

**Ph.D. Positions Opening on Parental Burnout on September 1st 2019.
(3 Ph.D. positions in Psychology, 1 Ph.D. position in Public Health and 1 Ph.D. position in History)**

Project description

Parenting can be wonderful. However, it also can be stressful, and when parents lack the resources needed to handle stressors related to parenting, they may develop *parental burnout*. This condition is characterized by an overwhelming exhaustion related to one's parental role, an emotional distancing from one's children, and a sense of parental ineffectiveness. Research on parental burnout is pretty recent, but it literally exploded in 2017-2018. The field developed so quickly that hundreds of researchers from 40 countries around the world are now investigating the phenomenon.

To date, research on parental burnout has mostly focused on understanding what makes parents vulnerable to this condition at the micro and meso levels. The current research project aims to extend previous research in two ways. First, by investigating the risk factors of parental burnout at the macro level (cross-cultural and historical perspectives). Second, by investigating the consequences of parental burnout on children and the factors that moderate this impact.

This interdisciplinary project (Psychological Sciences, Public Health and History) is supported by an ARC research grant to Isabelle Roskam, Alexandre Heeren, Isabelle Aujoulat, Aurore François, and Moïra Mikolajczak. It is jointly supported by the Psychological Science Research Institute (IPSY), the Institute of Health & Society (IRSS, <https://uclouvain.be/fr/instituts-recherche/irss>) and the Institute for the Analysis of Change in Contemporary and Historical Societies (IACCHOS) of the Université of Louvain (UCLouvain).

Publications on parental burnout can be found on:

<https://www.burnoutparental.com/publications>

Ph.D. position opening in Public Health

The thesis will be part of the multidisciplinary project described above. It is specifically aimed to go deeper into the consequences of parental burn-out, as perceived by their children.

The Ph.D. student will conduct qualitative research through interviews and observations, with grown-up children who have experienced parental burn-out, as well as young children who are currently exposed to parental burn-out. As a way of triangulating data sources, the target of the interviews may extend to parents, teachers, and other significant others.

We welcome applications from strong candidates with interest in interdisciplinary research.

Key responsibilities

- Literature search and review
- Collection and analysis of qualitative data
- Communication at conferences and in international peer-reviewed journals;
- Supervision of master thesis projects
- Interdisciplinary collaboration (with psychological sciences and history)

Selection criteria

Master degree in Public Health, Psychology, or Social sciences (obtained or to be obtained at the latest in September 2019)

- Training and experience in qualitative research (Eg. Use of qualitative research or mixed methods in master dissertation)
- Fluency in speaking, reading and writing French
- Excellent writing skills and strong motivation to learn English so as to be able to write scientific articles in English from the first year.
- Broad scientific interest beyond own field (e.g., psychology, history, sociology, biology, etc.).
- Strong intrinsic motivation, perseverance in the face of adversity
- Ability to work both in autonomy and in team

Work experience with children and online TOEFL (Test of English as a Foreign Language) (TOEFL-iBT) of at least 90 (or equivalent test) are additional assets.

Terms and conditions

The appointment will initially be for 12 months and if evaluated positively extended with 2 or 3 additional years. It must lead to the completion of a PhD thesis. The net monthly salary is 2014,94 EUR (gross salary: 2235,96 EUR). The starting date is the 1st of October 2019.

Information

Enquiries and applications must be sent to Dr Isabelle Aujoulat, email isabelle.aujoulat@uclouvain.be. Application files must be sent no later than May 31, 2019 and should include a motivation letter, the CV of the candidate, and a copy of any paper (published or in preparation) mentioned in the CV. As a preliminary language test, French-speakers are invited to write their CV and motivation letter in English.

Candidates selected based on their application will be invited for a presentation and interview in Louvain-la-Neuve (Belgium) on **June 24, 2019** (applicants are invited to save the date). The selection process will involve a presentation in English, followed by an interview and a writing task in French.