

## Abstract

The present study aimed to deal with the normative sample of adolescents and young adults by taking into consideration the sensitive nature of adolescence period. The basic aim of the present study was to identify the impact of critical parenting in the development of psychopathological tendencies through identification of cognitive distortions particularly among adolescents and young adults. The sample was comprised of 60 adolescents (i.e., 30 referred and 30 non-referred) and 60 adults (30 referred and 30 non-referred) by utilizing purposive sampling strategy. The age range of adolescents was from 14-18 years and the age range of adults was between 19-25 years. The study also aimed to establish the psychometric properties of the Critical Parenting Inventory. The present study demonstrated that critical parenting and cognitive distortions play an influential role among the referred adolescents and adults. The study revealed significant differences ( $p < .05$ ) among referred and non-referred sample. The results indicated that referred adolescents and adults appeared to be having greater number of cognitive distortions and experienced greater level of parental criticism and blaming attitude as compared to non-referred adults and adolescents. The present findings added to the limited body of indigenous literature by increasing awareness regarding the influence of gender on the types of distortions which has not been investigated previously. The present study also depicted the dire need to extend this linkage of cognitive distortions with critical parenting practices to prevent increasing rate of pathologies among young adolescents and adults.

*Keywords.* Critical parenting, cognitive distortions, adolescents, young adults