



International Academy
of Family Psychology

Families in Difficult Times: Conflict, Covid, and Cyberspace

International Academy of Family Psychology
Online, October 10 – 12, 2022

Abstract Booklet



International Academy
of Family Psychology

Families in Difficult Times: Conflict, COVID, and Cyberspace

9th Conference of the International Academy of Family Psychology

Online from Munich, Germany (UTC+2)

October 10 – October 12, 2022

The conferences of the “International Academy of Family Psychology” address a broad range of issues including “classical” themes such as partnership and child rearing in the context of family diversity, as well as current hot topics. This conference takes a special focus on family stress and coping. Keynotes and invited symposia will present research on families in times of war and forced migration, family life in the Covid-19 pandemic, families facing high post-separation conflict, and challenges of increasing digitalization. They will discuss services of family support, which often involve multiprofessional collaboration and increasingly rely on digital tools.

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KEYNOTES ·
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Plenary Keynote 1

SUPPORTING TRAUMATIZED CHILDREN AND YOUTH AFTER FLIGHT OR DISPLACEMENT

Rita Rosner

Katholische Universität Eichstätt-Ingolstadt (Germany)

Focusing young people's mental health problems following forced migration or displacement, this presentation aims to provide insight into evidence-based psychological support for children and adolescents with posttraumatic stress disorder (PTSD). It starts with a brief overview of the frequency and course of mental disorders in children and adolescents after flight and displacement, and describes the interventions studied so far for the treatment of post-traumatic symptoms. In the second part of the presentation, trauma-focused cognitive behavioral therapy (TF-CBT) will be presented in more depth. In this manualized approach, adult caregivers (either a parent or – in the case of institutional placement – professional caregivers) are substantially involved, more so than in other therapeutic approaches. TF-CBT comprises several components, such as psychoeducation and promotion of caregiver parenting skills, relaxation, emotion regulation, cognitive coping and processing, development of a trauma narrative (in vivo exposure), exposure in vivo of the symptom-triggering stimuli, joint sessions with the caregiver, and promotion of future safety. The interventions will be demonstrated using video examples. The specific adaptations in the treatment of refugees will be presented.

Monday, October 10, 09:30 – 10:30

Plenary Keynote 2

OPPORTUNITIES AND CHALLENGES OF DIGITIZATION FOR FAMILY LIFE

Sonia Livingstone

London School of Economics and Political Science (UK)

Parenting for a Digital Future: How hopes and fears about technology shape children's lives was researched just before the pandemic yet it became more relevant since lockdown led us all to rely on screens more than we could ever have imagined. In this lecture, I will draw on qualitative and survey research with parents to argue that the changes that digital technologies bring to children's lives act as a lightning rod for deep-seated anxieties about the present, amplified by a felt lack of control over their child(ren)'s future. This is made harder by the practical, regulatory and design challenges in managing technologies, exacerbated by the dystopian imaginary promoted in the media. In many ways, parents are resourceful, accommodating what one parent called 'the tsunami of devices' arriving in their homes by adopting any of three distinct genres or constellations of practices – embrace, balance and resist. On the one hand, the families most in need are often those who place the most hopes in technology, and embrace it the most enthusiastically, although the outcomes may not deliver as they hope. On the other hand, parents constantly risk being outsmarted by the latest innovations which, in turn, exacerbate inequalities, disintermediate parents, and burden them with greater responsibilities but reduced support.

Tuesday, October 11, 13:30 – 14:15

Plenary Keynote 3

PROMOTING RESILIENCE FOR CHILDREN EXPOSED TO POST-SEPARATION/DIVORCE INTERPARENTAL CONFLICT: THEORY AND INTERVENTION

Irwin Sandler / Karey O'Hara

Arizona State University (USA)

Children are exposed to a wide range of stressful conditions that threaten their healthy development and increase their risk for a wide range of mental and physical health disorders. Yet, most children are resilient and do not develop serious mental health problems after stress exposure. This presentation will focus on one major source of stress, interparental conflict following divorce, and describe research on two sources of resilience – the quality of parenting children receive, and children's adaptive coping efforts. We will present theoretical studies that identify the conditions under which each resilience resource – parenting and coping – protects children from the negative impact of conflict. We will also present new research that tests whether the effectiveness of structured online interventions strengthen these resilience resources. One study tested whether an online parenting after divorce program reduces children's exposure to conflict following divorce and reduced children's mental health problems. A second project involves a series of research studies to develop an online coping intervention that is effective in improving children's capacity to cope with the stress of interparental conflict after parental separation/divorce.

Tuesday, October 11, 17:30 – 18:30

Plenary Keynote 4

FAMILY SERVICES AND SOCIAL NETWORKS IN SUPPORTING COPARENTHOOD AMONG NEW PARENTS

Anna Rönkä

University of Helsinki (Finland)

Coparenting, denoting shared parenting responsibilities and mutual support between parents, is an important resource for families, especially during early parenthood. The development of coparenting depends on how parents learn to work as a team over time. Nevertheless, coparenting is learned in places, services, and networks where new parents meet and share their experiences and receive mutual support. Coparenting is also strongly affected by gender ideologies, work cultures and family policies. In this presentation I address the following questions: What kind of social support do expectant couples look for in constructing their coparental relationship? In what ways do Finnish low-threshold family center services promote coparenting? Does the social support available to new parents meet their needs? I present findings from “Learning to coparent: A longitudinal, cross-national study on the construction of coparenting in the transition to parenthood (CopaGloba)”. This keynote is based on two datasets collected during the COVID-19 pandemic: interview data with expectant couples in Finland (n = 30), Portugal (n = 30) and Japan (n = 30) and focus-group interview data with Finnish family professionals (n =21). We found that early parenthood is a moment when new parents are open to the active construction of coparenthood and seek support and models from their networks. The expectant parents reported that the pandemic had impacted their preparations for coparenthood by restricting the father’s participation, decreasing the availability of societal support, restricting access to social networks, and increasing the number of stress factors. We conclude that professionals should be available to discuss with families their plans and arrangements relating to the sharing of duties and involvement of both parents in childcare and parenthood.

Wednesday, October 12, 10:30 – 11:15

Plenary Keynote Lecture

THE PSYCORPS MODEL OF MENTAL HEALTH SUPPORT TRAINING – EXPERIENCES FROM UKRAINE

John Thoburn¹ / Myroslava Muchkevych

¹*Seattle Pacific University*

Research indicates that mental health support is useful for survivors of natural or man-made disasters. Research further indicates that survivors receive the most benefit from natural occurring social networks. Thus, this lecture will provide a rationale for training indigenous volunteers in psychological first aid for the purpose of providing mental health support to friends and family. The lecture will trace the development of psychological first aid models and follow with an example of the implementation of a process model used with survivors of the armed conflict in Ukraine.

With the physical and psychological toll Ukrainians are suffering due to the ongoing conflict with Russia, PsyCorps: Psychology Support International, was invited by the Honorary Consulate of Ukraine in Seattle, in collaboration with Lesya Ukrainka Volyn National University psychology faculty, and the Rector of Paltova Seminary, to train local community volunteers as well as educators, teachers and medical personnel in mental health first aid and traumatology treatment. A team of four psychologists travelled to refugee camps in Poland and Romania, and the cities of Chernivtsi and Lutsk for two weeks from June 25 through July 9, 2022.

Monday, October 10, 17:30 – 18:30

Invited Symposium

WAR, TRAUMA, AND FLIGHT: AN INTERDISCIPLINARY SYMPOSIUM ON THE CONSEQUENCES FOR AFFECTED FAMILIES

Tobias Hecker¹

Discussant: Laura K. Taylor²

¹*Bielefeld University (Germany)*

²*University College Dublin (Ireland)*

Millions of people around the world are affected by war and displacement, as the current war in Ukraine demonstrates once again. People who experience war and violence have an increased risk for mental health problems. Research on adult refugees is now quite well developed. The number of studies on refugee children has also increased in recent years, although there is still a need for more research in this area. However, studies that examine the consequences of war, flight, and trauma from a family perspective, considering intra-family dynamics, are very rare. In this interdisciplinary symposium we will address the consequences of war, flight, and trauma from a family perspective. Based on studies in very different conflict settings in the Middle East (e.g., Syria, Gaza) and Africa (Burundi, Nigeria), the speakers will focus on the link between parental and child mental health, also considering potential family mediators, such as family violence or relationship quality. They will also present results on consequences of traumatic experiences beyond the direct mental health impairments, such as the cognitive development of the affected children or the willingness of residents to host displaced persons. In addition, family interventions that have been tested in conflict settings will be presented. A final interdisciplinary discussion will draw out implications for practice and research in family psychology and identify approaches for research, intervention, and prevention.

Monday, October 10, 13:30 – 15:15

Invited Symposium

War, Trauma, and Flight: an Interdisciplinary Symposium on the Consequences for Affected Families

The Role of Parental Factors for the Mental Health of Refugee Youth: Evidence from a Multi-Informant Study with Burundian Families

Florian Scharpf¹ / Edna Kyaruzi² / Getrude Mkinga¹ / Faustine Bwire Masath^{1,2} / Tobias Hecker¹

¹Bielefeld University (Germany)

²Dar es Salaam University College of Education (Tanzania)

Parents significantly shape the impact of adversity on their children's mental health. Notwithstanding, there is scant evidence on the role of parents for children's adjustment in refugee camps. Available studies are hampered by their reliance on only one parent and a lack of data from multiple informants. We conducted a cross-sectional study with Burundian families living in refugee camps in Tanzania to examine a) the prevalence of children's and parents' traumatic experiences and mental health problems and b) associations between parental factors including their mental health and parenting and children's adjustment. Data collection took place in the three refugee camps Nyarugusu, Nduta and Mtendeli in Western Tanzania. Using systematic random sampling we selected 230 family triads consisting of the oldest child in primary school age, the mother/female caregiver, and the father/male caregiver. Children and parents participated in individual structured interviews conducted by Tanzanian psychologists or trained assistants from the refugee community. Children and parents reported high levels of traumatic experiences. The prevalence of mental health problems among children was lower than in previous studies [5.7% for posttraumatic stress disorder (PTSD) and between 10.9% and 15.9% for child- and parent-reported emotional and behavioral problems]. Higher prevalence rates were found among mothers (PTSD: 32.6%, general distress: 87.4%) and fathers (PTSD: 29.1%, general distress: 83.9%). Mothers' psychopathology was indirectly positively related to children's psychopathology through an insecure mother-child relationship and more maltreatment by mothers, whereas the association between fathers' and children's psychopathology was direct. Higher levels of maltreatment by parents were related to children's memory deficits both directly and indirectly through increased psychopathology. The findings suggest that prevention and intervention approaches targeting parents' mental health and caregiving may improve the mental health of refugee youth living in resource-poor camp settings.

Invited Symposium

War, Trauma, and Flight: an Interdisciplinary Symposium on the Consequences for Affected Families

How do Parent's Traumatic Experiences and Mental Health Impact the Cognitive Development of Refugee Children?

Gustaf Gredebäck / Jonathan Hall

Uppsala University (Sweden)

We will present the results from an experimental and cross-sectional study that focus on refugee children's cognitive capacities, how they are affected by their parent's war related experiences and mental health. One hundred refugee families (174 adults [Age: M=39.8, SD=7.8, range=[22,60], Sex: 55.7% women] and 233 children [Age: M=12.2, SD=3, range=[6,18]; Sex: 42.5% girls]) from Syria (the majority from Aleppo) conducted experimental tasks assessing fluid intelligence (WASI), attention (visual search), social cognition (Emotion processing), proactive/reactive control (AX-CPT), and risk taking (BART). Parents also participated in an interview detailing their war-related experiences (HTQ), their current mental health (PTS), and their current home (CHAOS, HOME-SF), and psychosocial (FPSQ), environment.

Results were analyzed using a series of multiple regression models each focusing on a single psychological construct and associated predictor variables. The children's social cognitive abilities and their reactive/proactive control were both influenced by their mothers mental health (while controlling for war-related experience, education, age, and other variables of interest). Father's mental health or experiences did not impact children's development. One moderating factor is the discipline type used by mothers, with harsh punishment being associated with poor maternal mental health and poor outcomes in children. These mothers were younger (than other in the sample), they experienced downward mobility, discrimination and rated themselves less religious. Other cognitive capacities were not impacted to the same degree, including intelligence and risk taking.

These results point to a generational transfer from mothers to children where maternal mental health, impacted by mothers war-related experiences, impact children's cognitive development. However, the analysis suggests that light-touch interventions that create a small, but sustainable, improvement in maternal mental health could be sufficient to boost children's development.

Invited Symposium

War, Trauma, and Flight: an Interdisciplinary Symposium on the Consequences for Affected Families

Threat, Empathy, and Acceptance of Forcibly Displaced Persons

Peter Onah Thompson¹ / Jonathan Hall² / James Igoe Walsh³

¹*Appalachian State University (USA)*

²*Uppsala University (Sweden)*

³*University of North Carolina at Charlotte (USA)*

Durable settlement of conflicts depends on the safe, voluntary, and dignified return of displaced persons to their areas of origin or their resettlement elsewhere. Successful return or resettlement, in turn, depends on citizens' willingness to host and integrate the displaced into their community. What factors lead individuals to accept displaced persons?

One important answer is altruism born of suffering. Individuals who have suffered war exposure and trauma have more empathy towards, and are more willing to host, displaced persons. This altruism extends to some, but not all, outgroups. We lack a good explanation of this difference. Prior research has speculated, but not established, that citizens are less accepting of individuals from outgroups that have perpetrated violence against their ingroup.

This suggests that acceptance of displaced persons is influenced by perception of threat. We use a threat management theory as our starting point. According to this theory, "primordial" categories of social perception provide information about the potential costs and benefits of social interaction. This suggests that experience of war violence calibrates threat sensitivity; those exposed to greater violence, and especially those suffering psychological distress, are more sensitive to threat cues. We hypothesize that respondents are more willing to host ethnic ingroup members, women, elderly, and married displaced persons compared to outgroup, men, young and single displaced persons. This tendency should be amplified among victims of war violence.

We assess these hypotheses with a conjoint survey experiment in areas of Nigeria to which internally displaced persons seek to move. Our design allows us not only to disentangle these social characteristics of the target of potential hosting behavior, but also to examine the role of perceived threat and feelings of empathy. The findings have important implications for understanding how citizens balance more self-regarding and other-regarding feelings towards displaced persons.

Family Approach to Wellbeing and Achievement among War-affected Palestinian Children

Safwat Y. Diab¹ / Raija-Leena Punamäki² / [Kirsi Peltonen](#)³

¹*Al-Quds Open University (Palestine)*

²*University of Tampere (Finland)*

³*University of Turku (Finland)*

Family factors are agreed to influence children's vulnerability and recovery from war trauma, as research shows supportive parenting, secure attachment, good parental mental health, and warm siblingship to protect war-affected children. However, few studies have applied a genuine family approach to understand how and why these factors may be especially decisive for child wellbeing and functioning in war conditions. Therefore, in the spirit of family systems theories, we, first, expect to find unique family types reflecting family factors in triads of children, mothers, and fathers, based on sibling relationships, parenting styles, parental scholastic involvement, and parent mental health (depression). Second, we analyze how these identified family types are associated with children's academic achievements of language and math and mental health indicated by PTSD. Third, we analyze whether some family types can protect children's academic achievement and mental health from negative impact of traumatic war events. The participants were 303 Palestinian children of 10–13 ($M = 10.94 \pm .50$) years of age (51.2% girls) and their parents from the Gaza Strip. Children reported their mental health (PTSD), sibling relationships (warmth, intimacy, rivalry, and conflict), parents' scholastic involvement (practical support, academic encouragement, and discouragement), and traumatic war events (violence, losses, and destruction). Their language and math achievements were measured by standard tests. Parents reported their parenting styles (supportive, psychological, and behavioral control) and mental health (Depression). In the presentation, the initial findings of the study will be presented. We will also reflect the findings regarding psychosocial interventions among Palestinian families.

Invited Workshop

LANDSCAPE ANALYSIS OF THE CONTENT AND DELIVERY OF ONLINE PARENTING PROGRAMS FOR SEPARATED AND DIVORCING FAMILIES IN THE US

Lynda Sagrestano¹

Chair: Janin Zimmermann²

¹*German Youth Institute (Germany)*

²*Ludwig-Maximilians-University Munich (Germany)*

In an increasingly digitized world, and in the face of a global pandemic, the value of offering adult education programs in an online format is increasing. To understand the landscape of online parenting program offerings in the US, a systematic search was conducted to identify programs focused on separating and divorcing families, targeting more sustained programs of minimum 8 hours. Eight programs meeting the criterion were identified, whereas most were shorter, reflecting court mandates for parenting courses for divorcing parents in many states. Using a case study approach, 4 longer programs and 2 evidence-based shorter programs offered asynchronously were reviewed and assessed for content and delivery methods. Recommendations were developed based on this landscape analysis and case studies, organized according to organizational considerations, inclusiveness and accessibility, content considerations, video/interactive elements, skill building, downloads/supplementary materials, and quizzes and surveys.

Monday, October 10, 13:30 – 15:

INDIVIDUAL PAPER SESSIONS · SYMPOSIA

Symposium

PSYCHOEDUCATION IN DISASTERS

Koubun Wakashima

Discussant: Koubun Wakashima¹ / Michiko Ikuta²

¹*Tohoku University (Japan)*

²*The University of Kanagawa Prefecture (Japan)*

The need for psychoeducation increases in times of disaster. For example, the Great East Japan Earthquake that struck Japan in 2011 caused tremendous damage. As a result, many people died and lost their homes and communities. In addition, the COVID-19 pandemic restricted face-to-face contact, making it difficult to maintain relationships with others, including family members. In addition, fear of infection created a stressful situation and increased the need for stress coping. Thus, in times of disaster, the number of people in need of psychological support increases, and the importance of psychoeducation rises. Therefore, this symposium will examine the practice of psychoeducation in times of disaster from the perspective of individual, family, and community approaches.

Monday, October 10, 10:30 – 11:45

Disaster psychoeducation for individuals

Naoto Nihonmatsu

Tohoku University (Japan)

We call Japan a disaster-prone country. Disasters include earthquakes, tsunamis, typhoons, fires, etc. In Japan, infectious diseases caused by the COVID-19, torrential rains, typhoons, the Kumamoto earthquake, and the Great East Japan Earthquake are fresh in our memories. Disaster victims suffer from psychological problems and stress reactions such as loss experience, PTSD, and grief. Psychological education for individuals is effective as a countermeasure against such problems before they occur. Psychological Support Center, Graduate of Education, Tohoku University has prepared a psychoeducation booklet on natural disasters and the COVID-19. The booklet explains stress during disasters, symptoms such as anxiety and fear, and stress coping strategies from the perspective of family psychology and family therapy/brief therapy, and includes simple work. For example, using survival questions, ask them to look for coping strategies that have worked for them in the past, or to look for exceptions where they have struggled with stress reactions but have been able to make it a little better. In this way, survivors who have difficulty adopting generally effective methods such as stress management and relaxation will be helped to find coping strategies that work best for them. In addition, the simple perspective of breaking the vicious circle and expanding the virtuous circle can lead to effective psychoeducation for a wide variety of disasters. However, the effectiveness of these psychoeducational booklets has not yet been verified, and further study is needed to determine if there is room for improvement.

Development of disaster psychoeducation content focused on family systems

Kazuma Sakamoto

Tohoku University (Japan)

Japan is one of the most disaster-prone countries in the world. Catastrophes destroy social systems from the ground up, and local social networks and family systems suffer tremendous damage. This causes problems such as the experience of loss and isolation to become apparent in the medium to long term after a disaster. In recovering from such a disaster, it is important not to isolate the victims, and it is especially important to recover the functionality of the closest society, the family. Conventional disaster psychoeducation in Japan has dealt only with providing knowledge about individual stress reactions and self-care. However, disaster psychoeducation to enhance family resilience is also considered important. Therefore, in this study, we developed psychoeducational content for disaster situations focusing on the family system. First, a content development team was formed. Next, based on the literature on major disasters in Japan, we identified problems that families face when disasters occur. Next, the team discussed and decided on the content structure based on the items extracted. The following three issues were identified as problems faced by families in times of disaster: 1) difficulties in help seeking behavior due to isolation from the local community, 2) tabooing within the family of experiences of disaster and loss, and 3) building a new family system. Content was created to address these issues from the perspectives of Solution Focused Approach and the use of extra-family communication. By focusing on the issues that families face in times of disaster, this study has created new content that has not been addressed in previous content. The impact of this content on family resilience needs to be empirically investigated and its effectiveness verified in the future.

The effect of feedback in self-care tool based on solution-focused brief therapy: Front e perspective of providing psychoeducation for the community in disaster

Gen Takagi

Tohoku Fukushi University (Japan)

When a disaster occurs, the increasing need for psychological support requires a means to provide support to many people. Self-care tools in psychological education enable support to a larger number of people. In particular, self-care tools based on solution-focused brief therapy were effective in discovering clues to solving various problems. However, existing self-care tools based on solution-focused brief therapy were one-way in which users answer questions, making it difficult to return feedback to the user's responses. Considering the important role feedback plays in face-to-face solution-focused brief therapy, it is crucial to present feedback in self-care tools. Therefore, this study examines the effectiveness of a self-care tool based on solution-focused brief therapy that uses machine learning to provide feedback on ratings regarding the reality and concreteness of goals. To compare the effects of self-care tools with feedback, we randomly assigned the participants to the feedback condition (feedback group) and non-feedback condition (non-feedback group). The total number of participants was 264 in the feedback group (123 men and 141 women) and 231 in the non-feedback group (101 men and 130 women). The results showed that the feedback group showed more significant improvement in problem severity than the non-feedback group. In addition, with or without feedback, self-care tools based on solution-focused brief therapy increased ideal life realization, positive affect, and solution building, and decreased negative affect. In conclusion, feedback makes self-care tools based on solution-focused brief therapy more effective. Moreover, we can conclude that self-care tools based on solution-focused brief therapy can aid community members in problem-solving and are helpful tools for addressing disaster support needs with a limited number of psychologists.

Individual Paper Session

PARENTS IN THE COVID-19 PANDEMIC

Harald Werneck

University of Vienna (Austria)

Monday, October 10, 10:30 – 11:45

Individual Paper Session

Parents in the COVID-19 Pandemic

The Double Burden of Work and Childcare for Parents during the Covid-10 Pandemic: Work-Family Conflict as Stressor for Individual and Relational Well-Being

Neele Hermes^{1,2} / Katharina Salo² / Ashley K. Randall⁴ / Claudia Chiarolanza³ / Anne Milek²

¹*Ruhr-University of Bochum (Germany)*

²*WWU Münster University (Germany)*

³*Sapienza – University of Rome (Italy)*

⁴*Arizona State University (USA)*

Closing schools and day-care facilities was a central non-pharmaceutical intervention to contain the spread of COVID-19 over several waves of the pandemic. The resulting discontinuation of extra-parental care dramatically affected daily routines of families, especially those with younger children: Parents were challenged to reconcile their work-related obligations with a sudden increase in their share of childcare. At the same time, several studies identified parents as particularly affected by pandemic-related decreases in their individual and relational well-being. Thus, we examined whether the experience of conflicting demands between work and family life, captured by the construct of work-family conflict, mediates the association between sudden increases in childcare responsibility and individual and relational well-being. Four hundred thirty-five working parents from Germany were surveyed during the first lockdown in spring 2020 (T1). Of these, $n = 143$ also responded to a second survey in autumn 2020, when schools and day-care facilities mostly reopened (T2). At T1, parents indicating more drastic increases in their share of childcare responsibility also reported lower individual and relational well-being, which was fully mediated by the experience of family-to-work conflict. However, at T2 pandemic-related increases in childcare went back to zero and thus the mediating path became irrelevant, but significant negative associations between both dimensions of work-family conflict (work-to-family and family-to-work conflict) and individual as well as relational well-being were replicated. Our results contribute to the understanding of pandemic-related demands and conflicts on individual and family well-being. Consistent with other studies, we were able to show that when schools and day-care facilities are closed due to the pandemic, work-family conflict is a prevalent experience among working parents and a potential threat to their individual and relational well-being.

Daycare Closures and Parents' and Children's Subjective Well-Being during the Covid-10 Pandemic – A Longitudinal Analysis in Germany

Franz Neuberger / Hanna Maly-Motta / Mariana Grgic / Sina Fackler / Susanne Kuger

German Youth Institute, Munich (Germany)

Objective: The paper investigates parents' stress experiences, parents' perceived child behavioral problems and parents perceived opportunities to reconcile work and family in families with children aged 0 to 6 during the 2nd and 3rd wave of the pandemic in winter 2020/21 and summer 2021 in Germany.

Background: The Covid-19 pandemic presented many challenges, especially for families with young children: the possibility of working at home for some parents, compulsory attendance for others, swiftly changing access regulation for daycare centres plus the individual fear of infection with the SARS-CoV-2-virus pushed many families to their limits. Our study examines how families with different social backgrounds coped with these challenges, examining family stress on various levels.

Method: Based on a unique longitudinal survey of approx. 8000 German parents with up to 9 data points between November 2020 and July 2021 (approx. 40.000 parents/month), we apply panel models to estimate family stress both, cross-sectionally and longitudinally.

Results: Overall, families with high incomes reported lower stress levels. The reconciliation of family and work was found to be most problematic for lower income families who typically live in more crowded environments and had less access to daycare due to prioritization based for systemically relevant jobs. However, daycare attendance was an enormous relief for all parents, but mainly helped wealthy families to reconcile work and family life.

Conclusion: Low income families in particular need more support, especially in balancing family and career in difficult times. Less stringent access regulations for daycare in times of pandemic-related daycare closures allowed for a higher overall childcare rate and a correspondingly lower burden on all families.

Couples' Functioning during Weekdays and Weekends at the Time of Covid-19

Alessio Masturzi¹ / Silvia Donato² / Ariela F. Pagani³ / Miriam Parise² / Claudia Chiarolanza¹

¹*Sapienza University of Rome (Italy)*

²*Università Cattolica del Sacro Cuore (Italy)*

³*Università degli Studi di Urbino Carlo Bo (Italy)*

Our study has the goal to verify if there are differences in psychological well-being, couple satisfaction and dyadic coping between weekdays and weekends in individuals who live in close relationships. During data collection, COVID-19 spread all over the Europe. This extraordinary event caused the imposition of restriction measures, including forced cohabitation, that lead people stay at home with their partners every day. This had an impact on individual and relational well being, as couples had to restructure completely their everyday routines. This study considered so the impact of forced cohabitation on psychological and relational well being during weekends and weekdays.

Psychological and relational well being face fluctuations during the week. However, there is few research that studies if they are different between weekdays and weekend. Considering the individual perspective, a general better psychological well being was mainly found during weekends ("weekend effect"), whereas when taking into account the relational perspective, research reports incoherent results. Some showed a more conflictive communication during weekends, others during weekdays. Couple's relational pattern appears to be more complex: stressful events during weekdays occur because couple have to face stress through their dyadic coping strategies more frequently in comparison with weekends. At the same time, weekends are periods in which people spend more time together and this can cause more occasions to discuss and so to use coping strategies.

COVID-19's spread contributed to create different routines, since people were forced to stay at home the entire day with their partners. There were so less leisure occasions and opportunities to separate work from private life. For all these reasons, the differences between weekend and weekdays could have been decreased during lockdown period.

The first aim of the study was to analyze whether and how psychological well being, relationship satisfaction and dyadic coping differ between weekends and weekdays, before and after COVID-19 spread. The second aim was to examine if dyadic coping explained participants' well being and relational satisfaction on weekends and weekdays. Then, the study was aimed at studying if these associations were the same before and during COVID-19.

To achieve the aims, 126 individuals, in a couple relationship for at least 2 years, aged 25-55 years, cohabiting, completed an online questionnaire. 76 completed it before and 50 after the lockdown. The research design consisted to fill the online questionnaire, once during a weekday and once during a weekend.

For the first aim, an analysis of variance was adopted; in particular, both repeated measures ANOVAs and repeated measures MANOVAs.

For the second aim, we used the hierarchical multiple regression analyses with the Enter method, one for the weekend and one for the weekdays.

In general, no differences were found between weekdays and weekends in psychological well being and couple functioning, apart from stress communication, as people are more prone to engage in stress communication during weekdays.

Considering COVID-19 variable, our results showed a better psychological well being during weekends than weekdays, only in the COVID-19 group. During COVID-19 people had to face a more stressful weekday routines, in addition to the stress caused by the pandemic itself. Considering relational well being, results reported greater relationship satisfaction during weekdays than during weekends, with no differences between COVID-19 groups. Maybe this happened people expected to have a greater time with their partners during weekends, but they didn't have it, because of extra work and family duties. There was no difference before and after COVID-19 because there was similar relationship satisfaction. Then only in Pre-COVID individuals communicated their stress more frequently during weekdays than during weekends, this happened because during lockdown forced cohabitation let stress communication to be less necessary.

Individuals in couples showed more positive and common dyadic coping behaviors during weekends, with no difference due to COVID-19. This because partners spent more time together coping their stress.

In addition, there was a positive effect of common dyadic coping on both psychological well being and relationship satisfaction during weekends and weekdays and positive dyadic coping positively predicted relationship satisfaction during weekdays and weekends, confirming previous research.

Finally, higher negative dyadic coping was associated with lower psychological well being in Pre-COVID group and lower relationship satisfaction during weekends, because people were differently prone to discount partner's negative behaviors.

Individual Paper Session
CLINICAL INTERVENTIONS

Beate Ditzen

Ruprecht-Karls-University Heidelberg (Germany)

Monday, October 10, 15:30 – 16:50

Individual Paper Session
Clinical Interventions

Parenting Styles and Chinese Youths' Eating Disorder Symptoms: The Mediating Effects of Emotion Dysregulation

Yanhua Zhao / Junling Zhang / Fangfang Gao

School of Psychology, Henan University (China)

Eating disorders have been connected with many physical and psychological impairments which are rising globally with both individual and family suffering. Eating disorders are not only affected by intrapersonal factors but also by external environments, including parenting styles. The mechanism by which parenting styles affect eating disorder symptoms remains unclear. Emotion dysregulation, which is posited as an influential transdiagnostic factor of different types of eating disorder symptoms, could be predicted by different parenting styles. The current study investigated the relationship between parenting styles, emotional dysregulation, and different types of eating disorder symptoms (restricted eating, unrestricted eating, emotional eating, and food addiction), and examined the mediation effects of emotional dysregulation between parenting styles and eating disorder symptoms. Participants responded to an online questionnaire survey that measures their perceived parenting styles, emotion dysregulation, and eating disorder symptoms. The sample consisted of 506 Chinese college students, 427 were female, aged from 17-31 ($M=21.08$, $SD=1.96$), and 96.1% of them were Han people. From the results of the structural equation model, out of our expectations, both the positive parenting style (weak) and the negative parenting style (weak to moderate) showed a significant positive correlation with eating disorder symptoms. A positive parenting style was negatively associated with emotion dysregulation, whereas a negative parenting style was positively associated with emotion dysregulation. Emotional dysregulation had unique strong associations with various eating disorder symptoms. Regarding the mediation effects, emotional dysregulation partially mediated the relationship between the negative parenting style and different types of eating disorder symptoms but not the relationship between the positive style and eating disorder symptoms. Findings suggest that parents adopting positive parenting may not only improve the emotion regulation ability of their offspring but also can, directly and indirectly, reduce the eating disorder symptoms of young people.

Development and Randomized Controlled Trial of a Preventive Blended Care Parenting Intervention for Parents with PTSD

Laurien Meijjer^{1,2} / Catrin Finkenauer² / Matthijs Blankers^{3,4} / Anouk de Gee⁴ / Jeannet Kramer⁴ / Laura Shields-Zeeman^{2,4} / Kathleen Thomaes^{1,3}

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⁵Amsterdam University Medical Center, location VUmc (The Netherlands)

Background: Many adults with post-traumatic stress disorder (PTSD) are parents. Parental PTSD can impact the family in many ways, including children's mental health. Parental PTSD symptoms are associated with symptoms of internalizing and externalizing psychopathology in children. An important potential risk mechanism for child psychopathology is impaired parental functioning, including negative parenting behavior, perceived incompetence, and lack of social support. Supporting parents with PTSD in their parenting role can thus be a promising intervention to prevent child mental health problems. Several effective parenting interventions for trauma-exposed parents and parents with psychiatric disorders exist, but none have specifically targeted parents with PTSD. Effects of existing interventions may not generalize to parents with PTSD, because PTSD symptoms can interfere with adherence and effectiveness, and may evoke specific parenting challenges not covered in these interventions. Therefore, offering parenting support specifically targeted towards parents with PTSD could be valuable. These arguments have inspired the development of KopOpOuders-PTSD, a preventive intervention for parents to be completed in addition to PTSD treatment. **Research Questions:** Is KopOpOuders-PTSD an effective addition to treatment as usual for improving 1) parenting behavior, 2) perceived parenting competence, 3) parental social support, 4) child overall psychosocial wellbeing, and 5) reducing child PTSD symptoms in children who have also experienced trauma? And 6) Are intervention effects moderated by baseline parental PTSD symptom severity? We hypothesize that stronger improvements in all outcomes will be found for parents who completed KopOpOuders-PTSD in addition to treatment as usual, compared to those who completed treatment as usual only. Effects are hypothesized to be smaller for parents with greater baseline PTSD symptom severity. **Methods:** KopOpOuders-PTSD was adapted from an existing online intervention, KopOpOuders Self-Help. PTSD-specific content was added and delivery was adapted from an online self-help format to a blended format, with five online modules and three in-person-sessions with a mental health prevention professional. To ensure that the form and content of KopOpOuders-PTSD matches the wishes and needs of the target group, we adopted a co-creation approach, in which we collaborated with an advisory board of parents with PTSD and their family members. Effectiveness is tested in a randomized controlled trial among $N = 142$ parents being treated for PTSD at Arkin Mental Health Care (control condition: treatment as usual, $n = 71$; intervention condition: treatment as usual + intervention, $n = 71$). Online questionnaires measuring parenting behavior, perceived parenting competence, parental social support, child overall psychosocial wellbeing, and parent and child PTSD symptoms at pretest, posttest, and three-month follow-up are used. Intervention effects are analyzed using generalized linear mixed modeling. Additionally, we use ecological momentary assessment. Ecological momentary assessment is a research method in which participants systematically and

repeatedly report on their behavior, emotions and/or thoughts across days, weeks or months. In this study, we use an ecological momentary assessment smartphone-app, in which participants report on their PTSD symptoms and interactions with their child three times per day, during one week at pretest and one week at posttest. Differences between these two time points will be analyzed to gain insight into whether KopOpOuders-PTSD affects moment-to-moment dynamics of parental PTSD symptoms and parent-child interactions in daily life. **Discussion:** This paper describes the development of KopOpOuders-PTSD, the first blended care preventive parenting intervention specifically for parents with PTSD, and the protocol for the randomized controlled trial to test its effectiveness. Limitations of the study include the reliance on parents' self-report and the fact that, due to its preventive character, the intervention is not suitable for families where severe problems are present (e.g., when the parent or child is in acute crisis). Strengths include KopOpOuders-PTSD being the first preventive parenting intervention to specifically address parents with PTSD, and the co-creation approach allowing us to meet parents' needs more closely by directly integrating their vision. Furthermore, the blended care-format is innovative and flexible, facilitating completion of the intervention in a way that fits parents' schedules. Findings of this study can contribute to understanding of the effectiveness of parenting support in clinical practice for PTSD.

CBASP@YoungAge – A Modular Treatment Program for Children and Adolescents with Depression and Interpersonal Problems

Nele Dippel¹, / Tina In-Albon²/ Silvia Schneider² / Hanna Christiansen^{4,*} / Eva-Lotta Brakemeier^{5,*}

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**shared senior-authorship*

Interpersonal or family difficulties are central to the development and maintenance of depression in childhood and adolescence. Previous studies on the effectiveness or efficacy of psychotherapy are very heterogeneous and indicate only small effect sizes. Furthermore, they rarely include interpersonal dynamics. Based on CBASP (Cognitive Behavioral Analysis System of Psychotherapy; McCullough, 2003), research on the inclusion of caregivers in psychotherapy, and modular interventions, we designed a modular, individualized therapy program for children and adolescents. The treatment of depressive symptoms as well as interpersonal problems with primary caregivers are the main targets of CBASP@YoungAge.

This quasi-experimental pilot feasibility trial is a phase 1 to phase 2 study investigating the feasibility and effectiveness of CBASP@YoungAge by including an intervention group (CBASP@YoungAge) and a TAU-control group. The primary outcome is the feasibility of the treatment program as well as a change in depressive symptomatology of the patients from pre- to post-treatment. In addition, we consider interpersonal behavior between children and caregivers, parenting behavior, and monitor the global-health-index in children and parents as secondary outcomes.

Recruitment started in December 2020 for the intervention group and in spring 2021 for the TAU-group. After study workshops, trained therapists are currently conducting the first manual-based study therapies under supervision. The first preliminary results are expected in the next months. Affected families show great interest in the treatment program and we see very good acceptance among the study therapists regarding the implementation of the study.

The first results of the study will be presented in October. Following this pilot study, the modules will be adapted based on the results if needed. Subsequently, we plan to conduct a randomized controlled clinical trial. The long-term goal of the project is to improve the psychotherapeutic care of young patients with depression in connection with interpersonal problems and to prevent chronic courses.

Symposium

A FOCUS ON CHILDREN IN THE NORWEGIAN DYNAMICS OF FAMILY CONFLICT (FAMC) STUDY: CHILDREN AS REPORTERS, CHILDREN AS THEIR OWN AGENTS AND CHILDREN IN DIFFERENT TIME-SHARING ARRANGEMENTS

Linda Larsen / Maria Morbech / Olav Tveit

The Norwegian Institute of Public Health (Norway)

The Dynamics of Family Conflict (FAMC) study is a unique longitudinal survey study aimed at garnering new knowledge about family dynamics and interparental conflict and how this affects child mental health and wellbeing. The study uses a multi-informant design (parents and up to five children from the same family are eligible for participation) and includes cohabiting and separated parents. For the latter families, detailed information regarding children's time-sharing arrangement have been collected. Thus far, FAMC has completed five rounds of data collection.

In this symposium, researchers from the FAMC study will present findings from three different studies with the common denominator of using child-reported data. We argue it is important to use data from children themselves when studying aspects concerning child mental health and wellbeing and children's perception of interparental conflict. Further, children are subjects with the right to have a voice in matters that concern them, for example, when their parents separate. In study one, Linda Larsen will present findings pertaining to children's self-reported mental health and wellbeing during the pandemic and exploring the moderating effect of child- and family-related variables. In study two, Maria Morbech will present findings from children aged 7-16 years whose parents are separated and showing how changes in child mental health and wellbeing over time are related to time-sharing arrangement and interparental conflict. Finally, in study three, Olav Tveit will present findings relating to the association between children's perception of interparental conflict and whether or not, and with whom, children share their view regarding matters that concern them when their parents separate. Results from the three studies will be discussed in light of recent research, and the strengths and difficulties in utilizing child self-reported data will be problematized.

Monday, October 10, 15:30 – 16:50

Children in Different Time-Sharing Arrangements When Parents Live Apart in Norway: A Longitudinal Study of Family Relations and Child Mental Wellbeing

Maria Morbech¹ / Kristin Gustavson^{1,2} / Tonje Holt¹

¹*The Norwegian Institute of Public Health (Norway)*

²*University of Oslo (Norway)*

Background: There is ongoing debate concerning the interplay between post-separation living arrangements, family relations, and child mental wellbeing. Research in this field has typically used report from parents or other adults. However, there is a tendency for parents to underreport child mental wellbeing and reactions, especially for difficulties and reactions that are intrinsic, and can be represented by relatively subtle behaviours, often the case with internalizing symptoms (Davies & Cummings, 1994). In families marked by conflictual relationships or difficult parent-child relations, it might be even more challenging for parents to notice internalizing symptoms in their children. Therefore, it is important to use report from children themselves when investigating post-separation living arrangements, family relations and child mental wellbeing.

Family dynamics and relationships play a central role for early childhood development and can have consequences for child health and mental wellbeing throughout the lifespan. Although we know that interparental conflict is a serious risk factor for child maladjustment, we know less about the relevance of conflict for the relationship between living arrangements and child mental wellbeing. Furthermore, whereas earlier research typically focuses on the amount of contact between the child and each parent after separation, more recent literature has emphasized the importance of the quality of the parent-child relationship as well as the relationship between the separated parents (e.g., Holt, 2016).

The existing literature about living arrangements and child mental wellbeing have typically compared children living in shared residence with children living in sole residence where the child lives mostly or only with one parent. This crude categorisation may neglect potentially important differentials between groups of children with other forms of arrangements, as families may in fact divide their time with the child quite differently than just “shared” and “sole” residence.

The current study aims to improve our understanding of family relations and children’s mental wellbeing across different living arrangements based on children’s own perspective. Rather than a twofold categorization, we base our analyses on a more nuanced categorization of the time the child lives with each parent. In this way, we get a more realistic understanding of child wellbeing in different living arrangements. Measures at three time points allow us to examine changes in child mental wellbeing in relation to living arrangement over time.

Methods: This study is based on data from the longitudinal, Norwegian Dynamics of Family Conflicts study (FAMC). Families were recruited while attending family counselling or mandatory mediation in one of 37 family counselling offices across Norway. Children above 12 years old completed online questionnaires, while trained research assistants interviewed children who were between 7 and 11 years with a structured interview.

Measures: Short versions of the Moods and Feelings questionnaire (MFQ; Angold & Costello, 1987; Rhew I. et al., 2010) and Screen for Child Anxiety Related Disorders were used to measure children’s psychological wellbeing (SCARED; Birmaher et al., 1999). The parent-child relationship was measured by The Security Scale (SS; Kerns et al., 1996). Children’s report of interparental conflict was measured

by four items from The Children's Perception of the Interparental Conflict Scale (CPIC; Grych et al., 1992). Time-sharing arrangement was groups as: 1) Equal time-sharing (50/50), 2) Almost equal time-sharing (36-49% with one parent, 51-64 with the other), 3) Some time-sharing (16-35% with one parent, 65-84% with the other), and 4) Little time-sharing (1-15% with one parent, 85-99% with the other).

Results: Preliminary analyses show a tendency for elevated symptoms of depression over time, with no or little effect of living arrangements. For the presentation, we will investigate how family relations affect the development of child mental health across different living arrangements over time, by including children's experiences of interparental conflict and parent-child relationship in the analyses.

Symposium

A Focus on Children in the Norwegian Dynamics of Family Conflict (FAMC) Study: Children as Reporters, Children as their own Agents and Children in Different Time-Sharing Arrangements

Child Mental Health and Wellbeing During Covid-19: A Focus on Children's Self-Report

Linda Larsen¹ / Stefan Kilian Schauber² / Tonje Holt¹ / Maren Sand Helland¹

¹The Norwegian Institute of Public Health (Norway)

²University of Oslo (Norway)

Background: More than two years after the first case of Covid-19 was confirmed, concerns are still heightened about the impact of the pandemic on the wellbeing of families and children. Children might be particularly vulnerable as they are still developing emotionally, cognitively, and physically. There has been an emphatic call for research to address the psychological impact of the pandemic longitudinally and to include pre-pandemic measures to truly detect effects of the pandemic. Research focusing beyond the earlier phases of the pandemic is scarce making it difficult to ascertain the longer-term impact of the pandemic.

Aim: The present study addressed this gap in the literature by examining self-reported child and adolescent mental health and wellbeing during a 15-month period from three months before the onset of the nationwide lockdown in Norway, and by investigating how the effects of the pandemic varied with child age, gender, and pre-existing mental health problems along with child-reported interparental and parent-child conflict. Survey data from 708 children (Mage = 12.92 years) from the Dynamics of Family Conflict study were used.

Results: Preliminary results from mixed-effects analyses, showed that being female and having poorer pre-existing mental health were risk factors for poorer wellbeing during the pandemic. Longitudinal effects remained significant for symptoms of anxiety and depression after family background and child-related factors were included in the models. Child sex and pre-existing mental health did not moderate longitudinal effects for any of the outcomes. Results from ongoing analyses on interparental and parent-child conflict effects on child mental health and wellbeing during the pandemic will be presented.

Discussion: The current results are in accordance with previous studies showing an increase in child and adolescent mental health problems during the pandemic with the added strength of focusing on a longitudinal perspective and controlling for child psychological vulnerability.

Symposium

A Focus on Children in the Norwegian Dynamics of Family Conflict (FAMC) Study: Children as Reporters, Children as their own Agents and Children in Different Time-Sharing Arrangements

Interparental Conflict and Children's Agency During Parental Separation

Olav Tveit / Marend Sand Helland

The Norwegian Institute of Public Health (Norway)

Background: When parents separate, they must make a great number of decisions with important implications for the daily lives of their children in a time potentially characterized by significant conflict. Children are increasingly recognized as subjects with the right to have a voice in these decisions, but previous research has indicated that family conflicts can make children less keen to take on a decisional role (Birnbaum & Saini, 2012). Based on existing theory, we reasoned that there is a critical difference between whether children share their views with their parents or a mediator, as this can potentially impact the decisions made, whereas talking to friends, siblings or others can serve more therapeutic purposes, enabling children to get something off their chest without taking on a decisional role.

Aim: In this study, we investigated the association between conflict and whether children shared their views 1) with their parents and/or mediator, 2) with someone other than their parents and/or mediator, and 3) if children solely shared their views with others than their parents/mediator. We used reports from 554 children aged 7-15 (Mage = 10.5) recruited at Norwegian family counselling centers where their parents met for mandatory mediation. Children completed the Children's Perceptions of Interparental Conflict scale and indicated whether and with whom they had shared their views on matters that concern them.

Results: Multilevel binary logistic regression analyses indicated that increased interparental conflict predicted that children were more likely to have shared their views with someone other than their parents, but that conflict had no impact on whether children shared their views with their parents or mediator.

Discussion: Results are discussed in light of the Norwegian context and potential agentic and therapeutic motivations for children sharing their viewpoints.

Symposium

FAMILY CHANGES IN THE COVID-19 PANDEMIC

Koubun Wakashima

Discussant: Koubun Wakashima¹ / Michiko Ikuta²

¹*Tohoku University (Japan)*

²*The University of Kanagawa Prefecture (Japan)*

Purpose of the Symposium: The COVID-19 pandemic restricted interpersonal contact and altered family relationships. For example, the Japanese government required people to refrain from returning to their parents' homes to prevent the spread of infection, and many people actually refrained from face-to-face contact with their parents and grandparents. On the other hand, for households living together, telework and home study became widespread to prevent the spread of infection, and time spent with family members increased. As a result, some families became more closely knit, while others experienced a variety of problems. Therefore, it is important to examine the family functions and support methods required in the COVID-19 pandemic. In this symposium, we will introduce the family changes in the COVID-19 pandemic. In addition, the required family functions and the role of family therapy in the COVID-19 pandemic will be discussed.

Tuesday, October 11, 09:00 – 10:15

Family changes during the COVID-19 pandemic in Japan

Saeko Kamoshida¹ / Daisuke Kobayashi²

¹*Tohoku University (Japan)*

²*Niigata Seiryō University (Japan)*

The Japanese government has limited the flow of people in and out of cities, prefecture due to the COVID-19 pandemic that started in 2020. As this led people to spend more time with their families, there has been an increase in family related problems (e.g. child abuse, internet addiction, domestic violence and divorce, and suicide rates). Therefore, we examined the relationship between variables of co-residing family during COVID-19 and anxiety, spousal violence, child abuse anxiety, internet addiction, and mental health as social problems related to the COVID-19 pandemic. We report here the results of this study.

We also report on family changes, as seen from the standpoint of a psychologist who provided counseling practice in school and welfare settings under the COVID-19 pandemic. We encountered some cases of increased family conflict, affected by decreased income, increased time spent with spouse, how to use the tablet device provided by school. Thus, the new day life affected by the COVID-19 pandemic has created new problems within families. On the other hand, we have seen the cases of increasing family bound, cases of no change.

Through this report, we would like to consider the changes the COVID-19 pandemic has caused in families, and also what has not changed.

Family functions in COVID-19

Keigo Asai

Hokkaido University of Education (Japan)

The spread of COVID-19 has caused major lifestyle changes in Japan. This has resulted in changes in the relationships among family members. Previously, psychological research on COVID-19 has focused on individuals and has not adequately examined the family perspective. It is especially conceivable that the psychological state of an individual may affect other family members. In this study, we use paired data from married couples to empirically clarify the effects of fear of COVID-19 felt by individuals on both spouses.

Additionally, from one aspect, lifestyle change also created diversity. For example, before the COVID-19 pandemic, families of children who were not attending school felt worried about their children not going to school and not being able to connect with other people. However, after the COVID-19 pandemic, the introduction of online classes at school sites and the distribution of one tablet device per child have enabled children to take classes and connect with others without attending school. This expanded the support methods for children and has led to a feeling of relief among families with children who were not attending school. In some cases, this change in the environment led to a change in society's values, which has led to a sense of security for the family.

These empirical data and case studies will be used to examine the family functions required in the COVID-19 pandemic.

The Role of Family Therapy in the Expanding COVID-19 Condition

Kohei Koiwa

Tohoku University (Japan)

With the expansion of COVID-19, state of society has undergone many transformations. The values of people in society have been greatly affected by the ever-changing social conditions. In Japan, for example, the following issues were discussed: “How serious a disease do we perceive COVID-19 as?”, “How long should we continue to refrain from activities?” “Should we vaccinate? Or should we not do because it is dangerous?” and so on. The differences in values regarding the COVID-19 that have emerged in this situation have caused "social fragmentation" in many communities, including the family. In addition, family groups are prone to high-stress situations such as increased closure and economic deterioration. In this circumstance in which the family is faced with, conflicts triggered by differences in COVID-19 values are likely to surface.

For this kind of division and conflict, couples counseling by family therapists may be effective. Family therapy, which can activate the functioning of the family system, is expected to prevent divisions within the members and to help the families overcome them. Therefore, this presentation will examine what role family therapy can play in social changes related to COVID-19. Specifically, based on research findings and case studies, we will examine (a) what kind of fragmentation is caused by differences in values regarding COVID-19, and (b) what aspects of family therapy are effective in dealing with these issues.

Symposium

DIVORCE, PARENTAL CONFLICTS, COPARENTING & ADOLESCENT ADJUSTMENT

Rianne van Dijk¹ / Inge van der Valk¹

Discussant: Alexandra Langmeyer²

¹*Utrecht University (The Netherlands)*

²*German Youth Institute (Germany)*

This symposium discusses some key findings on parental divorce and the adjustment of children and adolescents. This will be done on the basis of 3 presentations where the content goes from broad to narrow. Firstly, we will present the findings of a meta-analysis into the current effects of a parental divorce or separation on children. When making statements about differences in adjustment between children and adolescents from intact and divorced families, reference is often made to one of Paul Amato's meta-analyses (Amato, 2001; Amato & Keith, 1991). In the new century, research on these differences continues, but a recent meta-analysis on this is lacking, especially one that includes all common outcome measures that can be compared with Amato's findings. The meta-analyses in our first presentation can thus be regarded as an update of Amato's work, considering divorce effects in the new millennium. After this, in the second presentation, we will zoom in on important explanatory factors for these divorce effects. That is, there is strong scientific consensus on the assertion that not the divorce itself, but factors often accompanying it are responsible for possible divorce effects on children (e.g., Amato, 2010; Elam et al., 2016; Lansford, 2009). The meta-analysis in our second presentation studies the associations between parental conflict after divorce on child adjustment, and the mediating role of parenting. Lastly, in our third presentation, we zoom in on an important aspect of this parenting, namely: the joint parenting of both parents after divorce. This so called 'coparenting' refers to the content and quality of parents' collaboration in childrearing (Adamsons & Pasley, 2006; Feinberg, 2003) and is found to play an important role in children's adjustment to the parental divorce (e.g., Buehler, 2020). In this last presentation, several patterns in post-divorce coparenting are discussed in relation to adolescent adjustment.

Tuesday, October 11, 09:00 – 10:15

Symposium

Divorce, Parental Conflicts, Coparenting & Adolescent Adjustment

Parental Divorce and Children's Adjustment: An Updated Meta-Analysis

Emma Swartz – den Hollander¹ / Inge van der Valk² / Bregtje van Elven² / Susan Branje²

¹*De Hoop GGZ (mental health care), Houten (The Netherlands)*

²*Utrecht University (The Netherlands)*

Each year, a substantial number of children is being confronted with the divorce or separation of their parents. Previous meta-analyses revealed that this could have considerable negative consequences for their adjustment. However, the latest comprehensive meta-analysis was published more than 20 years ago and since then, various changes occurred in society, possibly affecting the consequences of parental divorce for children. The present study updates earlier meta-analyses, employing advanced multilevel analyses to examine today's consequences of parental divorce on children's adjustment. Findings of a systematic search of relevant articles published between January 2000 and January 2022 on differences between children and adolescents from intact and divorced families will be discussed. In this meta-analysis, all individual adjustment outcomes are included: internalizing behavior, externalizing behavior, academic achievement, social relations, and self-concept. Updated knowledge on current divorce effects can function as a new benchmark for researchers. Moreover, it can be used for prevention and intervention to prevent detrimental, far-reaching effects of a parental divorce.

A Meta-Analysis on Interparental Conflict, Parenting, And Child Adjustment in Divorced Families: Examining Mediation Using Meta-Analytic Structural Equation Models

Rianne van Dijk¹ / Inge van der Valk² / Maja Deković¹ / Susan Branje²

Utrecht University (The Netherlands)

Every year, parental divorce becomes the reality of many families. The aim of this meta-analysis was to identify post-divorce family processes to explain child functioning. Both direct and indirect associations between interparental conflict, parenting, and child adjustment were examined. After a systematic search for articles published before October 2019, we coded 2257 correlations in 115 samples of N = 24,854 divorced families. Analyses consisted of: (1) Performing multiple three-level meta-analyses to calculate the bivariate correlations between interparental conflict, parenting (i.e., support, hostility, structuring, intrusiveness, parent-child relationship quality, parent-child conflict, and role diffusion) and child psychosocial adjustment. (2) Testing four meta-analytic structural equation models in which parenting dimensions were examined as potential mediators. First, results showed that correlations between interparental conflict, parenting, and child adjustment were mostly significant, in the expected direction, and of small effect size. Second, parental support, hostility, structuring, intrusiveness, and role diffusion indeed served as mediating mechanisms underlying the persistent link between interparental conflict and children's internalizing and externalizing problems. This was not true for dyadic parent-child processes. Third, our findings hinted towards a stronger impact of negative versus positive parenting behaviors, and parental role diffusion was considered a particular risk in the context of post-divorce interparental conflict.

Symposium

Divorce, Parental Conflicts, Coparenting & Adolescent Adjustment

Postdivorce Coparenting Patterns and Relations with Adolescent Adjustment

Zoë Rejaän / Inge van der Valk / Susan Branje

Utrecht University (The Netherlands)

This study examined the association between postdivorce coparenting patterns and adolescent internalizing and externalizing behavior. Children after parental divorce increasingly grow up in shared residence arrangements, making postdivorce coparenting much more pertinent. The Coparenting Behavior Questionnaire was used to investigate the perceptions of 251 Dutch adolescents regarding postdivorce coparenting behaviors. Latent class analysis was used to identify coparenting patterns, and associations with adolescent outcomes were examined. Four distinct postdivorce coparenting patterns were identified: cooperative, negatively engaged, negatively disengaged, and average. Adolescents of parents with a cooperative pattern reported the least amount of internalizing and externalizing problems, whereas adolescents with negatively engaged parents reported the most internalizing problems. In line with family systems theory, interactions in the coparental subsystem are associated with adolescent adjustment and can therefore be viewed as both a risk and protective factor.

Individual Paper Session

YOUNG PEOPLE IN THE COVID-19 PANDEMIC

Susan Branje

Utrecht University (The Netherlands)

Tuesday, October 11, 10:30 – 12:05

Individual Paper Session

Young People in the COVID-19 Pandemic

Strategies used by Kenyan Girls to cope with Stress During the Covid-19 Pandemic

Lilian Ayiro¹ / Bernard Misigo Lushya²

¹*Kaimosi Friends University College (Kenia)*

²*Moi University (Kenia)*

Back Ground. Covid-19 pandemic has had a considerable burden to mental health of human beings globally. In Kenya, the outbreak saw the government come up with preventive measures to curb its spread such as lock down, curfews, physical distancing, and quarantines. In March, 2020, all learning institutions were closed and public gatherings restricted. The restrictions impacted social, psychological and economic well-being of all Kenyan irrespective of their age and socio-economic status. Moreover, physical, physiological, and cultural factors placed females at a more vulnerable position. For instance, females carry additional care and domestic work and are prone to gender based violence especially in Low- and Middle-Income countries. During the long duration of school closure, there were increased reports of violence against girls, early pregnancies, and child marriages in Kenya. All these challenges elevated the level stress among girls who were not only undergoing rapid physical and physiological body changes, as well as adjusting to preventive measures brought about by covid-19 pandemic. Most critical, were the uncertainties brought about by the effects of the disease on their education as a result of their prolonged stay at home. However, little is known about the coping strategies preferred by the girls to deal with covid-19 pandemic. This study explored some of the coping strategies that were employed by teenage girls in Kenya to ease their stress levels during the covid-19 pandemic.

Research Question. This study sought to answer the following research question: *What are the preferred coping strategies used by Kenyan girls during Covid-19 pandemic?*

Methods. We employed a quantitative research approach which involved the use descriptive survey design. The Proactive Coping Inventory by Greenglass, Schwarzer & Taubert (1999) was used to assess strategic planning, instrumental support seeking, emotional support seeking and avoidance coping subscales. The items were scored from 1 = not at all true to 4 = completely true. Higher scores on the subscales indicated higher use of the coping strategy.

Data was analyzed using descriptive statistics.

Main Results. The study found that strategic planning and instrumental support seeking were the most commonly used strategies by the girls and the least used was emotional support seeking strategy. Breaking down problem to smaller manageable bits was the most preferred strategic planning coping style. Working out solution to problems with the help of others was most preferred instrumental support seeking style and feeling cared for by others was the most preferred emotional support

seeking strategy. Talking to others about their problems and confining own feelings in them was used by less than half of the girls.

Discussions. Preference of strategic planning and instrumental support seeking strategies over the emotional support seeking strategy when coping with Covid-19 pandemic by the girls could be partly explained by the nature of their developmental stage where by they desire independence from parents, and experiment with autonomy and discover themselves. They also gravitate towards peers and most of their free time is spent socializing with peers more than parents.

These girls reported that working out solutions with the help of others was the most commonly used coping strategy. Due to the restrictions and stay at home measures they could only get help from parents, siblings and close relatives. The findings suggest that family members are important in enabling the mental stability of girls during a pandemic. There is therefore a need to strengthen the family support systems since home with close family was considered the safest place for all people.

For emotional support it is possible that a majority of the girls lacked confidants to talk to about their problems. These results suggest that there is need for strengthening adolescent-family ties and communication within the families to help girls freely talk to and confine their problems in parents or siblings whenever there is a problem.

Stability and Change in Adolescents' Attachment to Parents Effects of Sex, Family Disadvantage, and Pandemic Stress

Filipa Nunes¹ / Catarina Pinheiro Mota^{1,2} / Tiago Ferreira¹ / Paula Mena Matos¹

¹University of Porto (Portugal)

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During adolescence, parents and young people are encouraged to move towards a gradually more mature and egalitarian relationship, because hormonal and psychological changes related to puberty lead adolescents to claim greater autonomy and individuation from their parents. The facility to contradict parents and act in accordance with their volitional choices and values thus becomes a prelude to the desire for separation and autonomy. Adolescence thus establishes a period where important reorganizations take place in the relationships between parents and children. Further, the Covid-19 pandemic brought about worldwide challenges and had a profound impact on family dynamics, relationships, and routines. Based on the important reorganizations that occur in the relationships between parents and children during adolescence, we address the stability or change in these relationships during adolescence, considering wider contextual influences such as challenges due to pandemic. The current study intends to yield two major findings. First, we will examine the stability and change in attachment to mother and father across late adolescence, specifically during covid-19 pandemic. Second, we will investigate whether initial levels and change trajectories of attachment to father and mother were predicted by adolescent's sex and family disadvantage. We will also examine the effect of the stress due to the pandemic crisis on the change trajectories of attachment to mother and father. The sample includes 467 adolescents (59.3% were females; $M_{\text{age}} = 15.58$ years, $SD = .80$). Data were obtained at three assessment points over 18 months (T2 after 12 months of T1; and T3 after 6 months of T2). We will conduct latent growth curve analyses with latent variables using structural equation modeling. Findings will be discussed based on specifics of the adolescents' developmental stage and family's reorganization.

When the Crowds are Gone: Sociality and Information Communication Technologies during the SARS-CoV-2 Epidemic in Slovenia

Rok Smrdelj¹ / Blaž Lenarčič²

¹*The University of Ljubljana, The Faculty of Arts, Department of Sociology (Slovenia)*

²*The Science and Research Centre Koper, Institute for Social Studies (Slovenia)*

The contribution discusses the sociological understanding of sociality from the perspective of ICT use in the case of the SARS-CoV-2 epidemic in Slovenia. The results of an online survey implemented on a random sample (n=454) conducted in the autumn of 2020 demonstrated that social dynamics were still present despite the governmental measures restricting gatherings and physical interactions of individuals. Social dynamics took place through ICT. Moreover, most respondents did not experience greater loneliness during that period because they maintained their social contacts through ICT. The possible absence of ICT would likely lead to higher levels of loneliness by preventing interpersonal communication and maintaining contact with the outside world. The survey results also indicate that during the epidemic, 73 per cent of all respondents used the ICT to talk to friends and family. Our data show that using ICT for video-calling friends or family members and keeping in touch with friends or family members on social media helped reduce feelings of loneliness. Based on our research findings, we believe that the period of the SARS-CoV-2 epidemic is an opportunity to reinterpret sociality in a contemporary social context. More specifically, we question the understanding of physical proximity as a condition for the emergence and maintenance of social dynamics. Furthermore, we are also critical of the assumption of communication in physical space as the most authentic and only genuine form of communication. We believe such thinking is unproductive because it disregards the broader changes in everyday life in contemporary (information) society. During the SARS-CoV-2 period, social dynamics took place at the intersection of physical space and cyberspace, which is why we believe that the two spheres should be studied in the future as two intertwined spheres that interact and are not separate.

Families with Mentally Ill Members during the first Wave in Germany – Results from a Qualitative Network Study

Olaf Reis¹ / Michael Kölch¹ / Carsten Spitzer¹ / André Knabe²

¹University Medical Center Rostock (Germany)

²University Rostock (Germany)

Objective: Measures taken against the pandemic were assumed to affect families with limited resources, such as parents or children being mentally ill, in a special way. Problems, coping strategies and network changes were assumed to be different in high-risk families compared to the general population.

Research Question: To describe problems, coping strategies and changes in social networks as close in time as possible to the first lockdown in Germany.

Methods: A convenience sample of 19 families collected from a Department of Child and Adolescent Psychiatry (n = 12), a Department of Psychosomatic Medicine (n = 3) and the general population (n = 4) was collected immediately after the first lockdown. Narrative interviews contained open questions about problems and coping strategies. A chart of the social network described social relations inside and outside the family. Data were analyzed for different kinds of problems and strategies using MaxQDA, a coding software. Codes were analyzed quantitatively and qualitatively. In addition, participating parents drew a social network chart on maximal 10 persons or institutions.

Main results: More than 400 quotations on problems were analyzed and assigned to 13 categories, such as social restrictions, home schooling, health. Families with ill children suffered most and in special ways from restrictions, such as siblings rivalry. 378 quotations on coping were assigned to 14 strategies of coping, such as seeking for social support or rumination. Rumination was most pronounced among adults with mental illness, since they were caught in the middle of seeking help for themselves or their children. Network charts revealed a big number of withdrawn contacts by professional helpers.

Discussion: The first lockdown hit Germany unprepared with immediate consequences for families low on resources. For them, home schooling was a bad idea, but lockdown of leisure structures for children proved to be worse.

Symposium

CUSTODY ARRANGEMENTS, SHARED PARENTING, AND CHILD ADJUSTMENT AFTER DIVORCE

Inge van der Valk / Zoë Rejaän

Discussant: Inge van der Valk

Utrecht University (The Netherlands)

Traditionally, the majority of children mainly reside with their mothers after a divorce (Augustijn, 2021). The amount of contact with fathers has often been the subject of research into divorce effects for children, revealing nonsignificant or only minor positive effects (King & Sobolewski, 2006; Spruijt et al, 2004). We currently know that factors other than contact are of greater importance, such as post-divorce conflict, (co)parenting quality, and parent-child relationships (Amato, 2010). However, these factors are still linked to contact. For instance, both parenting parent-child relationships after divorce require a certain amount of contact (Kalmijn, 2015), and a high degree of parental conflict usually negatively affects father-child contact (Elam et al, 2016). Therefore, research into contact arrangements and child adjustment after divorce is still relevant, even more so because joint physical custody is an emerging parental care arrangement. Studies show that most children benefit more from this compared to sole physical custody (Nielsen, 2018). However, given the complex interplay between post-divorce contact and several relevant factors, studies on custody arrangements, shared parenting, and child adjustment remain of great importance. This symposium contains four papers on this topic from different countries with comparable divorce rates, but different societal traditions and divorce legislations. The first presentation is based on a Norwegian study on developments of different conflict dimensions over time as well as possible differences in these developments across custody arrangements, children's involvement in parental arguments, and the amount and development of conflicts in families with complex needs. The second is about a study in Germany on the prevalence of joint physical custody, its sociodemographic correlates, and its associations with parental coparenting and child adjustment. Thirdly, a Dutch study will be presented on longitudinal associations between the quantity and quality of parent-adolescent residential and digital contact, and their role in adolescents' family belongingness. The fourth study focuses on the situation in Austria and addresses the question of which factors are important for the choice of joint physical custody as well as how child well-being is affected by joint physical custody in Austria.

Tuesday, October 11, 10:30 – 12:05

Interparental Conflict Trajectories across various Post-separation Time-sharing Arrangements: Results from a Family Dynamics Study

Tonje Holt¹ / Maren Sand Helland¹ / Linda Larsen¹ / Kristin Gustavson^{1,2} / Bruce Smyth³

¹Norwegian Institute of Public Health (Norway)

²University of Oslo (Norway)

³Australian National University (Australia)

Background/Aim: In Norway, as in most European countries, a growing proportion of parents living apart choose equal time-sharing arrangements for their children. The aim of this study was to investigate trajectories of five conflict dimensions across seven time-sharing arrangements, and to improve our understanding of how the trajectories develop in families with complex needs. **Methods:** We used data from the Dynamics of Family Conflict study. The sample comprised parents from 1136 separated families recruited from 37 family counselling centers across Norway. The parents answered questions at three waves; Wave 1 (soon after recruitment: December 2017 through August 2019); Wave 2 (~18 months later: November 2019 through January 2021); and Wave 3 (April through May 2021). The main outcome measure, the Conflicts and Problem-Solving Scales cover different dimensions of interparental conflict. Mixed effects analyses were applied to investigate how different conflict dimensions developed over time across timesharing arrangements and in families with complex needs. **Results:** Preliminary results show that (a) for all conflict dimensions (Cooperation, Intensity/frequency, Avoidance, Child Involvement and Verbal Aggression), there was an improvement towards less destructive conflicts and more cooperation over time across all time-sharing arrangements b) except for Child involvement, the development did not differ between time-sharing arrangements c) families with arrangements in which one parent had minority time (1–14% and 15–34%) were more likely to report children being involved in their parents' arguments than parents with or 35-49% or 50/50 arrangements and d) families with complex needs tend to have more conflict over time, but with a few exceptions, the conflict development in these families did not vary systematically across time-sharing arrangements. **Conclusions:** With a few exceptions, the findings indicate that dimensions of interparental conflict do not vary systematically with time-sharing arrangement over time.

Symposium

Custody Arrangements, Shared Parenting, and Child Adjustment after Divorce

Child Adjustment after Separation and Divorce in Germany: The Importance of Physical Custody Arrangement and Parental Coparenting

Alexandra N. Langmeyer¹ / Claudia Recksiedler¹ / Christine Entleitner-Phleps¹ / Sabine Walper^{1,2}

¹German Youth Institute, Munich (Germany)

²Ludwig-Maximilians-University Munich (Germany)

Most children continue to live with their mother after a divorce or separation, yet paternal involvement in post-separation families has increased substantially in many Western nations. This shift has contributed to a growing share and more diverse set of post-separation parents opting for shared physical custody (SPC), which typically means that children alternate between the parental residences for substantive amounts of time. Profiling the case of Germany, where no legal regulations facilitating SPC are implemented to date, we examine the prevalence of SPC families, sociodemographic correlates of SPC, and its associations with parental coparenting and child adjustment. Using representative survey data sampled in 2019 (N = 800 minors of 509 separated parents), results revealed that only 6–8% of children practiced SPC. SPC parents were more likely to hold tertiary levels of schooling and to report a better coparenting relationship with the other parent. There was no link between SPC and child adjustment, yet conflictual coparenting was linked to higher levels of hyperactivity among SPC children. We conclude that the social selection into SPC and linkages between conflictual coparenting and hyperactivity among SPC children likely stem from the higher costs and the constant level of communication between the ex-partners that SPC requires.

Symposium

Custody Arrangements, Shared Parenting, and Child Adjustment after Divorce

Parent-Adolescent Contact and Belonging in Post-Divorce Families: Examining Residential and Digital Contact with Mothers and Fathers

Zoë Rejaän / Inge van der Valk / Susan Branje

Utrecht University (The Netherlands)

Using self-report data of 166 adolescents from divorced families, this study examined longitudinal associations between the quantity and quality of parent-adolescent residential contact and digital contact, and their role in adolescents' family belongingness. Cross-lagged path analyses showed concurrent and some longitudinal associations among residential and digital contact, suggesting that higher-quality interactions can contribute to positive changes in post-divorce contact, although differently for fathers and mothers. Digital contact with parents did not predict family belonging, neither directly nor jointly with residential contact. The general quality of parent-adolescent relationships was the strongest predictor of family belonging. The results suggest that post-divorce relationships require frequent and meaningful time together, the effects of which, however, do hardly transfer over time in terms of belongingness.

Joint Physical Custody in Austria: Family Characteristics, Factors Affecting the Choice and Effects on Child Well-Being

Elias Konrath / Harald Werneck

University of Vienna (Austria)

Introduction: Joint physical custody, where a child lives alternately with each parent after separation or divorce and spends a substantial amount of time with each of their parents, is increasing in many Western countries. Reasons for this are the increase of fathers' involvement in their children's lives and the idea that it counterbalances the harmful effects of divorce on children.

The effects of this post-divorce arrangement on children's psychological well-being, especially when there is a high level of parental conflict, are still controversially discussed. The main point of criticism is, that children in joint physical custody are exposed more directly to conflict, whereas other researchers argue, that the closer relationships to both parents helps to buffer the detrimental effect of high conflict. Although meta-analyses and reviews have mostly shown benefits for children in joint physical custody, it is also debated whether joint physical custody is chosen by a positively selected group with certain pre-existing characteristics that lead to better outcomes.

Methods: In the present study, which contributes to the debate and to the insufficient data situation in Austria, 182 parents (joint physical custody = 43, nuclear families = 67 and sole physical custody, where children live predominantly or only with one parent = 72) with children between 4 and 17 years of age were administered the Strength and Difficulties Questionnaire (SDQ; Goodman, 2005) among parental conflict level and other confounders that are possibly related to children's well-being (gender respondent, gender child, father education, mother education, household income, age child). Moreover we assessed variables at time of separation, to explore which predictors are related to the choice of post-separation residence arrangements (gender child, father education, mother education, conflict pre-separation, household income pre-separation, father involvement in child rearing pre-separation, age of child at separation), and variables for exploratory purposes only, to gain more insight into the differences between joint physical custody and sole physical custody families (population size, judicial process, respondents repartnering, frequency of changes between homes, travel time between homes).

Results: Parents in joint physical custody live significantly more often in urban living areas, have a higher education, are more often in a new relationship, have less conflict and higher paternal involvement at time of separation, have a shorter travel time between their homes and their children are significantly older at time of separation and at current time and change more frequently between parents' homes. Results of logistic regression show that a high level of education of the father, a high level of paternal involvement in child care tasks before the separation as well as a higher age of the child are significant predictors for choosing joint physical custody after separation. Results of linear regression reveal, that the psychological well-being of children in joint physical custody and in nuclear families is significantly higher than in sole physical custody, taking into account the level of parental conflict and confounding variables. In addition to the post-divorce arrangement, the mother's level of education and the parental conflict level were found to be significant predictors of the total problem score in the SDQ. Adding an interaction term between parental conflict and residence arrangement, children living in nuclear families and sole residence show the same trend towards more

emotional difficulties when conflict increases, with children in nuclear families have lower SDQ scores. In contrast, the SDQ scores of children in shared residence decrease as conflict increases.

Discussion: This study has provided the first quantitative data on joint physical custody and children's well-being in Austria. It seems that children have less emotional difficulties in joint physical custody and in nuclear families compared to those in sole physical custody. Even after taking parental conflict and other confounders into account, our results support a positive view on joint physical custody and its association with children's wellbeing. Nevertheless, our findings also suggest that the positive relationship between joint physical custody and child-wellbeing is at least partly the result of selection effects. We found, among other differences, in particular higher paternal involvement in child rearing before separation, higher education of both parents and a higher age of children in joint physical custody families compared to sole physical custody families.

Symposium

SCREENING INSTRUMENTS AND DIGITAL PLATFORMS IN INTERVENTIONS FOR DIVORCES AND SEPARATED PARENTS

Inge van der Valk¹ / Mariska Klein Velderman² / Sabine Walper^{3,4}

Discussant: Mariska Klein Velderman²

¹*Utrecht University (The Netherlands)*

²*Child Health, TNO, Leiden (The Netherlands)*

³*German Youth Institute (Germany)*

⁴*Ludwig-Maximilians-University Munich (Germany)*

Research consistently shows that divorce and separation are associated with the risk of adjustment problems for both parents and children involved (e.g., Amato, 2010). It is generally agreed that a large part of these problems can be traced back to problems in the parent system, such as parental conflicts, deteriorated parenting, and problematic coparenting (e.g., Amato, Kane, & James, 2011; Van Dijk et al., 2020; Weaver & Schofield, 2015). Worldwide, an a variety of programs is being developed to prevent possible divorce-related problems, or to reduce existing problems (e.g., Ince et al., 2018; Sandler et al., 2014). It is generally agreed upon that such help should be "as light as possible, as heavy as necessary" (e.g., van der Valk et al 2020). However, to adequately and timely refer parents after divorce, good instruments are needed. Exactly these are presently lacking, so the screening of possible problems after divorce is hindered, with the risk of escalation of problems between parents, and thus, of adjustment problems for the children involved. This symposium involves two presentations on the development and validation of an instrument to screen parents after divorce or separation. The first one involves a brief screening instrument (the Divorce Conflict Scale) developed and tested in Denmark. The second one concerns the development and testing of an elaborate screening instrument to be used in care and intervention programs for parents and their children. Further, in the context of aiming to help "as light as possible" and thus to tackle potential divorce-related problems early on, two online preventive intervention platforms will be presented. Again, one is developed and tested in Denmark (the Cooperation after Divorce Intervention Platform); the other Platform concerns a German project called "Platform Stark".

Tuesday, October 11, 14:15 – 15:50

The Divorce Conflict Scale

Gert Martin Hald / Jenna M. Strizzi / Ana Cipric / Søren Sander

University of Copenhagen (Denmark)

There is a lack of validated short-screening instruments specifically addressing conflict and cooperation post-relationship/marital dissolution. For this reason, we aimed to develop and validate the Divorce Conflict Scale and evaluate divorce conflict levels in relation to sociodemographic and divorce-related variables. Two samples of recently divorced parents were recruited through the Danish State Administration (sample one $n = 1144$, sample two $n = 420$). Based on prior research and qualitative responses to a Danish pilot study (unpublished) of 971 divorcees, an item pool of 10 items was generated to assess multiple divorce conflict dimensions: the domain, tactics, and attitudinal dimensions; communication, co-parenting, global assessment of former spouse, negative and pervasive negative exchanges and hostile, insecure emotional environment. The psychometric properties of the Divorce Conflict Scale were assessed with exploratory and confirmatory factor analyses. To increase internal consistency, reduce the number of scale items, and remove those with sub-optimal factor loadings ($< .5$), four items were dropped from the scale. The 6-item Divorce Conflict Scale fulfilled recommended criteria in exploratory and confirmatory factor analyses and can be used in swift assessment of conflict levels in divorce or relationship dissolution.

Means comparison and linear regression analyses examined sociodemographic and divorce-related variables in relation to divorce conflict levels. For women, increased age, violence and infidelity in the former marriage, participant divorce initiation compared to mutual agreement initiation, and only the former spouse having a new partner significantly predicted higher divorce conflict levels. For men, participant divorce initiation compared with mutual agreement and former spouse initiation significantly predicted higher divorce conflict levels. Compared to men, women reported higher post-divorce conflict levels. Further, more characteristics were found to be associated with higher divorce conflict levels for women than for men. The short 6-item Divorce Conflict Scale is a highly applicable measure in research, clinical, and public policy settings.

SCRES – SCReening and Evaluation for post-Separation intervention

Olaf Goorden¹ / Bernadette Janssen² / Inge van der Valk³

¹*iHUB Child and Family services, Amsterdam (The Netherlands)*

²*Sterk Huis / Academische werkplaats Jeugd Tranzo (The Netherlands)*

³*Utrecht University (The Netherlands)*

In The Netherlands both professionals and researchers have long indicated the strong need for a validated instruments to use in post-separation interventions and research. We thus developed an instrument called 'SCRES' (SCReening and Evaluation for post Separation intervention'). In the developing process we involved parents, children, professionals, intervention developers, and researchers. In the initial phase, an international literature review was conducted, addressing the following question: *Which goals were formulated and which concepts have been measured in effect studies for divorce and separation interventions for parents and possibly their children?* A systematic search in four databases generated 652 articles. After a selection process we included 62 studies, all published between 1985 and 2019, most (N = 50) conducted in the USA. Over half of the interventions aimed to limit the negative consequences of divorce for children (58%). Other frequent goals were reducing parental conflict (31%), improving relationships between ex-partners or co-parenting (29%) and promoting positive parenting (26%). A small part of the interventions additionally focused on improving parent-child relationships (18%) and on limiting negative consequences of the divorce for parents (13%). The concepts that were distinguished have contributed to the content of our final instrument. The SCRES consists of a specific questionnaire for parents and one for children (age 8 and above). Validation research on the questionnaire for parents showed a medium to high internal consistency ($r = .23$ to $.65$) regarding the SCRES subscales and similar intercorrelations ($r = .23$ to $.69$) with the Acrimony Scale. Validating the children's questionnaire is in progress.

As part of an intervention practice, each parent and child individually report their views on the (post) separation situation by scoring a perspective-specific list of statements adding up to several outcome-scales. The professional then discusses the outcomes with them in a process of shared decision making. Primary purpose is to tailor the goals and means of the care provided. By finishing care, parents and children evaluate the care provided and fill in the SCRES again. This every-day practice pretest-posttest condition provides information on a case level. Researchers and developers can use the aggregated outcomes for scientific research, policy development, and to improve intervention programs. In the presentation, we'll elaborate on the review findings and the subsequent ongoing research done with the SCRES-instrument in more than fifteen youth care organizations in The Netherlands.

When Marriage Fails: The Content and Effects of the Digital “Cooperation after Divorce” Intervention Platform

Søren Sander¹ / Ana Cipric¹ / Jenna M. Strizzi¹ / Camilla S. Øverup¹ / Theis Lange¹ / Aleksandar Štulhofer² / Gert Martin Hald¹

¹University of Copenhagen (Denmark)

²University of Zagreb (Croatia)

Divorce and relationship dissolution has gained attention from policymakers, the public, and academia, not only because of the high prevalence rates but also because of the widely documented negative consequence associated with it. In order to save public health resources and promote public health intervention scalability and outreach, online divorce interventions have been called for. Responding to public health calls for evidence-based digital divorce interventions, we present the digital ‘Cooperation after Divorce’ (CAD) divorce intervention platform and its RCT documented effects on divorcees’ mental and physical health. The CAD digital intervention platform comprises 17 learning modules and supporting functionalities. Modules are interactive, and educational and use exercises, voice-overs, motion graphics, and videos in order to promote user engagement and learning. Modules’ contents aim to provide knowledge, better understanding, and relevant coping and behavioural strategies within three main areas: the divorcee, children, and co-parenting. The CAD intervention was tested in a 12-month longitudinal randomized controlled trial using a sample of 1,856 Danish divorcees who, on average, began the intervention within one week of legal divorce. Data analyses consisted of linear mixed effect model analyses. The results showed that the CAD intervention significantly improved the mental (depression, anxiety, somatization, stress) and physical health and reduced hostility of those in the intervention group as compared with those in a non-treatment control group. We found small to large effects across all mental and physical health outcomes and hostility (Cohen’s d) = .19–2.21). Moreover, the findings documented no moderating effect of conflict levels on the effectiveness of the digital divorce intervention. Therefore, suggesting that the digital help approach could be sufficient even for high-conflict divorces. These findings indicate that digital interventions may be successfully integrated into post-divorce public health strategies, thereby offering highly scalable long-term human and public health benefits at low costs.

Supporting couples in trouble and separated families: The STARK online platform

Sabine Walper^{1,6} / Harald Baumeister² / Christina Boll¹ / Beate Ditzen⁴ / Melanie Fischer⁵ / Miriam Rassenhofer³ / Bernhard Schmidt-Hertha⁶ / Eva Schumann⁷ / Monika Uemminghaus⁶

¹*Germany Youth Institute (Germany)*

²*Ulm University (Germany)*

³*University Hospital Ulm (Germany)*

⁴*University Hospital Heidelberg (Germany)*

⁵*Philipps University of Marburg (Germany)*

⁶*Ludwig-Maximilians-University Munich (Germany)*

⁷*Georg-August-University Göttingen (Germany)*

Couples in conflict often fail to reach out for counseling or therapy early enough at times when interventions could still help strengthen resources for a fulfilling relationship or resolve ambivalences about whether to maintain or leave the relationship. This decision is far-reaching and requires reliable information about the legal and economic consequences of separation, shared parenting arrangement options, and co-parenting demands. Similarly, separated families are often confronted with questions regarding legal regulations, financial issues, child support, and the division of parenting time or unresolved conflicts, which may compromise parents' and children's well-being. The online platform STARK aims to provide expert information and psychological support for three target groups: couples in crisis, separated parents, and children/ adolescents in separated families. The platform is developed by an interdisciplinary cooperation of experts from six institutions involving family law, economics, psychology, education, and child psychiatry in a co-creational process with relevant stakeholders. The project is funded by the German Federal Ministry of Family Affairs, Senior Citizens, Women and Youth and complements existing structures such as face-to-face counseling and therapy. This paper presents an overview of the multimedia website content including vignettes, videos, information graphics, and short questionnaires, as well as written information and psychoeducational support.

Symposium

PATERNAL AND MATERNAL INFLUENCES ON CHILD DEVELOPMENT: ASIAN, EUROPEAN, AND NORTH AMERICAN CONTEXTS

Xuan Li

New York University Shanghai (China)

The developmental science has recently progressed from a narrow focus on mothering and maternal influences to a greater inclusion of fathering and paternal contributions. To go beyond the parent-child dyads and explore the joint, possibly interactive influences of the father and the mother, this symposium gathers the latest evidence on paternal and maternal impact on children's cognitive and socioemotional development from a wide array of sociocultural contexts.

The first paper explores how general fathering and mothering practices (instead of explicit socializing) shape Chinese children's gender beliefs. Fathers' authoritarian and sensitive parenting longitudinally and concurrently predicted boys' and girls' gender beliefs when maternal parenting practices are controlled for, whereas mothers' parenting practices showed no significant effects. The second paper draws on the German family panel data and revealed consistent associations between interparental conflict and lack of positive regard and emotional insecurity, but no significant independent contribution of parenting to children's socioemotional adjustment. The study also highlighted the salience of interparental conflict and father-child emotional insecurity in children's prosocial behavior and peer relationships. The third paper focused on fathers' and mothers' use of pedagogical questions in everyday life as a potential booster of children's cognitive development. While a similar proportion of maternal and paternal inquiries are pedagogical in nature, mothers were more likely to ask pedagogical questions with the father's presence than without, whereas no such differences were found among fathers' use of pedagogical questions, suggesting that fathers and mothers may assume different parental roles with or without their partner's presence. Taken together, these findings underline the importance of considering multiple socializers in child development research.

Tuesday, October 11, 14:15 – 15:50

Paternal and maternal influences on children's gender beliefs and self-esteem

Rui Yang¹ / Xuan Li² / Cong Zhang³

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Existing research on gender development in the family has predominantly focused on parents' explicit socialization behaviors (Ruble, Martin, & Berenbaum, 2006), but general parenting practices, such as autonomy granting, expression of warmth, and high-power discipline may also shape children's gender beliefs. For instance, children with sensitive parents (i.e. high autonomy support and warmth) might embrace more flexible gender norms than their peers with authoritarian parents. This study examines how Chinese mothers' and fathers' parenting practices at 24 months and 10 years would influence their children's gender beliefs.

Mothers and fathers from 144 Chinese families that participated in a ten-year longitudinal project (Yang et al., 2019) self-reported their gender beliefs (acceptance of gender-atypical toy play, and traditional gendered beliefs about boys' and girls' education and career) when their children were 24 months old. They also completed measures on sensitive and authoritarian parenting when their children were 24 months and 10 years of age. Children reported their own gender beliefs at 10 years of age.

Results from linear regression models including paternal and maternal gender beliefs and parenting practices at 24 months and children's gender beliefs at 10 years of age show that, both sensitive ($b=-.33$, $SE=.10$, $p<.01$) and authoritarian ($b=-.21$, $SE=.10$, $p<.05$) fathering negatively predicted daughters' traditional gendered beliefs about education and career. Fathers' authoritarian parenting at 10 years positively related to boys' traditional gendered beliefs about education and career ($b=.46$, $SE=.14$, $p=.001$), and negatively associated with boys' acceptance to gender-atypical toy play ($b=-.42$, $SE=.16$, $p=-.01$). Surprisingly, mothers' parenting practices did not relate to children's gender beliefs when paternal gender beliefs are considered. These findings suggested the importance of investigating both parents' contributions to children's gender socialization.

Symposium

Paternal and maternal influences on child development: Asian, European, and North American contexts

A systemic perspective on children's emotional insecurity in relation to father: links to parenting, interparental conflict and children's social well-being

Ulrike Lux¹ / Sabine Walper^{1,2}

¹*German Youth Institute (Germany)*

²*Ludwig-Maximilians-University Munich (Germany)*

Focusing on the father-child-relationship in a family systems perspective, this paper investigates longitudinal links of parenting, interparental conflict, and positive regard by both parents, to their emotional insecurity with father and mother. Furthermore, to clarify fathers' contribution to children's social development, aspects of the relationship to both parents are jointly considered. The sample was drawn from the German family panel pairfam and included 372 family triads with parents' and children's self-reports. Findings revealed consistent associations between interparental conflict and lack of positive regard and emotional insecurity, while parenting had no independent links with children's emotional insecurity or social adjustment. Controlling for the stability of child outcomes, interparental conflict predicted children's lower prosocial behavior and higher peer rejection. In addition, peer rejection was predicted by children's emotional insecurity with father. The findings are in line with the emotional security hypothesis and highlight the importance of the father-child-relationship for developing positive peer relationships.

Comparing mothers' and fathers' pedagogical questioning during everyday conversations with young children

Yue Yu

National Institute of Education (Singapore)

Variations in early caregiver-child interactions have been shown to predict multiple aspects of later performance (Connell & Prinz, 2002; Hirsh-Pasek et al., 2015). In addition to mothers' supportiveness, recent studies have demonstrated the importance of fathers' supportiveness in terms of both a direct impact on children, and a moderation effect on the quality of mother-child interactions (Martin, et al., 2007; Tamis-LeMonda, et al., 2004). This study aims to compare mothers and fathers on a practice often associated with high-quality caregiver-child conversations: questioning. In particular, we focused on "pedagogical questions", for which the questioner already knows the answer and intended to help the questionee learn (Yu, Bonawitz, & Shafto, 2019). These questions have been shown to facilitate children's learning and exploration both in and outside the lab (Yu, et al., 2018; Yu, Shafto, & Bonawitz, in press).

From the CHILDES database, we analyzed 2166 questions from 166 mother-child dyads and 64 father-child dyads during their naturalistic conversations at home. Results showed that on average, mothers and fathers did not differ in the proportion of pedagogical questions they asked children (27% vs. 31%). However, there was a significant interaction between parents' gender and whether the other parent was present at the conversation on pedagogical questioning. Mothers asked a higher proportion of pedagogical questions when the father was noted as present during the conversation, as compared to when the father was not noted as present, $B = .083$, $p = .045$. Fathers' pedagogical questions did not differ significantly based on mothers' presence, $B = -.172$, $p = .17$. These results were further moderated by the context of the conversation (whether it happened during free play, mealtime, or daily routine). The findings indicate that fathers and mothers may assume different roles when they are alone with children, versus when the other partner is present.

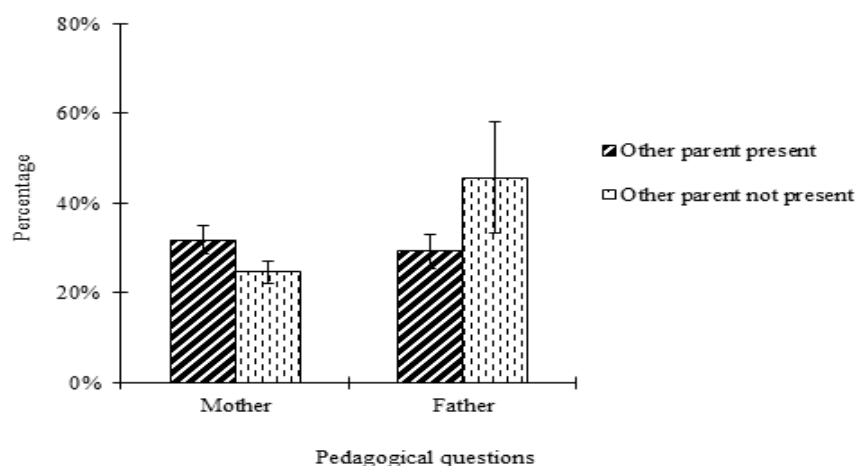


Figure 1. An interaction effect between parents' gender and the presence of other parent was observed for the proportion of pedagogical questions, $F(1, 226) = 4.36$, $p = .038$. Mothers asked a higher proportion of pedagogical questions when the father was noted as present during the conversation, as compared to when the father was not noted as present, $B = .083$, $p = .045$. Fathers' pedagogical questions did not differ significantly based on mothers' presence, $B = -.172$, $p = .17$. This

non-significant result may be due to a small but variable sample of father-child conversation when a mother is absent (n = 19). Error bars denote SE. *p < .05.

Individual Paper Session

FAMILIES IN COVID-19 PANDEMIC

Paula Mena Matos

University of Porto (Portugal)

Tuesday, October 11, 16:15 – 17:15

Individual Paper Session

Families in COVID-19 Pandemic

Family Coping Strategies post Covid-19 Confinement: Multinational Latin American Study

Lina María Acuña Arango, María¹, / Elvira Aguirre Burneo² / Bertha Alicia Alcocer Orozco³ / Macarena Alegría⁴ / Viviana Blanco⁴ / Lorena Claudia Bolzon⁵ / Victoria Eugenia Cabrera Carcía¹ / Ángela Ximena Campos García¹ / Daniela Carias⁶ / Rodolfo Castro⁷ / Maite Cereceda⁴ / Maria Dolores Dimer de Vicente⁵ / María del Carmen Docal Millán¹ / Lourdes Fortin⁶ / María Sol González Larre⁵ / Edgar Fernando Riveros Munévar¹ / Ericka Elizabeth Valle Galo⁶ / Luz Ivonne Zabaleta Costa²

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⁴*Universidad de San Sebastián (Chile)*

⁵*Universidad Austral (Argentina)*

⁶*Universidad Católica de Honduras*

⁷*Universidad católica San Pablo (Perú)*

Vulnerability is inherent to the human condition. When dealing with adverse circumstances, both individuals and families are exposed to moments of uncertainty and bewilderment that lead to stressful situations that disrupt the homeostasis of the family system. However, these regulatory crises, similar to those suffered during the pandemic, could not necessarily lead to sole negative events (a decrease in the ability to respond or in the disorganization of coping strategies), depending on the creative resources applied to address the situation. This could mean growth for the family and each of its members.

A multinational study was carried out to know the family coping strategies used during the post confinement period. A quantitative, descriptive correlational methodology was used, with 8043 participants from Argentina, Chile, Colombia, Ecuador, Honduras, México, and Perú, 5971 women and 2072 men. The family coping strategies scale COPES was applied, which evaluates: social benefits obtainment, reorganization, search for spiritual support, family mobilization to obtain and accept help, and passive evaluation. The ethical considerations of the research were taken into account. Honduras was the country that obtained the most social support and reorganized the situation and passive evaluation. Mexico sought further spiritual support and had greater family mobilization to obtain and accept help. Although these countries share cultural traits, families have coped with post-confinement time differently. Women obtained higher scores in seeking social and spiritual support, and family mobilization to obtain and accept help. Men reported higher levels of reorganization and passive evaluation. Women tend to be more active and seek more help than men.

Adoptive Families and the Prolonged Pandemic: Which Resources and Vulnerabilities?

Elena Canzi¹ / Laura Ferrari¹ / Daniela Barni² / Sonia Ranieri³ / Francesca Danioni¹ / Giuliana Lafico¹ / Rosa Rosnati¹

¹*Catholic University of the Sacred Heart, Milan (Italy)*

²*University of Bergamo (Italy)*

³*Catholic University of the Sacred Heart, Piacenza (Italy)*

The Covid-19 prolonged pandemic represented a tough challenge for all families, posing unique risks in terms of stress and significantly influencing parents' personal and relational well-being. There is a gap in the literature about how adoptive parents coped with the Covid-19-related stressors. However, this study population could be of great interest given its specific features. Indeed, adoptive parents faced additional stressful events related to their status: those previous experiences, on one hand may have posed them in a more vulnerable condition, on the other hand may have prepared them to more effectively cope with traumatic circumstances, such as the pandemic. The present study sought to explore similarities and differences between adoptive and non-adoptive mothers, comparing them with regard to their level of risk (i.e., Covid-19 fear and Covid-19 traumatic stress symptoms related to the virus) and to their resources at individual (i.e., sense of coherence), couple (i.e., partner's support), parent-child (i.e., parent-child relationship satisfaction), and social (i.e., friends' support) level. By performing a discriminant analysis, the study aimed also at predicting which variables discriminate more effectively between the two groups. The sample included 445 mothers (40.9% adoptive mothers), who participated in an online survey between May 2021 and October 2021. Findings documented that adoptive mothers reported lower Covid-19 stress and greater resources in facing the pandemic than non-adoptive mothers, with the only exception of parent-child relationship satisfaction. Moreover, results showed that the variables which contributed most in distinguishing between the groups were: Covid-19 traumatic stress symptoms, parent-child relationship satisfaction, and sense of coherence. Results will be discussed considering practical implications related to intervention with families.

Symposium

POST-SEPARATION PARENTING SMARTPHONE APPS: CAN THEY HELP FAMILIES AVOID CONFLICT?

Bruce Smyth¹

Discussant: Leanne Smith²

¹*Australian National University (Australia)*

²*University of Exeter Law School (England)*

The rapid proliferation of smartphones has led to a large number of post-separation parenting apps being available, especially since the onset of the Covid-19 pandemic. These apps usually comprise a messaging tool, shared calendar, expense tracker, and a means to download messages and documents for courts. It is difficult for separated parents – and family law professionals – to know which app or app features might best suit their circumstances, needs and budget. The aim of this symposium is to explore the role and effectiveness of smartphone apps in supporting families to respond to the many challenges of post-separation co-parenting, especially in the context of entrenched interparental conflict. Our study comprises three discrete but inter-related data collections: (1) an online survey of family law professionals; (2) a critical evaluation of 10 popular co-parenting apps and their features; and (3) an online survey of separated parents who use co-parenting apps. Each paper in the symposium corresponds with each data collection and seeks to highlight both the benefits and risks of co-parenting apps (including technologically-fueled abuse). This research is funded by the Australian Research Council (Linkage Project 200100413).

Wednesday, October 12, 09:00 – 10:15

Family Law Professionals' Views on Post-Separation Parenting Apps

Bruce Smyth¹ / Jason Payne²

¹*Australian National University (Australia)*

²*University of Wollongong (Australia)*

Background/Aim: In Australia, as elsewhere, family law professionals are increasingly being asked about, or asked to recommend, post-separation parenting smartphone apps to clients. There is also an emerging trend for courts to mandate the use of post-separation parenting apps in high-conflict cases. The present study sought to explore the views and experiences of family law professionals on post-separation parenting smartphone app. The aim of this presentation is to summarize the key findings from this study.

Methods: Data were collected in Australia and New Zealand through an online survey (N=344: 271 female, 69 male), distributed to a diverse population of family law professionals through a range of family law organization email distribution lists and online practitioner networks.

Results: We found that (a) practitioners generally reported little knowledge of post-separation parenting apps; (b) around one third reported that their clients had reported the experience coercive control through an app; (c) around one third of practitioners who had recommended an app had tried it beforehand; and yet (d) three quarters reported recommending apps to clients. We briefly offer possible explanations for this apparent knowledge–recommendation disjuncture.

Conclusions: Family law professionals (including judges) need a comprehensive and more nuanced understanding of the benefits and risks of apps and their features.

A Critical Evaluation of Post-Separation Parenting Apps using Human Computer Interaction Methods

Bruce Smyth

Australian National University (Australia)

Background/Aim: In the rapidly evolving digital age, how do separated parents know which app might best suit their circumstances, needs and budget, and might some apps or app features do more harm than good? Current rankings and review systems are subjective, piecemeal, and likely biased in different ways. Poor app choices could have serious consequences for families at critical moments in family transitions. A systematic, independent, and rigorous approach to the assessment of post-separation co-parenting smartphone apps is urgently needed help to determine if, when, and for whom co-parenting smartphone apps may be useful for managing postseparation co-parenting. This presentation briefly summarizes our methods and key findings.

Methods: Human-computer interaction (HCI) methods formed the basis of this aspect of the study. In total, 10 popular post-separation parenting apps were tested for usability by 29 mediators across 29 HCI trials. Pairs of experienced divorce mediators acted as high-conflict ex-couples through a series of structured time-limited role-plays for six functions (e.g., messaging; shared calendar; expense tracking). Several data collection tools were used by each rater during the app trials including 3-way Zoom recordings; Loom screen/audio data capturing software; and a custom designed app rating tool. Each trial ended with a mini-focus group discussion facilitated by a member of the research team.

Results: Raters (i.e., mediators) were generally disappointed with the usability and functionality of many of the apps. Having tested the apps for the first time, many raters reported regretting they had recommended certain apps. Some of the lesser-known apps were rated higher than some of the better-known ones.

Conclusions: While apps afford several potential benefits (e.g., keeping information all-in-one-place, boundary setting, containment, and record keeping), some apps or app features are likely to do more harm than good – especially when dysfunctional interpersonal dynamics or deep-seated difficulties in the personality structure of one or both parents are at play.

Symposium

Post-Separation Parenting Smartphone Apps: Can they help families avoid conflict?

Separated Parents' Experiences with Post-Separation Parenting Apps

Jason Payne

University of Wollongong (Australia)

Background/Aim: Parenting disputes after relationship breakdown often arise or are fuelled by the failure of one or both parents to provide timely, accurate and full information to the other parent. Respectful child-focused communication between parents after separation is the bedrock of the parental alliance and strongly linked to child outcomes. With rapid advances in digital communication technology, separated parents seek reliable information if and how co-parenting apps might suit their communication and post-separation parenting needs. The aim of this paper is to set out the benefits and challenges of app use by separated parents.

Methods: Data were collected through an online user experience (UX) survey distributed to a diverse population of separated parents who were using, or had used, an app. Potential participants were recruited through several app developers who approached their users on our behalf; former clients of a number of family relationship services in Australia. A small set of questions on technologically fueled abuse were also included.

Results: This data collection is still field (N=129) at the time of writing this abstract. Fieldwork will conclude by 31 August 2022. If our symposium is accepted, the IAFP conference would be the first public release of these data. Trust us – our results will be fascinating since, to our knowledge, no other UX survey has been conducted internationally. There are also little empirical data on technologically fueled abuse.

Conclusions: These data will shed light on several important issues: Which features do users report being most helpful for reducing interparental conflict? What do users do if they lose access to an app and their data because an app is taken off the market? To what extent do children act as tech-support for a parent?

Symposium

THE COVID-19 PANDEMIC: THE IMPACT ON ADOLESCENTS, PARENTS AND GENDER EQUALITY

Silje Baardstu¹

Discussant: Mona Bekkhus²

¹*The Norwegian Institute of Public Health (Norway)*

²*University of Oslo (Norway)*

The Covid-19 virus and the public health measures to mitigate the spread of the virus have had significant influence on families and family life. Repeated lockdowns, school closures, social isolations together with disruptors of daily routines might have had long-term consequences for both children and parents. Previous studies have primarily investigated the short-term impact of the pandemic by focusing on the first lock-down period in 2020. In the current symposium, researchers will build on previous studies by presenting findings from two unique longitudinal samples from two different European countries, all providing knowledge about how families coped over time during the pandemic. The studies focus on family life during the pandemic and the impact of the pandemic on adolescent mental wellbeing, parental stress and gender equality.

Susan Branje will present results from the multi-informant Dutch study “InTransition”. The paper that Susan will present takes a unique glance at the longitudinal associations between covid-related stress, parent-child relationship quality, and adolescent mental health, while also studying whether these associations vary with personality. Maren Sand Helland will present findings from the longitudinal Norwegian “Dynamics of Family Conflict study” (the FAMC-study), on how levels of parenting stress developed throughout the pandemic and to what extent different trajectories are predicted by pre-pandemic family and parent characteristics. Lastly, Silje Baardstu will present findings about how the pandemic affected the gendered division of family work, such as childcare and household chores, also using data from the FAMC-study.

Associate Professor Mona Bekkhus, the discussant of the symposium, will discuss main findings, across and between the studies, in line with theory, previous findings and elaborate on potential clinical implications. Bekkhus has conducted research on the consequences of the pandemic for young people aged 16-19.

Wednesday, October 12, 09:00 – 10:15

The moderating role of personality on changes in adolescents' stress, parent-child relationship quality and mental health during the COVID-19 pandemic

Monika Donker / Stefanos Mastrotheodoros / [Susan Branje](#)

Utrecht University (The Netherlands)

The coronavirus disease 2019 (COVID-19) pandemic and the extensive measures to prevent a further spread of the virus have had a major impact on the daily life of all citizens, including families with adolescent children. As in many other countries, children in the Netherlands could not attend school for several periods, had limited (face-to-face) contact with peers, and their structured leisure activities were often cancelled. Several previous studies showed the short-term effects of the pandemic during the first lockdown as well as heterogeneity in these effects. The current study builds on these results by investigating changes over a longer period (i.e., Fall 2019-Spring 2021).

This study examines the longitudinal associations among covid-related stress, parent-child relationship quality, and mental health, while also studying whether these associations are different across personality dimensions. For stress, we expect first increases and later decreases, for relationship quality with parents, we expect first a decrease and later an increase, and for mental health, we expect a gradual decrease over the course of the pandemic. Moreover, we expect that adolescents scoring high on neuroticism and/or extraversion perceive more covid-related stress and negative relationship quality with parents, and lower mental health.

We will use four waves of data from about 240 Dutch parents and adolescents (M age 11.4 years at wave 1) from the multi-informant study "InTransition". Using latent change score models, we will examine whether and how stress, relationship quality with parents, and mental health changed during each wave. Moreover, we will examine the role of personality in these changes.

Profiles and predictors of parenting stress throughout the pandemic

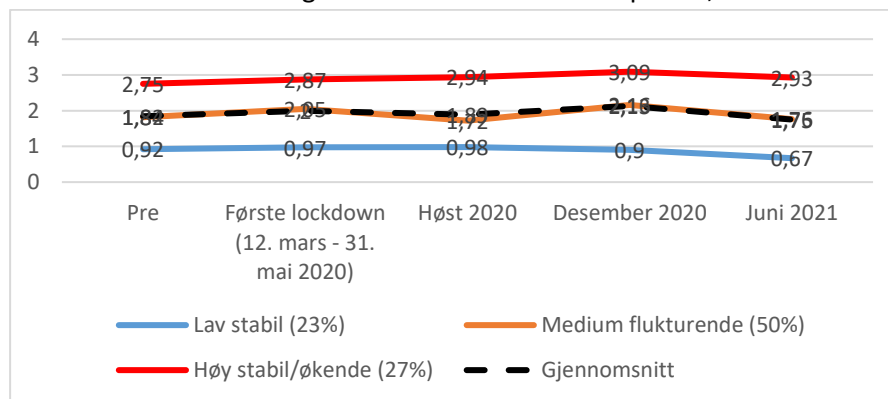
Maren Sand Helland / Silje Baardstu

The Norwegian Institute of Public Health (Norway)

The Covid-19 pandemic and the following social distancing measures caused large changes to family life. A previous study from Norway has shown that lockdown was associated with a sharp increase in parenting stress (Helland et al., 2021). The aim of this study was to increase our knowledge about how parents are affected and cope in stressful times by investigating: 1) how levels of parenting stress developed throughout the first 16 months of the pandemic; 2) which distinct trajectories of stress that could be identified and 3) to what extent parent gender, family type or pre-pandemic interparental conflicts could predict the trajectories.

Data from 1491 parents participating in the longitudinal Dynamics of Family Conflict (FamC) study in Norway were used. Trajectories were developed based on parents reports on three questions from Parental Stress Scale (Berry & Jones, 1995) collected at five different time periods spanning the three months preceding the first lockdown until June 2021. Latent profile analyses in Mplus were carried out to investigate potential trajectories of parenting stress throughout the period. Gender and family type were included separately as auxiliary predictor variables.

The main trajectory showed some fluctuations over the period, with increased stress levels in periods with stronger social distancing measures. However, the ranking of the identified trajectories remained the same over the period, indicating that parents who experienced most stress prior to the pandemic continued to have the highest stress levels over the period, and vice versa.



Women and parents living together were somewhat more likely to follow the stable “high-level stress” trajectory rather than the other trajectories. The stability of the trajectory ranking indicates that, although women may have been more affected than men, pre-pandemic robustness to stress may have been the most important predictor of parental stress during the pandemic.

Toward a backlash in gender equality? Nuances in the gendered division of family work among Norwegian mothers and fathers during the Covid-19 pandemic

Silje Baardstu / Maren Sand Helland / Tonje Holt

The Norwegian Institute of Public Health (Norway)

The Covid-19 pandemic and social distancing measures, such as school closures and working from home, caused major changes to family life. Following concerns that such changes might have triggered a backlash in gender equality, the present study explored how the pandemic affected the gendered division of family work, such as childcare and household chores, in a Norwegian sample of parents characterized by pre-existing relationship problems ($N = 313$, 34 % fathers).

Using survey data collected during the spring of 2021 from the Dynamics of Family Conflict Study (FAMC-study), we applied ANOVA and logistic regression analyses to examine potential differences between mothers and fathers regarding a) time spent on family work per week, b) the division of family work, and c) changes in the amount of family work done compared to before the pandemic.

Our results showed that mothers generally spent more time on family chores than fathers and that the division of labor at home mostly lay on mothers' shoulders during the pandemic. However, the inclusion of parental education level and whether parents worked from home or not brought nuances to this picture. Fathers working from home reported the greatest increases in time spent on all types of household chores compared to before the pandemic, and they particularly showed increases in childcare-related tasks, and especially those fathers with higher education. These findings suggest that although gender inequalities in family work in general seemed to persist during the pandemic, some of the societal changes following the pandemic may also have facilitated a movement towards more equal allocation of family work for some families, especially when it comes to household tasks involving childcare.

Symposium

COPARENTING AS A FAMILY AND SOCIAL BACKBONE: MEANINGS, OUTCOMES AND CHANGE

Marisa Matias / Paula Mena Matos

University of Porto (Portugal)

Broadly defined, coparenting implies coordination and support provided by adults rearing children together. If parenting figures are on the same page and are able to work in a concerted way, they are in a better position to afford a stable and consistent environment for children to grow. There are several routes families can take to co-construct an effective coparenting relationship, leading to work-family reconciliation, parental and child wellbeing.

In this symposium we aim to have different angles on these routes and on the topic of coparenting by crossing different methodologies (interviews, surveys, diary studies and interventions), different countries/cultures and by spanning through coparenting from its inception, before the birth of the child, up to early years of the child and also when couples' breakup and post-divorce coparenting relationships need to be established. Thus, on the paper by [Melim et al.](#), using the COPAGloba international qualitative database and semi-structured interviews with couples expecting their first child from Portugal, Finland and Japan (n=60 interviews in each country), the authors focused on the individual representations of future mothers and fathers about the way they anticipate the division of domestic, care and paid work tasks. On the second paper, [Diniz and Duarte](#), using a sample of 254 cohabitating mothers of children aged between 2-8 years old, address the mediating role of coparenting on the association between father involvement and maternal stress, uncovering the interpersonal aspects of maternal stress. In the third paper, [Guerra et al.](#) describe and test the efficacy of a Brazilian version of the Family Foundations program which focuses on improving the quality of interactions between the coparenting partners, helping them to collaborate in caring for their child, including prenatal to postnatal sessions. Finally, in the fourth paper, [Zimmerman et al.](#), using diary data from 212 separated/divorced parents (71.6% female), highlight the psychological maladjustment of children whose families are involved in legal disputes with high coparenting conflict.

Taken together these four papers will shed light on different meanings and routes to coparenting, their impact on children's development and how family dynamics are interplayed around this central asset.

Wednesday, October 12, 11:15 – 12:45

Symposium'

Coparenting as a Family and Social Backbone: Meanings, Outcomes and Change

“Expecting our first baby”: Expectations on the division of domestic labour and care in prospective coparenting - A qualitative and cross-national study

Beatriz Melim^{1,2,3} / Daisuke Ito⁴ / Mia Tamelin⁵ / Carolina Garraio¹ / Matilde Carvalho¹ / Tiago Ferreira¹ / Paula Mena Matos¹ / Marisa Matias¹

¹University of Porto (Portugal)

²Ludwig-Maximilians University Munich (Germany)

³German Youth Institute (Germany)

⁴Tokyo Metropolitan University (Japan)

⁶Tampere University (Finland)

Coparenting begins to be constructed before the birth of the first child and it involves a set of representations and meanings associated with the transition process. One major aspect of this transition relates to the anticipation of the division of tasks between the couple. In this study we aimed to identify the representations of future mothers and fathers regarding the way they anticipate the division of domestic, care and paid work tasks. Adopting an international perspective, we intend to identify and compare the barriers and potential facilitators associated with this transition and the construction of the coparenting relationship.

In the context of the COPAGloba international consortium, separate semi-structured interviews were conducted with each member of the couple expecting their first child, in Portugal (n=60), Finland (n=60) and Japan (n=60). An iterative process of Thematic Analysis sensitive to gender and country specificities and using the individual interviews was conducted and three themes were identified: 1) Perceptions on the Transition (i.e., prospective parents' expectations of the eventual stability and/or transformation on their division of future labour related to domestic and care tasks); 2) Influences on Transition (i.e., factors which prospective parents identified as potential influencers of stability and/or change in their division of domestic labour) and, 3) Emotional Tone (i.e., prospective parents' emotional expression underlying their descriptions of the transition). These 3 major themes subdivide into specific categories, encompassing different expressions of the transition to coparenting across countries. Communalities and differences between the three countries and also according to gender were found and will be discussed in the light of cultural dimensions and policies supporting work-family reconciliation.

Father involvement and maternal stress: The mediating role of cooperative co-parenting

Eva Diniz^{1,2} / Dora Duarte¹

¹ISPA - Institute of Applied Psychology (Portugal)

²William James Center for Research (Portugal)

Contemporary families face challenges in their parental roles, namely due to parents' involvement in a full-time job, introducing changes in socially established parenting roles. Mothers are no longer seen as the only figures responsible for child's nurturing and caregiving, neither the fathers as the family's moral guide and the breadwinner. However, mothers still have the burden of being the main child's caregivers, which has been related to high rates of parental stress, particularly during early childhood. Greater fathers' involvement with childcare has been related to lower maternal stress. This association is influenced by interpersonal aspects, such as the way parents share parenting perspectives and views about child rearing. Nevertheless, the mediating role of coparenting on the association between father involvement and maternal stress has been overlooked. This will be addressed by the current study, with a total of 254 married/cohabiting mothers ($M=37.67$; $SD=5.31$; range: 21-51 years-old) of children between 2-8 years old ($M=4.87$; $SD=1.68$; 54.2% boys). Mothers reported about parental stress, perception of father involvement and co-parenting. Results showed that father involvement in direct care was negatively related to maternal stress through cooperative co-parenting (indirect effect: $-.10$, $SE = .03$; 95% CI $[-.17, -.04]$). In addition, father involvement in indirect care was negatively related to maternal stress through cooperative co-parenting (indirect effect: $-.09$, $SE = .04$; 95% CI $[-.18, -.03]$). Findings uncover how maternal stress is influenced by interpersonal aspects, with cooperative co-parenting mediating the association between father involvement and maternal stress during early childhood. This illuminates the importance of interpersonal aspects accounting to maternal stress.

Evaluation of the effects of the Family Foundations program for Brazilian couples

Lívia Lira de Lima Guerra / Anik Giovana Barham Setti / Raquel Salvadori Sarmento / Thaís Ramos de Carvalho / Elizabeth Joan Barham

Federal University of São Carlos (Brasil)

Coparenting involves the relationship between the parents, or other parental figures, to deal with the demands of raising a child. In most families, the transition to parenthood involves an increase in conflicts, anxiety, and depression. Given this context, our objective was to evaluate the program *Famílias Fortalecidas* (a Brazilian version of the Family Foundations program), focused on improving the quality of interactions between the coparenting partners, helping them to collaborate in caring for their child. The program has a prenatal phase (7 sessions), when the parents are still expecting their first child, and a postnatal phase (4 sessions), which begins when the baby is between three to six months old. This study has a quasi-experimental design, with an Intervention Group ($n=24$ couples) and a Comparison Group ($n=14$ couples), who all completed the pre-test and post-test evaluations. The couples were married, in a stable union or living together, and were expecting their first child of this relationship. Brazilian versions of the following instruments were used to evaluate the effects of the program on the couple's relationship, coparenting relationship, and adaptation to parenthood: the Marital Social Skills Inventory, the Dyadic Adjustment Scale, the Conflict Tactics Scale, the Beck Depression Inventory (BDI-II), and the Parental Educational Competence Self-Assessment Questionnaire. Another four instruments were used only in the post-test evaluation: the Coparenting Relationship Scale, the Parental Burnout Assessment, the Perceived Stress Scale, and the Child Temperament Questionnaire. Considering both statistical significance and effect size results, the Intervention Group presented results that were more favorable than the Comparison Group on four dimensions of the coparenting relationship and on two measures of the couple's relationship. Possible effects on the other constructs may emerge when the children are older, considering that differences in the coparenting relationship would be expected to affect other outcomes, over time.

Child adjustment in the context of high coparenting and legal conflict following separation

Janin Zimmermann¹ / Sabine Walper^{1,2} / Heinz Kindler² / Ulrike Lux^{1,2}

¹Ludwig-Maximilians-University Munich (Germany)

²German Youth Institute (Germany)

Meta-analytical results indicate that parental conflict and coparenting problems impede the adjustment of children after parental separation (van Dijk et al., 2020). Yet, still little is known about the wellbeing of children whose parents are involved in legal disputes about child custody or contact arrangements. These children are assumed to experience increased levels of loyalty conflicts by their parents with potential negative consequences for their adjustment and wellbeing (Rowan & Emery, 2019).

To address these issues, data from the German Family Panel pairfam (Huinink et al. 2011), a longitudinal study with annual assessments since 2008, were analyzed. The study included pooled data deriving from parent and child reports (7-16 years) at wave 7 and 9. The sample consisted of n=852 nuclear families, n=239 separated families without and n=44 separated families with legal disputes.

Initial analyses showed that children whose parents were involved in court disputes reported the highest levels of internalizing and externalizing problems (SDQ, Goodman, 2005) in comparison to other children. Preliminary regression analyses including only children from separated families revealed that coparenting problems and children's perceived relationship to their main caregiver predicted the psychological adjustment of children in separated families. The quality of the children's relationships to both parents was influenced by parenting quality and parental pressure to side (loyalty conflicts). Thereby, parental derogation was reciprocal and had negative effects on the children's perceived relationships to both parents.

Children, whose separated parents are involved in legal disputes are a vulnerable group. Especially coparenting problems and pressure to side compromise the emotional security and psychological wellbeing of these children. Limitations of the study and deductions for the development of preventive approaches are discussed.

Symposium

INTERVENTIONS TO SUPPORT POSITIVE COPING WITH PARENTAL SEPARATION

Mariska Klein Velderman¹

Discussant: Inge van der Valk²

¹*Child Health, TNO, Leiden (The Netherlands)*

²*Utrecht University (The Netherlands)*

Wednesday, October 12, 11:15 – 12:45

This symposium comprises three papers, focusing on post-separation interventions to support coping in families. Two intervention papers come from the Netherlands and one from Germany. All of them focus on parenting post-separation.

The first paper presents data from a quasi-experimental evaluation of a Dutch post-separation educational program for parents (taking part without their ex-partner). The program consists of two 3-hours group sessions, offering parents social support and psycho education on themes that are central to post-separation coping, such as loss and grief, effective parenting strategies, and conflict management. Analyses of pre-post changes showed small positive effects for perceived support by parents and child well-being.

The second paper presents data from an evaluation of a more intensive parenting program for separated parents in Germany, consisting of seven 3-hours group sessions. Ex-partners participate in separate intervention groups. The program's design was based on research on the impact of divorce on parents and children. Analyses of pre-post changes showed positive effects for parental well-being, co-parenting, and children psychological problems.

Central to the third and final paper is an intensive Dutch intervention for the purpose of high conflict situations, in which separated parents are supported to recover their shared parenting. The intervention works with parents over a period of up to nine months. An evaluation study is ongoing, preliminary results are presented in this symposium.

Post-Separation Preventive Group Intervention Divorce Atlas Offers Parents Psycho Education and Support

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Background

Parental divorce or separation is an impactful life event, found to be associated with parents' stress, depressive feelings, and less optimal parenting. In addition, research has shown negative associations with outcomes of children involved: i.e. wellbeing, conduct, psychological adjustment, self-concept, and social relations. Post-separation support may help parents cope with unfavourable effects and reinforce their positive parenting. In the Netherlands, however, evidence-based preventive support programs to inform separated parents and empower them as a parent were lacking and therefore needed. This paper focuses on preventive group intervention 'Divorce ATLAS' (ScheidingsATLAS in Dutch) providing such intervention.

Methods

Divorce ATLAS entails a 2-sessions group program derived from the US ACT for the Children intervention. The parent training aims at creating a supportive group environment and teaching parents effective coping and communication skills. Central themes are: stress and coping; the impact of divorce, including loss and grief; effective parenting strategies; conflict management; and nonviolent communication.

A quasi-experimental study ($N = 298$) was performed (registered as trial NL6582 - Dutch trial register), comparing 187 parents in the intervention group with 111 parents in the control group (waiting list for e-health Divorce ATLAS module). We measured intervention outcomes on wellbeing of parents and their children; parental feelings of competence; prosocial behaviour in children; and perceived social support. We assessed between group differences in changes from baseline to follow-up.

Results

As a result of the intervention, child wellbeing tended to increase (Hedges' $g = 0.18$), as did perceived daily support ($g = 0.23$). No pre- to posttest differences in parental wellbeing, feelings of competence, or children's prosocial behaviours were found. Results on all outcomes will be presented in this paper presentation.

Conclusions

Our findings can inform choices for preventive support for parents after separation.

Strengthening Emotional Sensitivity and Competence to Support Coping with Divorce: The Program “Kinder im Blick”

Sabine Walper^{1,2} / Stefanie Amberg²

¹*German Youth Institute (Germany)*

²*Ludwig-Maximilians-University Munich (Germany)*

Background

Parental separation or divorce marks a major transition in family development which is often associated with increased interparental conflict, problems in coparenting, and parents' as well as children's reduced well-being. While the large majority of separated parents adjusts to the new situation within two or three years, from 5% in Germany (Paul & Dietrich, 2006) up to 25 % in the USA (Maccoby, Mnookin, Depner, & Peters, 1992; Sbarra & Emery, 2005) of the cases remain caught in ongoing disputes about coparenting. These children remain in a high conflict environment which puts them at increased risk for developmental problems (e.g., Johnston, 1994; Cummings & Davies, 1994). Whereas many families seek support in settling conflict and finding suitable arrangements for their children, individualized counseling and many short-term group programs rarely allow for an in-depth focus on (co)parenting competencies which minimize children's stress and facilitate their successful coping in the context of parental separation/divorce. Effectiveness of parenting programs on these goals was recently tested in a meta-analysis of court-affiliated parenting programs on 28 studies (Fackrell et al., 2011). Following that, it has been questioned whether involuntary or mandated participation is likely to have positive outcomes for parents and children, and if they benefit differently depending on the level of interparental conflicts. At the same time, some findings suggest that participants of parenting programs with high conflict may even benefit more than those with less conflict (Braver, Griffin, Cookston, Sandler, & Williams, 2005; Kramer & Kowal, 1998; Kramer & Washo, 1993).

Methods

We present findings from an evaluation study on “Kinder im Blick” (KiB), a psycho-educative and skill-based parenting program for separated parents in Germany which targets key challenges in (co)parenting pointed out in prior research on divorce. It seeks to strengthen parental self-care in stressful times, to support sensitive parenting which focuses children's needs and emotional well-being (emotion coaching), and to reduce interparental conflict by providing guidelines for interparental communication and cooperation. In order to be inclusive for highly conflicted parents (often sent by the family court), former partners participate in separate courses, each with 8-12 parents, and 7 structured sessions guided by two trainers. In our study we want to focus on two questions: whether parents benefit similarly if they participate mandated or voluntarily in the same program, an additionally, whether parents benefit differently depending on their level of legal conflicts. The data used for this study comes from an evaluation study which investigates changes from pre- to post-test in key outcome variables (parental report) comparing participants who participated voluntarily or as mandated by the family court or youth welfare services.

Results

Preliminary analyses (ANOVA) were run for fathers (N = 96) and mothers (N = 121). Overall, mothers improved their personal well-being, their coparenting and relationship with the father, and reported improved child well-being. Positive effects for fathers were more limited, being restricted to personal

well-being and some features of conflict behavior, particularly avoiding open conflict in front of the child. There were no differences in pre-post-effects between mandated and voluntary participating fathers, i.e. both groups benefited similarly. According to mothers' report, stronger improvements were found for mandated mothers. These reported a stronger increase in their physical well-being and emotional competence. Furthermore, they indicated more positive children's physical well-being and lower child problem behavior. Results about the legal conflicts were mixed.

Conclusions

The preliminary results suggest that parents benefit from highly structured parenting courses when facing separation and divorce. Furthermore, there is no indication that mandated participation is less effective than voluntary participation. It is strongly suggested to further implement such parenting programs in order to support parents' and children's adjustment to separation and divorce. Further analyses like structural equation models with an imputed dataset are intended.

Ouderschap Blijft (Parenthood Continues)

Olaf Goorden¹ / Bernadette Janssen²

¹*iHUB Child and Family services (The Netherlands)*

²*Sterk Huis / Academische werkplaats Jeugd Tranzo (The Netherlands)*

‘Ouderschap Blijft’ (Parenthood Continues) is an intervention program intended for divorcing or divorced parents of young people from zero to twelve years old, where contact between the young person and the non-resident parent does not take place or is problematic. It constitutes a so called indicated program offered by youth care providers and youth care institutions in collaboration with the Dutch Youth Institute. The aim of the program is that the child has contact with the non-resident parent in accordance with the agreements in the parenting plan, enabling youth to be loyal to both. The total intervention consists of twenty-three to twenty-five moments, divided into three phases spread over a period of up to nine months. Three months after the last counseling contact, a joint follow-up meeting is held with parents. The core of the method consists of an alternation of supervised contact moments and mediation conversations, as well as some child conversations (with young people from five years old). In these contacts, efforts are made to restore communication between both parents and to restore contact between parents who live away from home and the young person. Mediation techniques, solution-oriented techniques, motivational interviewing, involvement of the network, and psychoeducation are used. The supervised contact is carried out by a contact person and mediation conversations by a counselor. ‘Ouderschap Blijft’ included in the Dutch database for effective interventions as theoretically well-founded, and practical/empirical effectiveness study is currently being conducted. The presentation will address both the target population of the ‘Ouderschap Blijft’ program, the content and approach, and the study into its effectiveness.

Individual Paper Session

FAMILY RELATIONS AND SUPPORT SERVICES

Johanna Löchner

Eberhard Karl University, Tübingen (Germany)

Wednesday, October 12, 13:30 – 15:10

Individual Paper Session: Family Relations and Support Services

A Real Time Assessment Approach of Risks and Resources for Parenting Stress in the Transition to Parenthood

Désirée Liese¹ / Johanna Löchner² / Mareike Paulus¹ / Eva Sandner¹ / Ulrike Lux¹

¹*German Youth Institute, Munich (Germany)*

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The transition to parenthood is a significant challenge for first-time parents as well as during subsequent births. How mothers and fathers shape their parenting role and how they cope with parenting stress is central to child development. High parenting stress is associated not only with impaired parental well-being and a high risk for family conflicts, but also with negative child outcomes like difficult temperament or problem behavior. Besides socioeconomical and relationship characteristics, also personal characteristics e.g., being a highly sensitive person (HSP) may play a role in exacerbating parenting stress. Thus, the current study aims to further investigate risk factors and resources in the experience of parenting stress in a mixed-methods approach by also using ecological momentary assessments (EMA).

In this pilot study, $N=39$ parents with children aged 0-3 years were randomly assigned to an experimental (EG) or a control group (CG) after a baseline online-assessment and received either stress-related (EG) or non-stress related questions (CG) three times per day via EMA over a two-week period. A post-questionnaire concluded this quantitative part of the study. Amongst others, the study comprised information on parenting stress (PSI), parental well-being (WHO-5) and perceived stress (PSS-4). Parallely, $n=6$ qualitative interviews assessed the subjective experience of parenting stress, particularly for HSP.

The results of this small pilot study show particularly high values in the subdimensions health, role restriction and partnership of parenting stress. Almost all felt at least moderately burdened through the Covid-19 pandemic. Higher parenting stress seems to be associated with depression, neuroticism and indeed high sensitivity. Interestingly, individuals in the EG report slightly increased stress over time compared to CG.

The results provide important insights for the feasibility of EMA regarding stress during this sensitive life period. More knowledge about HSP may facilitate coping with parenting stress for these parents and early prevention.

Work-Family Conflict of First-Time Urban Chinese Fathers

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¹New York University Shanghai (China)

²East China Normal University (China)

Research on the work-family interface typically focuses on mothers. However, men's participation in the family domain has been increasing around the globe, leading to potential work-family conflicts for working fathers. The current study investigates how urban Chinese fathers balance work and family responsibilities before and after the birth of their first child, and how work-family interface relates to their well-being.

Survey data were collected from 236 first-time Chinese parents (118 couples) living in Shanghai at three time points before and after childbirth (3 months before childbirth, 3 months after childbirth, and 9 months after childbirth), among whom 40 couples were also interviewed. Survey measures assessed participants' work and family experience, gender role ideology, parenting experiences, and wellbeing, and interview questions further probed their subjective experiences of work-family conflict and family relationships.

Preliminary analyses of the first wave of survey data suggested that, controlling for parental education, coresidence with grandparents, and depressive symptoms, expecting parents' ideology regarding parent role was associated with their work-family conflict ($r=-.21, p<.01$) and enhancement ($r=.19, p<.01$), with more non-traditional ideology relating to less work-family conflict and more work-family enhancement. Parents' psychological wellbeing (life satisfaction) was negatively associated with work-family conflict ($r=-.20, p<.01$) and positively associated with work-family enhancement ($r=.27, p<.01$). Moreover, fathers tend to report higher level of work-family conflict than mothers ($t(234)=-4.35, p<.01$). Additionally, interview respondents articulated a tension between the new fatherhood ideals and actual practices and a lack of workplace support for fathers. In contrast to their survey responses, fathers reported less work-family and marital conflicts during the interviews.

These results contribute to the work-family and parenting scholarship as it captures both paternal and maternal experiences during a most challenging time during transition to parenthood and adds to a global perspective on work-family issues in sociocultural contexts.

Use of Prevention Services in Nuclear, Single Parent and Stepfamilies with and without Social Welfare Receipt – What makes the Difference?

Ulrike Lux / Susanne M. Ulrich

German Youth Institute, Munich (Germany)

Children today grow up in diverse family forms – besides nuclear families also in separated families with mostly single mothers or stepfamilies. Previous studies found increased socioeconomic and psychosocial stress among single mothers compared to nuclear families, whereas stepfamilies show partly similarities to both family forms (Heintz-Martin & Langmeyer, 2020). Whether these family forms use universal, selective and indicated prevention services differently, and if their use also depends on social welfare receipt, will be investigated in the current study.

Using two representative German surveys with a different study design comprising mothers with children aged 0-3 years (*KiD 0-3 2015*, $N=6,671$, and *AID:A 2019*, $N=1,501$), mothers' reported stress and the use of various prevention services in different family forms will be examined descriptively and with Chi²-tests.

Results of *KiD 0-3 2015* show, that single-parent families are disproportionately often affected by poverty (52.54% vs. 39.39% vs. 10.66%) compared to step- and nuclear families. Also other socioeconomic stress is more often present in single parents and, to some extent, stepfamilies. Regarding the use of prevention services, universal prevention services (e.g., prenatal classes, parent-child-courses) are used less frequently by single parents. Interestingly, significant differences disappear, when focussing on the subgroup of families receiving social welfare with low levels in all family forms. While more frequent use of counselling services and offers of youth welfare agencies in single parents persists also for families with social welfare receipt, use of home-visiting programs of health professionals seems independent of family form in this subgroup. Further analyses will compare these results to *AID:A 2019*.

Findings will be discussed in a family stress model framework and implication for early childhood intervention will be drawn.

Love Makes a Family, Law Shapes a Family: Legal Vulnerability as a Systemic Stressor for Same-Gender Parent Families

Magdalena Siegel¹ / Constanze Assenmacher¹ / Nathalie Meuwly² / Martina Zemp¹

¹University of Vienna, Vienna (Austria)

²University of Fribourg, Fribourg (Switzerland)

Background: Globally, laws related to sexual orientation shape the lives of parents and children in same-gender parent families. The criminalization of the parental sexual orientation, the non-recognition of the parental relationship (e.g., through marriage) or the non-recognition of the parent-child relationship (e.g., through second-parent adoption) are only some examples of these systemic stressors that likely interfere with several key areas of family functioning. Material and financial family resources may be strained, as non-recognized parental or parent-child relationships are associated with lacking access to health insurance, inheritance, or alimony. Similarly, psychological resources may be strained, as an unfavorable legal climate has been found to be associated with adverse mental health outcomes and increased worry and anxiety about the family coherence or the emotional and financial well-being of family members. In addition, lacking legal (and social) recognition of family relationships may be associated with doubts or worries about legitimate parenthood and parenting efficacy. Taken together, sexual orientation laws strain a family's system through multiple, individual and shared pathways, bearing psychological and economic ramifications for parents and children. Even though the psychological implications for social policy are immediately evident, the field as well as stakeholders lack both a systematic evidence synthesis and a unifying theoretical framework for formalizing the impact of these complex systemic stressors.

Research Questions: We conducted a mixed methods systematic review guided by the following research questions: (1) What is the impact of sexual orientation laws on same-gender parent families in the following domains: (a) parental and child health, (b) family relationships and functioning (i.e., relationship quality, conflict, parenting), and (c) child educational and cognitive outcomes? (2) How can these findings be integrated within broader models of minority stress theory and family psychology?

Methods: Using a data-based convergent mixed methods synthesis design, we synthesized evidence from qualitative, quantitative, and mixed-methods studies on the impact of sexual orientation laws on parents and children in same-gender parent families. Our review was preregistered (<https://osf.io/qs6hp/>) and conceptualized according to PRISMA and PRISMA-P guidelines, with studies identified through a multi-tiered search strategy including systematic database searches (PubMed, Scopus, Web of Science) and forward-backward searches. Descriptive and analytical themes were identified through thematic synthesis, with a negative case analysis conducted for methodological rigor. From a positivist epistemological position, empirical findings were integrated within both minority stress theory on the individual and couple level as well as family theories relating to coparenting and family resilience.

Results: We identified 55 studies spanning two decades (1999-2020) and 18 countries. Our database comprised 633 coded units of data, integrated into thirteen descriptive and three analytical themes. We found that (1) sexual orientation laws impact same-gender families in many domains (including family life and relationships; health and social safety; minority stress), (2) some families and family members are impacted more than others (moderating characteristics on the contextual, family, couple, and individual level), and (3) families engage in counteractions to mitigate the adverse impact

of these laws. Based on these findings and theoretical contributions from the field of minority stress, coparenting, and family resilience theory, we introduce the legal vulnerability model for same-gender families: Here, legal vulnerability is a heightened and stable risk for family members of expecting or experiencing adverse general and minority-specific outcomes related to health and family functioning due to the (i) lacking legal recognition of family relationships, (ii) lacking protection against discrimination, or (iii) criminalization of the parents' sexual orientation.

Discussion: The legal vulnerability model bridges the gap between systemic stressors for families and psychological outcomes by elucidating and formalizing possible mediating and moderating mechanisms on multiple levels and in multiple family members. Its strengths lie in the empirically gathered evidence base, its theoretical foundation, its testable assumptions, as well as a detailed future research agenda and implications for clinical practice. Current limitations include the predominant qualitative evidence base, knowledge gaps regarding child outcomes, intersectionality, and socioeconomically vulnerable families. Based on our findings, we consider a legally secure family structure in the best interest of both parents and children.

Symposium

RISK ASSESSMENT IN CHILD PROTECTION

Judith A. Iffland¹ / Susanne Witte²

¹*Medical School Hamburg (Germany)*

²*German Youth Institute (Germany)*

Child maltreatment has become an increasing issue of concern in the last decades. There is a shared understanding that children should be protected from any type of violence or neglect. In practice, however, decision-making in individual cases is cumbersome and complex due to a number of uncertainties. Whereas some of these uncertainties concern the quality of information gathered about a family situation, others concern knowledge about the effect of family characteristics on children's future risk of maltreatment. Moreover, the assessment and influence on decision-making of so-called risk factors has been shown to be prone to bias.

The symposium presents different aspects of risk assessment within the chain of child protection in different countries. It focusses on emerging issues of consumption of child sexual exploitation material in family assessments and family law proceedings as well as gender roles in investigations into suspected child maltreatment.

After the presentations, there is the possibility to discuss implications for future research as well as practice in the field of family psychology.

Wednesday, October 12, 13:30 – 15:10

Risk Assessment of male guardians with CSEM or other sex offences in family law proceedings

Judith A. Iffland¹ / Alexander F. Schmidt²

¹*Medical School Hamburg (Germany)*

²*University Mainz (Germany)*

Introduction: Due to intense digitalization, an increasing shift of pornography use into cyberspace as well as data exchange between US investigation agencies and Europe the consumption of child sexual exploitation material (CSEM; formally known as „child pornography“) is regularly reported to services of family support and/or child welfare agencies. Family courts as well as family psychologists often feel uneasy about the risk for intrafamilial sex abuse imposed by male guardians with CSEM offenses or other former sex offences. Judges and child welfare agencies tend to remove children from their homes and caregivers to manage a potential risk of sexual victimization, whether evidence based or not. Aim: In our research we aimed to assess experiences of family psychologists with forensic risk assessment, attitudes towards male guardians with paraphilic interests and/or a history of sexual offending behavior as well as potential stigmatizing affections. Method: In an online survey 163 experts for psychological assessment participated in the study. Multivariate analyses were conducted within a cross-sectional network analysis. Results: Family psychologists demonstrated stigmatizing attitudes towards persons with a pedophilic disorder. Stigmatizing attitudes towards persons with a pedophilic disorder and other paraphilic disorders correlated. Significant sex differences were found regarding the scales “Emotional pity”, “Social Distance” and “Sharing file information with the mother”. Discussion: There is need for standardized forensic risk assessment in the evaluation of child welfare risk in terms of risk factors for intrafamilial sex abuse. Risk factors and recidivism rates for CSEM offenders and intrafamilial sex offenders are introduced and practical implications discussed.

Symposium

Risk Assessment in Child Protection

When does Pornography Become a Risk Factor in Family Assessments?

Phil Watts

Mindstate Psychology (Australia)

In both care and protection assessments, and child custody evaluations for family court, the pornography viewing habits of one of the parents is increasingly and frequently cited as a potential risk factor to the children. Allegations may vary from a heavy consumption of adult heterosexual material through the gamut of possibility including child pornography. While this is a growing area of research Dr Phil Watts presents an informative presentation that discusses five different scenarios and in the process highlighting various risk factors to assist the judgment makers understand what may be an unacceptable risk to real children versus the general pattern of viewing. Dr Phil Watts has worked in the area of child protection, sex offender assessment and pornography treatment for 30 years. This is a practical and dynamic presentation which is tastefully presented.

Risk Factor Assessment in Relation to Mothers and Fathers – a Comparison of Investigations into Suspected Child Maltreatment in Three European Countries

Susanne Witte

German Youth Institute (Germany)

Background: An important aspect of child maltreatment investigations is the assessment of risk factors to determine the risk of future abuse and neglect. Some of these risk factors are characteristics of mothers and fathers (e.g., substance misuse) or their relationship to the child (e.g., parent-child relationship). Previous research suggests that social workers—in light of limited resources—focus mainly on mothers in child protection investigations. However, recent societal changes in parental roles might have increased the focus on fathers.

Aim: The practice of risk factor assessment within child protection investigations in three European countries—the Netherlands, England, and Germany—is outlined. Based on an analysis of family characteristics, the extent of risk factor assessment and their influence on decision making is presented.

Method: Data from 1,207 case files of investigations into child maltreatment (~ 400 case files per country) is analyzed in terms of family characteristics and the role of maternal and paternal risk factors in decision-making.

Results: The characteristics of the reported families differed between countries, with more single parents in England and more children living in two households in the Netherlands. In all countries, single parents were most likely mothers and significantly more risk factors in relation to the mother were documented than in relation to fathers. There were also significant differences in the type of risk factors documented in relation to mothers and fathers. Maternal and paternal risk factors influenced decision-making differently in the three countries.

Discussion: There is a need for more comprehensive assessment of paternal risk factors in child protection investigations to avoid potential bias and more importantly failure to protect children.

POSTERS

Comparison of Japanese and American Attitudes toward People who Failed at “Taking a Hint”

Kohei Koiwa^{1,2} / Koubun Wakashima¹

¹Tohoku University (Japan)

²Japan Society for the Promotion of Science (Japan)

One of the most famous discourses in Japan is that Japanese people attach great importance to “taking a hint.” It is argued that “taking a hint” is a group norm formed by social contexts, such as people’s facial expressions and relationships. However, no study has demonstrated that Japanese people place more importance on “taking a hint” than people from other cultures. To show that Japanese people value “taking a hint,” it is necessary to demonstrate that they have a negative attitude toward “those who failed at “taking a hint” compared to other countries. In this study, an international comparison of attitudes toward people who failed at “taking a hint” was conducted. Specifically, situations in which the Japanese judged a person as “the failure” were presented to Americans. Then, the three dimensions of emotion, cognition, and behavior toward the person were compared between the two countries.

A total of 278 Japanese and 277 American college students participated in the Internet survey. Cultural differences in higher negative emotional, cognitive, and behavioral scores and their linkages were examined using analysis of variance and simultaneous analysis of other populations. The results of the analysis showed following: (a) Japanese people felt more anger than Americans toward “the failure” in important situations; (b) anger toward “the failure” tended to activate hostility in Americans, whereas it motivated Japanese people to control their words and actions; and (c) when hostile toward “the failure,” Americans choose to attack directly, whereas the Japanese tend to attack indirectly, mainly by exclusion. These results partially support the discourse that “taking a hint” is more important in Japan. Further, the fact that the Japanese invisibly attack those who fail at “taking a hint” may force them to be more sensitive to other people’s moods and evaluations of others.

An Examination of Related Models of Burnout Tendency in Family Caregivers of Persons with Dementia – Focusing on Caregiving Situation, Social Support, and Sense of Loss

Fumi Seki / Kohei Koiwa / Koubun Wakashim

Tohoku University (Japan)

In modern Japan, the psychological burden of family caregivers of dementia patients living at home has become a social problem. Previous studies have focused on the relationship between caregivers' burnout tendency and factors that indicate the caregiving situation, and have focused on social support as a factor to reduce the burnout tendency. On the other hand, there has been a lack of studies on the cognitive aspects of family caregivers of persons with dementia, so this study focused on caregivers' "sense of loss. In addition, we focused on three factors related to burnout tendency: (a) factors that indicate the caregiving situation, (b) social support, and (c) sense of loss, and aimed to examine a model relating these factors to burnout tendency. An Internet survey was conducted on family caregivers (151 males, 192 females, $M=40.4$, $SD=10.8$), and a covariance structure analysis was conducted to examine the relationship model created. Results were as follows: the degree of progression of dementia was positively associated with all the senses of loss and the tendency to burnout. Among the senses of loss, "loss of self-opportunity" and "loss of family cohesion" were positively related to burnout tendency, and "emotional support from care-receivers" and "instrumental support from kin" were negatively related to these senses of loss. In addition, "emotional support from care-receiver" was negatively associated with all of these losses. These results suggest that the progression of dementia is significantly related to an increase in the sense of loss and the tendency to burnout, and that the reduction of the sense of loss is necessary to maintain the physical and mental health of caregivers.

Examination of How Families of Children with Developmental Disabilities Demonstrate Family Resilience

Eri Suzukida / Takahiro Yamane

Kobe University (Japan)

Background

Family resilience is the ability of the family as a functional system to withstand and recover from adversity (Walsh, 1998). Such resilience helps reduce psychological problem among parents of children with developmental disabilities (e.g. Kim, Dababnar & Lee, 2020). To date, no study clarifies how families of children with developmental disabilities demonstrate family resilience. A clarification of this process will help elucidate how families of children with developmental disabilities overcome the difficulties of rearing such children.

Research question

In this study, we examined how family resilience is demonstrated as each element of family resilience interacts with each other.

Method

We conducted semi-structured interviews on 23 parents of children with developmental disabilities (19 mothers, 4 fathers; average age = 45.87 years ($SD = 6.20$)). The children's average age is 12.16 years ($SD = 6.28$). We asked the families how they handled difficulties in accordance with Walsh's (1998) theory.

Results

According to modified grounded theory approach (M-GTA) (Kinoshita, 2005), families of children with developmental disabilities develop a positive outlook toward child-rearing by acquiring support outside the family, such as in medical care or school, and by gaining knowledge on interacting with the children and on the children's disabilities. Subsequently, all the family members including those having children with developmental disabilities and the children's siblings work together to confront difficulties, while maintaining a positive outlook on child-rearing.

Discussion

In this study, we clarified the process of family resilience in families of children with developmental disabilities. In particular, interaction with other family members in the same situation, developing a better understanding of the child, and a greater sense of comfort were considered important in the process of demonstrating family resilience. In the future, more studies examine ways to promote family resilience among families of children with developmental disabilities.

Relationship Satisfaction and Metabolic Health – a Cross-Sectional Study in a Burkinabe Population of Older Adults

Julius Schretzmann / Melanie Fischer / Beate Ditzen / Till Baernighausen

University Heidelberg (Germany)

Objectives:

Non-communicable diseases are on the rise in Sub Saharan Africa. Over- and undernutrition coexist in many African countries and pose a threat to metabolic health. Moreover, the evidence in the field of social relationships and health lacks insights from non-western populations. This study assesses the associations between relationship satisfaction and Body Mass Index (BMI), waist circumference, and HbA1c, as well as differences in these associations due to gender and age, in a rural Burkinabe population of adults aged 40 years and older.

Methods:

Multiple regression analyses were performed using the data from the “Centre de Recherche en Santé de Nouna Heidelberg Aging Study”, a cross-sectional, population-based study conducted in 2018. Participants aged 40 years and older provided data on various measures, including physical, cognitive, and psychosocial functioning, physical measurements, and biomarkers. While controlling for a range of covariates, multiple regression models were established for each of the three outcome variables BMI, waist circumference, and HbA1c, using the data from 2203, 2204, and 2111 participants, respectively.

Results:

Higher levels of relationship satisfaction were associated with higher BMI and waist circumference values. These associations were no longer significant when controlling for depressive symptoms and physical inactivity. Relationship satisfaction was not significantly associated with participant’s HbA1c values. These results did not differ by gender nor age.

Discussion:

In contrast to most of the evidence from high-income countries, higher rates of relationship satisfaction may contribute to increased body weight among Burkinabe adults aged 40 years and older. In a context of poverty, this may even be a beneficial effect. Considering relationship dynamics as well as depressive symptoms may be advised when addressing over- and undernutrition prevalent in many African countries.

An Experience Accompanying Families Outside the Therapeutic Setting: Family Counseling Process as a Significant System - PAFSS

Lina María Acuña Arango¹ / Victoria Eugenia Cabrera García¹ / María del Carmen Docal Millán¹
/ Jeanette Samper²

¹Universidad de La Sabana (Colombia)

²The Taos Institute (Colombia)

People and families turn to professional help in the form of family counseling for various reasons, having in common the need to understand and deal with family crises in times of pandemic or attend to a situation that can generate future problems in a scenario where they are heard, understood and accompanied to improve family relationships. Family counseling as a conversational process is characterized by developing a horizontal relationship with the counselee, where it recognizes him as an expert in his situation, and the advisor as a companion who approaches the conversations without judgment allowing him to tell his story, taking into account the different voices of the family system. It has been implemented since 2013 with families and in the training of professionals in the search for an answer to the question: how can the person and their family in their conversations with the other (advisor) build new understandings and experiences that allow them to build innovative realities? about their family situations, from a family counseling model that integrates postulates of philosophical anthropology, systemic theory, human communication theory, social constructionism and therapeutic methodologies that arise from these theories?. The implementation of the PAFSS model as a crisis management and coping tool has allowed 1,167 care in different countries since the start of the pandemic. In this scenario, the families have elaborated a different narrative of their situation, they understand it and according to this they face it in daily life.

Young People on the Internet: To What Extent can Digital Skills Protect against Negative Online Experience?

Stepanka Kadera^{1,2} / Natalia Wächter^{1,3}

¹*Ludwig-Maximilians-University Munich*

²*German Youth Institute, Munich (Germany)*

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Nowadays, children and young people grow up with digital media as a matter of course. Young people live in an interactive world with reduced data protection, free access to mobile apps and increased use of digital technologies in schools (Braches-Chyrek et al. 2021; Medienpädagogischer Forschungsverbund Südwest 2021; Vejvoda et al. 2021). For orientation in the online world, they need certain knowledge and digital competences regarding technical skills, media criticism and media reflection. Current study results (Livingstone et al. 2021) indicate differences and correlations for the group of young people with regard to age, gender and socio-economic status. Furthermore, positive correlations between digital skills and online opportunities, information advantages and technology orientation are evident. The acquisition of digital skills is often related to expected educational or employment benefits and online safety (Davies and Eynon 2018; Third et al. 2019; van Laar et al. 2017). This poster contribution focuses on digital competences and digital risks in adolescence. How do young people assess their digital skills and knowledge? To answer this question, we differ between (1) technical and operational skills, (2) information use and processing skills, (3) communicative skills and (4) content production and creation. Firstly, the role of the socio-economic background as well as parental media education with regard to the development of digital skills is presented. Finally, we examine whether digital competences in adolescence protect against negative experiences on the internet (e.g. cyberbullying, sexting).

To answer the research questions, we used data from the first survey wave of a quantitative longitudinal survey ySKILLS (duration: 2020-2023)¹. In the first wave, data was collected from 12- to 15-year-old pupils. For the submitted poster contribution, we analyzed the German data of the first wave (N=1084). Our results show significant correlations between socio-economic status and certain digital skills such as technical and operational skills (e.g., questions on adjusting privacy settings; protecting devices with a PIN, fingerprint or facial recognition; private surfing on the internet; storing files in a cloud) as well as skills for using and processing information (e.g., questions on internet research, evaluating information). We will further show how parental media education, digital skills and digital risks (negative experiences) are correlated. Based on the results, implications for pedagogical and socio-pedagogical professionals are then pointed out.

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The Power of Attachment: Examining Actor and Partner Associations Between Attachment Models and Experienced Power in German and Israeli Couples

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Power, the perceived capability to influence others and make decisions, pervades interpersonal relationships and is assumed to impact several relationship-related outcomes. However, less is known about factors that might determine an individual's experienced power in close relationships. We considered attachment as a stable and fundamental dyadic variable, and explored how it relates to power. We assumed secure attachment (as opposed to fearful attachment), which is characterized by positive models of the self and others, to be positively associated with experienced power. In line with interdependence theory and dyadic power theories, we accounted for the interdependence of relationship partners and simultaneously analyzed how an actor's attachment related to a) the actor's experienced power and b) the partner's experienced power. 181 German-language romantic heterosexual couples participated. They completed a multi-item dimensional measure on attachment and the Personal Sense of Power scale. We computed actor-partner interdependence models. Secure attachment was strongly and preoccupied attachment (opposite: dismissive) weakly positively related to actor's power. In women but not in men secure attachment was related to partner's power. Preoccupied attachment was related to partner's power in both men and women. Additional data from >150 Israeli couples (currently collected) will also be presented that use a different attachment model (anxiety, avoidance) to explore the associations with experienced power. Preliminary results suggest that attachment is a relevant predictor of experienced power for both relationship partners. Future research may examine longitudinal effects. The findings advance our understanding of associations between relationship variables and power, and allow for cross-cultural comparisons. There are implications for couple's therapy. Fostering secure attachment can increase experienced power in both partners—and this seems important as experienced power has been linked to positive relationship outcomes such as forgiveness and relationship quality.

Longitudinal Psychological Family Studies in Austria: A Scoping Review

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Background: The family represents a central context for development as well as everyday life experiences. Family life shapes psychological well-being, social relationships, and access to economic opportunities. As such, families can be an important leverage point for effective policy making with regards to promoting a healthy developmental context for family members and ensuring equal access to opportunities.

Longitudinal studies are uniquely suited to investigate family relationships, given their inherently changing nature over time, both with regard to individual developments and role adaptations within the family, but also to societal changes related to family forms and roles.

The landscape of Austrian families is in a state of flux due to recent sociolegal changes regarding various family forms. Nontraditional family forms, including single-parent families, stepfamilies, and same-gender parent families, are becoming more prevalent, and research focusing on these emerging family types is necessary given their unique vulnerabilities and strengths. Since the social and legal environment can vary substantially among countries, particularly so for non-traditional family forms, we specifically focused on studies conducted with an Austrian population.

This scoping review attempted to synthesize longitudinal research on psychological family outcomes in Austria in order to provide an overview of the current evidence, the focus of previous studies, and an outlook towards understudied or newly emerging topics.

Objectives: We aimed to summarize research on longitudinal psychological family studies conducted in Austria in a scoping literature review with particular interest in the covered timespans, assessed subpopulations, and addressed outcomes as well as implemented methods and designs.

Methods: We searched five scientific databases (PsycInfo, PSYINDEX, Pubmed, Scopus, and Web of Science) for both grey and published literature, combining several search terms related to (1) families, (2) longitudinal studies, and (3) Austria. We included original, empirical studies using a longitudinal design that focused on psychological outcomes of at least one family member. Regarding context, studies were eligible if more than half of the sample lived in Austria. Families were defined broadly as consisting of at least two generations (i.e., the parent and the child generation), independent of legal or biological kinship, sexual orientation, or gender identity of parents.

We adhered to PRISMA guidelines in conceptualizing and conducting this synthesis. A systematic review protocol detailing all planned steps was preregistered on the Open Science Framework (<https://osf.io/8yshr/>).

Results: In total, ten studies reporting on six unique data collection efforts from 1991 to 2015 were included in this review. Studies were predominantly conducted on heterosexual nuclear families with some including other family forms, namely families with divorced or separated parents, single parent families, and step-families. Yet, no study focused exclusively on nontraditional families.

Intergenerational (parent-child) outcomes were typically examined, including parenting interactions and attachment. Several studies further reported on interparental outcomes as well as intrafamilial division of labor. Most designs were quantitative with only three studies reporting on qualitative data. Outcomes were primarily assessed from the parents' perspective via questionnaires with two exceptions implementing observational assessment as well. Covered timespans ranged from two weeks to 18 years and more recent studies generally covered a shorter timespan than older studies.

Discussion: One notably comprehensive longitudinal study has been identified in this review, but this effort originated three decades ago. Comparable data on current generations is lacking but would be highly useful, as results gathered from this project might not generalize to current youth and their parents. Nontraditional family forms were underrepresented in the examined literature, even though they make up an increasingly large part of the Austrian population. A need for research given their unique challenges and strengths is evident. Austrian family research would further benefit from a broader array of methodologies and perspectives, including intensive longitudinal data using ecological momentary assessment as well as qualitative and child-reported data to provide a more accurate picture of family processes.