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mindfulness may be associated with their child's outcomes such as sexual shame, sexual anxiety, self-regulation, anxiety, body-esteem, disclosure to parents about sexuality because these topics surrounding sex may be linked to the overall environment the parent creates [3] Mindful relational theory might suggest that a mindful parent would be more aware of automatic responses and replace them with behavior and dialogue that is more intentional and accepting, thereby creating more connection. Mindful parents may be slower to judge a child's behavior, attitudes, or comments about sex as negative, and instead be curious to explore their ideas and guide the child with thoughtful reasoning. Additionally, mindful relational theory suggests that mindful individuals create a self-other connectedness that encourages positive appraisals of their relationship [3]

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Although the benefits of mindfulness for adolescents are less studied, some research has shown that adolescents' trait mindfulness is associated with positive outcomes such as body esteem and self-efficacy [15,25,26]. Additionally, preliminary research has shown that adolescents' sexual mindfulness was positively associated with adolescent consent beliefs and negatively associated with adolescent sexual shame [15]. Both trait and sexual mindfulness in adolescence may play important roles in adolescents' disclosure to parents and frequency of discussion relating to sexual issues [15].

Preliminary research findings suggest that mindfulness can reduce anxiety symptoms in adolescents [27]. Mindful practices encourage adolescents to be curious, accepting, and aware of anxious feelings through intentional focus on the present moment, while reducing anxiety through loving-kindness and self-acceptance practices [17]. Research also indicates that parents' mindfulness may be associated with less child anxiety, even when controlling for the child's mindfulness, suggesting that parental mindfulness can positively influence child mental health outcomes [28].

Mindfulness has also been linked to improve adolescent sexual outcomes; however, research is limited. Sexual shame has been shown to be negatively correlated with trait mindfulness for adolescents [15]. Parents with higher trait and sexual mindfulness tend to experience higher sexual satisfaction [13,15,20,21], found in an adolescent sample that sexual mindfulness was negatively associated with sexual shame. Parental mindfulness and sexual mindfulness may positively influence how adolescents view their own sexuality.

Sexual anxiety has shown a negative association with mindfulness in adult populations [29,30] and we suggest these associations may also apply to adolescent outcomes when parents display mindfulness [13]. found that mindfulness was associated with higher body esteem for adolescents who were not sexually active, and negatively associated with sexual anxiety for sexually active adolescents. We postulate that parent sexual

Methods

The sample for this study was acquired through data from the Healthy Sexuality Project, a longitudinal study of sexuality and sexual communication in parent-child triads. Individuals were recruited through Bovitz and answered

M=4.08; t=23.03, p<0.001). No differences were found between moms and dads for sexual awareness.

In general, parental mindfulness tended to predict healthy outcomes in adolescents, though this varied by outcome, by adolescent's gender, and by mother's or father's mindfulness. (Not all significant findings are listed here due to space limitations. For full results of the path model, see Table 1.) For example, boys' disclosure to dad was more likely if mom was sexually aware (β=0.53, p<0.001) and girls' disclosure to dad was more likely if dad was sexually aware (β=0.43, p<0.01). Boys were less likely to report sexual shame (β=-0.32, p<.01) if dads reported non-judgement or trait mindfulness (β=-0.14, p<0.01) and boys were also less likely to report sexual anxiety if their dad showed trait mindfulness (β=-0.21, p<0.001) or mom showed non-judgement (β=-0.17, p<0.05). For girls, sexual anxiety was negatively associated with mom's trait mindfulness (β=-0.29, p<0.001) and dad's non-judgement (β=-0.20, p<0.05). Additionally, dad's awareness was associated with increased self-regulation for boys (β=0.19, p< 0.05) as was mom's awareness (β=0.25, p<0.01) for girls.

A few findings went counter to what was hypothesized, such as girl's body esteem which was negatively associated with their mom's non-judgement (β=-0.22, p<0.01) but positively associated with dads' non-judgement (β=0.37, p< 0.001).

	()	()
Disclosure to Dad	0.19	0.13
Mom mindfulness	.04 (.11)	.07 (.10)
Dad mindfulness	.11 (.12)	.07 (.09)
Mom awareness	.58*** (.15)	.24 (.14)
Dad awareness	.09 (.17)	.43** (.15)
Mom non-judgement	-.21 (.16)	-.06 (.11)
Dad non-judgement	.09 (.19)	-.19 (.12)
Disclosure to Mom	0.14	0.14
Mom mindfulness	.04 (.10)	-.06 (.12)
Dad mindfulness	.13 (.11)	.01 (.11)
Mom awareness	.60*** (.15)	.66*** (.17)

Results for the analysis of communication outcomes also showed that in general, higher levels of trait and sexual mindfulness in parents were associated with better sexual communication between parent and child. For full results of the communication outcomes, see Table 2. Some noteworthy results include that for boys, mutuality of conversation with mom was positively associated with moms' mindfulness (β=0.11, p<0.05), moms' awareness (β=0.17, p<0.05) and dads' awareness (β=0.19, p<0.05) and non-judgement (β=0.28, p<0.01). For girls, mutuality of conversation with mom was associated with moms' awareness (β=0.33, p<0.001). For boys, mutuality of conversation with dad was positively associated with dads' awareness (β=0.32, p<0.01) and non-judgement (β=0.28, p<0.05) and for girls, with dads' awareness (β=0.55, p<0.001). For girls, moms' parental control was negatively associated with dads' awareness (β=-0.27, p<0.05) and non-judgement for boys (β=-0.29, p<0.05) and dads' parental control was negatively associated with moms' non-judgement (β=-0.31, p<0.05). For boys, frequency of sexual communication with both mom (β=0.30, p<0.001) and dad (β=0.30, p<0.001) was predicted by moms' awareness but, unexpectedly, negatively associated with moms' non-judgement (β=-0.25, p<0.01). Specifically, boys were more likely to talk about sexual physiology with both mom (β=0.28, p<0.01) and dad (β=0.32, p<0.001) when moms reported more awareness, but they were less likely to discuss sexual physiology with mom (β=-0.20, p<0.05) or dad (β=-0.30, p<0.001) when moms reported more non-judgement. For girls, discussing sexual

Mom mindfulness	.18*** (.05)	.14** (.05)
Dad mindfulness	.10 (.06)	.09 (.05)
Mom awareness	.07 (.07)	.25** (.08)
Dad awareness	.19* (.08)	.02 (.09)
Mom non-judgement	-.04 (.08)	-.10 (.06)
Dad non-judgement	.12 (.09)	.07 (.07)
Anxiety	0.18	0.19
Mom mindfulness	-0.0036	-.25*** (.05)
Dad mindfulness	-.17*** (.04)	-.01 (.05)
Mom awareness	.13* (.06)	.05 (.08)
Dad awareness	-.05 (.07)	.06 (.09)
Mom non-judgement	-.07 (.06)	-.01 (.06)
Dad non-judgement	.01 (.07)	-.10 (.07)
Body esteem	0.21	0.3
Mom mindfulness	.15** (.05)	.25** (.07)
Dad mindfulness	.06 (.06)	.00 (.07)
Mom awareness	-.02 (.07)	.01 (.11)
Dad awareness	.23** (.08)	.17 (.12)
Mom non-judgement	-.03 (.07)	-.22** (.08)
Dad non-judgement	.25** (.09)	.37*** (.10)
Child mindfulness	0.32	0.3
Mom mindfulness	.37*** (.06)	.38*** (.07)
Dad mindfulness	.16** (.06)	.11 (.06)
Mom awareness	.01 (.09)	.12 (.10)
Dad awareness	.04 (.09)	-.08 (.10)
Mom non-judgement	.02 (.09)	.05 (.08)
Dad non-judgement	.31** (.10)	.08 (.09)
Secrecy from Dad	0.1	0.16
Mom mindfulness	-.19 (.12)	-.63*** (.17)
Dad mindfulness	.00 (.13)	.04 (.15)
Mom awareness	-.19 (.17)	.54* (.25)

Dad awareness	.03 (.19)		-.21 (.26)
Mom non-judgement	-.12 (.17)		-.07 (.20)
Dad non-judgement	-.31 (.21)		-0.1188
Secrecy from Mom		0.14	0.16
Mom mindfulness	-.36*** (.10)		-.35** (.12)
Dad mindfulness	.16 (.12)		-.05 (.12)
Mom awareness	-0.0495		.18 (.18)
Dad awareness	.05 (.18)		-.09 (.20)
Mom non-judgement	-.11 (.16)		-.15 (.14)
Dad non-judgement	-.52* (.19)		-.19 (.17)

*p<.05, **p<.01, ***p<.001; N=620 families.

Mom awareness	.11 (.10)		-.12 (.14)
Dad awareness	.32** (.12)		.55*** (.15)
Mom non-judgement	.00 (.11)		-.08 (.11)
Dad non-judgement	.28* (.13)		.07 (.12)
Sex Communication with Mom Frequency		0.19	0.14
Mom mindfulness	.05 (.05)		-.02 (.06)
Dad mindfulness	.02 (.06)		.08 (.05)
Mom awareness	.30*** (.08)		.17* (.08)
Dad awareness	.11 (.10)		.22* (.09)
Mom non-judgement	-.16 (.09)		-.09 (.06)
Dad non-judgement	.07 (.11)		-.09 (.07)
Sex Communication with Dad Frequency		0.3	0.19
Mom mindfulness	.01 (.05)		.06 (.06)
Dad mindfulness	.07 (.06)		.08 (.05)
Mom awareness	.30*** (.08)		.08 (.08)
Dad awareness	.18 (.09)		.36*** (.08)
Mom non-judgement	-.25** (.08)		-.12 (.07)
Dad non-judgement	.16 (.10)		-.12 (.07)
Frequency with Mom:		0.16	0.14
Sex physiology			
Mom mindfulness	.05 (.06)		.00 (.06)
Dad mindfulness	.02 (.07)		.05 (.05)
Mom awareness	.28** (.09)		.15 (.09)
Dad awareness	.07 (.11)		.29** (.09)
Mom non-judgement	-0.018		-.10 (.07)
Dad non-judgement	.06 (.12)		-.10 (.08)
Frequency with Dad: Sex Physiology		0.3	0.19
Mom mindfulness	.04 (.06)		.06 (.06)
Dad mindfulness	.04 (.07)		.09 (.05)
Mom awareness	.32*** (.09)		.07 (.09)
Dad awareness	.16 (.10)		.34*** (.09)
Mom non-judgement	-.30*** (.09)		-.12 (.07)
Dad non-judgement	.16 (.11)		-.12 (.07)
Frequency with Mom: Sex Risk		0.18	0.13
Mom mindfulness	.07 (.06)		-.04 (.07)
Dad mindfulness	-.01 (.08)		.09 (.07)
Mom awareness	.34*** (.10)		.20 (.11)
Dad awareness	.16 (.12)		.24* (.11)
Mom non-judgement	-.17 (.10)		-.12 (.08)
Dad non-judgement	.19 (.13)		-.06 (.09)
Frequency with Dad: Sex Risk		0.3	0.16
Mom mindfulness	.00 (.07)		.10 (.08)
Dad mindfulness	.10 (.07)		.05 (.07)
Mom awareness	.36*** (.10)		.08 (.12)
Dad awareness	.24* (.11)		.46*** (.12)
Mom non-judgement	-.26		

Mom non- judgement	-.13 (.09)	-.06 (.07)
Dad non- judgement	-.11 (.11)	-.15 (.09)
Frequency with Dad: Positive Aspects of Sex	0.19	0.14
Mom mindfulness	-.02 (.06)	.03 (.06)
Dad mindfulness	.08 (.07)	.09 (.05)
Mom awareness	.26** (.09)	.08 (.08)
Dad awareness	.16 (.10)	.25** (.08)
Mom non-judgement	-.24** (.09)	-.08 (.06)
Dad non-judgement	.13 (.11)	-.10 (.07)

*p<.05, **p<.01, ***p<.001; N = 620 families.

physiology with mom was predicted by dads' awareness ($\beta=0.29$, $p<0.01$) and discussing sexual physiology with dads was positively associated with dads' awareness ($\beta=0.34$, $p<0.001$) (Tables 1 and 2).

This study is the first to examine how a parent's mindfulness skills may be linked to their child's outcomes and their child's perceptions of the quality and frequency of sexual conversations. We found that both moms' and dads' trait and sexual mindfulness mattered for various adolescent outcomes. The interpersonal environment that parents create through their practice of slowing down, being more present, and being less judgemental appears to be connected to how adolescents feel about their body, their sexuality, and how they communicate with their parent, particularly on topics of sex. These findings are grounded in the theoretical model of mindful relational interactions [13], in that mindful moms and, specifically sexually mindful moms and dads, were more likely to have adolescents with positive outcomes and positive assessments of sexual communication quality and frequency.

Moms' and Dads' trait mindfulness was important in several outcomes. Mindful moms' boys and girls reported being more mindful themselves, feeling more self-regulation and less anxiety, having a better perspective of their body, and being less secretive with their mom, and for girls less secretive with their dads. Girls of mindful moms also reported feeling less sexual anxiety. Dads' mindfulness was mainly associated with their boys' outcomes. Mindful dads' boys reported less sexual shame and less general and sexual anxiety. This finding is consistent with earlier research that suggested moms and daughters

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