

ACEs and youth mental health. Interventions that aim to directly target individuals' reactivity to stress by providing treatment components in real-life using mHealth tools (e.g., ecological momentary interventions) may be a promising novel preventive and therapeutic approach.

Keywords: Angststörungen, Gesunde Probanden

Girls' stuff? The Influence of Gender Stereotypes on Fears and Approach Behavior in Children

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The prevalence rate of specific phobias is higher in women than in men throughout the life span. Fear as a behavioral tendency is often perceived as a female characteristic. Interestingly, there is also empirical evidence that individuals with typically female characteristics show higher levels of fear than those with typically male characteristics – regardless of the biological sex. From early childhood, patterns of behavior that are consistent with female gender stereotypes are reinforced and tolerated in girls whereas in boys, 'masculine' behavioral patterns are expected.

However, the relationship between parental gender stereotypes and infantile fear response has scarcely been explored. Based on a sample of 38 pairs of girls aged 5-10 and their mothers, the present study investigates if implicit and explicit gender stereotypes of mothers are linked with the extent of self-reported general fearfulness, fear of snakes as well as approach behavior towards a real snake in children.

The results show that self-reported fear coincides with less approach behavior towards a fear-relevant animal. Importantly, gender stereotypes of mothers were significantly associated with higher self-reported fear and less approach behavior in their daughters. Especially for specific fears, implicit gender stereotypes were found to be a better predictor than explicit gender stereotypes. In general, the specific fear of snakes was better predicted by gender stereotypes of mothers than general fearfulness. Moreover, implicit gender stereotypes were equally good predictors compared to specific fears of mothers, which are well-known predictors of childhood fears. The results provide initial evidence for the role of parental gender stereotypes concerning the development and maintenance of fears and phobias in childhood.

Keywords: Angststörungen, Psychophysiologie

Associations between parental and child subjective and physiological fear responses in two different fears

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Moderators and mediators of mechanisms involved in the transmission of parental fear to children have not yet been fully identified. For example, it is unclear to what extent the type and content of paternal fear plays a role in transmission processes. In this study, 35 parents and their children took part in a psychophysiological lab experiment consisting of an affective picture viewing paradigm. We assessed their startle-, heart rate- and skin conductance response to pictures with either spider or dental surgery relevant contents as well as to generally aversive and positive pictorial material. Moreover, participants were asked to self-rate their subjective fear during exposure. The preliminary results demonstrate a difference concerning the association between parental and child's fear as a