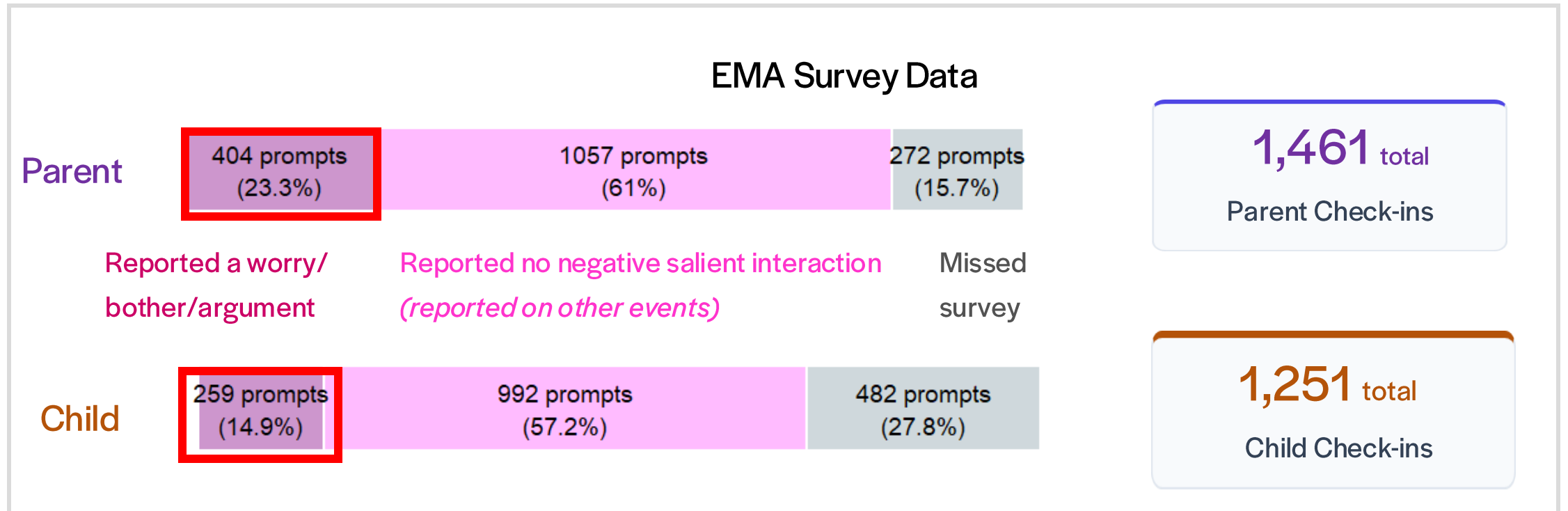
Who's Participated So Far

Child-parent dyads of child 8-17 years old with an anxiety disorder diagnosis in TX (N=40)

Child: Average 13 years old; 67% Female; 80% White; 28% Latinx/Hispanic

Common primary disorders: social anxiety disorder (35%), generalized anxiety disorder (28%), specific phobia (20%)

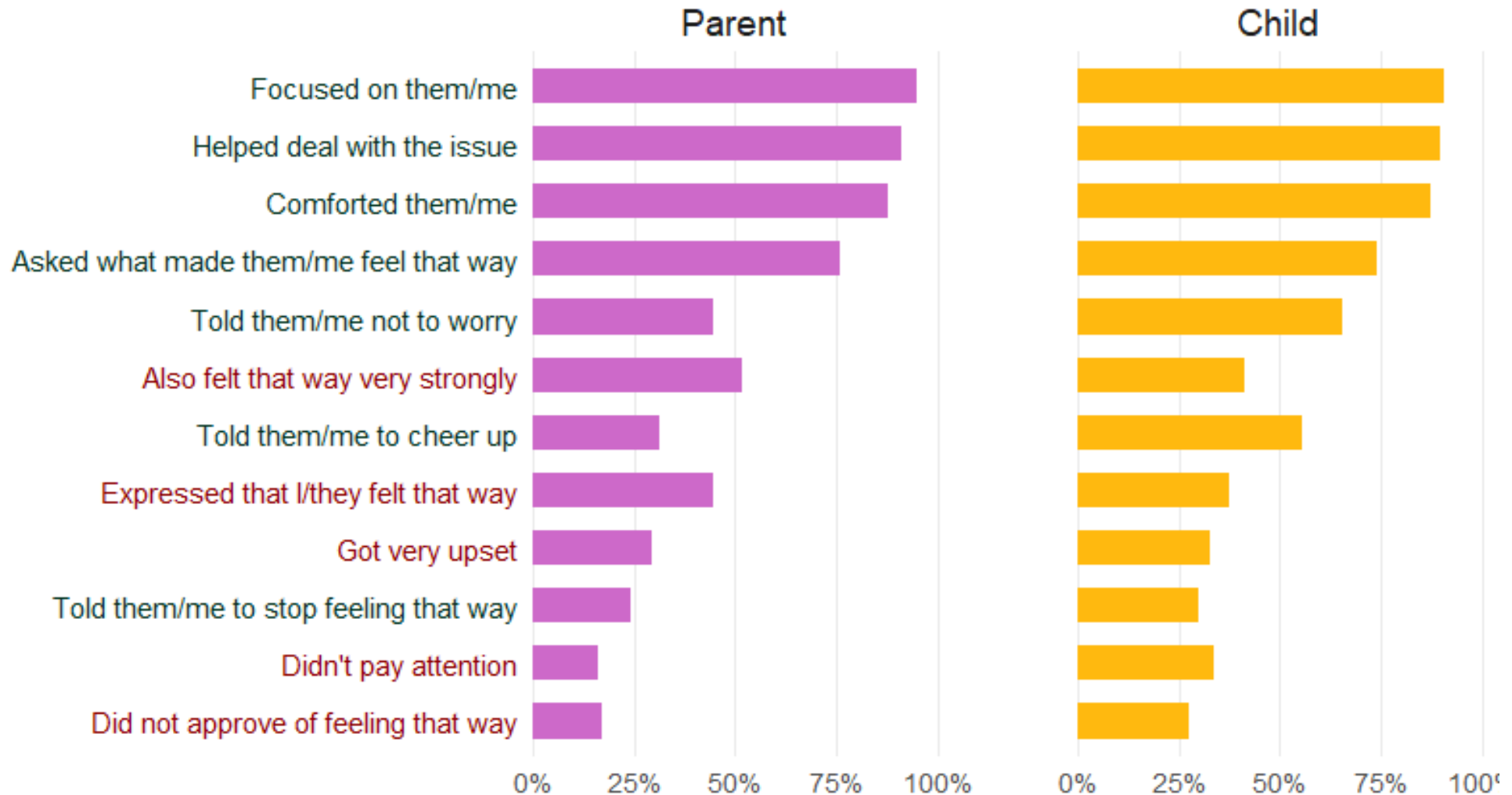
Parent: Average 44 years old (30-57); 100% Female, 78% White; 25% Latinx/Hispanic



QUESTION 1

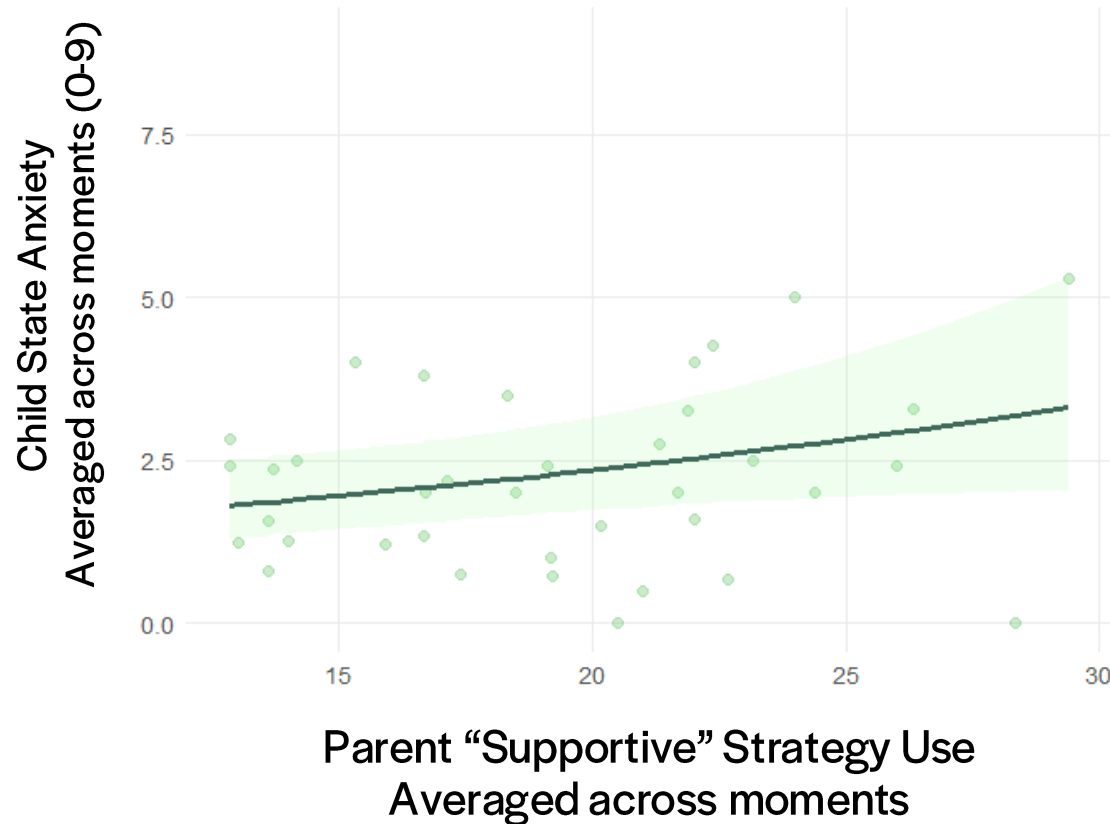
How are Parents Responding to their Kids' Emotions Across Moments?

When my child (I) was feeling [angry/sad/anxious/upset], I (they)...

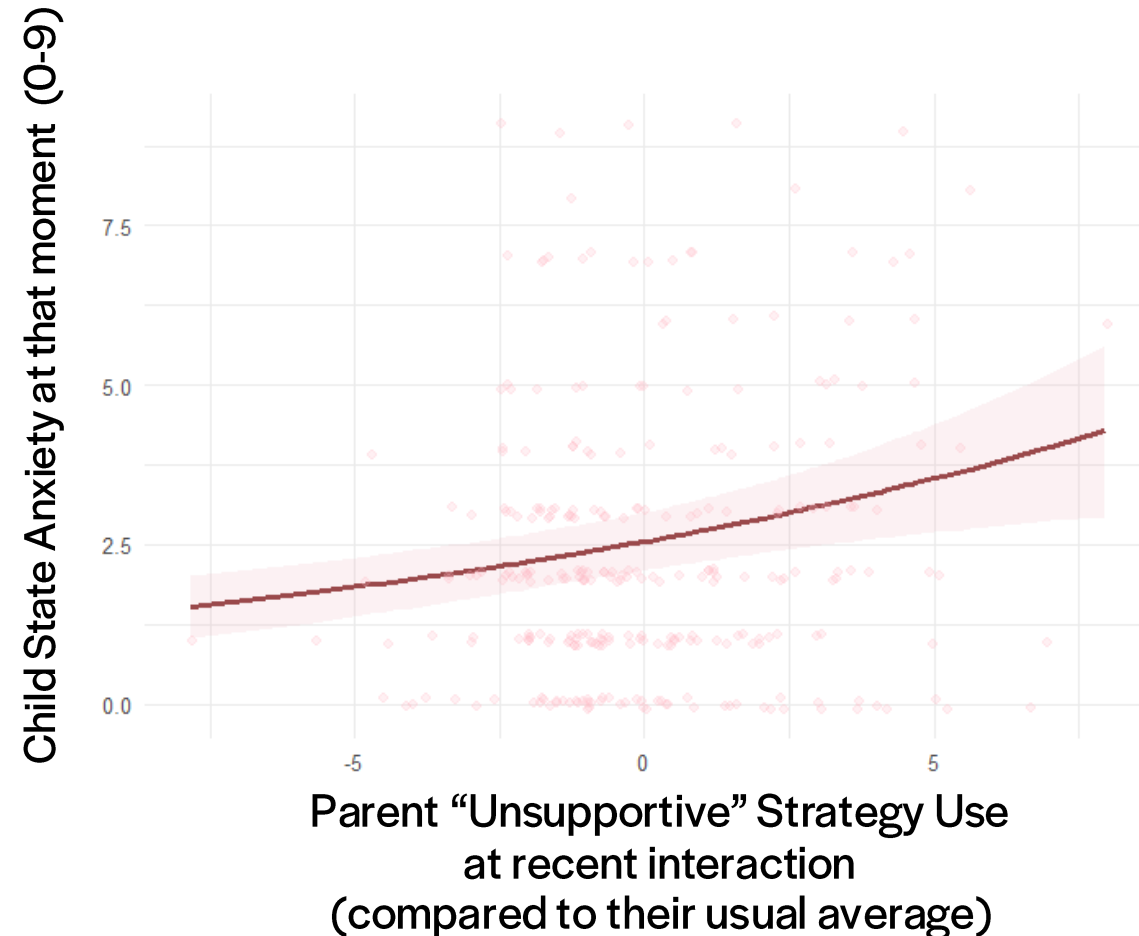


How Do These Responses Influence Kid's Anxiety?

...relative to other parents/kids?



...relative to *their usual selves*?



Reflections & Future Directions



Broad picture vs. moment-to-moment changes

Next: child coping, child temperament



Future "Just-In-Time" Parent Coaching App?

"The right support, the right amount, at the right time"



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Peter Boedeker, and Bryan Denny; and the
families who have contributed their time and
effort to this study*



We are still recruiting participants!

Study Contact: REALStudy@bcm.edu

Families interested in learning more can
reach out to us through the QR Code or
<https://redcap.link/bcmrealstudy>



**Are you the parent of a child
8 - 17 years old with anxiety?**



REAL Study
RESEARCH ON ECOLOGICAL
MOMENTARY ASSESSMENT
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Baylor
College of
Medicine

Your child may be eligible for a research study.



WHAT IS THIS STUDY ABOUT?

Researchers at Baylor College of Medicine are studying how children and parents talk about emotions on a day-to-day basis and how this helps children cope with emotions such as anxiety.

WHAT'S INVOLVED?

If you agree to participate, you and your child will both be asked to:

- Complete one 2-hour study visit together (remotely or in-person) to answer questions about thoughts, feelings, and behaviors.
- Fill out short surveys on a smartphone app for 15 days.



IS THIS STUDY RIGHT FOR ME?

- Do you have a child between the ages of 8 – 17 years old with anxiety?
- Do you and your child currently reside together, in Texas?
- Do you and your child speak and read English?

WILL I BE COMPENSATED?

Yes! You will earn up to \$90 depending on how much of the study activities you complete.



If you're interested, contact a member of the study team at REALStudy@bcm.edu or scan the QR code!

NOTE: Health information shared online is not secure.
Please do not comment on this post with any private or personal health information.