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**Method:** In this descriptive study, 84 male and female high school students of Zahedan were selected through cluster sampling. Data were collected using Test Anxiety Questionnaire (Abolghasemi et al-1375), and Parenting Style (Baumrind).

**Results:** Data analysis using Pearson correlation coefficient showed a significant negative relationship between authoritarian parenting style and test anxiety in students ( $r: 0/299^{**}$ ,  $p: 0/006$ ).

**Conclusion:** Overall, the results of the study revealed a negative relationship between authoritarian parenting style and test anxiety in students. Thus, parents should use authoritarian parenting style to reduce test anxiety, and improve academic achievement of their children.

**Keywords:** Parenting Styles, Test Anxiety

### **PTU71- The Effects of Parent Education and Skill Training Program on Stress of Mothers of Autistic Children**

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**Introduction:** Parent of children with autism face challenges placing them at risk for high level of stress and other negative psychological outcomes. Involvement of parents in implementing intervention strategies designed to help their children can reduce these negative outcomes.

**Objectives:** The purpose of the present study was to investigate the impact of Parent Education and Skill Training Program (PESTP) on reducing stress of mothers of preschool children with autism.

**Methods:** This semi-experimental study was conducted with pretest, posttest and follow-up design, using control group. Samples of the study were 21 mothers of preschool children with autism (aged 3-7 years) in Mashhad who were randomly selected and allocated to experimental and control groups. Participants in experimental group received eleven sessions of training with the PESTP. All participants completed Parenting Stress Index (PSI) at pre and post-training and then a 70-day follow-up. Data obtained from this study was analyzed by repeated measures analysis of variance.

**Results:** The results showed that training with the PESTP reduced maternal stress after 70-day follow-up ( $p < 0/05$ ).

**Conclusion:** This finding confirms the effectiveness of parents' training in reducing stress of mothers of children with autism.

**Keywords:** Autism, Parenting Stress, Parent Education, Skill Training Program

### **PTU72- The effect of Parenting Styles on Externalizing Symptoms in Primary School Boys**

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**Introduction:** Family environment, particularly the patterns and styles that parents choose to educate their children, influence the personality characteristics and behaviors of children.

**Objective:** The aim of this study was to investigate the effect of parenting styles (authoritarian, authoritative and permissive) on externalizing symptoms in primary school boys.

**Methods:** One hundred twenty mothers of primary school boys were selected by cluster sampling method in the first region of Tehran, and completed Child Behavior Checklist (Achenbach & Rescola, 2001), and Parenting Styles Questionnaire (Baumrind, 1966). Pearson correlation and regression analysis were used for data analysis.

**Results:** Results indicated that permissive parenting style had a significant positive relationship with externalizing symptoms and predicted them positively. In contrast, authoritative and authoritarian styles had a significant negative relationship with these symptoms and predicted them negatively.

**Conclusions:** Parenting styles affect child behavior problems specially externalizing symptoms.

**Keywords:** Parenting Styles, Externalizing Symptoms, Children.

### **PTU73- The Relationship between Parenting Styles with Behavioral Problems of Children with Autism Spectrum Disorders**

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**Introduction:** Autism spectrum disorders or pervasive developmental disorders include Autism, Asperger syndrome, Rett syndrome, childhood disintegrative disorder and pervasive developmental disorder not otherwise specified. These disorders are characterized by severe and pervasive impairments on varied area of