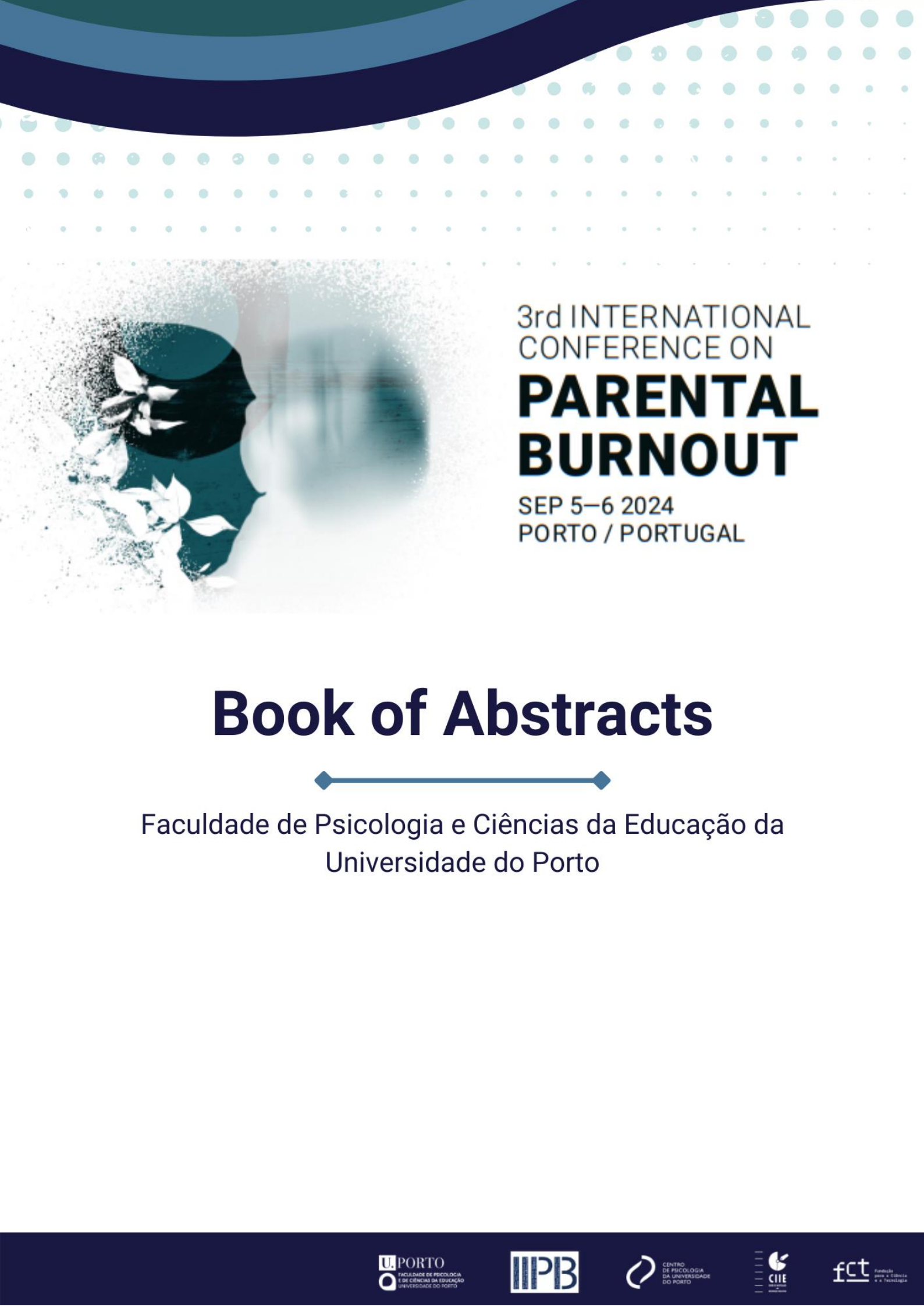




3rd INTERNATIONAL
CONFERENCE ON
**PARENTAL
BURNOUT**

SEP 5–6 2024
PORTO / PORTUGAL

Book of Abstracts



Faculdade de Psicologia e Ciências da Educação da
Universidade do Porto

3rd International Conference on Parental Burnout

Book of Abstracts

Title: Book of abstracts of the 3rd International Conference on Parental Burnout

Editor: Universidade do Porto, Faculdade de Psicologia e Ciências da Educação

ISBN: 978-989-53515-9-6

DOI: 10.5281/zenodo.15498111

Edited by: Marisa Matias & Jorge Gato

With the support of: Inês Santos & Iolanda Dore

Edition: April 2025

Acknowledgements

The conference organizers acknowledge support towards the publication of the Book of Abstracts and, particularly, the organization of the 3rd International Conference on Parental Burnout to the following organizations and individualities:

- Faculty of Psychology and Educational Sciences at the University of Porto
- Centre for Research and Intervention in Education (CIIE)
- Centre for Psychology at University of Porto (CPUP)
- MODATEX - The Centre for the Professional Training of the Textile, Apparel, Clothing and Wool Industry
- Vieira's products
- All students who supported the conference sessions and activities
- Everyone who, directly or indirectly, helped with the preparation or during the event.

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Keynote 1: On Parenting Ideals: How Changing Conceptions of Childhood and Psychological Development Shape Parenting Advice

Schaffner, A.K.

Parental burnout is closely linked to feelings of guilt and shame because we deem ourselves falling foul of current parenting ideals. These ideals are cultural constructs which are manifest in parenting guides and self-help literature, and also in broader, less tangible cultural beliefs about parenting that may be reflected in buzz-words, trends, advertising and on social media. How do these ideals emerge, and why do they change, sometimes drastically, through the decades? I argue that parenting ideals are closely connected to historically changing conceptions of childhood as well as to evolving understandings of psychological development. I illustrate how these changes influence how we think we should parent by exploring a few case studies from different historical periods. We will look at Victorian parenting, early twentieth-century parenting, and parenting ideals in the sixties and seventies to understand how we got to where we are today.

Keynote 2: Current and future perspectives in parental burnout research

Mikolajczak, M. & Roskam, I.

Parental burnout (PB) has received exponential attention over the past 15 years. In the first part of the presentation, we will take a diachronic perspective and review the results accumulated to date on parental burnout. We will begin with an overview of the field in the form of a quantitative synthesis of published empirical studies on BP. On this basis, we will propose a roadmap for future research, identifying particularly promising avenues and the methodological improvements needed to draw more robust conclusions. In the second part of the presentation, we will adopt a synchronic perspective and focus on cross-cultural issues. We will first present the most striking findings of the latest International Investigation of Parental Burnout (IIPB). Then, we will present important research directions to improve the balance between Eastern, Western, Southern and Northern findings on parental burnout.

OS1: Correlates of Parental Burnout in Couples, Prospective Parents, and Parents with Minoritized Sexual Identities

N. Carone; University of Rome Tor Vergata, Italy

J. Gato; Faculty of Psychology and Education Sciences, University of Porto, Portugal

Discussant: Mikolajczak, M.; Catholic University of Louvain; Belgium

Research with heterosexual parents identified parent gender, mental health, and coparenting as factors that may contribute to parents feeling exhausted and rundown in their parenting role. While this research provided vital indications for the diagnosis, assessment, and treatment of parental burnout (PB), it left unaddressed the experiences of families headed by parents with minoritized sexual identities, who face partially different stressors but also have partially different resources than heterosexual parents. The Covid-19 pandemic may have exacerbated these differences. In this symposium, we present four studies that analyze parental burnout and its correlates in couples, prospective parents, and parents with minoritized sexual identities. The first paper (Gato et al.) examined differences in parental burnout between same-sex and different-sex parents, as well as the predictive value of family type, age, gender, and the balance between risks and resources for PB. The second paper (Carone et al.) compared PB in lesbian and gay parents through assisted reproduction living in Italy and identified coparenting and internalized sexual stigma as associated factors. The third paper (Shenkman et al.) explored mental health and internalized sexual stigma among LGB couples and single individuals in Israel. Finally, the fourth paper (Leal et al.) validated the prenatal version of the Co-parenting Relationship Scale among prospective parents with minoritized sexual identities living in Portugal. Taken together, the results emphasize that coparenting quality and internalized sexual stigma should be targets of intervention for PB in parents with minoritized sexual identities. Also, examining both coparenting and internalized sexual stigma, along with mental health, in couples and prospective parents with minoritized sexual identities may help prevent PB once they become parents.

Parental burnout and its antecedents among same-sex and different-sex families

Parental burnout (PB) results from a chronic imbalance between risks and resources and has severe and extended consequences on the wellbeing of parents and their children. Because same-sex (SS) and different-sex (DS) families face partially different stressors (e.g., SS parents are more stigmatized) but have also partially different resources (e.g., more egalitarian task sharing in SS couples), the current research aimed to investigate whether PB differs or not according to family type. Two studies were conducted. In study 1, family type differences in PB

were explored among 114 demographically matched SS and DS families from 18 countries. Study 2 further explored the predictive value of family type, age, gender, and balance between risks and resources (BR2) in PB, using a sample of 222 matched SS and DS families. Parental burnout was not associated with family type in either study. Although differentially composed, the global BR2 score did not differ across family type and was a significant predictor of all PB dimensions, while controlling for the effect of family type, age, and gender. Thus, in accordance with reviewed studies, parental sexual identity was not associated with family functioning. Future studies should investigate the impact of specific risks and resources (e.g., social support from chosen social networks or legal climate) on PB levels among SS families.

Parental burnout, coparenting, and internalized sexual stigma during COVID-19 in lesbian and gay parents through assisted reproduction

The COVID-19 pandemic led to unprecedented difficulties in childcare and caregiving, resulting in increased levels of parental burnout, worldwide. To date, research on parental burnout has mainly involved heterosexual parents. However, parents with minoritized sexual identities face partially different stressors, including internalized sexual stigma, and they also have partially different resources, including a more egalitarian division of childcare labor. Between April 2020–February 2021, 32 lesbian mother families by donor insemination ($n = 64$ lesbian mothers) and 28 gay father families by gestational surrogacy ($n = 56$ gay fathers), all with a child aged 6–10 years ($M = 8.1$ years, $SD = 1.2$; 31 assigned females at birth, 51.7%) and living in Italy, were recruited. In each family, both parents self-rated their parental burnout, coparenting, and internalized sexual stigma. Multilevel modelling indicated that lesbian mothers reported greater parental burnout than gay fathers. Moreover, lower coparenting quality was associated with greater parental burnout. Finally, internalized sexual stigma had a significant both direct and interactive effect on parental burnout, with higher levels of internalized sexual stigma resulting in greater parental burnout, especially in gay fathers. Considering the sexual minority stress theory and the risks and resources balance theory, the results indicate the importance of preventing and treating parental burnout in lesbian and gay parents by focusing on their internalized sexual stigma and coparenting relationship. Also, incorporating the positive psychology framework in future research would help identify in these parents the resources deriving from their minoritized sexual identities to deal with parental burnout.

Prospective co-parenting relationship among sexual minority persons: specificities and challenges

The importance of measuring the prospective co-parenting relationship has been raised as crucial to the promotion of a future positive co-parenting bond. About this and considering the vulnerable position of sexual minority persons regarding the social support received in parenthood, to assess what contributes to the construction of their co-parenting relationship is vital. Using a mixed

methodology approach (N total = 547), a validation procedure of the Co-parenting relationship Scale – Prenatal Version was conducted. The final structure of the instrument showed specificities among sexual minority persons highlighting their vulnerable social position about the received support during the transition to parenthood. Furthermore, the importance of family of origin, despite conflictual relationships, was emphasized. The understanding of the challenges sexual minority persons face is essential to design psychosocial interventions to prevent psychological distress and risk of parental burnout. The present results are discussed taking this into account.

Internalized homonegativity and mental health among Israeli sexual minority couples and parents

This study examined the indirect effect of relationship and parental status on mental health through internalized homonegativity among lesbian, gay, and bisexual (LGB) individuals. Prior research suggested that being in a relationship and becoming a parent may improve the mental health of LGB individuals, acting as protective factors against stigma and discrimination. However, the role of internalized homonegativity in mental health disparities between LGB individuals in relationships/parents and those who are not remains unclear. Therefore, we surveyed 491 LGB cisgender Israelis aged 18–64 years ($M = 33.51$, $SD = 9.09$) assessing relationship status, parental status, internalized homonegativity, depressive symptomatology, and life satisfaction. Indirect effects were explored using the PROCESS macro. Results showed that LGB individuals in romantic relationships reported lower depressive symptomatology and higher life satisfaction compared to those not in relationships. Similarly, LGB individuals who were parents reported lower depressive symptomatology and higher life satisfaction compared to non-parents. Significant indirect effect was found for couplehood/parenthood on depressive symptomatology/life satisfaction through internalized homonegativity. This study deepens the understanding of the interplay between couplehood, parenthood, and internalized homonegativity and their impact on mental health of LGB individuals. It provides valuable insights for researchers and practitioners, highlighting the potential impact of couplehood and parenthood on the mental health of sexual minority groups facing legal restrictions on marriage and parenting.

OS2: Parental burnout and child development: Examining impacts, interactions, and pathways to intervention (co-parenting)

Escobar, M.J.; Panesso, C.. Universidad Adolfo Ibañez, Chile

Wang, W.; Guo, X.; Hao, C.; Li, Y. Institute of Psychology and Behavior, China

This symposium brings together three contributions to explore the multifaceted impact of parental burnout on child and adolescent development. The first study examines the bidirectional relationship between parental burnout, children's internalizing and externalizing behaviors, and

executive functioning in preschool-aged children, highlighting differences between maternal and paternal influences. The second study investigates how acute parental stress and chronic parental burnout affect mother-child interactions and children's cortisol levels and executive functioning, emphasizing the role of positive parenting. The third study focuses on the effects of primary caregivers' parental burnout on adolescents, with a particular look at the mediating role of negative parenting practices. Together, these studies provide a comprehensive understanding of how parental burnout influences child development across different age groups and contexts. By integrating findings on biological, behavioral, and psychological dimensions, the symposium aims to offer insights for prevention-focused interventions and strategies to support positive parent-child dynamics amidst stress and burnout.

Keywords: Gender, biological objective measure of stress, parent-child relationship, parenting practices, child behavior, mediation analyses, child/adolescent development.

Navigating Parenthood: Unraveling the Nexus of Parental Burnout, Child Executive Functioning and internalizing and externalizing behavior in preschool-aged children

Parental burnout has become a prominent topic in family research due to its deleterious impact on parents and their children. This online cross-sectional study aims to examine the complex, bidirectional relationship between parental burnout (PB), children's internalizing and externalizing behaviors, and children's executive functioning (EF). The study includes 400 mothers and 400 fathers of preschool-aged children. We expect to gain valuable insight into the complex relationship between parental burnout and child behavior. Initial findings suggest that increased maternal perceptions of externalizing symptoms and weaker child EF performance in their children are associated with higher levels of PB. However, this association is not observed for internalizing symptoms in children. For fathers, their greater perceptions of externalizing symptoms in their children are indicative of higher scores on PB, although this is not the case for their children's EF or internalizing symptomatology. The study aims to explore possible reasons for the observed differences between fathers and mothers. If child behavior is considered as a dependent variable, it is observed that mothers and fathers with higher scores of PB both predict higher scores on the perception of externalizing and internalizing symptomatology. These findings prompt discussion regarding the interpretation of the effects of parent-child interactions.

Stress on Both Ends: Exploring the Impact of Acute Parental Stress and Parental Burnout on Mother-Child Interactions and Child Executive Functioning

The role of a safe caregiving environment is key to healthy child development, and this occurs in the midst of interaction patterns that can be modulated by stress. This cross-sectional study examines biomarkers associated with acute stress (parental stress) and with chronic stress (parental burnout) in mothers, and their effects on their preschool children in terms of cortisol levels and executive functioning. The role of positive parenting as a mediator of the relationship

is also investigated. Specifically, we analyzed peripheral biomarkers of stress (i.e., capillary and salivary cortisol) in 80 dyads composed of mothers and children aged from 3 to 5 years old. We were interested in investigating whether different levels of stress perceived by the mother (from acute to chronic) would correlate with (i) higher cortisol levels in their children and (ii) with a diminished performance of the child's executive functioning. We also examined the quality of the interaction patterns within the dyads (i.e., presence of warmth, scaffolding, responsiveness, intrusiveness) during a play task in the presence of acute and chronic stress respectively in the mother. We expect acute stress in mothers (operationalized as parental stress) to decrease the mother's ability to provide positive interactions with her child. As for chronic stress (operationalized as parental burnout) we expect it to exert the greatest negative influence on the quality of mother-child interactions. In turn, we expect lower levels of positive parenting (operationalized as positive interactions) to be associated with (i) higher levels of cortisol in children and with (ii) lower levels of executive functioning in children.

Parental burnout, negative parenting practices, and adolescents' development

Research on parental burnout has focused more on its antecedents than on its consequences. Burned-out parents may experience a series of behavioral changes, negatively affecting their children's physical and mental development. This study aimed to examine the effects of primary caregivers' parental burnout on adolescents' development and the mediating role of negative parenting practices. This study used a time-lagged design, and data were collected on three different times. Adolescents were asked to identify their primary caregivers, and parents were asked whether they were the primary caregivers of their children. Thereafter, paired data from the children and primary caregivers were collected. A total of 317 junior middle school students (boy = 178, Mage = 14.20 ± 0.8 years) and primary caregivers (father = 71, Mage = 42.20 ± 4.53 years) from Henan province participated. The results showed that primary caregivers' parental burnout was positively associated with negative parenting practices, and negative parenting practices mediated the relationship between parental burnout and adolescent development. From the perspective of prevention-focused interventions, it is necessary to focus on preventing the occurrence of parental burnout. Further, parents should try to avoid using neglect and abusive behaviors toward their children.

OS3: Exploring the Antecedents and Outcomes of Parental Burnout in Portuguese, British, and Vietnamese Families (co-parenting)

Nguyen, T.; Mikolajczak, M.; Roskam, I.; Catholic University of Louvain, Belgium

Crespo, C.; Hasse, I.; Lima, M.L; Quadros, F.; University of Lisbon; Portugal

Roque, J.; Associação Nacional de Fibrose Quística; Portugal

The term parental burnout (PB) has been introduced since the 1980s. Nonetheless, it has only garnered widespread attention in the scientific community over the past 15 years. Research is paramount to understand further the antecedents and consequences of this syndrome that can have a negative ripple effect on both parents and children's outcomes and families as a whole. In terms of hypothesized antecedents, family and parental factors are expected to influence PB, given the interdependence of systems within the family. The first study examines, for the first time, the relationship between family routines and rituals to PB, and comparing these results between UK and Vietnamese samples. The second study examines the individual and dyadic links between silent conflict, PB, and relationship quality. Regarding outcomes of PB, the two final studies address key outcomes in the community and a health-related adverse context. Recently, the COVID-19 pandemic forced parents worldwide to carry out their role in an adverse context of burden and uncertainty. The third study characterizes couples' current subjective meanings of parenthood in the post-pandemic Portuguese context and examines their levels of PB and quality of life. Finally, theoretical models have shown that having children with special care needs may be a risk factor for PB. The last study focuses on PB and its associations with meanings about parenthood, condition severity, and adaptation outcomes in parents of children and adolescents with cystic fibrosis in Portugal. Together, these four studies in two national contexts will contribute to mapping the individual, parental, and family correlates of PB.

The relationships between family routines, family rituals and parental burnout among UK and Vietnamese families.

Over the past decade, parental burnout (PB) has attracted the attention of the scientific community, and the number of studies on the topic has continued to grow. Previous research has sought to understand the risk factors and resources that influence PB. However, the relationships between family routines, family rituals, and PB have not yet been investigated. The present study aims to fill this gap by examining the association between family routines, family rituals, and PB and comparing these findings between UK and Vietnamese samples. 697 British parents (mean = 41.71, SD = 8.31 years) and 676 Vietnamese parents (mean = 36.97, SD = 5.19 years) participated in an online survey. Participants completed questionnaires on demographic information, parental burnout, family routines, and family rituals. Correlational analyses revealed that family routines and rituals were negatively associated with PB, with some significant differences between the UK and Vietnam. In particular, we found a negative association between both family routines and rituals and PB in the Vietnamese sample. In the UK sample, however, we found only a negative association between family rituals and PB. We discussed the differences in the light of the family structures in the UK and Vietnam.

Relationships and the echoes of silence: Individual and dyadic links between silent conflict, parental burnout, and relationship quality.

Conflict is an inherent component of human communication. In relationships, conflict can manifest in various forms, from hostile verbal arguments to communication breakdowns and partner distancing. Silent interparental conflict, defined as a non-verbal, non-physical form of conflict interaction, has received less attention in empirical research. Given the interdependence between partners in a dyad, it is important to assess how partners' silent conflict influence themselves and each other as parents and individuals. The aim of the present study is to examine the dyadic links between silent conflict, parental burnout, and relationship quality. The sample comprised 111 married couples with at least one child under the age of eighteen. The participants had between one and four children ($M = 1.86$, $SD = 0.81$). With regard to age, women ($M = 40.50$, $SD = 7.11$) and men ($M = 43.51$, $SD = 7.85$) were between 24 and 70 years old. Participants filled out The Silent Interparental Conflict Scale (SICS), The Parental Burnout Assessment (PBA), and The Perceived Relationship Quality Components Inventory (PRQC). Results showed that women reported higher levels of parental burnout and lower levels of relationship quality than men. There were no differences in silent conflict scores. Silent conflict was not linked to parental burnout. When individuals reported higher parental burnout, they also reported worse relationship quality. An SEM model showed that silent conflict and relationship quality were linked to lower levels of relationship quality individually for both men and women, and across partners. Age and number of children were not correlated with the study variables. Findings and their clinical and research implications are discussed in light of family and relationship research frameworks.

Being a mother and a father in today's world: Meanings, parental burnout, and quality of life.

Recently, COVID-19 forced parents around the world to carry out their role in an adverse context of burden and uncertainty. Parental burnout is a state of physical and emotional exhaustion associated with a feeling of being overwhelmed by one's parental role. These circumstances often lead to a change in positive attitudes toward children, low parental efficiency, and emotional distancing from children. The main goal of the present research was to characterize couples' current subjective meanings of parenthood in the post-pandemic Portuguese context and to examine their levels of parental burnout and quality of life. The sample consisted of 111 married couples living in Portugal aged between 24 and 70 years old with at least one child up to 18. Participants reported on their meanings of being a father and mother in the present context and filled out the Parental Burnout Assessment (PBA) and the World Health Organization WHOQOL-BREF Quality of Life Assessment. Results showed that parents had mainly positive meanings of being a parent. However, there were several references to multitasking and a small percentage of parents view their role as a burden/ challenge. A repeated measures MANOVA showed that mothers had higher scores on the emotional exhaustion and contrast dimensions of parental burnout. There were no gender differences in quality of life. All four dimensions of parental burnout were linked to lower quality of life for both women and men. The number of children was positively correlated with quality of life for women and with the contrast dimension of parental burnout for

men. These results may contribute to deepen the knowledge about the strengths and challenges of families in order to build more current and effective interventions with individuals, couples, and families.

Caring for caregivers: A study on parental burnout in parents of children and adolescents with cystic fibrosis.

Cystic Fibrosis (CF) is a chronic and life-threatening disease that impacts several organs and is caused by mutations in the cystic fibrosis transmembrane conductance regulator (CFTR) gene. According to recent data, the number of people living with CF worldwide is estimated to be around 144,606 to 186,620. In Portugal, about 30 to 40 children with CF are born every year. Living with this condition is known to be challenging, both for the patients and for their families. Parents are usually involved as informal health caregivers for their children, which can bring about additional burdens to the already demanding parenting tasks. Research has shown that parents of children with CF report high levels of anxiety, depression, and lower life satisfaction. However, so far, there are no studies assessing parental burnout in the context of CF. Parental burnout can be defined as a state of intense exhaustion related to the parental role that can result in emotional distancing and a loss of fulfilment as a parent. This study aims at examining parental burnout and its associations with meanings about parenting and about the condition severity and adaptation outcomes (e.g., anxiety and depression) in parents of children and adolescents with CF. We hypothesize that our study will reveal significant levels of parental burnout among these parents and that these will be linked to more negative meanings about parenting, to perceptions of higher severity of CF, and to worse adaptation outcomes. Results will be discussed in light of the systems and social-ecological model of adaptation and challenge. This study's findings will contribute to expanding our knowledge and comprehension of the experience of these parents and ultimately to improve the professionals' ability to intervene and support them.

OS4: The family portrait of Parental Burnout: Diving deeper into its relational landscape.

Schitteck, A.; UCLouvain, Belgium

Jeanne, C.; Université de Liège, Belgium

Desimpelaere, E. Ghent University, Belgium

Previous research has consistently shown that parental burnout (PB) does not only affect the parent but also the whole family system. In fact, PB is associated with maltreating parenting practices, couple/coparenting relational functioning, and complex care needs in children. Nevertheless, it is crucial to acknowledge that these observations stem from complex and multifaceted family realities. Our upcoming symposium aims to take a family-oriented approach

and delves into these associations by addressing (i) at what stage of PB parents become maltreating (ii) how couple and coparenting factors contribute to PB and (iii) how children's complex care needs play a role in this condition. The first presentation will show the results of a longitudinal study, where we explore the unknowns in the PB symptoms process, namely: what is the process of PB symptoms using the Parental Burnout Assessment? Is there a process in PB that leads to violence towards children? The second presentation will delve deeper into parents' couple and coparental relationship dynamics related to PB. We will present the results from cross-sectional study and try to understand how a large number of conjugal and coparental factors respectively contribute to PB variance. The third presentation will examine PB in parents raising children with and without complex care needs, and explore the parent, child, and contextual factors that can push parents to the brink of PB in both parent groups. These studies hold significant implications for theory and practice. While current treatments focus solely on the individual, these presentations underscore the need to adopt a family-oriented perspective. This approach not only enhances our understanding of PB but also facilitates the creation of personalized prevention and intervention programs, ultimately supporting burnt-out parents and enhancing family well-being.

How do Parents Burn Out? Why can They Become Violent?

Parental burnout (PB) is a serious societal matter, because of its high prevalence and its deleterious effects, such as violence towards the offspring. Since the creation of the Parental Burnout Assessment as the gold standard to measure parental burnout, two questions arise: what is the process of PB symptoms using the Parental Burnout Assessment? Is there a process in PB that leads to violence? 675 parents answered a three-wave longitudinal study. Variables were measured through questionnaires. Results show that : (i) PB is a developmental process that starts with exhaustion, no matter the measurement used (replication of previous findings); (ii) feeling fed up might be the missing link between exhaustion and emotional distancing; (iii) contrast with the previous self and feeling fed up should be regarded as important predictors in violence towards the offspring. The results have implications both in research and in practice. PB literature should start focusing on the symptoms of PB and not just the total score, in order to give more empirical indications to clinicians. Based on the results, clinicians should focus on reducing exhaustion as it seems to be the entry point to PB, and take into account all symptoms of PB as potential risk factors in violence.

Parents relationship in the case of Parental burnout: A combined investigation of conjugal and coparental factors

Previous studies on parental burnout (PB) risk factors suggested that some characteristics of parents' couple relationship and coparenting may largely contribute to PB variance. Although some studies examined the associations between PB and some conjugal (e.g. couple satisfaction

and conflict frequency) or coparental variables (e.g., coparental agreement and support), none has taken a combined look at these factors altogether. Furthermore, other coparental and conjugal factors of great clinical relevance have never been examined empirically. The aim of our study is to examine the amount of PB variance explained by a large number of conjugal and coparental factors but also to compare their relative weight. Parents (N=540) from the general population with a romantic partner and a coparent were recruited through social media. They were invited to answer a 30 minutes online survey in French. PB, couple and coparental factors were examined through self-reported measures. Correlation and multiple linear regression analyses will be performed to examine the associations between PB and conjugal and coparental factors. Data collection has just been completed and analyses are currently being processed. Results will be discussed in terms of relational issues related to PB. These considerations may help us open new clinical perspectives in the field of PB.

Parental burnout in parents raising children with and without complex care needs: Exploring the complex interplay of parent, child, and context factors

Despite the growing interest in Parental Burnout (PB) among parents of neurotypically developing children, limited research has explored this condition in parents raising children with complex care needs. Given the increased challenges these parents face, this study aims to assess the extent of PB in this population and investigate parent, child, and contextual factors contributing to PB. 536 parents of children with Autism Spectrum Disorder (ASD) and 131 parents of children with Cerebral Palsy (CP) completed a questionnaire on parenting, child characteristics, and contextual factors. The sample of parents raising children with complex care needs will be expanded to include other disabilities in children, along with a large reference group of parents. Preliminary findings indicate that parents raising children with CP experience lower levels of PB compared to parents raising children with ASD. In the latter group, PB was moderately associated with parents' psychological needs and mindful parenting (correlations ranging between $-.52$ and $-.55$, $p < .001$), their child's level of emotionality (correlation of $.21$, $p < .001$), and their satisfaction with their partner relationship and social network (correlations of $-.18$ and $-.38$, $p < .001$). By identifying similarities and differences among these parent groups in relation to PB, this study offers valuable insights for improving early detection, prevention, and more tailored parent support.

TS1: INSIGHTS INTO PARENTAL BURNOUT AND COPARENTING: NAVIGATING THE PANDEMIC AND BEYOND

Chair: Piotrowski, K.

Parental burnout, coparenting, and perceived family support in Portuguese higher education students during COVID 19 pandemic: A comparative study

Beja, M. J.; Franco, M. F. University of Madeira, Portugal

Research on families' experiences during the pandemic has been extensive. The aim of this study is to present a comparison between working higher education students and a population of working people, regarding parental burnout and its association with co-parenting and self-perception of family support and different sociodemographic variables. The study involved 203 subjects, 95 of whom were higher education students and 108 non-students, 163 women (80.3%) and 40 men (19.7%), aged between 21 and 53 ($M = 38.28$, $SD = 7.03$), the majority were married or in a civil partnership ($n = 83$, 76.9%), 14 (13%) were single and 11 (10.2%) divorced. The majority have 1 child (51.7%) or 2 children (36.9%), live in two-parent families ($n = 148$, 72.9%), 36 are single (17.7%) and 12 have reconstituted families (5.9%). An online survey was conducted containing a sociodemographic questionnaire, the Parental Burnout Assessment Scale and the Co-parental Relationship Scale. Were found 11 subjects with parental burnout (8 of whom were students), equivalent to a prevalence of 5.4%. Students revealed higher levels of parental burnout, as well as parental exhaustion, contrast and saturation. For these same dimensions, significant differences were also found in relation to the sex of the parents and the perception of family support. No significant differences were found in relation to the parents' age, number of children and level of education. A weak-moderate negative association was found between parental burnout, in all its dimensions, and positive co-parenting. These act as protective factors. The fact that parents are higher education students seems to have been another factor influencing parental burnout during the pandemic, so special protection measures should be directed at this population.

Keywords: Parental burnout, coparenting, COVID 19, higher education students

Parental burnout, coparenting and violent behaviors in a sample of Peruvian mothers

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A large and growing body of literature has investigated the negative consequences of parental burnout (PB) on the parent at the individual level such as heightened violent and negligent behaviors. Whilst research has been mainly carried out in Europe and North America, there is still very little scientific work in southern countries such as the case of Peru. Likewise, recent empirical developments have revealed that factors such as co-parenting can help mitigate parental burnout damaging effects. The objective of this study was to analyze the associations among parental burnout coparenting, parental violence and negligence behavior, within a model, exploring direct and indirect effects. A total of 194 mothers ($M_{age} = 39.86$ years, $SD = 9.21$, ranging 19-70) from Metropolitan Lima in Peru, completed an online survey during pandemic period. Using a structural equation modeling framework and by means of robust maximum likelihood estimator, the model obtained an acceptable fit ($CFI = .893$; $RMSEA = .076$, 90% CI .060, .092; $SRMR = .187$), a negative influence of parental burnout on coparenting was found ($\beta = -.336$), as well as a positive influence on violence ($\beta = .763$) and negligence ($\beta = .294$). However, coparenting did not significantly influence violence ($\beta = .002$) or neglect behavior ($\beta = -.101$). Implications are discussed regarding the role of parental burnout on parental harmful behaviors towards their children in a country where PB research is still in its infancy but rapidly increasing.

Young Parents During the Pandemic: Longitudinal Trajectories of Parental Burnout during COVID-19 lockdown

Piotrowski, K. SWPS University, Poland

Previous research has proven that severe parental burnout occurs in 2-8 % of parents, especially in individualistic cultures, increasing the risk of psychological problems in the parent and violence against children. Unfortunately, only a few longitudinal studies on parental burnout have been conducted so far, and none of them allows us to determine what risks the global COVID-19 pandemic has brought to young parents. The present study aimed to identify the developmental trajectories of parental burnout among young parents who are most at risk of burnout. Three hundred seventy-six parents (67% female, 33% male) aged 19 to 30 years ($M = 26.85$, $SD = 2.52$) participated in a three-wave longitudinal study spanning 12 months, from the first weeks of the pandemic in Europe, through the peak of disease six months later, and until the third wave of coronavirus in Europe began to die out in the spring of 2021. Latent Growth Curve Modeling (LGCM) and Latent Class Growth Analysis (LGCA) were used to analyze the results to determine changes in the studied characteristics and developmental trajectories of parental burnout. Three different trajectories of parental burnout were identified: high and stable, low and stable, and average and increasing. Individual trajectories were associated with the levels of perfectionism, sense of parental identity, and Covid-related stress. Socio-demographic factors turned out to be less important for changes in parental burnout. Results indicate that parental burnout remained stable for most parents during the year-long restrictions of the pandemic, but up to one-third of

young parents may have experienced an increase in parental burnout symptoms. Findings from this study may be applicable to planning support programs for parents at risk for burnout. Previous research on interventions aimed at directly reducing parental burnout has shown that it is an effective tool for supporting parents (Brianda et al., 2020). Given that in the study group, nearly 40% of parents either experienced very high burnout or their burnout was increasing, it is advisable for governments to initiate extensive support programs for parents who are burned out and at risk of burnout.

Getting Ready for Parenthood: A Longitudinal Study on Adolescents' Relationships with their Parents as a Foundation for their Future Parenting Self-efficacy

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Individuals' internal working models of themselves in relation to their (potential) children may in part be based on relational experiences in their family of origin. In the current longitudinal study, we therefore modeled the development of parent-adolescent relationship characteristics (warmth, conflicts and dominance) from early adolescence to late adolescence (age 12 to 18 years). Moreover, we will examine associations between the development of these relationships and future parental self-efficacy. Lastly, we will examine whether tested associations differ between adults with and without children. **Methods:** The sample consisted of 1,358 adolescents at wave 1, of which 1,063 adults (281 parents) still participated approximately 15 years later. Adolescents reported on the level of warmth, dominance and conflicts in their relationship. In adulthood, a questionnaire assessing parenting self-efficacy was administered, which measured parenting distress and competence. Questions differed slightly in their formulation for people with and without children (e.g., I feel I "can catch"/"caught" on quickly to the basic skills of caring for my child. **Preliminary Results.** Growth curve models in *mp/us* indicated a curvilinear development for all three relationship characteristics (Figure 1), with significant variance around the intercept and slope. Experienced warmth in the relationship with both parents during wave 1 was generally associated with less future parenting distress and more competence ($r=.10-.19$). For people without children, negative interactions with fathers at wave 1 were associated with more future parenting distress ($r=.18$). **Planned Analyses.** The intercepts and slopes of the growth curve models will be used to predict later parenting self-efficacy. Multigroup analyses will be performed to examine whether associations are different for people with and without children.

TS2: EMOTIONS AND PARENTAL BURNOUT

Chair: Szczygie, D.

Unveiling Emotion Regulation Strategies of Burnt-Out Parents

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Parental burnout, a prevalent chronic stress-related disorder within the parental role, is increasingly recognized as a growing public health concern with alarming consequences. Recent literature emphasizes the association between parental burnout and parents' emotion regulation. However, existing studies have primarily focused on a limited set of emotion regulation strategies, limiting our understanding of the broader relationship between parents' emotion regulation and parental burnout. To address this gap, the present study examines the association between parental burnout, parents' beliefs about the controllability of emotions, and various emotion regulation strategies among parents. Data were collected from 677 Polish parents (60.2% mothers) who participated in an online survey, providing information on parental burnout symptoms, beliefs about emotion controllability, and cognitive and behavioral emotion regulation strategies used in everyday life. Regression analyses revealed that beliefs about the controllability of emotions and using emotion regulation strategies explained 35% of the variance in parental burnout beyond sociodemographic variables. A latent profile analysis identified four profiles, with the 'burnt-out' profile characterized by a greater use of self-blaming, catastrophizing, and withdrawal from others and a lesser use of cognitive reappraisal-type strategies, such as cognitive reappraisal, positive refocusing, and refocusing on planning. The findings suggest that individual differences in emotion regulation may be noteworthy in explaining parental burnout, opening up a promising avenue for further in-depth research and potential preventive and therapeutic interventions.

Keywords: parental burnout, beliefs about emotions, emotion controllability, emotion regulation, cognitive emotion regulation strategies, behavioral emotion regulation strategies

Meta-emotion, co-parenting, and parental burnout

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Parental meta-emotion is defined as the set of thoughts and feelings that parents have in relation to their own emotions and those of their children. Negative emotions represent a major challenge for parents in emotional socialization. The present study aims to investigate the relationship between Parental Meta-emotion and co-parenting. The sample consists of 122 fathers and mothers of children between 6 and 10 years old, residing in Portugal, who were applied the questionnaire of COPING with Children's Negative Emotions Scale (CCNES), the Parental Burnout Assessment (PBA), and Co-parental Relationship Scale (CRS). The findings indicate significant correlations between parental reactions to children's negative emotions and levels of

parental exhaustion. Coparenting significantly predicts feelings of being exhausted with one's parental role and non-supportive parenting reactions to children's negative emotions. This research's results offer significant clues for understanding of, and interventions in, human behaviour.

Keywords: parental meta-emotion, parental exhaustion, co-parenting, parental practices

Unconscious Guilt and Parental Burnout: A Sociodynamic Approach

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The aim of this paper is to analyse the role of unconscious guilt in the onset of parental burnout in mothers. While in the process leading to parental burnout, (conscious) guilt is posterior to exhaustion (Gleis, 2018), there seems to be a prior unconscious guilt (Dollander & De Tychey, 2002) which is not linked to the objective reality of parentality. The results of semi-structured interviews with three (03) mothers who had experienced parental burnout show that the tendency towards over-investment and perfectionism of certain mothers, prior to parental burnout, is supported by an unconscious guilt linked to their subjective reality. This contribution leads us to consider the narcissistic wounds and dreams of unfulfilled desires of parents in the management of their burnout.

Key words : Parental exhaustion - unconscious guilt - objective reality - sociodynamic approach - mother. sociodynamic approach - mother.

Relationship between parental burnout and emotional intelligence in the Basque Country

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Parental burnout is a unique and specific syndrome that emerges as a result of a chronic imbalance between risks and resources in the parenting domain. It is composed of four dimensions: 1) Exhaustion in one's parental role, 2) Contrast with previous parental self, 3) Feelings of being fed up with one's parental role, and 4) Emotional distancing from one's children. Literature has shown that emotional intelligence is related to parental burnout, since it is the ability to identify, express, understand, use and regulate emotions. Although research on parental burnout is significantly increasing, there is still a gap regarding its association with emotional intelligence. Thus, the aim of the present study will be to explore the correlation between parental burnout and emotional intelligence. The study is part of the International Investigation on Parental Burnout and will use a cross-sectional design. Participants will be at least 200 parents from the Basque Country. Parental burnout will be assessed with the Basque version of the Parental Burnout Assessment, while emotional intelligence will be assessed with the Trait Meta-Mood Scale (TMMS-24). Results will show the relationship between parental burnout and emotional intelligence in the Basque Country and will present several contributions of the present study, as well as the new lines of research.

Keywords: parental burnout, emotional intelligence, Basque Country, correlational study.

TS3: GLOBAL PERSPECTIVES AND PARENTAL BURNOUT

Chair: Mousavi, S.F.

Decoding Algeria: Exploring the Intricacies of Social, Demographic, and Anthropological Dynamics Impacting Parental Burnout

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tabet,I.;ElouadMeriem,I.;Larabi,I. University Centre of Maghnia, Algeria

This study explores the intricate dynamics between parenthood and Algerian culture, examining the profound influence of cultural elements on parenting practices and their impact on parental burnout. Rooted in the recognition of parenting practices deeply embedded in cultural contexts, the research addresses gaps in existing studies and aims to unravel the nuanced role of Algerian culture in parental burnout. The study poses three key research questions:

To what extent does the tailored Parental Burnout (PBI) scale accurately capture the multidimensional aspects of parental burnout in Algeria?

How do cultural elements within Algerian society shape parenting practices, beliefs, and values, contributing to the occurrence of parental burnout?

What socio-anthropological and gender dynamics contribute to the observed higher prevalence of parental burnout among Algerian parents, and how do these factors interact within the cultural context?

Aligned with the international consortium framework on Parental Burnout proposed by Roskam et al., the study validates the PBI scale specifically formulated for the Algerian context. Analyzing a sample of 337 individuals (131 fathers and 206 mothers), the study reveals a prevalence of parental burnout at 3.9%. The robust consistency across the four dimensions of burnout, reflected in an overall Cronbach's alpha of 0.94, emphasizes the reliability of the data. Notably, the analysis of socio-demographic variables exposes a heightened prevalence of burnout among mothers, influenced by both gender dynamics and socio-anthropological factors.

Advocating for the broader application of the PBI scale to a larger population to verify prevalence rate stability, the study underscores the exploration of risk factors. This approach aims to inform parent assistance programs, mitigating potential adverse effects on children. Integrating a cultural exploration with meticulous validation, this research lays the foundation for culturally sensitive interventions and support systems, contributing significantly to the comprehensive understanding of the intersection between cultural influences and parental burnout in Algeria.

Keywords: Parental Burnout; Cultural Dynamics in Parenthood; Algerian Culture; Disability; Validation Study; Risk Factors in Parental Burnout.

The challenge of having young children and teenagers today. The experiences of maternal fatigue of some Angolan mothers

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Burnout, which began as a clinical phenomenon associated with the professional role, has recently been associated with the parental role and observed in numerous societies. This trend is more intense in more individualized societies that place increasing pressure on families, where the exhaustion and emotional tiredness of those with young children and teenagers leads them to feel overwhelmed by the routine, expressing a feeling of incapacity and loss of motivation. and commitment to the duty of being a father and mother. However, studies on parental burnout in Angola are non-existent, although recent social changes and their impact on families make this topic particularly relevant. The present study, still exploratory, aims to observe and describe the different facets of the manifestations of exhaustion of certain mothers in their routines with their children. A qualitative methodology was chosen, through semi-structured interviews with 5 mothers aged between 29 and 35 years old. The first results of the content analysis of the exploratory interviews indicate that mothers, right after their first child, with the increase in concerns and responsibilities, began to feel enormously tired, particularly in their daily routines and with a lack of time to pay attention to their children. children. It is likely that they developed parental burnout, to the extent that, along with this extreme tiredness, they felt sick, a slave to their child, they shouted at them more, they wanted to rest without being able to, they felt like running away, giving up, not having any more children. They stopped being the happy person they used to be but, paradoxically, they found this tiredness rewarding and pleasurable because they were mothers.

Keywords: Burnout; parental fatigue; routines with children; increased responsibilities; Angola.

Maternal Burnout from The Perspective of Their Teenage Daughters: A Qualitative Study

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Purpose: The peak of parent-child conflicts, especially during adolescence, can be considered as one of the sources of burnout in parents, or it can be intensified during this period. Since studies indicate a significant effect of gender on parental burnout, and since most of the previous studies in this new field have been conducted from the perspective of parents, this study with a qualitative approach and through interviews with 60 teenage girls with Mage 16.29 ± 1.31 intends to study the conditions that cause burnout and its consequences from the point of view of girls.

Methodology: With the approach of qualitative study and measurement consisted of structured interviews in 6 categories of questions including situations that cause exhaustion, mother's reactions while feeling exhausted, how to perceive mother's exhaustion, mother's emotional reaction to burnout, girls' reaction to mother's exhaustion and also how coping with burnout of mothers.

Findings: The analysis of the girls' responses showed that 48% considered their mothers to be compatible with the symptoms of exhaustion, 23% reported some signs of exhaustion in their mothers, and 29% did not consider their mothers to be exhausted. The results also showed that the situations that cause exhaustion in mothers are in three general categories related to themselves, home, and children and with a higher frequency caused by children's annoyance, parenting responsibilities, housework responsibilities, feeling helplessness in performing household duties, and facing personal and family challenges, that the reaction of mothers in such situations was perceived in two dimensions 1) self-oriented including physical fatigue and projecting anger, and 2) child-oriented including expressing hatred for the children and wishing for the absence of children. Most mothers' emotional reactions to burnout included irritability, sadness, grumbling, crying, expressing impatience, irritability, isolation, asking for help and sharing feelings with girls, or neglecting and ignoring children and holding them hostage. Girls' emotional reaction to these conditions was mainly expressed as guilt, self-blame, remorse, or anger, or by being silent, hugging, crying, expressing shame, or giving comfort and sympathy to the mother. The most frequent coping behavior of girls is two forms of *constructive, active, and mother-beneficiary* reaction, such as doing something to make her happy, hugging, expressing sympathy, or a *passive and self-interested reaction*, including leaving the room, expressing mutual anger, and trying to reduce the relationship with mother.

Conclusion: Since the parenting behavior of girls in the future is affected by the parenting pattern of their mothers, trying to analyze the causes and consequences of burnout from the perspective of the parties of the relationship can provide a better understanding of the situation to design preventive interventions to reduce the negative effects of this syndrome.

TS4: WAYFINDING THROUGH ADVERSITY AND CHANGE IN PARENTAL BURNOUT

Chair: Gaspar, M.F.

Conceptualizing burnout from the perspective of parents of children with complex care needs

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Objective: Recently there has been a surge in studies regarding burnout among parents of children with complex care needs (CCN). However, it remains unclear whether the understanding of burnout in the emerging scientific literature aligns with how parents of children with CCN themselves understand this concept. Therefore, the purpose of this study was to investigate how parents of children with CCN conceptualize burnout from the perspective of parents themselves. Methods: We conducted semi-structured interviews with a purposively sampled group of 38 parents of children with CCN and employed inductive thematic analysis.

Results: In addition to individual variation, burnout among parents of children with CCN was conceptualized encompassing three major themes including having a long-term and reoccurring nature, commencing with symptoms of stress progressing into exhaustion, and ending up in a survival mode wherein parents worked hard to project an image of everything being well and under control (fighting), while distancing physically and emotionally from others and themselves (fleeing).

Conclusion: Conceptual themes of parents with CCN partly overlap and partly extend current frameworks on burnout within parenting. Burnout among parents of children with CCN, as reported by parents themselves, shows specific caregiving and parenting aspects such as the long-term caregiving and parenting responsibilities for the child, which cannot be relinquished. Furthermore, burnout may also be 'hidden': not always apparent to parents themselves or visible to the outside world, which requires extra attention and vigilance from professionals. However, awareness of the various interpretations of the term may foster constructive communication between parents and professionals.

Wayfinding: Adverse and Positive Childhood Experiences, Parental Burnout and Hope-co-developing and piloting a new tool for professionals and families

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Research question: Finnish parents are at high risk of Parental Burnout (PB). While research exists on societal risk factors and even some individual traits which raise the likelihood of PB, little is known about whether events in the individual's life history might increase the risk of PB. Adverse Childhood Experiences (ACEs) have been extensively researched and found to have long reaching consequences for physical, psychological and social well-being as well as parenting. High ACE-scores seem to lower hope and hinder future-oriented thinking, an obstacle for parents trying to self-correct toward more positive parenting. Positive Childhood Experiences (PCEs) have a protective impact on well-being, while hope can be increased. Identifying high-ACE parents is therefore crucial and tailored support necessary. In addition, investigating the link between ACEs as risk factors, as well as PCEs and hope as protective factors to PB is important. Methods and results: Wayfinding: a survey with (P)ACEs, current mental well-being, hope and Parental Burnout has been piloted in two wellbeing services counties in Finland during 2022-2023, as part of "the future health- and social care center" projects. Participants have been recruited through maternity clinics, where they have been invited to fill in surveys electronically or in person. Data collection is ongoing, total n will be about 300. I will present preliminary findings regarding the impact of (P)ACEs on parental well-being and parental burnout, as well as the parents and professionals views on and experiences of mapping these out.

Findings and implications: A general awareness on (P)ACEs, hope and PB could help professionals in these settings approach the issues on a phenomenon-level, but a tool is necessary to identify specific individuals at high risk of challenges with parenting, including those at risk of, or currently experiencing Parental Burnout. Preliminary findings regarding the suitability and impact of Wayfinding are promising.

Keywords: Adverse Childhood Experiences, Positive Childhood Experiences, Hope, Parental Burnout, Parental Well-being, Co-vitalities, Co-morbidities

Replicating studies of a brief parental burnout scale: Evidence in the Portuguese context

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As pressure on parents has been intensifying across the decades, the prevalence of parental burnout is also increasing. Indeed, studies have shown how PB leads to significant suffering for both parents and children, making it urgent to develop the necessary tools to prevent and/or detect and intervene. Aunola et al. (2021) made an essential contribution in this regard by developing a brief screening measure of parental burnout (BPBS), a tool for the early detection of parental burnout and of parents at risk. In this work, the usefulness of this tool is tested in a sample of 1400 Portuguese parents. We analysed the specificity and the sensitivity of the measure by comparing the BPBS results with the original parental burnout assessment scale (PBAS) and we tested the convergent validity by correlating the BPBS test score with life satisfaction, parental competence, and coparenting behaviours. Our findings align with the conclusion that the BPBS has solid psychometric properties as a screening tool and can be used in health care and social work settings for early detection of parental burnout. In a second study, with a representative Portuguese sample of 396 men and 422 women, we mapped the prevalence of parental burnout. We found that between 15% to 10% of parents (depending on the use of the less or more stringent criteria) can be identified as being at risk or in parental burnout. These findings are troublesome and call for urgent attention to this condition, especially since these figures were found in a community sample. Practical implications of the measure will be further discussed at the presentation.

The study of change on parental burnout: The Parental Burnout Change Assessment

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The study of change requires longitudinal studies in at least two waves. Such studies are costly to carry out, and sometimes impossible. The Parental Burnout Change Assessment (PBCA) has been designed to address this issue in the parental burnout research field. It could be relevant in various situations, for example if we want to control the effect of a trial on parental burnout as a secondary variable, or in case of an unforeseen event like the pandemic in 2020, when the researchers did not have the opportunity to carry out an evaluation prior to this event. The PBCA is composed of the 23 items of the PBA [e.g. I have zero energy for looking after my child(ren)], that the respondents answer using a 7-point scale referring to change, i.e., Much less often than before (1), Less often than before (2), A little less often than before (3), Exactly the same as before (4), A little more often than before (5), More often than before (6), Much more often than before (7). Here we tested its validity in two longitudinal studies conducted with French, English and Portuguese speaking parents living with at least one child under 18 (N = 600). Two months apart, parents completed the PBA, the PBCA, items measuring child neglect and violence, and a life

events inventory. We expected the $PBCA_{time2}$ (i.e. capturing change occurred in the two months between the two data collection points), being positively correlated with the difference scores $PBA_{time2-time1}$ (i.e., corresponding to the two months between the two data collection points), child neglect $_{time2-time1}$, and violence $_{time2-time1}$. Lower correlations were expected between the $PBCA_{time1}$ (i.e. capturing change occurred in the two months prior to data collection), and the difference scores of the $PBA_{time2-time1}$, child neglect $_{time2-time1}$, and violence $_{time2-time1}$. We also hypothesized a similar association between life events occurrence on the one hand, and the $PBCA_{time2}$ and $PBA_{time2-time1}$ on the other hand. Our results suggest that the PBCA is a promising instrument for capturing change in a single measurement time, opening up new perspectives in the parental burnout field for both mental health professionals and researchers.

TS5: THEMATIC SESSION: INTER AND INTRAPERSONAL PROCESSES ON PARENTAL BURNOUT

Chair: Arikan, G.

The role of parental symptoms and parental burnout in children's behaviour problems: A dyadic study

Arikan, G.; Acar, I. H; Ustundag-Budak, A.M. Ozyegin University, Turkey

Parenting is usually associated with positive emotions. However, parents can also undergo various challenges especially in the early years of childhood that can result in parental burnout (PB) contribute to children's behaviour problems. Although parenting involves both mothers and fathers, research on parental burnout mostly focus on mothers. In the present study we examined how parental symptoms of depression and anxiety, and PB are associated with child behavior problems in the dyadic context. We recruited 144 Turkish mothers and fathers of the toddlers (*AgeRange*= 12-36months). Both parents responded a pack of questionnaires measuring depression, anxiety, PB and child behavior problems. We demonstrated that maternal and paternal depression as well as anxiety were positively associated their PB. Maternal depression predicted father and mother reported internalization and externalization. Further, maternal depression indirectly via maternal PB predicted both father and mother reported externalization. On the other hand, maternal anxiety predicted mother reported externalization while paternal anxiety predicted father and mother reported internalization. Maternal anxiety indirectly via maternal PB predicted father reported internalization and externalization. Also Maternal anxiety indirectly via maternal PB predicted mother reported externalization but not mother reported internalization. Although both parents' symptoms of anxiety and depression positively associated with PB, it seems PB can adopt a mediator role in the association between maternal symptoms of depression and anxiety, and child externalization reported by both parents. Disregarding their time invested in parenting, both parents can easily identify and report externalisation in toddlerhood due to its covert and demanding nature (i.e., acting out, anger issues) that can also

contribute to PB. For internalisation behaviour problems, parental anxiety, and maternal depression and PB can be critical. We revealed that dyadic contribution of parental symptoms and PB to the child behaviour problems can show variations that needs to be addressed in developing interventions.

Childhood traumatic experiences in parenthood regret: Mediation by parental burnout when parents fail to mentalize trauma

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Successful adaptation to parenthood demands various resources. Given that evidence suggests most adults undergo at least one traumatic event in childhood, the everyday challenges associated with parenting can be exceptionally burdensome for individuals exposed to trauma. These parents may already grapple with significant difficulties in emotion regulation, leading to exhaustion and, ultimately, regret their decision to become parents. However, in such circumstances, mentalization may serve as a protective factor, allowing parents to make sense of their childhood adverse relationships and to regulate their emotions. While previous research has explored the impact of specific types of trauma (e.g., physical abuse, sexual abuse, neglect) on future parenting practices, little is known about the consequences of childhood traumatic experiences on parental burnout and regret, as well as the underlying mechanisms. The present study investigated the mediating role of parental burnout in the relationship between diverse childhood traumatic experiences and parenthood regret. Additionally, it explored whether the ability to mentalize past traumatic experiences influences this association. Online data collection in ongoing and the results will be presented for the first time at the conference. Preliminary analyses based on 279 parents ($M_{\text{age}} = 40.20$ years, $SD = 8.32$; 85.3% mothers) with a child aged 0–18 years ($M_{\text{age}} = 8.34$, $SD = 5.01$) indicated that, at higher levels of failure in mentalizing trauma, parents with more childhood traumatic experiences reported higher levels of parental burnout. This, in turn, contributed to increased parenthood regret. Complete data analysis will delve into whether specific dimensions of parental burnout play distinct roles in this relationship, as well as explore potential variations between mothers and fathers. If confirmed by a broader sample, these findings highlight parental burnout as a crucial factor to address in preventing parenthood regret, especially in the context of childhood trauma and failure in mentalization.

Keywords: Parental burnout; Childhood traumatic experiences; Parenthood regret; Failure in mentalization

The Mediating Role of Basic Psychological Needs in the Relationship between Loneliness and Parental Burnout: An Actor–Partner Interdependence Model

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About 5% of parents experience burnout in their parenting role, with this figure rising to 9% in Western countries. Although parenting responsibilities are predominantly undertaken by mothers, research indicates that fathers are also prone to parental burnout. Family systems theory posits

that an individual's level of parental burnout is influenced not only by their own experiences but also by those of their spouse. However, empirical studies on parental burnout in couples are sparse, particularly concerning the pathways linking antecedents to parental burnout. This study examines the cross-over effect between spouses regarding parental burnout. Specifically, we explore the correlation between loneliness (negative emotions from insufficient solitary time) and parental burnout in couples, and test whether basic psychological needs mediates this relationship. Our study involved 123 Indonesian couples with marriage durations ranging from 1 to 30 years ($M = 13.70$, $SD = 7.74$). The average ages were 41.75 ($SD = 9.48$) for fathers and 38.89 ($SD = 8.56$) for mothers. Among the results, mothers have higher overall parental burnout scores. Mothers also experience higher loneliness and greater frustration of autonomy needs compared to fathers. In terms of demographics, mothers' emotional exhaustion as an early symptom of parental burnout negatively correlates with their age ($r = -0.340$), their husband's age ($r = -0.337$), length of marriage ($r = -0.309$), and time spent with their children ($r = -0.319$). Mothers' burnout is moderately correlated with fathers' burnout ($r = 0.495$). Using the Actor-Partner Interdependence Mediation Model (APIMeM), our findings revealed that only the frustration of basic psychological needs mediated the relationship between loneliness and parental burnout in both mothers and fathers. Interestingly, we observed a positive association between fathers' loneliness and mothers' parental burnout, mediated by the frustration of mothers' basic psychological needs. These results emphasize the importance of addressing basic psychological needs in interventions and couple relationship to mitigate parental burnout especially in mothers.

Keywords: Basic psychological needs, loneliness, parental burnout, couple parents

Perfectionism and Parental Burnout in Early Parenthood: On the Mediating Role of Emotional Dysregulation

Hillewaert, L.; Brenning, K.; Soenens, B.; De Clercq, B.; Vliegen, N. Ghent University, Belgium

"20 ways to be the excellent parent" – Books, websites and social media are full of advices and tips for young parents. The pressure to meet the standards of perfection weighs heavily on many parents, especially those prone to self-critical perfectionism. Many parents find themselves grappling with the relentless pursuit of perfection, notably during the demanding stages of early parenthood. The increased stress in these perfectionistic parents may ultimately lead to parental burnout. To inform clinical practice, it is crucial to uncover the underlying mechanism in this association. Recent research and theory (Malivoire et al., 2019) suggest an important link between perfectionism and emotional dysregulation. The present study investigates whether this model applies to the aforementioned association between perfectionism and parental burnout. A sample of 158 Dutch-speaking parents of newborn children participated in the study, completing an online questionnaire between 7 to 21 days postpartum. As anticipated, the results indicated a significant positive relationship between perfectionism and parental burnout. Emotion regulation emerged as a crucial mediator, particularly through increased emotional dysregulation. Clinical practice in mind, interventions for parents struggling with parental burnout should on one hand focus on targeting perfectionism by working on redefining their standards in a more

compassionate and realistic way. Additionally, since failures and challenges are inevitable aspects of both life and parenting, it is crucial to teach parents how to cope with these shared human experiences by addressing emotional dysregulation. Furthermore, ongoing longitudinal data collection at T2 (2 months postpartum) and T3 (6 months postpartum) aims to strengthen the causal interpretation of these findings. We anticipate to present the longitudinal data at the conference, with expectations aligned with the trends observed in the cross-sectional analysis. These insights will enrich both theoretical understanding and clinical approaches in the parental burnout domain.

Key words: Parental Burnout, Parental Perfectionism, Emotion Regulation

Poster session I: ADVERSITY, CULTURE, AND ASSESSMENT

The role of the ecological crisis in parental exhaustion

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Parenthood is a demanding role that can be fulfilling but also exhausting. Parental burnout can occur when parents feel a chronic imbalance between risk factors and protective factors. The risk factors already identified in the literature mainly concern the individual or the family levels (e.g., perfectionism, lack of coparental support, disorganization at home, etc.). But what about the external context? Some societal events, such as the COVID-19 pandemic, could also have an impact on the balance of parents. While the pandemic is practically over, the ecological crisis is only just beginning. It threatens our health and our lives and questions our lifestyle. As a result, more and more parents feel increasingly responsible and try to implement pro-environmental behaviors. (How) does this influence their parental exhaustion? 635 parents answered a cross-sectional online survey aiming to examine the impact of perceived responsibility about the ecological crisis and pro-environmental behaviors on parental exhaustion. We also measured several potential mediators. The results indicate that perceived responsibility about the ecological crisis is associated with more parental exhaustion (small effect size). Several mediators are at play in this relation. For example, perceived responsibility predicts more negative emotions (eco-anxiety, eco-anger, etc.), which in turn predict more parental exhaustion. Similarly, perceived responsibility predicts more mental load, which in turn predicts more parental exhaustion. Pro-environmental behaviors, however, are not related to parental exhaustion. These results highlight that the context of the ecological crisis plays a small but significant role in the balance of parents. The mediators identified provide valuable avenues for how to avoid the relation between the perceived responsibility and parental exhaustion. Finally, the results point out that parents can behave environmentally friendly without increasing their exhaustion, which are very encouraging results.

Keywords: Parent, External context, Climate change, Pro-environmental behaviors, Responsibility

Risk and protective factors of burnout according to parents of children with complex care needs: A qualitative study

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Over 8 million people have fled their homes in response to the invasion of Russian armed forces in the Ukraine and are internally displaced since the start on February 24th 2022. For refugee parents who are struggling with (traumatic) distress, it might be especially difficult to recognize

their child's signals, respond adequately, and express adequate levels of affection. Parents might be too exhausted to fulfill the parental role, resulting in emotional detachment from their children, which is defined as parental burnout. This poses children at risk for developmental problems. Research into the mental health of Ukrainian families and their needs is therefore urgently needed. We will conduct a four-wave longitudinal online survey study. This study is a part of the NADIYA (the Ukrainian word for 'hope') data collection, intended to assess the mental health responses of Ukrainian refugee families to the stress of war, forced migration, family separation and adaptation to new circumstances in their hosting country. Participants will be assessed at four time points, approximately 6 months apart. Data collection for T1 started on May 2023. We aim to recruit a total of N=1500 participants at T1, of which n=1000 adults (18 years and older) and n=500 children (8-11 years) and teenagers (12-17 years). To investigate symptom profiles and associated predictors thereof among parents and children, we will use latent class analysis. The primary aim of this study is to increase our understanding of the consequences of intrusive life events for parents' mental health and their ability to fulfill the parental role. This way, we aim to identify risk and supporting factors for refugee families' mental health needs. Our second aim is to develop supportive interventions which can be readily implemented in the family context. This may prevent the intergenerational transference of mental health problems.

Parenthood Regret: The Result of Social Pressure and Inhibitor of Prejudice Towards the Childfree?

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When individuals express a desire to remain childless, they often face pressures, social exclusion, prejudice, and discrimination. Some individuals, despite their reservations about parenthood, ultimately decide to have children, succumbing to societal pressures, persuasion from their partners, or other influences. Later, some of these individuals come to regret their decision. Therefore, it is pertinent to investigate whether those experiencing parenthood regret also encountered heightened social pressure to have children. Additionally, it is crucial to explore whether parenthood regret contributes to mitigating prejudice against those who choose not to have children. The present study aims to address these inquiries. A cross-cultural investigation spanning Poland, Portugal, and the UK has been devised to examine the interplay between parenthood regret, perceived social pressure to have children, and prejudice against childfree individuals. Data will be gathered from 150 parents in each country (totaling 450 participants) via Prolific, between June and July 2024. We hypothesize that individuals experiencing greater parenthood regret will also perceive higher levels of social pressure to become parents. Additionally, we predict that prejudice against childfree individuals will be statistically linked to the intensity of parenthood regret. Initial findings will be presented.

The implications of these findings may extend to practical applications. Firstly, the results could offer insights into the possibility that some adults regretting parenthood may have initially resisted becoming parents but were pressured into doing so by their social circles. Understanding these dynamics can inform support services for individuals navigating parenthood decisions,

promoting autonomy and informed choice, thereby preventing parental burnout resulting from decisions influenced by societal expectations rather than personal inclination. Furthermore, recognizing parenthood as a complex and individual choice could inform interventions aimed at fostering empathy and reducing discrimination against childfree individuals.

Parental burnout and cultural emotional scripts of parenthood in the Czech Republic

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Society is a strong factor that influences not only the way we live but also the overall retrospective perception of individuals' lives in the form of autobiographical memories (Berntsen & Rubin, 2004). In this conference contribution, we would like to present the view of parenthood and parental emotions through cultural scripts, deriving from the life script hypothesis, which postulates a culturally specific life script, a set of events expected to happen to all (or most) members of each culture at a certain age. The cultural life script is a semantic knowledge that every member of a certain culture learns in socialization through caregivers, peers, media and/or education. Cultural life scripts were found across continents in 14 countries, including the Czech Republic (Štěpánková et al., 2020). There have been no attempts at examining such cultural scripts for parenthood in particular so far. Finding out whether these cultural emotional scripts of parenthood exist may help shed light on how culture influences the parenthood experience and the autobiographical memories of early parenthood. Together with the scripts we would examine the frequency and characteristics of parental burnout within the Czech sample of parents ($N=40$; pilot study) and see whether emotions connected to parental burnout would appear in the parental emotional scripts.

Projective Study of Parental Burnout

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The aim of this study is to develop and validate the original projective technique Picture–Parental Burnout Study as an additional method to study parental burnout. The projective method, by constructing an uncertain or ambiguous stimulus situation that promotes the actualization of past experience and unconscious tendencies, reveals hidden, veiled properties and states of the individual, problems and conflict relationships. Personality inventory operates at the conscious level, while the techniques and materials of projective methods allow to obtain from the subject, "what he cannot or will not say", frequently because he does not know himself and is not aware what he is revealing about himself through his projections (L. K. Frank, 1939). The projective method involves an expert assessment of the responses, therefore, high professional skill, experience and developed intuition of the psychologist. The main task is to develop a theoretically based procedure with an empirically proven and standardized processing and interpretation scheme, so that the reliability and accuracy of the result does not significantly depend on the qualifications of the psychologist.

The original projective technique Picture–Parental Burnout Study is based on the Picture–Associative Method of S. Rosenzweig, which is well known to everyone as the Picture–Frustration Study (1945). Maternal and paternal versions of stimulus material (for prepubertal children) have been developed in Russian and Belarusian. The stimulus material is a series of 14 pictures, each of which depicts a parent and his child in an everyday situation (see examples). The child always utters some words (requests, complaints, whims, reproaches, etc.) to the parent. The subject is asked to study the situations and write in the empty field the first answer that comes to mind. It is assumed that the subject unconsciously or consciously identifies with the parent in the depicted situation and in the responses projects his tendentiousness in the form of a willingness/unwillingness to be additionally involved in interaction with his child and the ability/intent to spend his resources (time, effort, emotions, etc.). Response protocols are subject to expert assessment and interpretation. To determine tendentiousness, each response is assigned a score based on the type of reaction: engagement (emotion, interaction, cognition, motivation) or burnout (exhaustion, distancing physical, distancing emotional, cynicism, negativism).

A psychometric verification of the new technique with the concomitant use of Parental Burnout Assessment showed that burned out parents (with a high PBA score), regardless of the context of the situation, more often use the words “bad”, “later”, “tomorrow”, as well as the negative response “No”. Parents without burnout (with a low PBA score) more often use the words “good”, “together”, as well as diminutive forms of words. In situations of children's whims and reproaches, burned out parents tend to use the words “must”, “rest”, while parents without burnout tend to use diminutive and pet names (“Sweetie”, “Honey”, etc).

The specificity of the stimulus material makes it possible to easily adapt the technique for use in other sociocultural and linguistic conditions, as well as for conducting cross-cultural research.

Parental burnout and its association with parental perfection is mandself-compassion: A study with Peruvian parents

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Parental Burnout is a syndrome that has been described as one of the most worrying current public health problems as it is associated with chronic stress over time. Peru is one of the southern countries where information on the syndrome is limited. Parental burnout has been associated to risk variables such as parental perfectionism, which increases the levels of parental burnout, whereas there have been protective variables such as self-compassion that would play an important role reducing the level of parental burnout. The objective of this research was to analyze the relationships among these three variables (i.e perfectionism, parental burnout and self-compassion) within a structural equation modelling, exploring direct and indirect effects. The study was carried out on 513 parents $M_{age} = 38.65$ years ($SD = 8.49$) from Metropolitan Lima, Peru. Two models were tested, one with the positive dimensionality of self-compassion and the other one representing the negative dimensionality. Both models yielded an acceptable fit: $c^2(78) = 3214.144$, $p > .05$; RMSEA = .069, IC90% .059 - .080; CFI = 0.954, and $(c^2(78) = 3197.557$, $p >$

.05; RMSEA = .055, IC90% .045 - .066; CFI = 0.970, respectively. The results showed significant direct effects of perfectionism on parental burnout ($\beta = 0.82$; $p < 0.001$), and an effect of positive self-compassion on parental burnout, ($\beta = -0.06$; $p < 0.01$). For the second model, results were similar a direct effect of perfectionism on parental burnout ($\beta = 0.83$; $p < 0.001$) and a direct effect of negative self-compassion on burnout parental ($\beta = 0.07$; $p < 0.01$). However, the path of perfectionism to self-compassion, in both models was not significant, nor indirect effects. Results shed light of the detrimental effect of perfectionism on parental burnout and the role of positive self-compassion as a protective factor. Implications are discussed.

Keywords: Parental Burnout, Peru, SEM, perfectionism, self-compassion

Intergenerational transmission of affect as a risk factor for Parental burnout

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Background: In clinical work with parents, we observe that parental burnout is often connected with anxious attachment of young mothers to their performance oriented successful mothers who didn't experience parental burnout. Whereas today's generation of young parents seems less burdened but reports more parental burnout. In view of this fact, we asked the following research question: are the performance orientation and focus on material success in one generation and the occurrence of emotional burnout in their adult children related and, if so, what is the link between them. The study of Roskam et.al. (2021), reveals a strong link between parental burnout and a culture of individualism which could also be linked to insecure attachment bonds between generations.

Methodology: Our qualitative study, which is part of a larger international study (Roskam, Mikolaysek et.al.), aims to deepen our understanding of parental burnout through the prism of the intergenerational mode of affect regulation as a risk factor for the development of parental burnout in young mothers. We will conduct multiple case studies of five mother - grand mother pairs and conduct a semi-structured interview with each of the participants. All participants will also complete the IPBM parental burnout questionnaire (Roskam, Mikolaysek) and the IPPA questionnaire (Greenberg and Armsden) and attachment-based focused genogram (DeMaria, McGoldrick) for each couple will be done.

Analysis of results: Content analysis of the interviews will be conducted and combined with other data in order to take a more complex picture of what are the relational and affective dynamics underlying the parental burnout development. The results will be used to develop a model for understanding the intergenerational transmission of the experience of motherhood and intergenerational relational risk factors for the development of parental burnout.

Effectiveness of Online Group Interventions in Reducing Parental Burnout and Rebalancing Related Risks and Resources in Mothers

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The present preregistered study aimed to evaluate the effectiveness of two types of group interventions delivered online in counteracting parental burnout and its accompanying problems: depressive symptoms, child abuse and neglect, perfectionism, dissatisfaction of psychological needs, and difficulties with parental reflexive functioning. The randomized controlled trial involved 118 mothers. The mothers were randomized to three groups: two intervention conditions lasting eight weeks each (Mindfulness-Based Cognitive Therapy and Parenting in Balance) and a control group (waiting list). The studied variables were measured before the intervention, 24-48 hours after the intervention, three months after the intervention, and six months after the intervention. The results revealed that both interventions effectively and to a similar degree reduced parental burnout in mothers, even six months after the intervention. Moreover, parental burnout declined further after the interventions suggesting that the interventions tested allowed mothers to develop the competencies they used to cope autonomously. Concerning other characteristics, some differences in effectiveness occurred between the two types of interventions. The present study is the first evidence of the effectiveness of online group support in counteracting parental burnout in mothers.

Parental burnout in the Basque Country: prevalence and sociodemographic data

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Parental burnout is a unique and specific syndrome that emerges as a result of a chronic imbalance between risks and resources in the parenting domain, and it consists of four dimensions: exhaustion in one's parental role, contrast with previous parental self, feelings of being fed up with one's parental role and emotional distancing from one's children. The prevalence of parental burnout in the Basque Country was 0.4% before the pandemic and 6.1% (in mothers) during the pandemic. Thus, the aim of the present study will be to evaluate the prevalence of parental burnout in the Basque Country in an after pandemic situation, as well as to analyze the sociodemographic data of these parents focusing on the family type, gender differences, etc. The study is part of the International Investigation on Parental Burnout and will use a cross-sectional design. Participants will be at least 200 parents from the Basque Country and parental burnout will be assessed with the Basque validation of the Parental Burnout Assessment. The Snowball Sampling method will be used to recruit parents. Results will show the prevalence of parental burnout in the Basque Country, along with information of these parents (gender differences, family type...) and will present new lines of research as well as the several contributions of the present study.

Poster session 2: CO-PARENTING AND FAMILY DIVERSITY

The transition to parenthood: change in parent-grandparent relationship quality and links with first-time mothers' and fathers' distress

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The transition to parenthood has been identified as a major turning point for first-time parents' relationships with their own parents, as new parents' need for assistance and support from their own parents may increase. While the birth of a child is often celebrated with joy, for some parents the transition to parenthood is accompanied by symptoms of anxiety and depression, both indicators of distress. Parents suffering from distress are more likely to experience parental burnout, which has been shown to increase the likelihood of neglectful and violent behaviors toward children. The positive and negative aspects of the way grandparents are involved in parents' lives might buffer or enhance parents' distress. In the current study, we explore the development of emotional closeness and conflict between first-time parents and grandparents during the transition to parenthood (i.e., pre- and post-transition), and whether this development differs for mothers and fathers. Additionally, we test whether the change in parent-grandparent relationship quality is associated with parents' symptoms of anxiety and depression. Longitudinal bi-annual questionnaire data of approximately 300 Dutch participants from the RADAR-project will be centered around the transition to parenthood and analyzed using piecewise Latent Growth Models. First, we expect increased emotional closeness and conflict post-transition. Second, sex differences in parent-grandparent emotional closeness and conflict are expected to increase post-transition. Finally, since symptoms of distress can exacerbate negative interpersonal relationships and vice versa, we hypothesize that a decrease in parent-grandparent emotional closeness and an increase in parent-grandparent conflict are associated with an increase in parental anxiety and depression symptomatology post-transition. This research aims to contribute to the prevention of parental distress and its closely related disorders, such as parental burnout, by clarifying how a potentially important social support system for parents changes during the transition to parenthood and how these changes relate to parental wellbeing.

Keywords: Parent-grandparent relationship, emotional warmth, conflict, parental distress, anxiety, depression.

Early Temperament and Maternal Burnout

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In early childhood, temperament determines a wide range of a child's displays and thus influences the degree of demands on parental care. Due to the long-term payment of parental allowance and traditional attitudes towards role division, Czech mothers tend to stay at home for long periods of time with their children as sole caregivers. The demanding characteristics of children's temperament can therefore be expected to have a particularly strong impact on their

psychological balance. Research questions: What is the relationship between early child's temperament and maternal burnout?

Methods: Rothbart's questionnaires for measuring early temperament (The Infant Behavior Questionnaire-Revised very Short Form for infants 0 to 12 months old and The Early Childhood Behavior Questionnaire Very Short Form for toddlers between 1 and 3 years of age) and Parental Burnout Assessment were administered to first-time mothers of children under three years of age (89 mothers of infants and 247 mothers of toddlers).

Results: The results showed that infant temperament did not correlate with maternal burnout compared to toddlers' temperamental characteristics that correlated significantly. Specifically, low self-regulation ability ($\rho=0.34$, $p<.001$) and negative emotionality ($\rho=0.31$, $p<.001$) of children from 1 to 3 years old explained up to 18.2% maternal burnout.

Discussion and implications: We have two possible explanations for the differences in the significance of the relationship between infant and toddler temperament and maternal burnout. One possible cause may be that the child's negative emotionality and low self-regulation place a considerable burden on parental adaptation, but it takes a longer time for this effect to be felt in the mother's mental balance. Another possible explanation is that the developmentally determined increase in the child's negative emotions during toddlerhood results in burnout in mothers of temperamentally difficult children.

Keywords: Infants, toddlers, child's temperament, mothers, maternal burnout

Associations between parental burnout, co-parenting and perceived social support in a sample of French parents living in couple: network and directed acyclic graph analyses

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Context: The relationship parents have with their spouse or co-parent, and the social support they receive from their entourage, are among the risk or protective factors that can have a significant impact on the experience of parenthood and thus contribute to the incidence of parental burnout. Co-parenting refers to the involvement of each co-parent (whether or not they are living together as a couple) in their parental role, and the way in which they support and coordinate each other in their role with the child. The co-parent is generally the primary source of social support, particularly with regard to parenting roles and tasks. However, the distinction between actual and perceived social support is crucial, as is the importance of differentiating between the availability of support and the individual's satisfaction with the support received.

Objectives: we sought to identify the relationships between parental burnout and perceived social support (effective and level of satisfaction), on the one hand, and, on the other hand, between parental burnout and co-parenting, in a sample of parents living as a couple.

Sample: A total of 533 French parents living as a couple (including 124 fathers) completed a set of online questionnaires including: the Parental Burnout Assessment (Roskam, Brianda, & Mikolajczak, 2018), the Social Support Questionnaire (Sarason et al., 1983) and the Co-Parenting Scale (Feinberg, Brown, & Kan, 2012), as well as socio-demographic questions.

Results: The results are currently being analyzed. In order to investigate the relationships between our variables, network analyses will be performed. To further explore the directionality of relationships, a directed acyclic diagram (DAG) will be estimated.

Discussion: The results will be discussed with regard to their practical implications in terms of interventions that can be proposed to support parents faced with low social support or dysfunctional co-parenting. This is particularly important given that the quality of social support and co-parenting are key factors that can generally be addressed to prevent or treat parental burnout.

Parental Burnout and Maternal Mental Health: Predictors of Parental Rejection

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Objective. Recent research indicates that parental rejective behavior has numerous negative consequences for the child's future. Parents with mental health issues face a greater risk of engaging in rejecting behaviors, and early evidence suggests that the risk is even higher among parents experiencing parental burnout. The present study aims to investigate a self-evaluated parental rejection behavior toward their children by examining the extent to which this behavior and its various types are associated with parental burnout and other mental health issues, encompassing general stress, anxiety and depression among mothers.

Methods. The sample consisted of 190 mothers, each having at least one child. Online assessments were administrated to measure parental burnout (PBA), depression, anxiety and stress (DASS-21), along with the Parental Acceptance-Rejection Questionnaire (PARQ) to delve into the relationships between these constructs and to explore specific forms of parental rejection. As parental burnout surfaced as a prominent predictor of rejection, we employed Structural Equation Modeling (SEM) to investigate the interplay of various factors, encompassing socio-demographic characteristics, that contribute to parental rejection.

Results. Our results showed that parental rejection manifests prominently in mothers grappling with heightened levels of both parental burnout and mental health issues —namely stress, anxiety, and depression. All four dimensions of parental rejection exhibit moderate to strong relationships with parental burnout, showing no significant differences between them. Contrary to our initial expectations, our analysis using structural equation modeling suggests that the mental health challenges faced by mothers predict maternal rejective behavior more strongly than parental burnout.

Conclusions. This study was first to introduce a parental rejection in link to parental burnout, stress, depression and anxiety in mothers. Our findings suggest that attending maternal mental health, which can also serve as an indicator of parental burnout, would play a crucial role in preventing instances of parental rejection towards children. Surprising results brought wide range of possible further examination of their relations.

Keywords: Parental rejection, parental burnout, mental health issues, mothers

The mediating role of burnout between workload and perceived stress: an Actor-Partner Interdependence Model in dual-earner parents with adolescents in the post-COVID era

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Workload has been positively associated with burnout symptoms and perceived stress in workers and their partners; however, the effect of parental workload and burnout on their children is less known. This study tested the relationship between workload, burnout symptoms and perceived stress, and the mediating role of burnout symptoms between workload and perceived stress, in dual-earner parents with adolescent children. A non-probabilistic sample of 211 dual-earner parents and one of their adolescent children (average age 12,2 years, 54.0% male) were recruited in Chile. The three family members answered an online questionnaire separately. Mothers and fathers answered a measure of workload and a 10-item version of the Burnout Measure. The three family members answered the Perceived Stress Scale. Data was analysed using the Actor-Partner Interdependence Model with structural equation modelling. Results showed that only fathers' workload was directly linked to their perceived stress. Both parents' workload was indirectly linked to greater perceived stress, via their own burnout symptoms. Fathers' workload was directly linked to mothers' greater burnout symptoms, and vice versa, while fathers' burnout symptoms was also linked to mothers' perceived stress. Both parent's burnout symptoms were linked to higher perceived stress in adolescents. Mothers' workload was indirectly linked via their own burnout symptoms to fathers' higher perceived stress, whereas fathers' workload was also positively and indirectly linked to perceived stress, via their own burnout symptoms. Both parents' workload is linked to higher perceived stress in adolescents, via their own burnout symptoms. Results highlight the need of family-oriented workplace policies to decrease both parents' workload and burnout symptoms, and the three family members' perceived stress.

Keywords: workload, burnout, perceived stress, dual-earner parents, adolescents

Young mothers' group as a safe space

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Parents ensure secure attachment and optimal brain development through sensitivity and responsive caregiving, which is only possible when the parent is emotional available and attuned to the child. However, the transition to parenthood often increases levels of anxiety, uncertainty, and tension in parents themselves and in their partnerships or close relationships. Mothers who are more anxious and uncertain tend to be less responsive to their children, feel insecure within themselves, and insecure in their relationships. Unaddressed tensions lead to reduced responsiveness and less sensitive parenting, consequently diminishing the ability to perceive children's needs, negatively impacting both child development and adult relationships and also increase the risk of parental burnout. A Young Mothers' group will be introduced, primarily focused on providing a safe space for mothers and their infants, encouraging them to develop a deeper connection and attunement. The research question is "How do participants in the mothers' group

assess the role of the group in their self-perception and development of motherhood? The study involves 5 mothers, the age of mothers is not specified; the term 'young' is related to the period of maternity leave. The invitation to the group is publicly posted, mothers voluntarily sign up for the group. The only condition is that they are on maternity leave or after it, up to the child's age of 15 months. We obtained data from 5 semi-structured interviews with mothers and two semi-structured interviews with assistant facilitators of the group. The interviews were recorded and transcribed. The semi-structured interview topics with mothers included: mothers' feelings during the group, feelings towards group leaders, post-group experiences, and self-perception as mothers during and after the group. The semi-structured interview topics with assistant facilitators included: observing dynamics among mothers, observing dynamics among children, observing dynamics among mothers, group leader, and assistants, feelings during the group, and specific observations. For data analysis, grounded theory was used, which consists of three steps: open coding, axial coding and selective coding. Preliminary results indicate that mothers experienced the group as a safe space where they felt secure enough to fully respond to their children's needs, address their own feelings, struggles and needs, and reported less uncertainty and anxiety by the end of the group.

Keywords: attachment theory, young mothers, group work, burnout prevention.

Parenting stress– the meaning of child characteristic

Omelanczuk, I. The Maria Grzegorzewska University, Poland

Parenthood is one of the most important social roles. Performing tasks connected with it might be perceived by a mother or a father as the kind of challenge which exceeds their resources. Such a situation leads to parenting stress, which, at chronic and overwhelming may cause parental burnout. Parents of children diagnosed with autism spectrum disorder (ASD) are a group particularly exposed to very high levels of parenting stress. One of the main causes of their psychological tension is problems with the behavior and development of the child, especially the severity of ASD symptoms. As it is often argued that the basic phenotypic features of the autism spectrum disorder are also present (subclinically) in the general population, it seems interesting to investigate the relationship of these features (i.e. severity of autistic traits) in children of the general population with the level of parenting stress. Investigating these relations was the aim of this study. An attempt was also define the meaning of other child's characteristics like behavioral problems and temperament in explaining the level of parenting stress. The participants of the study were 145 parents of children with autism spectrum disorder in normal range of intelligence, aged 7–11 and 290 parents of typically developing children at the same age. Summarizing the results of the study, it was found that, the level of parenting stress in parents of children with autism spectrum disorder was significantly higher than in parents of typically developing children. The strongest predictors of the level of parenting stress in both groups of parents were the severity of the child's behavioral problems.

Beyond the Nest: A Cross-Sectional Study on Co-Residency After Normative Age of Leaving the Nest and Parental Burnout in Turkish Families

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Parental burnout (PB) arises from chronic stress in parenting, leading to extreme exhaustion, emotional distancing from children, and a decline in parenting satisfaction. Known risk factors for PB stem from cultural, child, parent, and family-related factors. Amongst these, family-related risk factors remain under-explored, especially in non-Western cultures, highlighting the need for a more inclusive investigation. The current research aims to contribute to this endeavor by exploring the impact of co-residency with adult children after the normative age of leaving the nest (ALN) on PB in Turkey. The departure of children from home typically benefits both parents and child, enhancing parental well-being and the child's autonomy. By contrast, co-residence, especially when deviating from societal norms, presents challenges. This study examines (1) whether a child's co-residency in the parental house after the normative ALN contributes to PB and (2) the potential moderating factors influencing this link. It hypothesizes that co-residency beyond normative ALN heightens PB and that various factors like parent-child conflict, duration of stay, help provided from the child, parental worries, co-parental arguments about the child, marital satisfaction, and perceived role restriction might intensify or mitigate this impact. In order to test these hypotheses, 300 parents are expected to answer a cross-sectional online survey by June 2024. Results will help to discern how co-residency beyond normative ALN might contribute to PB and the underlying dynamics, particularly within the Turkish context, contributing to a more nuanced understanding of this societal issue.

"All it's me...All only me!"-economic abuse, parental burnout and the importance of family support for a black Brazilian single mother

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This study explores the relationship between economic abuse and the parental burnout in a black Brazilian single mother. This is a preliminary result of a PhD qualitative-quantitative research focusing on parental care and economic abuse, conducted within the maternity research team, part of the group of mental health and gender studies of graduate program in clinical psychology and culture from the University of Brasilia. The research hypothesis is: Is there a connection between economic abuse and parental burnout? The subject was recruited by convenience using social media. She voluntarily participated in a recorded 80-minute phone interview providing informed consent. The case study used a semi-structured oral questionnaire based on the life history method. It was identified clear indicators of economic abuse and risk factors for parental burnout: the father's absence and the near-negligible financial support from him; a rigid 40-hour work week and dependency on work for childcare as the main caregiver, besides the reported work burnout. Protective factors included support from close family, although this also highlighted challenges like limited freedom due to parental responsibilities and generational differences in

parenting styles. The findings illustrate significant work and parental burnout, stemming from intense workloads and time and financial exploitation, worsened by her intersectional status of being a single, financially strained mother facing economic abuse. These aspects impact her self-esteem, stress and time poverty. The partial qualitative research affirms the initial hypothesis. Other interviews are being done. The results will pave the way for quantitative research to gauge the relationship's strength between mother's burnout in parenting, economic abuse and father omission.

The personality of foster mothers and its relationship to perceived parenting stress

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The literature of the presented topic indicates a research gap in foster parenting studies and the growing need for empirical research in this field. Publications focusing on the personality traits of foster mothers are almost nonexistent. However, there is evidence suggesting that the subpopulation of elder foster mothers acquires high scores on the social scale, which indicates: increased abilities to establish relationships; be helpful to others; strive towards self-development and desire undertake special trainings. Personality traits are empirically established predictors of mechanisms for coping with stress. Foster parents have been shown to have a higher level of parental stress compared to biological parents, as well as stressors being specific to their role, such as participation in court cases, raising traumatized children etc. Therefore, the poster presents the results of a study conducted on a sample of 40 foster mothers. The purpose of this study was to examine the relationship between personality structure and experienced parental stress, as well as individual personality traits and the level of parental stress. I hypothesize that the more mature the personality structure, i.e. low neuroticism, and medium to high openness to experience, extraversion, agreeableness and conscientiousness, the lower the level of experienced parental stress in foster mothers. The research was conducted using a correlational design and contains elements of mixed methods, i.e. quantitative and qualitative research, and is part of a larger, independently conducted research project.

Keywords: personality, foster care, foster carers, parenting stress

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Acknowledgements

MODATEX- Centro de formação profissional da indústria têxtil, vestuário, confeção e lanifícios

Bolachas Vieira de Castro

