Abusive parenting: Harsh discipline methods, including emotional, physical, or sexual abuse, or a combination of at least two of these forms of abuse.

Burdening parenting: Demands and expectations perceived by children to one sided and serve parental needs, including financial burden to repay parents for their investments in their daughter, academic achievement either by the daughters themselves or through an appropriate marriage, and the obligation to care for parents.

Culturally disjointed parenting: An acculturation gap between parents and children as an ongoing frustration contributing to parent/child emotional disconnect. This includes differing cultural expectations relating to the externalization and expression of feelings and emotions, as well as language barriers playing a major role in disjointment.

Disengaged parenting: Lack of parental validation of children’s emotions and feelings; their feelings were repeatedly dismissed, belittled, or ignored by the disengaged parents.

Gender prescribed parenting: Originating from the cultural prescriptive role of gender, these parents hold very rigid and strict views on how the boys and girls should behave. Feeling “less valued than their brother,” participants perceive differential treatment from their parents, citing “unfair treatment” that made them feel “powerless.”

**Conclusion**

Asian-American women who experience “disempowering parenting” (ABCDG parenting) are at risk of developing a “fractured identity,” a phenomenon that may promote self-harm and suicidal behaviors. Targeted interventions should aim to help women develop a sense of empowerment within the family, and for policy makers to create resources for Asian-American families to better deal with accumulative stress.