

**The Correlation Between the Eldest Daughter's Relationship with Her Mother and Her
Mental Health**

Hannah Miller

Clinical Mental Health Counseling

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Approved By Moody Theological Seminary

Abstract

This quantitative study examines the eldest daughter and mother relationship. Many times when there are studies being done around the topic of birth order or the eldest child, those studies focus on oldest sons or the eldest child in general. This is an understudied area in research. The reason is that eldest daughters bear more of the emotional weight of the family. Eldest daughters are expected to care for the family emotionally and to hold the family together. Eldest daughters also have more anxiety around the pressure of success and perfectionism than the eldest son. In this study, we will only look at the eldest daughter and how her relationship with her mother affects her perfectionism and mental health. Research questions address what dynamics create a healthy eldest daughter, what does the relationship between a daughter and her mother look like, and how does the relationship with her mother affect her mental health and perfectionism? The study is a quantitative study of the eldest daughter, combining multiple scales on the topic. This study will identify the eldest daughter as the population, determine eligibility, abstract and analyze the data, and draw conclusions based on the findings. Results indicate a correlation between a positive relationship between mother and daughter and the eldest daughter's mental health. There are 31 participants in this study. Each participant is the eldest daughter. The findings include a correlation between a positive relationship with the eldest daughter's mother and her mental health well-being. The results of this study can be used for family therapy and understanding family dynamics along with individual counseling.

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Dedication

To all of the eldest daughters who had to be stronger than others. To the eldest daughters who had amazing mothers and who are amazing mothers. To the eldest daughters who put unhealthy pressure on themselves and who are sometimes unnoticed for their influence. This is dedicated to my own mom whose friendship I will always treasure.

Chapter 1: Introduction to the Study

Mother/daughter relationships can be challenging. In a study done by Goldner et al. (2022) data shows that a mother's presence can calm a daughter's anxiety in a high stress event if the relationship is strong. If the relationship is not strong a mother's touch can still be comforting to their daughter. The mother/daughter relationship can be difficult. This study is created to understand the eldest daughter, to explore if a healthy relationship with mom affects her mental health, and if this relationship also affects perfectionism. Research on eldest children has been done; however, a gap in the published literature shows limited research on the eldest daughter and how her relationship with her mother affects her mental health. For example, we know a considerable amount about the eldest son through numerous published studies of their experiences and effects revealed in the military (Schuitemaker & Enthoven, 2016). Similar studies focused on eldest daughters are difficult to find. Scheuitemaker and Enthoven (2016) state that the eldest daughter is the backbone of society. Families, businesses, and society depend on the emotional strength of the eldest daughter (Schuitemaker & Enthoven, 2016). According to a study done by using sibling data from the British Household Panel Survey containing 1,503 sibling clusters and 3,552 individuals, Scheuitemaker and Enthoven (2016) discovered that first born girls were 13% more ambitious than first born boys. This type of research on eldest daughters is however limited. There is simply not enough research to understand the eldest daughter's experience in life, family, success, and view of self. The study was done on the oldest children's IQ studies of men who were a part of the military in Norway (Schuitemaker & Enthoven, 2016). The only other study that represents women was found in the British Household Panel Survey. This study is created to further understand the eldest daughter, her mental health, and how it relates to the family (Schuitemaker & Enthoven, 2016).

Background of the problem

Many studies have been done on the eldest child and more specifically the eldest son; however, there is a substantial void in research done on the eldest daughter, her mental health in the context of her relationship with her mother (Schuitemaker & Enthoven, 2016). This study is created to enhance the body of understanding in relation to specifically the eldest daughter's experience in her formative years. "Firstborns need permission to be able to relax. We struggle commonly with time management, stress management, and prioritizing because we tend to take on a lot" (Leman, 2009, pp. 15). First born children take on added stress, put more pressure on themselves and are their parents' firsts. This study will examine the eldest daughter's mental health in the context of the relationship with her mother.

Purpose of the Study

The purpose of this study is to examine the eldest daughter's mental health in the context of the relationship with her mother. The literature provided a foundation for the research conducted regarding birth order theories, eldest children, the mother-daughter relationship, and perfectionism (Schuitemaker & Enthoven, 2016). The study is a quantitative study using three surveys, the Mother-Daughter Relationship Quality Scale, the Patient Health Questionnaire (PHQ-9), and the Clinical Perfectionism Questionnaire-Revised psych-tests, to gather more information on the eldest daughter and her relationship with her mother. The researcher will measure different types of variables, averages, and correlations. The researcher took the average of the surveys and looked at the correlations between perfectionism, mental health and the relationship the eldest daughters have with their mother. The methodology of the study can be found in Chapter 3.

Significance of the Study

This study is advancing the existing work of literature on the mother-daughter relationship and the research on the eldest daughter. This study's purpose is to fill in the gap in the literature concerning the eldest daughter's mental health in the context of the relationship with her mother. (Goldner et al., 2022). Parental relationships affect child's mental health, therefore this study is looking at one dynamic, the eldest daughter's mental health (Lougheed et al., 2016). This study dives into what a healthy mother-daughter looks like and how the eldest daughter views the mother-daughter relationship. Themes include studying the eldest daughter's mental health and perfection. This study seeks to explore how a mother's relationship affects their eldest daughters during their formative years. This study will be beneficial for psychologists, counselors, and social workers when working with families to help them understand, relate to, and provide support to the eldest daughter within the family system. This study will encourage healthy relationships between mother and daughter, therefore helping the eldest daughter and her mental health.

Questions to be addressed

Questions to be addressed during this study include the eldest daughter's mental health, perfectionism and how the relationship with their mother influences this. Is there a correlation between a positive mother/daughter relationship and healthy mental health? Is there a correlation between positive mother/daughter relationship and less perfectionism? The question that will be most directly addressed through this study is how does the mother-daughter relationship affect the eldest daughter's mental health and perfectionism?

Definition of terms

Eldest Daughter: The first-born daughter in a family who does not have any older siblings born before her and has at least one younger sibling.

Mental Health: A person's condition with regard to their psychological and emotional well-being.

Parentification: Parentification or parent-child role reversal is the process of role reversal whereby a child or adolescent is obliged to act as parent to their own parent or sibling.

Perfectionism: A disposition to regard anything short of perfection as unacceptable.

Chapter 2: Literature Review

A search of the literature was conducted digitally through electronic databases such as PsychARTICLES, APA PsycInfo, APA PsycArticles, EBSCO, and Google Scholar. The list of search terms included the eldest daughter, birth order, eldest children, mother-daughter relationship, mental health and perfectionism. When searching for information on the eldest daughter it is important to note that the eldest daughter may have similar issues as the eldest son. The difference appears to be that, the eldest daughter carries more emotional effects than eldest sons. When looking at the literature there are more studies done on eldest sons or on eldest children than on eldest daughters. This study seeks to explore the eldest daughter's mental health in the context of the relationship with her mother.

Through the literature, we can see that when a child is not allowed to differentiate in their family system, the child's mental health can be affected (Goldner et al., 2022). This can vary depending on the child's birth order. Parents tend to allow the second born more autonomy and the ability to make their own decisions compared to their firstborn (Campione-Barr et al., 2020). Studies show that most adults will view the oldest of a family more favorably; however, this may change based on that adult's specific birth order (Campione-Barr et al., 2020). Depending on their birth order, the parent may favor one child over the other based on their own birth order (Campione-Barr et al., 2020). This is especially important for parents to understand as they relate to their eldest daughter. Studies show that eldest children have a higher IQ than later-born children (Schuitemaker & Enthoven, 2016). Another study was done on women in college, which shows another unique pressure that the eldest son does not carry (Diamond, 2021). Many of the women in the study talked about the pressure and lack of support throughout their college

experience (Diamond, 2021). From the studies that have been done they predominantly point to the fact that the eldest daughter has unique experiences and challenges within the family structure and more studies are warranted.

Studies on Eldest Children and Mental Health

A child's depression and parental authority legitimacy (PAL) are linked. Campione-Barr, et al. (2020) suggest that the second-oldest and first-born child view their parent's authority differently and this can correlate with depression. Campione-Barr et al. (2020) state that the amount that the adolescent agrees about their parent's maintaining authority has strong implication for whether or not that adolescent will follow their parent's rules or even feel open to talking to their parents about the issues they may have with the rules. Over time the parent and adolescent should have similar perceptions of PAL, because both should recognize that the adolescent is becoming an autonomous adult and needs less rules from their parent (Campione-Barr et al., 2020). It is important to note that if the parent does not see the adolescent needing as much freedom as the adolescent feels this will likely create poor family functioning and the adolescent will struggle to adjust (Campione-Barr et al., 2020). PAL should change the older a child gets. The study looked specifically at mothers and their relationship with their first and second born (Campione-Barr et al., 2020). In the study by Campione-Barr et al. (2020) they are looking to see if differences in PAL perceptions between parents, but specifically mothers and adolescents over the course of four years will affect adolescent adjustment such as depression, anxiety, and behavior. The study will also look at the difference between first and second born adolescents (Campione-Barr et al., 2020).

The study shows that the older an adolescent is, the more they will believe there are more personal decisions that they should be allowed to make than the younger adolescents. The study

watched how siblings reacted to power dynamics in a family system for ten years. The research shows that the parent's perceptions of the autonomy of their first and second-born child changed. However, the firstborn's perceived decision-making autonomy was the same as their younger sibling at that same age. Parents reported to giving their first-born adolescent less autonomy than their second born at the same age (Campione-Barr et al., 2020).

The mental health of the oldest child and the second-born child was the same result. If the parent, specifically the mother, decreased their own perception of PAL, then that child would have less depression and anxiety (Campione-Barr et al., 2020). Consequently, the more open the child could be with the parent during their young adult years, the less the child would partake in risky behavior (Campione-Barr et al., 2020). The difference is that the parent decreases their perception of PAL quicker with the second or later-born children, thus creating more dysfunction, depression, and anxiety in the first-born child (Campione-Barr et al., 2020). Campione-Barr et al. (2020) found that decreases in parent and adolescent PAL belief discrepancies were equated to better outcomes.

Research over the past two decades has emphasized that the more that adolescents feel comfortable voluntarily disclosing their lives to their parents, the fewer risky behaviors they participate in (Campione-Barr et al., 2020). This study illustrates how siblings are treated differently by their parents but need the same things in order to have a strong sense of mental health.

Havron et al. (2022) showed the benefits that older children have on their younger children when they are present. This study also reviews the overall health of a mother and how this relates to child development. The result showed that the cognitive development of the

children who had older siblings decreased (Havron et al., 2022). If siblings are born closer in age their language development increases. When a family has many children the marriage stress does increase. When there is marital stress children's cognitive development decreases, specifically when it comes to their language development (Havron et al., 2022).

Studies on the Mother-Daughter Relationship

In a study done by Goldner et al. (2022), parentification can lead to other issues in the daughter's relationship with their mother. The participants were 108 adolescent girls found on social networks. "The model examined whether mother-daughter separation-individuation would mediate the relationships between mother-daughter parentification and motives for false-self behaviors and authenticity, which in turn would mediate the links between mother-daughter separation-individuation and self-silencing" (Goldner et al., 2022). Daughters have the potential to shine and be creative when they are not under harsh criticism. If daughters are under criticism, they create what is called a false self (Goldner et al., 2022). Goldner et al. (2022) found that parentification was positively correlated with girl's difficulties in autonomy and was also positively correlated with girls' self-silencing. The study showed that harm is done to daughters if they are forced to sacrifice their own needs for attention, comfort, and guidance to accommodate and care for the logistic and emotional needs of their mothers (Goldner et al., 2022).

Load sharing is proven to be a sign of a close relationship and can give an individual resilience through stressful events (Lougheed et al., 2016). Lougheed et al. (2016) conducted a study that showed how when load sharing, physical touch enhanced the mother-daughter relationship. In the study by Lougheed et al. (2016) social stress was elicited in 66 adolescent girls who were 15 years old using a spontaneous public-speaking task. Mother-daughter dyads

reported their relationship quality and physical closeness was manipulated by having mothers either touch or not touch their daughter's hand during the performance (Lougheed et al., 2016).

The study found that close relationships between mother and daughter did not need physical touch when load sharing; however, the relationships that were not close found comfort in the mother's hand touch (Lougheed et al., 2016). Lougheed et al. (2016) found evidence of load sharing positively affected the dyads who held hands, regardless of relationship quality.

However, without physical contact, load sharing was only evident among dyads with higher relationship quality (Lougheed et al., 2016). Thus, high relationship quality buffers against threat in a similar way to the physical comfort of a loved one (Lougheed et al., 2016). This study shows that individuals are much more likely to succeed when they do not feel alone (Lougheed et al., 2016). In this example of emotional load sharing, the comfort offered by the mother reduces the amount of energy expended by the daughter in managing her own stress, and thus regulation would be more efficient (Lougheed et al., 2016). Load sharing implies that close relationship partners are extensions of each other and that individuals' interactions with the world are embedded within social systems (Lougheed et al., 2016).

The study by Lougheed et al. (2016) shows that even disconnected mother and daughter relationships can show comfort through touch. Connected mother and daughter relationships can feel the load sharing by merely each other's presence.

In the two studies done by Segrin et al. (2020), the data shows that overparenting results in perfectionism. Study One had 302 parents of young adult children who participated and Study Two included 290 young adult parent dyads (Segrin et al., 2020). Helicopter parenting styles were also linked to anxious parenting. The research states that overparenting is an enactment of developmentally inappropriate parenting behaviors. This extends to making decisions for the

child and managing tasks the young adult should do (Segrin et al., 2020). Another core feature of perfectionism includes holding extremely high personal standards of performance. The data also shows that the parent's own perfectionism in parenting is the result of anxious parenting and therefore, passing down perfectionism in the adult child. The study showed that helicopter parenting and anxious parenting resulted in perfectionism which results in personal standards, parental expectations, parental criticism, risk aversion, tangible assistance, advice and affects management, and anticipatory problem-solving (Segrin et al., 2020).

Research done by Lougheed and Hollenstein (2016) found that flexibility during interactions between 96 mothers and their adolescent daughters heightened relationship quality. In adolescence, it is typical for emotions to be dysregulated and change quickly. Socioemotional flexibility is the adaptive ability to adjust emotions according to situational demands (Lougheed & Hollenstein, 2016). This term has two characteristics which include shifting in and out of emotional states over time and the ability to express many different emotional states when the situation demands. Socioemotional flexibility is important for both parents' and adolescents' well-being and shows the ability to adjust to the changing emotional circumstances of adolescence" (Lougheed & Hollenstein, 2016). The study includes an emotional rollercoaster task in which the daughter and mother alternate from positive to negative emotions (Lougheed & Hollenstein, 2016). The sequence includes happy, excited, worried, proud, frustrated, and grateful (Lougheed & Hollenstein, 2016). During the procedure, there were physiological sensors applied to the participants to measure electrodermal activity, heart rate, and respiration (Lougheed & Hollenstein, 2016). The participants were asked to list their emotions after watching a calming film (Lougheed & Hollenstein, 2016). Afterward, participants had a series of 3-min discussions about the emotions they felt (Lougheed & Hollenstein, 2016). One unexpected

result from the study was the connection between positive and negative emotional contexts and flexibility (Lougheed & Hollenstein, 2016). The study by Lougheed and Hollenstein (2016) concluded that, higher flexibility and moderate levels of flexibility across discussions were associated with lower internalizing symptoms and higher relationship quality.

Studies on the Eldest Daughter

Attending College as a woman can have its challenges. Diamond (2021) documented that women in the college setting have had little progress with supporting women who attend college in the last 35 years. From this perspective, the stress that the eldest daughter can experience during the first year of their college experience is significant— especially if they are the first one in their family system to ever go to college. The finding of the study included interviews with twelve graduating women (Diamond, 2021). One interview revealed the unique pressure eldest daughters go through when it comes to success and education:

Jessica seemed in limbo, even though she was one of the few informants who knew exactly what she would be doing for the 2 years following graduation. She had no ambiguity about what she would be doing, just a lack of purpose. I just think when I was younger, being the first child, it always had more expectations of me. I remember... I honestly thought everyone at school had a 4.0 until maybe high school because that's what my mom would tell me all the time. I remember the first time I got a B, it was a B by the way, man, that night was one of the most horrible nights of my life. Mom and I just cried together in bed. She was like, 'Why, why can't you just do better at school?' I was like, 'I do not know. It's really hard!' She has always had expectations of me and I never... Having someone be disappointed in you is the worst feeling. It's worse than

having someone be mad at you. It's just a disappointment. And also, I want to be the best that I can be. So . . . but what does best mean, right?" (Diamond, 2021).

The interviews showed how many of the women showed a lack of confidence about graduating and lacked statements that were direct. The above interview was especially enlightening, even though it was anecdotal, on how intensely the eldest daughter feels the pressure to perform, how the mother showed equal amounts of stress over the daughter's grades; and how the target of being the best is elusive.

Schuitemaker and Enthoven (2016) created a study of a hundred eldest daughters from the Netherlands. The 100 participants were asked a series of questions. Through this research, Schuitemaker and Enthoven (2016) found five characteristics of the eldest daughter. The participants were asked to categorize themselves as, responsibility, holding everything together, being protective, taking the lead, a bridge-builder, groundbreaking, independent, innovative, thoughtful, strong, unpolished, a pioneer (Schuitemaker & Enthoven, 2016). Schuitemaker and Enthoven (2016) concluded that these five characteristics could be found in all of the eldest daughters: responsible, dutiful, hands-on, thoughtful, and caring. Many eldest daughters realized that the fear that they would be ejected from the nest explained their constant need to do everything right at all times. Everything. At all times. We recognize these traits in ourselves. We see them in one another. We find them in the studies that have been done on the subject (Schuitemaker & Enthoven, 2016).

Studies found on the topic of eldest children by Schuitemaker and Enthoven (2016) include one done by McVeigh (2014) on the topic of sibling configurations, educational aspiration, and attainment. She looked at 1,503 sibling clusters and 3,552 individuals. She

analyzed mostly the aspects of achievement and aspiration. She found that first-born children were 7% ($n = 249$) more likely to achieve success and stay in education than later-born siblings (Schuitemaker & Enthoven, 2016). Firstborn girls were thirteen percent more ambitious than firstborn boys (Schuitemaker & Enthoven, 2016). The answer to this high ambition could be in the high preference for the firstborn child to be a boy. In the United States, 40% of parents desired a masculine first child. Later, as an older brother, he is a natural protector of their later borns (Schuitemaker & Enthoven, 2016). The research shows an overwhelming basis for knowing that the eldest son has a higher IQ than later-born siblings. This is an example of how the data is easy to find for eldest-born sons. Kristensen studied 240,000 boys over a period of twenty years in the Norwegian army (Schuitemaker & Enthoven, 2016). The result is undeniable: the eldest son scored higher than the second-born, and the second-born higher than the third-born (Schuitemaker & Enthoven, 2016). Similar studies on eldest daughters could not be found. Even in the research done by Schuitemaker and Enthoven (2016) there are only one or two studies done specifically on the eldest daughter. The other data came from their own study (Schuitemaker & Enthoven, 2016).

Schuitemaker and Enthoven (2016) explore the relationship between mothers and the importance of this relationship. In the research, the study asked a question of the eldest daughters: What are the most important relationships within your family and how would you draw them? The resounding answer was the relationship with the mother, which did not always prove to be straightforward and simple (Schuitemaker & Enthoven, 2016). The participants made statements like, she holds norms that are not mine and when I find myself living up to them, I start to lose my sense of self, or never feeling like they lived up to her expectations, or that her mother expects so much that she finds herself paralyzed before she begins (Schuitemaker &

Enthoven, 2016). Another participant said she feels extremely responsible for her mom's well-being (Schuitemaker & Enthoven, 2016). On the other hand, a majority of the eldest daughters were surprised at this response because they had always felt safe, close, and open with their mothers. When creating the Eldest Daughter and Her Mental Health Study, the research pointed to these two sides to be true as well when studying the eldest daughter and her relationship with her mom. In *The Birth Order Book*, Kevin Leman states that the chances are that parents who are firstborns themselves will make considerable demands of their own firstborn. They identify so much with their eldest that they hold them to the same high level of expectations as themselves (Schuitemaker & Enthoven, 2016). The research on the eldest daughter shows that there is a gap in the research along with a great place to start when desiring to learn about the eldest daughter.

Strengths and Weaknesses of the Research

Much of the published research has to do with the oldest child, not the eldest daughter. Through Schuitemaker and Enthoven's (2016) study on the eldest daughter, there are characteristics of the eldest daughter that make her who she is. Besides this study, research on the topic of the eldest daughter was scarce. The strengths of the research which does exist includes having data on the eldest children and their relationships with their parents. Another strength includes the research done on the mother-daughter relationship. Many studies have been done on this relationship, which is helpful for understanding the eldest daughter and the relationship with her mother. The published research includes studies on parenting and perfectionism, which is helpful for understanding how overparenting may add to the eldest daughter's perfectionism. Studies on parenting and perfectionism can point to the reasons behind the eldest child having more perfectionism tendencies, since eldest children have more attention from their parents and

helicopter parenting is more prevalent (Segrin et al., 2020). The third chapter is concerned with the methodology used for this study

Chapter 3: Methodology

This chapter reviews the methods and procedures used in this quantitative study, including the purpose of the study, the participants ($n = 31$), the research design, and the limitations of this methodology. A quantitative study starts as a hypothesis and then uses research to quantify the theory. This study is quantitative because the researcher started with the theory that the eldest daughter's mental health and perfectionism is positively influenced by the mother's relationship. The researcher will measure different types of variables, averages, and correlations. This study uses data to quantify the hypothesis.

Because the gap in the research does not show much about the eldest daughter, this current study strives to fill in this gap in data. A quantitative study will allow patterns, trends, and correlations to show validity. Furthermore, a quantitative study can look at the numbers and measure data through surveys. This study strives to find data from eldest daughters and find correlations between mental health, perfectionism, and their relationship with their mother. The study participants were volunteers who were eldest daughters and decided to take the questionnaire. Participants found the questionnaire through social media and an email list. Participants included 31 eldest daughters from ages 15-75. From this information, we can measure correlations and patterns in the eldest daughter's mental health. The goal of the research is to find out how the eldest daughter's relationship with her mother affects her mental health or perfectionism.

Role of the Researcher

The researcher's role is to gather information, look at themes, and data, and analyze the outcomes. Another important role is to accurately instruct the participants in their part of the

research. The researcher is ethically responsible to gather consent and allow the participants to understand how their information will be used in the research.

Instrumentation

During this study, the instrumentation being used is the Clinical Perfectionism Questionnaire-Revised psych-test (Dickie et al., 2012), Mother-Daughter Relationship Quality Scale (Usher-Seriki et 2008), and the Patient Health Questionnaire (Spitzer, et al., 1999). The quantitative tests can be found in Appendix A and the research results in Chapter 4. Using the above scales that can be found in Appendix A, the survey will explore the eldest daughter's relationship with her mother, mental health, and perfectionism. The researcher compared the participant's average score of the perfectionism and mental health surveys with the mother-daughter relationship survey score. The researcher used the instrument the Mother-Daughter Relationship Quality Scale to see how the eldest daughter's relationship with their mother correlates with the daughters mental health and perfectionism. The researcher also used The Patient Health Questionnaire (PHQ-9) to see the eldest daughter's mental health and how this correlates with the mother/daughter relationship. This instrument answers is there a correlation between positive mother/daughter relationship and a mentally healthy eldest daughter? The last instrument the researcher used was the Clinical Perfectionism Questionnaire-Revised psych-tests to see if there is a correlation between a healthy mother/daughter relationship and the daughter's perfectionism. This instrument would answer is there a correlation between positive mother/daughter relationship and less perfectionism.

The reason this study is looking at a quantitative approach is to find measurable data to compare the mother's relationship with the eldest daughter and find a correlation between that relationship, the daughter's perfectionism and mental health.

Procedure

The researcher applied to the IRB by submitting the questionnaires, the consent form (See Appendix B), and the purpose of the study. The researcher was approved by Moody Theological Seminary's Institutional Review Board before conducting the study. The questionnaire included a list of questions about participants' demographics. Each participant filled out the consent form and are eldest daughters. The participants found the survey through an email list and social media. Because the study is quantitative, the research can compare the results between the mother and daughter and how this relates to perfectionism and her mental health. Quantitative research gives the researcher data through numbers and charts. The researcher then connected the main themes from the research surveys. The researcher created an interview/essay questionnaire including the Clinical Perfectionism Questionnaire-Revised psych-test (Dickie et al., 2012), Mother-Daughter Relationship Quality Scale (Usher-Seriki et al., 2008), and the Patient Health Questionnaire (Spitzer et al., 1999) along with the consent form and demographic questionnaire. The study participants were volunteers who were eldest daughters and decided to take the questionnaire. The participants found the questionnaire through social media and an email list. Once the researcher received the data, the researcher analyzed the results to find trends and patterns.

Data analysis

The data was analyzed by looking at correlations between the participant's ($n= 31$) and relationship with their mother, their mental health, and perfectionism. The researcher used developed surveys and inserted the surveys into google forms. The participants used the google form to take the three instruments, Clinical Perfectionism Questionnaire-Revised psych-test (Dickie et al., 2012), Mother-Daughter Relationship Quality Scale (Usher-Seriki et al., 2008), and the Patient Health Questionnaire (Spitzer et al., 1999). The data was analyzed and categorized based on themes in the research. The researcher used an average of each survey score to find correlations between the three instruments. The researcher used the likert scores to find the data along with Pearson correlation. The data was placed on the researcher's computer with a password-protected digital folder and the form deleted. Through quantitative research, the themes show more about the eldest daughter and her experience.

Ethical protection of participants

The ethical protection of the participants includes a summary of the study, a description of how their perspectives/answers will be used, and confidentiality. The consent form is attached below (see Appendix B).

Summary

The methodology of this study includes the use of three surveys which was sent out to 31 eldest daughter participants. The participants answers created the data seen in this study. The goal of this study is to fill in a gap in the available published research on this topic. Through finding themes, creating categories, and conducting quantitative research the study shows the eldest daughter's experience with her mother, mental health, and perfectionism.

Chapter 4: Results

The result of the test includes 31 participants who took the questionnaire made up of the Mother-Daughter Relationship Quality Scale, the Patient Health Questionnaire (PHQ-9), and the Clinical Perfectionism Questionnaire-Revised psych-tests. The results are meant to answer the questions of is there a correlation between positive mother/daughter relationship and mentally healthy eldest daughter? And Correlation between positive mother/daughter relationship and less perfectionism?

Data Collection

The data was collected through a series of questions on a form. The data is confidential and collected through a google doc form. The participants were found through an email list and through social media. There are 31 participants in this study. Each participant is female and the first-born daughter in their family. The ages range from 15 to 75. All participants are from the United States.

Study Findings

The study found a correlation between the daughter's overall mental health and the mother's relationship with the eldest daughter. The researcher found a positive correlation between the eldest daughter's mental health and the relationship with their mother. An average of the 31 participants said that they had a positive relationship with their mother.

The Mother-Daughter Relationship Quality Scale rated the relationship from 1-5. Strongly agree was a 5 while strongly disagree was 1. The average answer on the survey was a 4 which means the eldest daughters ($n = 31$) had a positive relationship with their mothers. When comparing this data to the data found on the Patient Health Questionnaire (PHQ-9) the data shows us that the participants ($n = 31$) had positive mental health scores. The score on this survey was a Likert score of 1 - 4, 1 being not at all and 4 nearly every day. The higher the score the worse the mental health of the participant. The average participant scored a 1 on the Patient Health Questionnaire (PHQ-9). This means that the average participant in this study has positive mental health. This correlates with the Mother-Daughter Relationship Quality Scale and proves the study's hypothesis that a positive relationship with their mother will result in positive mental health fo the eldest daughter.

When answering the second research question, is there a correlation between positive mother/daughter relationship and perfectionism, the data shows that there is also a correlation between the two variables. Through the instrument, the Clinical Perfectionism Questionnaire-Revised psych-tests, the participants answered their perfectionism through a likert scale from 1 - 4. 1 represents not at all while 4 represents all of the time. The average score from the participants ($n = 31$) is 2 which means that their perfectionism is not high. This supports the hypothesis that a positive relationship with their mother will improve the eldest daughter's perfectionism and mental health. See charts below for the themes found in the study.

Research Question and Hypotheses

Research Question

Is there a statistically significant relationship between the mother's relationship with the eldest daughter and the eldest daughter's mental health?

Hypothesis (H₁)

There is a statistically significant relationship between mother's relationship with the eldest daughter and the eldest daughter's mental health.

Research Question

Is there a statistically significant relationship between the mother's relationship with the eldest daughter and the eldest daughter's perfectionism?

Hypothesis (H₁)

There is a statistically significant relationship between mother's relationship with the eldest daughter and the eldest daughter's perfectionism.

Data Analysis

A Pearson product-moment correlation was conducted to assess the relationship between the mother/daughter relationship and the eldest daughter's mental health. The Pearson correlation coefficient (ρ) is a measure of the strength of the linear association between two continuous variables. The Pearson correlation assumed the variables are linearly related (Conover & Iman, 1981). The linearity assumption was assessed graphically using a scatterplot. A Pearson r correlation is the appropriate bivariate statistic when both input variables are continuous and are linearly related.

The Pearson correlation coefficient ranges from -1 to $+1$. Positive values of ρ indicate that as one variable increases, the other variable also tends to increase. Negative values of ρ indicate an inverse relationship, where one variable tends to decrease as the other increases. A correlation of 0 indicates there is no relationship between the variables. Cohen (1988) provides heuristics for determining the effect size of ρ , where values within the $\pm.10$ to $\pm.29$ range indicate a weak association, values within the $\pm.30$ to $\pm.49$ range indicate a moderate association, and values of $\pm.50$ or greater represent a strong association.

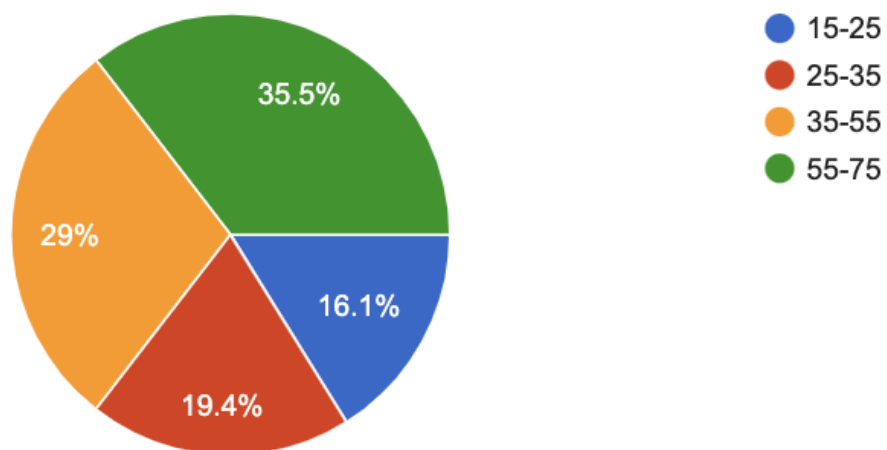
The participants who scored a 4 or above on the Mother-Daughter Relationship Quality Scale had an average score of 2 on the Clinical Perfectionism Questionnaire-Revised psych-test and a 1 on the Patient Health Questionnaire (PHQ-9). The result shows that a positive mother-daughter relationship correlates with a lower score on the Clinical Perfectionism Questionnaire-Revised psych-test and Patient Health Questionnaire (PHQ-9) scale.

Demographics

The demographics of the study include 31 participants. 5 are between the ages of 15-25. 11 participants are between the ages of 55-75. Nine participants are from 35-55 and only 6 are 25-35 (see chart 4.1).

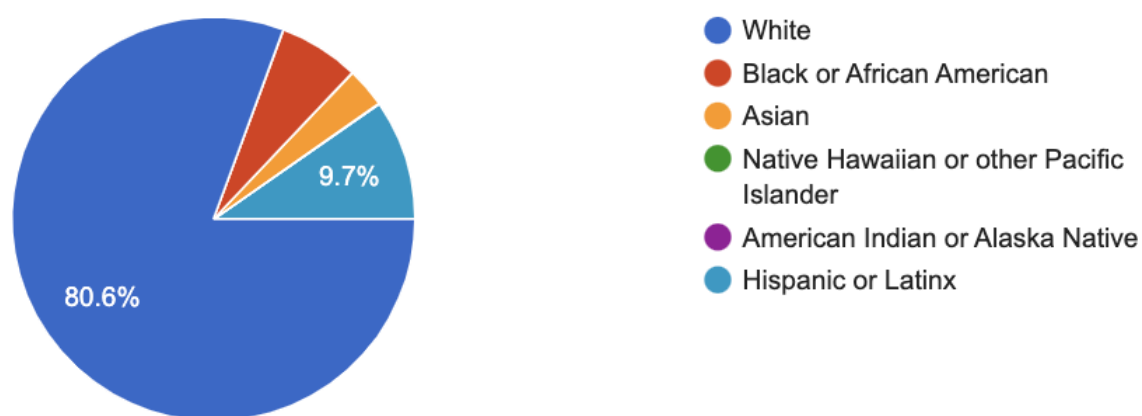
Descriptive analysis of data between positive mother/daughter relationship and less perfectionism

Chart 4.1: Participant's Age Groups



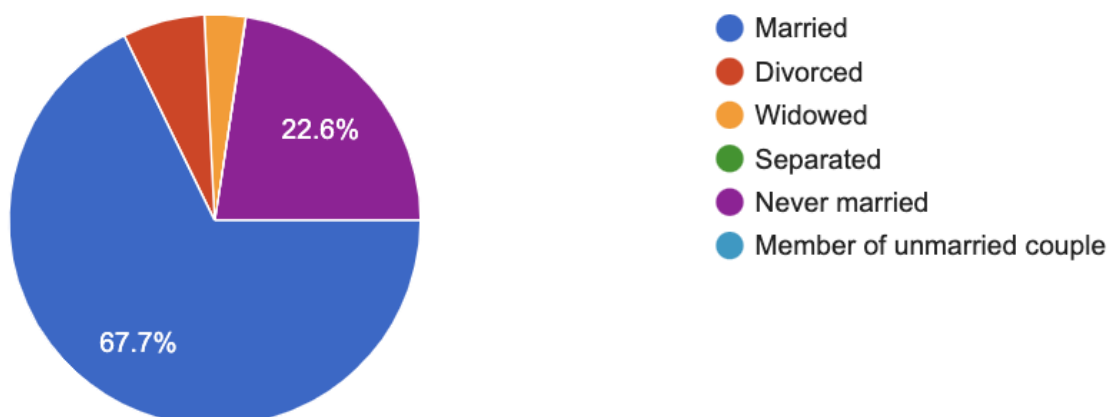
Majority of participants are white. 80.6% ($n = 25$) of the participants are White, 2 are Black, 1 is of Asian descent, three are Hispanic (refer to chart 4.2).

Chart 4.2: Ethnic Backgrounds



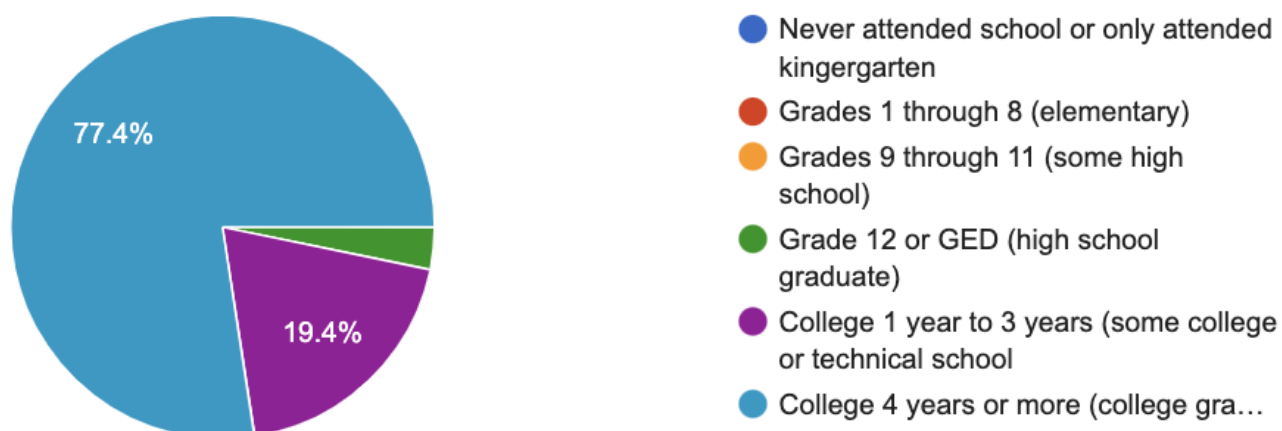
Interestingly, more than half of the eldest daughters in the study are married. Of the participants, 67.7% ($n = 21$) are married. 22.6% ($n = 7$) have never been married. 2 are divorced and 1 participant is widowed (refer to chart 4.3).

Chart 4.3: Marital Status



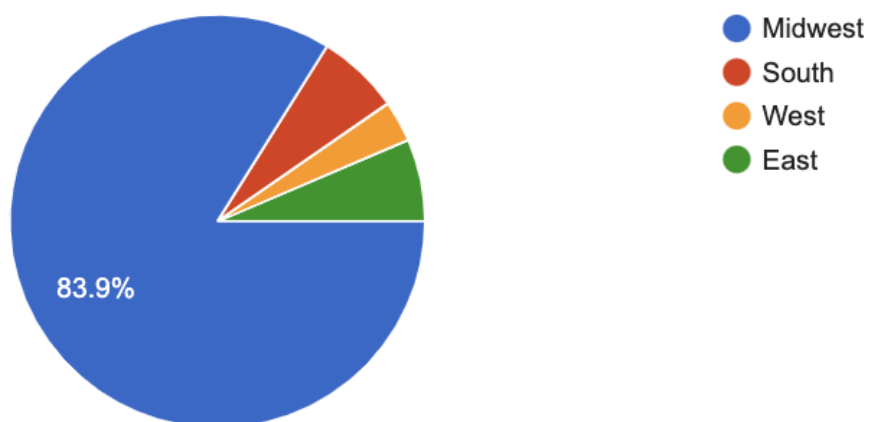
When asked the question, “What is the highest grade of year of school you have completed? 77.4% ($n = 24$) have at least 4 years of college. 19.4% ($n = 6$) have 1 to 3 years of college and only 1 person holds up to a high school degree (refer to chart 4.4).

Chart 4.4: Education Background



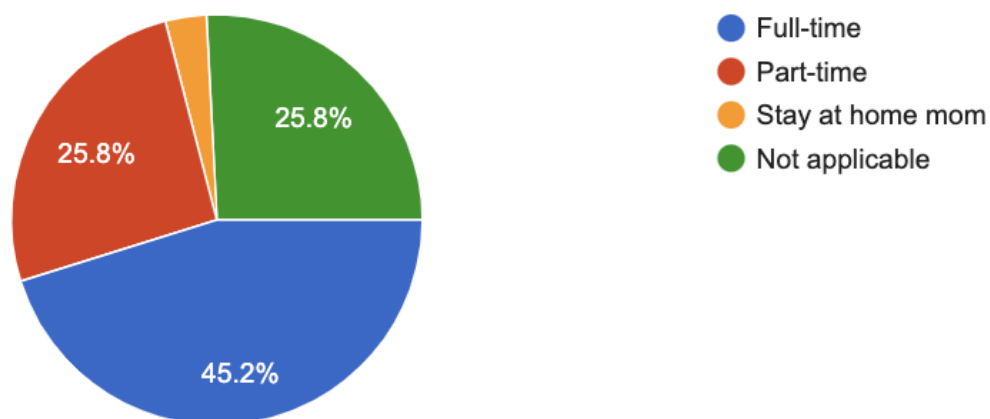
Those who are participating are from the Midwest with two people from the south, 1 person from the west, and 2 participants from the east (refer to chart 4.5).

Chart 4.5: Where Participants are Located



There are 45.2% ($n = 14$) of participants who work full-time. 25.8% ($n = 8$) work part-time, and one is a stay at home mom. 25.8% ($n = 8$) shared that this question was not applicable (refer to chart 4.6).

Chart 4.6: Participant's Vocation



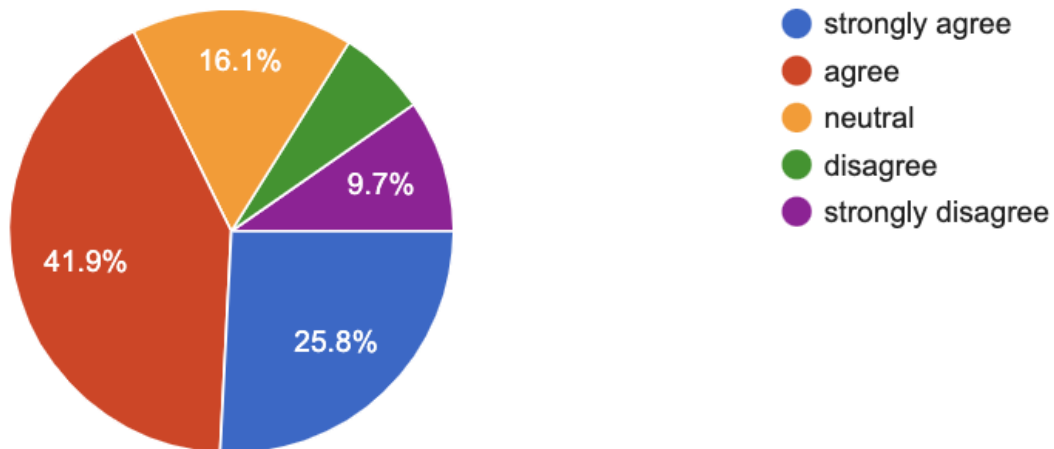
Analyzed Data

How does the mother/daughter relationship affect the overall mental health of the eldest daughter?

Through the data the researcher found that on average the participants agreed that they had positive relationship with their mother. The researcher took the likert scoring using strongly agree as 5 to strongly disagree as 1 and found the average score of the 31 participants was a 4 (agree).

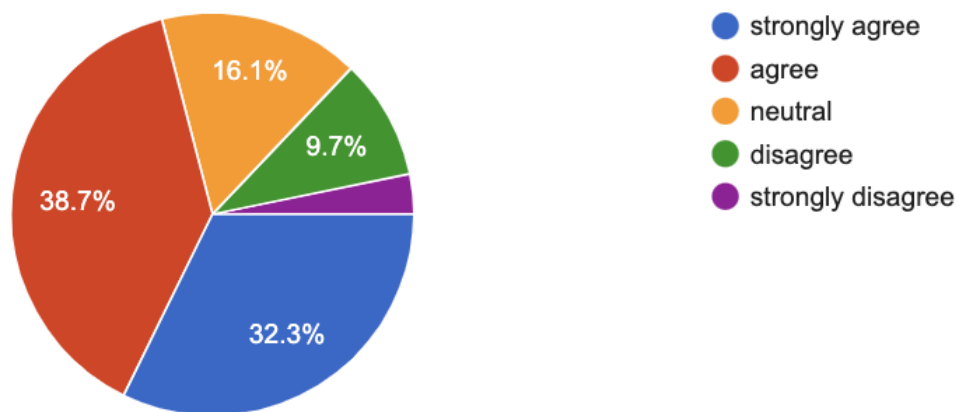
41.9% ($n = 13$) of the time the eldest daughters said their mother is warm and loving. 25% ($n = 8$) strongly agreed. Only 9.7% ($n = 3$) disagreed (refer to chart 4.17).

Chart 4.17: “Most of the time your mother is warm and loving”



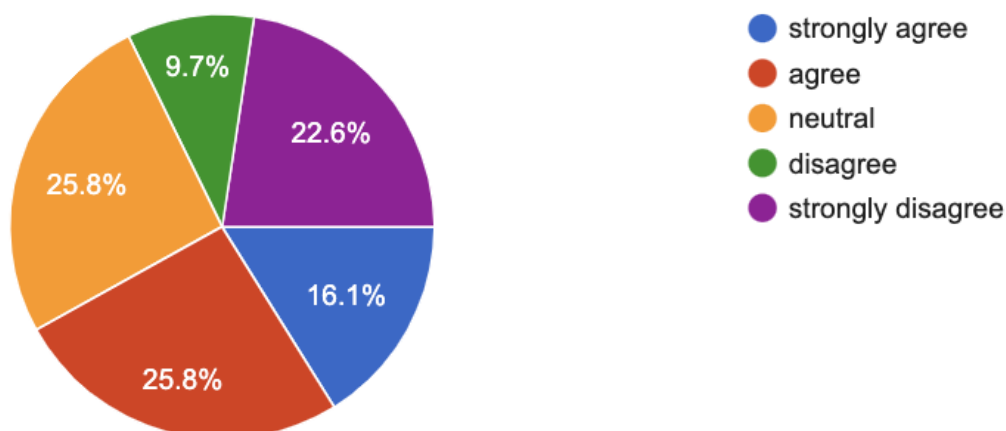
The mother relationship in this survey is strong. For the question, “your mother encourages you to be independent”, 32% ($n = 8$) strongly agreed and 38% ($n = 12$) agreed. Only 9.7% ($n = 3$) disagreed (refer to chart 4.18).

Chart 4.18: “Your mother encourages you to be independent.”



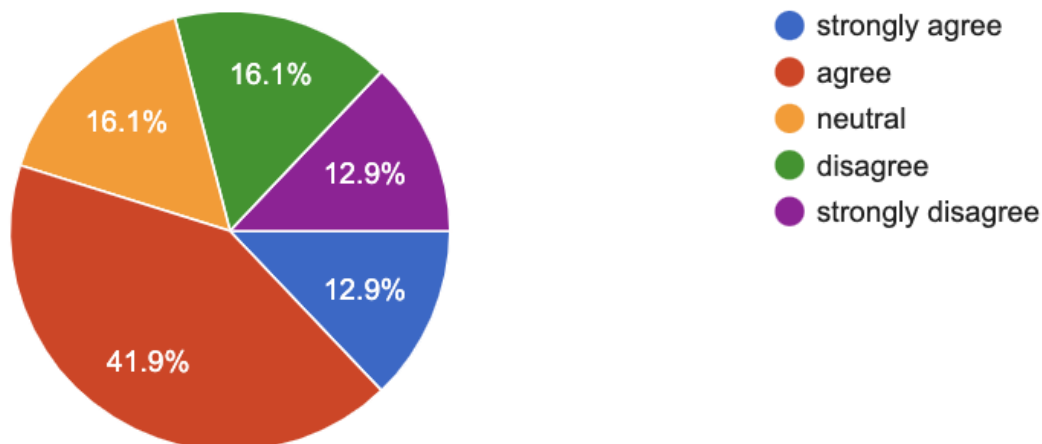
For the question “When you do something wrong that is important, your mother talks about it with you and helps you understand why it is wrong,” 25.8% ($n = 8$) agreed, 16.1% ($n = 5$) strongly agreed, 22.6% ($n = 7$) strongly disagreed, and 25.8% ($n = 8$) were neutral. This may be because some participants are adults and may be past that part of the relationship (refer to chart 4.19).

Chart 4.19 “When you do something wrong that is important, your mother talks about it with you and helps you understand why it is wrong.”



16.1% ($n = 5$) are not satisfied with the way their mother communicates with each other. 41.9% ($n = 13$) are satisfied with the communication with their mother. 38.7% ($n = 12$) are satisfied with their relationship with their mother. Only 9.7% ($n = 3$) disagree and 12.9% ($n = 4$) strongly disagree with the statement that they are satisfied with their relationship with their mother (refer to chart 4.20).

Chart 4.20 “You are satisfied with the way your mother and you communicate with each other.”

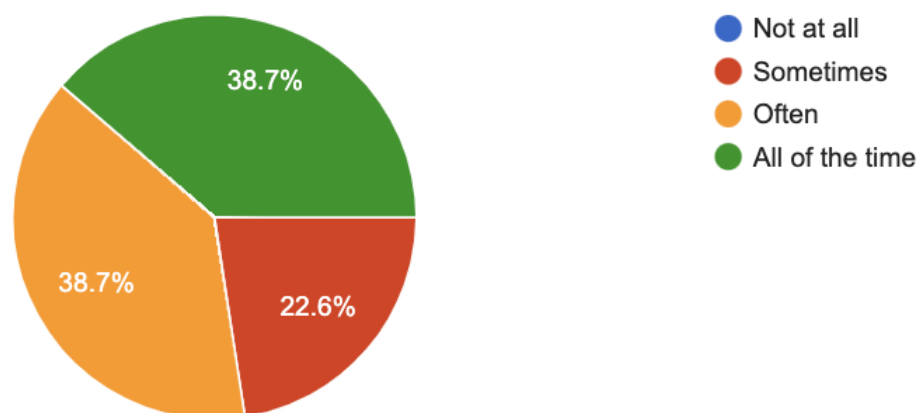


In conclusion the surveys show that on average, this sample size of eldest daughters have a healthy relationship with their mothers. The data should correlate with the perfectionism score and the PHQ-9. If the hypothesis is correct, the data should be positive and show mentally healthy eldest daughters.

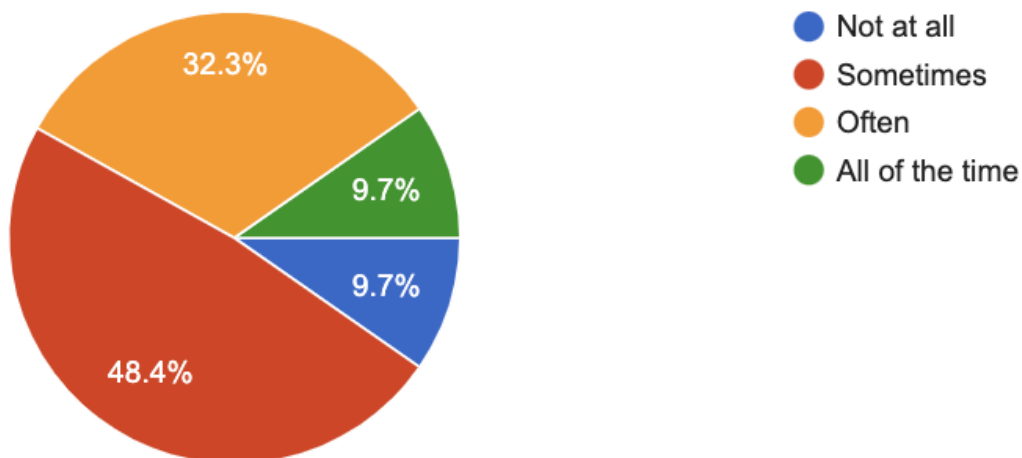
Perfectionism

For the clinical perfectionism questionnaire, we are looking at the eldest daughter's relationship with perfectionism. Each participant has a choice of not at all, sometimes, often, all of the time. The first question, “Have you pushed yourself really hard to meet your goals?” 38.7% ($n = 12$) said all of the time, 38.7% ($n = 12$) said often, and only 22.6% ($n = 7$) said sometimes (refer to chart 4.7).

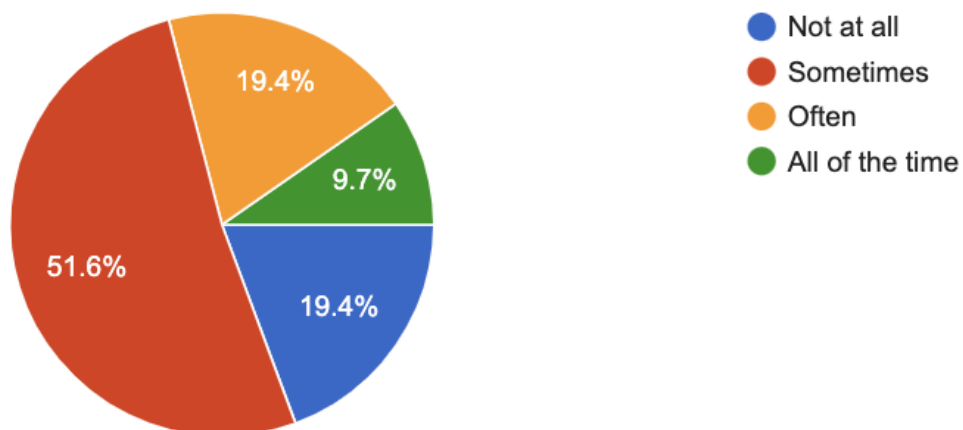
Chart 4.7: “Have you pushed yourself really hard to meet your goals?”



For “Have you been told that your standards are too high?” 48.4% ($n = 15$) said sometimes, 32.2% ($n = 10$) said often, only 9.7% ($n = 3$) said not all, and only 9.7% ($n = 3$) said all of the time. This result confirms how important the performance of the eldest daughter is perceived. Being told their standards are too high (probably because they are) and determination to meet goals (refer to chart 4.8).

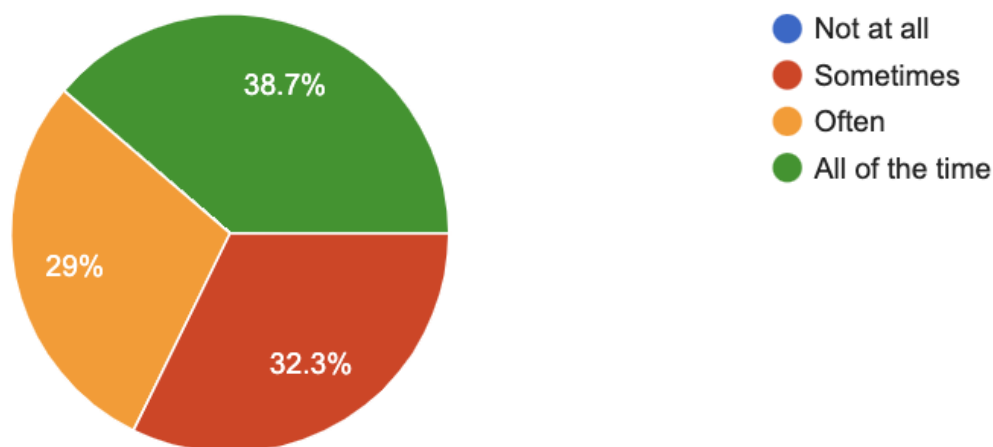
Chart 4.8: “Have you been told that your standards are too high?”

In the question, “Have you raised your standards because you thought they were too easy?” 51.6% ($n = 16$) said sometimes, 19.4% ($n = 6$) said often, and 19.4% ($n = 6$) said not at all (refer to chart 4.9).

Chart 4.9: “Have you raised your standards because you thought they were too easy?”

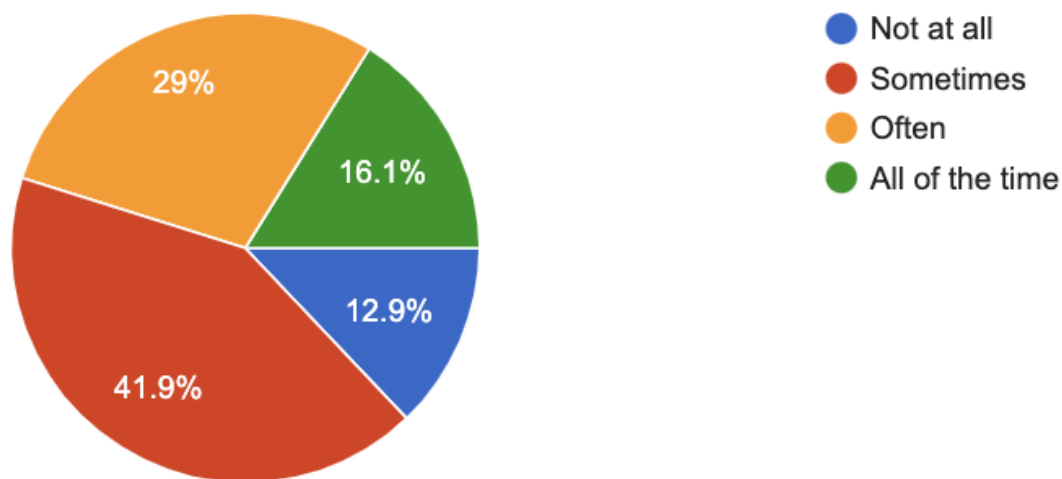
“Have you repeatedly checked how well you are doing at meeting standards (for example, by comparing your performance with that of others)?” 38% ($n = 12$) said all of the time, 29% ($n = 9$) said often, and 32.3% ($n = 10$) said sometimes. Not one participant said that they never have checked how well they were doing at meeting standards (refer to chart 4.10).

Chart 4.10: “Have repeatedly checked how well you are doing at meeting standards?”



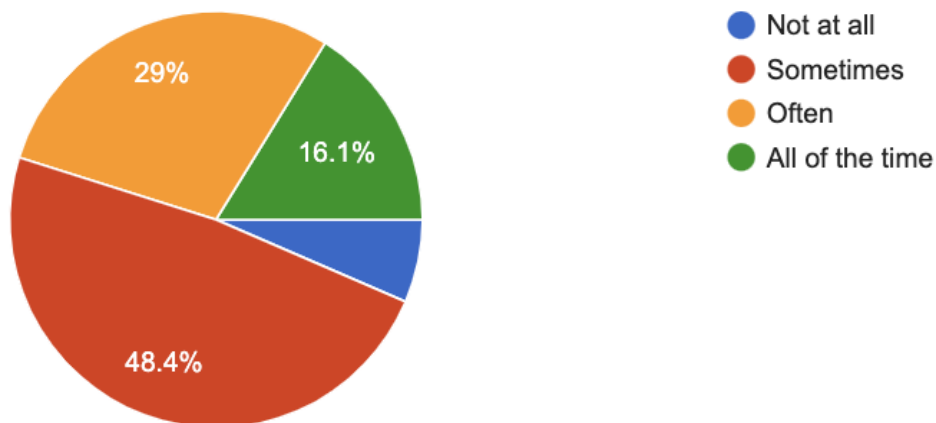
When asked “do you think that other people would have thought of you as a ‘perfectionist?’” 29% ($n = 9$) said often, 12.9% ($n = 4$) said not at all, 16.1% ($n = 5$) all of the time, 41.9% ($n = 14$) said sometimes. Most of the participants feel that others view them as perfectionists (refer to chart 4.11).

Chart 4.11: “Do you think that other people would have thought of you as a perfectionist?”



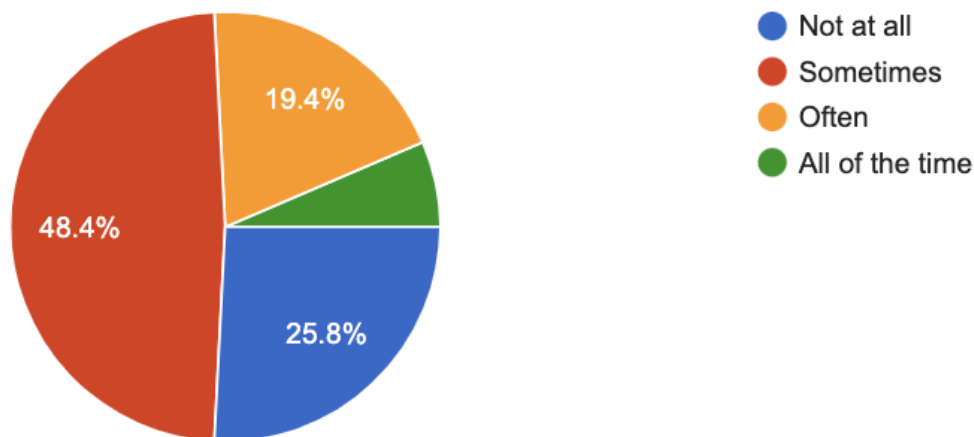
In the question, “Have you kept trying to meet your standards, even if this has meant that you have missed out on things?” 29% ($n = 9$) said often, 48.4% ($n = 15$) said sometimes, 16.1% ($n = 5$) said all of the time. Only 6.5% ($n = 2$) said that they have never missed out on this to meet their standards (refer to chart 4.12).

Chart 4.12: “Have you kept trying to meet your standards, even if this has meant that you have missed out on things?”



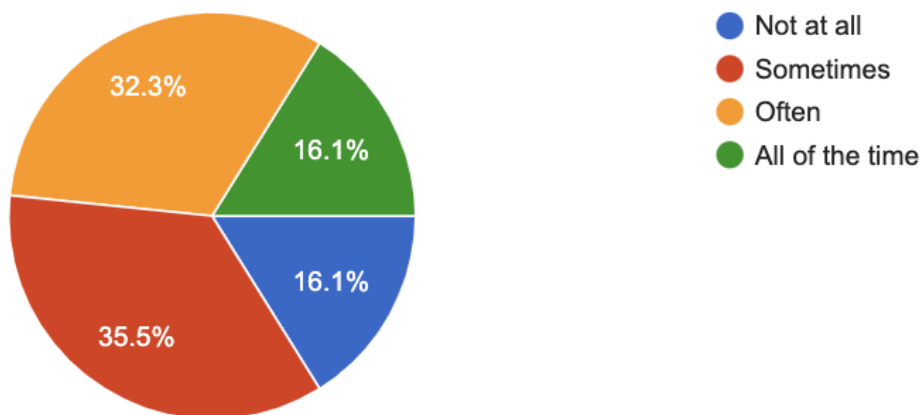
“Have you tended to focus on what you have achieved, rather than on what you have not achieved?”, 48% ($n = 15$) said sometimes, 19.4% ($n = 6$) said often and 25.6% ($n = 8$) said not at all (refer to chart 4.13).

Chart 4.13: “Have you tended to focus on what you have achieved, rather than on what you have not achieved?”



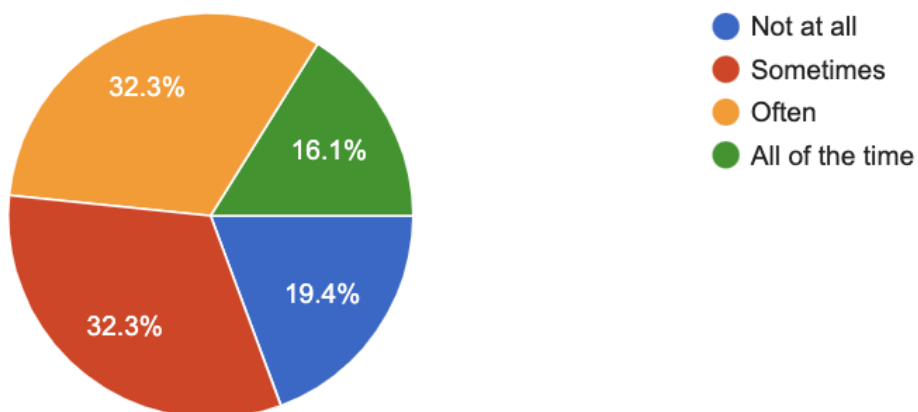
“Have you felt like a failure as a person because you have not succeeded in meeting your goals?” 16.1% ($n = 5$) said not at all, 35.5% ($n = 11$) said sometimes, 32.3% ($n = 10$) said often, and 16.1% ($n = 5$) said all of the time. 35.5% ($n = 11$) sometimes feel like a failure as a person if they have not succeeded in meeting their goals (refer to chart 4.14).

Chart 4.14: “Have you felt like a failure as a person because you have not succeeded in meeting your goals?”



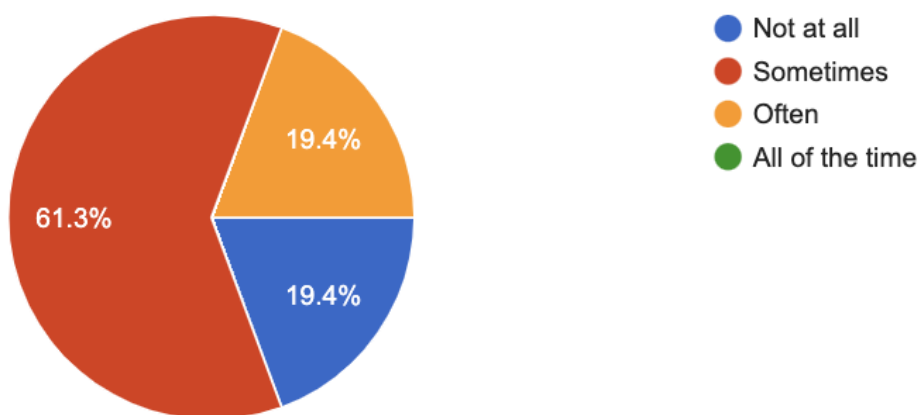
“Have you been afraid that you might not reach your standards?” 32.3% ($n = 10$) said often, 32.3% ($n = 10$) said sometimes, 19.4% ($n = 6$) said not at all, and only 16.1% ($n = 5$) said not at all (refer to chart 4.15).

Chart 4.15: “Have you been afraid that you might not reach your standards?”



“Have you avoided any tests of your performance (at meeting your goals) in case you failed?” 61.3% ($n = 19$) said sometimes, 19.4% ($n = 6$) said often, and 19.4% ($n = 6$) said not at all. 61.3% ($n = 19$) have avoided tests of their performance in case they have failed (refer to chart 4.16).

Chart 4.16: “Have you avoided any tests of your performance (at meeting your goals) in case you failed?”



In conclusion, there are themes of perfectionism with the eldest daughters in the survey. Perfectionism is not high in this group. I was expecting a high percentage of “all of the time” statements. However, it is still conclusive that the average participant’s score is 2 which means perfectionism is not high in this group of participants.

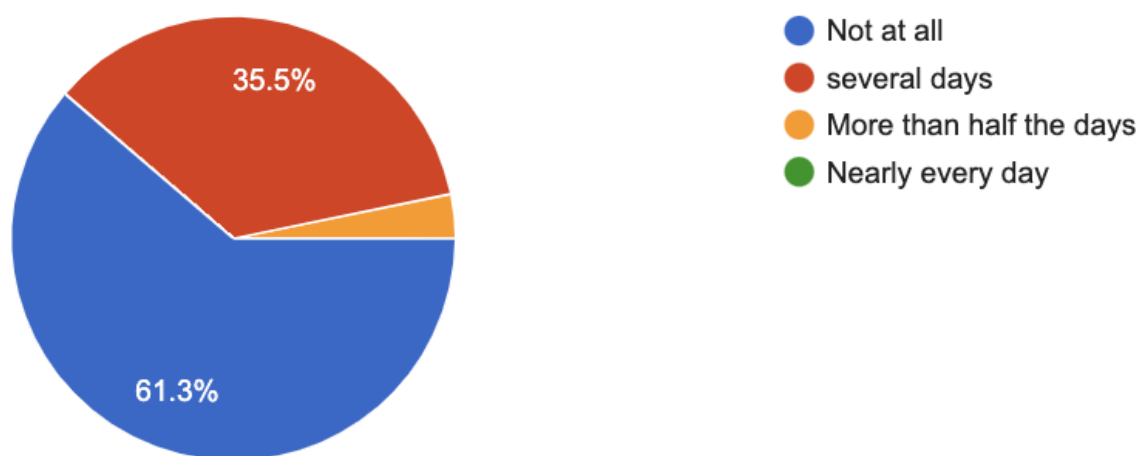
Correlation between positive mother/daughter relationship and mentally healthy eldest daughter

When looking at the data from this study about the correlation between the mother daughter relationship and the eldest daughter’s mental health.

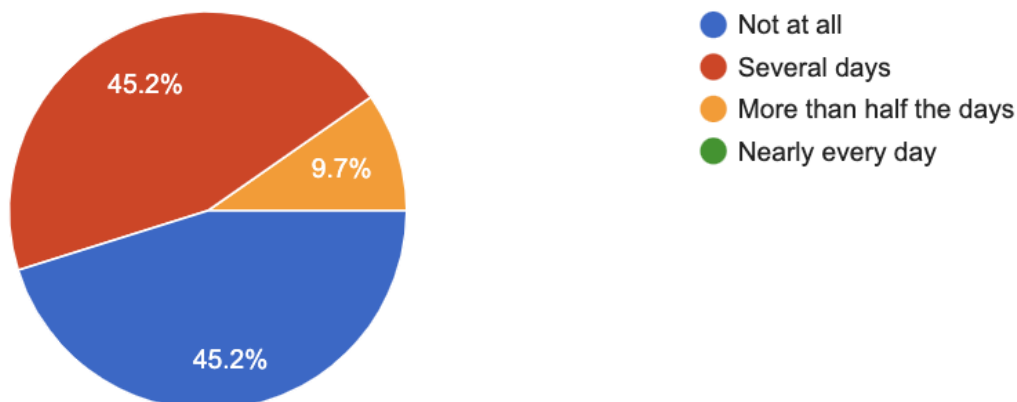
Anxiety and Depression

61.3% ($n = 19$) participants said they take pleasure in doing things. 35.5% ($n = 11$) said that for several days they felt little interest or pleasure in doing things (refer to chart 4.21).

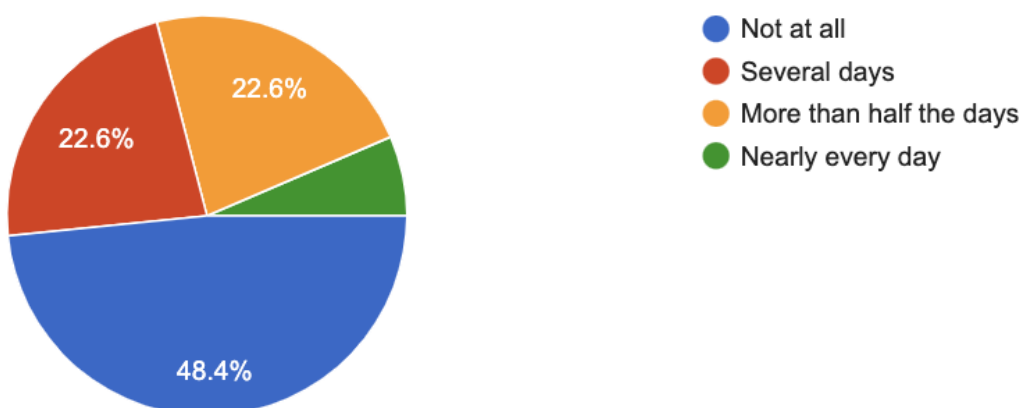
Chart 4.21: Little interest or pleasure in doing things.



45.2% ($n = 14$) said that for several days they felt down, depressed, or hopeless, and 45.2% ($n = 14$) said that they did not at all (refer to chart 4.22).

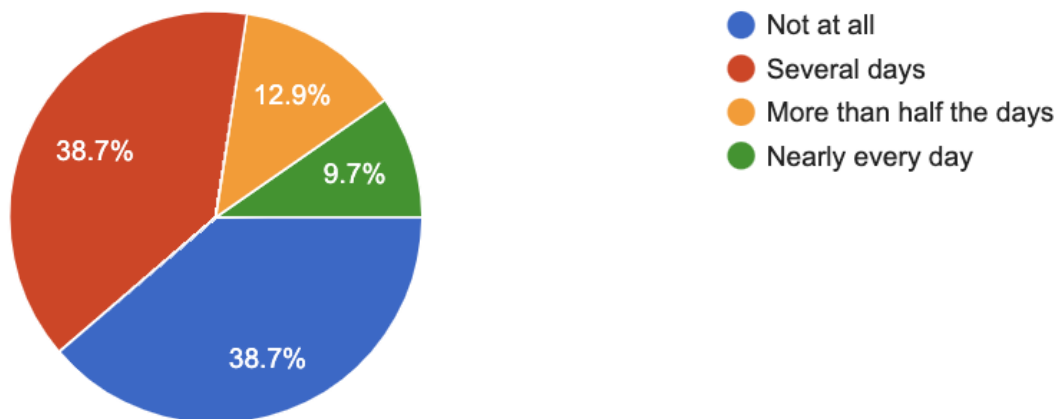
Chart 4.22: Feeling down, depressed, or hopeless.

48.4% ($n = 15$) said that they did not have trouble falling or staying asleep or sleeping too much. 22.6% ($n = 7$) said that more than half of the days they had trouble sleeping or falling or staying asleep. 22.6% ($n = 7$) said that for several days they had issues with sleeping (refer to chart 4.23).

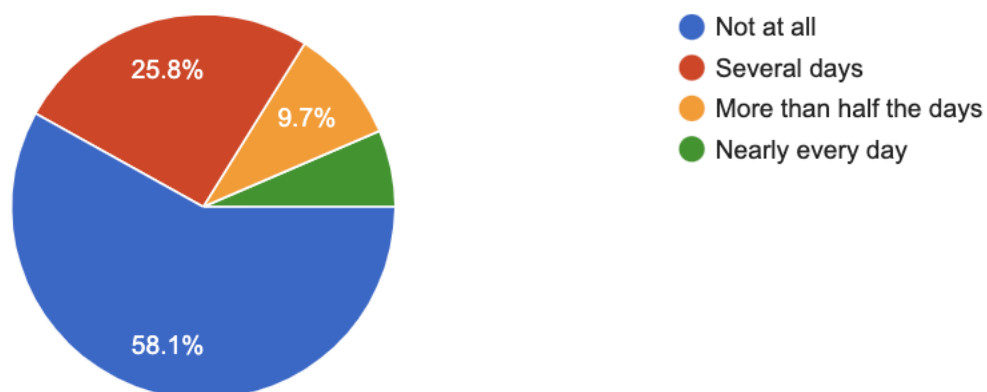
Chart 4.23: Trouble falling or staying asleep, or sleeping too much.

38.7% ($n = 12$) said that they felt tired or had little energy for several days. 9.7% ($n = 3$) said nearly every day they felt tired or had little energy. 38.7% ($n = 12$) said that they never feel tired or have little energy (refer to chart 4.24).

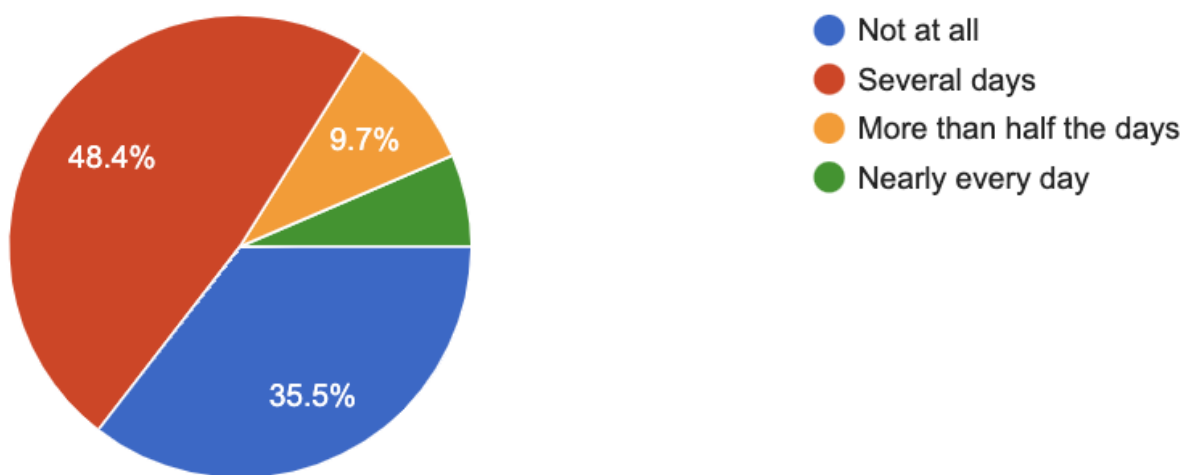
Chart 4.24: Feeling tired or having little energy



58.1% ($n = 18$) said that they did not have a poor appetite or overate. 25.8% ($n = 8$) said that they did have poor appetite or overeating for several days. Only two participants said that they have poor appetite or overeating nearly every day (refer to chart 4.25).

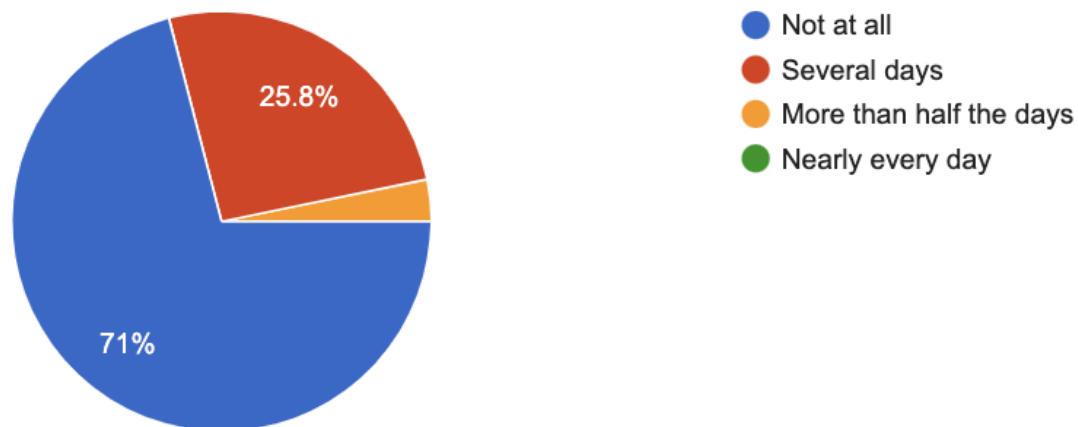
Chart 4.25: Poor appetite or overeating

48.4% ($n = 15$) said that they feel bad about themselves or that they are a failure or have let themselves or their family down for several days. 35.5% ($n = 11$) said that have not ever felt bad about themselves or that they are a failure or have let themselves or their family down (refer to chart 4.26).

Chart 4.26: Feeling bad about yourself - or that you are a failure or have let yourself or your family down.

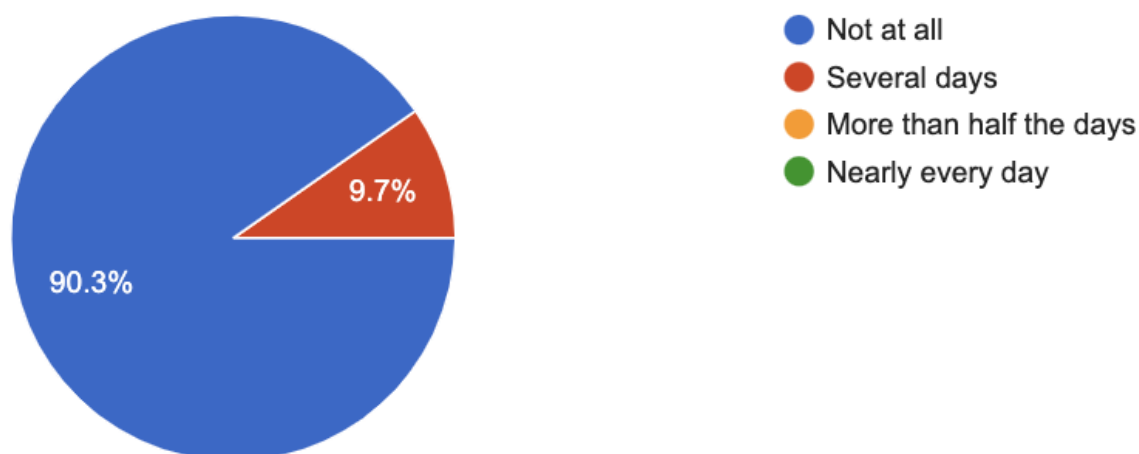
71% ($n = 22$) of participants said they did not have trouble concentrating on things (refer to chart 4.27).

Chart 4.27: Trouble concentrating on things, such as reading the newspaper or watching television.



And 90% ($n = 28$) said they did not move or speak slowly that other people could have noticed. Or the opposite being so fidgety or restless that you have been moving around a lot more than usual (refer to chart 4.28).

Chart 4.28: Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual.



Conclusion

In summary of this study, the results indicate that an eldest daughter's relationship with her mom has a positive effect on her mental health. In this study, a majority of the participants reported that they did not feel depressed (Charts 4.21-4.28) and a majority of the participants had a healthy relationship with their moms. 61.3% ($n = 19$) participants said they take pleasure in doing things. 35.5% ($n = 11$) said that for several days they felt little interest or pleasure in doing things (refer to chart 4.21). Of the participants, 41.9% ($n = 13$) of the eldest daughters said their mother is warm and loving. 25% ($n = 8$) strongly agreed. Only 9.7% ($n = 3$) disagreed (refer to chart 4.17) However, the majority of the participants scored high on the perfectionism score. The data shows that perfectionism does not correlate with the eldest daughter's relationship with her mother nor does perfectionism change their mental health. The eldest daughter's relationship with her mother does have a positive correlation to her mental health.

Chapter 5: Discussion, Recommendations, and Conclusion

The purpose of this study is to look at daughter's position in her family and what helps her thrive in her mental health. This study examines the relationship between a mother and her eldest daughter, perfectionism, and the eldest daughter's mental health. In this section, we discuss implications for family systems, the strength of the study, the limitations, recommendations for further study, researcher reflections, and the conclusion. The limitations of the study include not being able to look at what causes perfectionism or is perfectionism perpetuated by a close relationship with the mother. Additionally, another area of study would be comparing these results with the results of eldest sons with or second and thirdborn children. The topics of further study are extensive since there is not much known specifically about the eldest daughter's unique experiences and effects on her mental health. Further study topics could include sibling relationships with the eldest daughter, and the mother's perfectionism score in correlation to the daughter's perfectionism score. More ideas will be explored in the further study section. The strengths of the study are showing the positive scores of the relationship with the mother along with the healthy depression scores.

Implications for Family System

This section is included because of the role the mother and eldest daughter play in their family. Their bond seems important to the eldest daughter's mental health. Further study would be to look at the parentification of the eldest daughter and how that may upset a family system.

Strengths of the Study

The strengths of the study lie in the research that it contributes to a severely lacking body of existing research on the topic. The study includes 31 eldest daughter participants. The data shows how the relationship with the mother may be a positive influence on the eldest daughter's mental health. The study shows that the participant's mental health is, on average, healthy. In correlation with this data, the study's findings show that the participant's relationship with her mother is also a significant influence to her positive mental health. Every participant scored high on perfectionism, which was not significantly influenced by the relationship with their mother.

Limitations of the Study

This study did not conclude where perfectionism comes from in the eldest daughter. Most participants reported having high expectations of themselves and that others have told them that they have high standards for themselves. Other limits include lack of data on the eldest daughter's relationship with her siblings, father, or other family dynamics.

Recommendations for Further study

Recommendations for further study would include studying the sibling dynamics with the eldest daughter. How does the connection with the other siblings affect mental health? Studying an eldest daughter's relationship with her father to see his influence on perfectionism and performance. Another study of interest would be to see how competition in the family influences the eldest daughter's anxiety and mental health. Another fascinating study would be the

dynamics of three sisters. When there are three sisters how does this influence the eldest daughter's emotional development and corresponding mental health? How does sibling competitiveness influence the eldest daughter's experiences? What is the correlation between the eldest daughter and eating disorders relating to perfectionism and anxiety? Does perfectionism come from a competitive relationship with siblings? These are just a few of the many areas requiring additional research on the topic of eldest daughters and how they play a role in the family system, perfectionism, and affect their personal mental health.

Researcher Reflections

As the researcher, I would love to study this topic further. As the eldest daughter, I have a personal interest in this topic. I am keenly interested in how other eldest daughters have experienced family dynamics during their formative years. I found that connection to the eldest daughter's positive mental health and their relationship with their mothers very influential and intriguing. I have also found this correlation in my own life. I am emotionally closest to my mom relative to my siblings and found this relationship to be very grounding. I would love to see more information on the eldest daughter and how to be an effective support to those who struggle with their relationship with their mother.

Conclusion

Studying the eldest daughter shows a strong bond between the mother and her eldest daughter. This relationship influences the eldest daughter's mental health. The eldest daughter's mental health positively correlates with her relationship with her mother. Most participants in the study showed low levels of perfectionism and levels of depression or anxiety while also having high scores of a positive relationship with their mothers.

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Appendix A: Sample Questions

Clinical Perfectionism Questionnaire-Revised psych-test.

1. Have you pushed yourself really hard to meet your goals?
2. Have you been told that your standards are too high?
3. Have you raised your standards because you thought they were too easy?
4. Have you repeatedly checked how well you are doing at meeting standards (for example, by comparing your performance with that of others)?
5. Do you think that other people would have thought of you as “perfectionist”?
6. Have you kept trying to meet your standards, even if this has meant that you have missed out on things?
7. Have you tended to focus on what you have achieved, rather than on what you have not achieved?
8. Have you felt a failure as a person because you have not succeeded in meeting your Goals?
9. Have you been afraid that you might not reach your standards?
10. Have you avoided any tests of your performance (at meeting your goals) in case you failed?

The Personal Standards factor comprises Items 1-6, and the Emotional Concerns & Consequences factor comprises items 7-10. All items are rated on a four-point Likert scale from 1 (“not at all”) to 4 (“all of the time”), and two items are reverse scored (Dickie, Surgenor, Wilson, McDowall, 2012).

Mother-Daughter Relationship Quality Scale

1. Most of the time, your mother is warm and loving.
2. Your mother encourages you to be independent.
3. When you do something wrong that is important, your mother talks about it with you and helps you understand why it is wrong.
4. You are satisfied with the way your mother and you communicate with each other.
5. Overall, you are satisfied with your relationship with your mother.

Each item was scored on a 5-point Likert-type scale ranging from 1 (strongly agree) to 5 (strongly disagree). Items were reverse-coded such that higher scores on this scale indicated more positive mother–daughter relationship quality (Usher-Seriki, Bynum, Callands, 2008).

Patient Health Questionnaire (PHQ-9)

1. Little interest or pleasure in doing things.
2. Feeling down, depressed or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy.
5. Poor appetite or overeating
6. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.
7. Trouble concentrating on things, such as reading the newspaper or watching television.
8. Moving or speaking so slowly that other people could have noticed or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.
9. Thoughts that you would be better off dead, or of hurting yourself.
10. If you checked any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Interpretation of total score

1-4 minimal depression

5-9 mild depression

10-14 moderate depression

15-19 moderately severe depression

20-27 severe depression

Appendix B: Consent Form

Research Informed Consent

TITLE OF STUDY: The Eldest Daughter and Her Mental Health Study

PRIMARY RESEARCHER

Name - Hannah Miller

Department - CMHC student at Moody Theological Seminary

Email - Hannah.miller@moody.edu

PURPOSE OF STUDY

The purpose of this study is to look at the correlations between perfectionism, the eldest daughter's relationship with her mom, and her mental health.

PROCEDURES

Participants will fill out three assessment scales. These assessments include the Mother-Daughter Relationship Quality Scale, the Clinical Perfectionism Questionnaire, and the PHQ9- Depression Scale.

CONFIDENTIALITY

Please do not write any identifying information.

Every effort will be made by the researcher to preserve your confidentiality including the following:

- Assigning code names/numbers for participants that will be used on all research notes and documents
- Keeping notes, interview transcriptions, and any other identifying participant information in a locked file cabinet in the personal possession of the researcher.

Participant data will be kept confidential except in cases where the researcher is legally obligated to report specific incidents. These incidents include, but may not be limited to, incidents of abuse and suicide risk.

CONTACT INFORMATION

If you have questions at any time about this study, or you experience adverse effects as a result of

participating in this study, you may contact the researcher whose contact information is provided on the first page. If you have questions regarding your rights as a research participant, or if problems arise that you do not feel you can discuss with the Primary Researcher directly at the following email address Hannah.miller@moody.edu.

VOLUNTARY PARTICIPATION

Your participation in this study is voluntary. It is up to you to decide whether or not to take part in this study. If you decide to take part in this study, you will be asked to sign a consent form. After you sign the consent form, you are still free to withdraw at any time and without giving a reason. Withdrawing from this study will not affect the relationship you have, if any, with the researcher. If you withdraw from the study before data collection is completed, your data will be returned to you or destroyed.

Note: Please delineate the "Consent" section of the Informed Consent Form by drawing a line across the page (like this - ~~Example~~). This delineation is important because the consent form grammar shifts from second person to first person, as shown in the example.

CONSENT

I have read and I understand the provided information and have had the opportunity to ask questions. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I understand that I will be given a copy of this

consent form. I voluntarily agree to take part in this study.

Participant's Signature _____ Date _____

Researcher's Signature _____ Date _____

