Abstract
The relations among paternal parenting stress, marital satisfaction, depression, and their children’s anxiety/depression were examined. A total of 1,599 families were included. The main results showed that among the fathers, greater parenting stress predicted lower marital satisfaction, this lower marital satisfaction subsequently predicted higher paternal depression, and finally this higher paternal depression subsequently predicted higher children’s anxiety/depression. This study highlights the importance of fathers’ psychological well-being in terms of children’s adjustment.

Method
This study analyzed 2012 data from a longitudinal research project, The Panel Study on Korean Children. A total of 1,599 families with a four-year-old child (M age = 4 years, 3 months) were interviewed or answered four questionnaires.

Measures
- **Paternal Parenting Stress.** The Parenting Stress scale (Kim & Kang, 1997) was used. Fathers evaluated 11 items using a 5-point Likert scale. Higher scores reflect higher fathers’ parenting stress. Cronbach’s alpha was .86.
- **Paternal Marital Satisfaction.** The Revised Kansas Marital Satisfaction Scale (RKMSS; Jung, 2004) was used. Fathers completed four items using a 5-point Likert scale. Higher scores reflect higher fathers’ marital satisfaction. Cronbach’s alpha was .92.
- **Paternal Depression.** The Kessler’s Psychological Distress scale (The K6; Kessler et al., 2002) was used. Fathers completed six items using a 5-point Likert scale. Higher scores reflect higher levels of fathers’ depression. Cronbach’s alpha was .91.
- **Children’s Anxiety/Depression.** The Korean Child Behavior Checklist (K-CBCL; Oh & Kim, 2009) was used. This subscale consists of eight items of anxiety/depression using a 3-point Likert scale. Higher scores reflect higher levels of children’s anxiety/depression. Cronbach’s alpha was .72.

Table. Standardized Indirect Effects from the Decomposition Paths

<table>
<thead>
<tr>
<th>Paths</th>
<th>Indirect Effect</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>(P) Parenting stress → (P) Marital satisfaction → (C) Anxiety/Depression</td>
<td>-0.006</td>
<td>[-0.026, 0.014]</td>
</tr>
<tr>
<td>(P) Parenting stress → (P) Marital satisfaction → (P) Depression</td>
<td>0.055</td>
<td>[0.035, 0.075]</td>
</tr>
<tr>
<td>(P) Parenting stress → (P) Depression → (C) Anxiety/Depression</td>
<td>0.029</td>
<td>[0.006, 0.049]</td>
</tr>
<tr>
<td>(P) Marital satisfaction → (P) Depression → (C) Anxiety/Depression</td>
<td>-0.011</td>
<td>[-0.020, -0.003]</td>
</tr>
<tr>
<td>(P) Parenting stress → (P) Marital satisfaction → (P) Depression → (C) Anxiety/Depression</td>
<td>0.004</td>
<td>[0.001, 0.007]</td>
</tr>
</tbody>
</table>

Key Findings and Conclusions
- **Path analysis** within Structural Equation Modeling (SEM) was utilized, using Mplus.
- The indirect paths from paternal parenting stress to children’s anxiety/depression, which was mediated by paternal depression only, as well as by both paternal marital satisfaction and depression, were significant.
- In other words, greater parenting stress predicted lower marital satisfaction among fathers, this lower marital satisfaction subsequently predicted higher levels of paternal depression, and finally this higher paternal depression predicted higher levels of children’s anxiety/depression.
- This emphasizes the importance of paternal psychological well-being in families, which plays a role in children’s psychological well-being.
- Investigating whether children’s gender, family income, or parents’ educational level affects children’s mental health could improve future studies.

Acknowledgement
We greatly appreciate the time the families devoted for this study. We are also thankful for the researchers of the Korea Institute of Child Care and Education for collecting and sharing the data which made this work possible. To learn more about this study with references, please contact Yookyung Lee at ylee260@utexas.edu.