



1st International Conference
on Parental Burnout
2019 December, 6-7
UCLouvain, Belgium

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Abstracts

Welcome address and IIPB consortium founders' keynotes (SOC011)

December 6, 9:00

Welcome by the protector of international affairs

Prof. Dana Samson, UCLouvain

December 6, 9:30-10h30

Parental Burnout: Known and unknowns

Prof. Moïra Mikolajczak, UCLouvain

December 6, 11:00-12:00

Exciting findings from the International Investigation of Parental Burnout (IIPB)

Prof. Isabelle Roskam, UCLouvain

Keynotes and invited talks (SOC011)

December 6, 13:30-14:15

What kind of parent do I want to be? Parental identity as a protective resource against parental burnout

Prof. Bart Soenens, Ghent University, Belgium

Parental burnout undermines not only parents' mental health but also the quality of parent-child interactions, thereby ultimately affecting children's psychosocial adjustment. Therefore, it is important to identify sources of resilience that can protect parents against experiences of burnout. In this talk I will discuss a program of research focusing on the role of parental identity, that is, parents' view on their role as parent. Parents indeed face the important challenge of developing a clear and coherent set of commitments regarding their parenting role (e.g., regarding the importance of this role relative to other roles in life, regarding their preferred parenting style, and regarding the values they want to transmit to their child). Ideally, these commitments as a parent are adopted after a process of deliberate exploration, with parents avoiding the pitfall of ruminating about their parenting role. A well-developed parental identity (i.e., an identity characterized by clear commitments, high levels of exploration, and low rumination) is assumed to contribute to greater perceived competence and satisfaction in one's role as a parent, thereby decreasing the risk for parental burnout. In particular when parents are faced with adversity and stress (including both long-term challenges and daily hassles), a clear parental identity may represent a source of resilience protecting parents against burnout. In this talk, I will provide data from ongoing studies with various designs (e.g., diary studies, longitudinal research, and actor-partner designs) testing the presumed protective role of parental identity against parental burnout.

December 6, 15:45-16:45

Parental Burnout: An Emotion Regulation Perspective

Prof. James Gross, Stanford University, USA

Parental burnout is characterized by overwhelming emotional exhaustion, emotional distancing, and a sense of felt ineffectiveness. What these three features have in common is problematic emotional states. In this talk, I offer an emotion regulation perspective on parental burnout. My starting point is the idea that from time immemorial, people have been deeply ambivalent about their emotions. On the one hand, emotions are said to aid in decision-making, prepare us for rapid motor responses in times of trouble, and facilitate social interactions. At the same time, however, emotions are said to be dangerous and destructive, crippling our ability to think flexibly, leading us to respond maladaptively, and compromising crucial social relationships. In this talk, I draw upon recent work in affective science to consider what emotions are, why we are so ambivalent about them, and how we can skillfully regulate our emotions so that we can make the most of them. I then use these insights to provide a new perspective on parental burnout.

December 7, 9:00-10:00

The challenges (and rewards) of parenting: A cross-cultural perspective

Profs. Sara Harkness & Charles Super, University of Connecticut, USA

The experience of parenting is shaped by parents' culturally structured milieu, in interaction with their personal characteristics and histories and those of their children. In this lecture, we will present a cross-cultural perspective on the challenges – and rewards – of parenting children from infancy to middle childhood. Our remarks, based on fifty years of research on parents and children in various cultures around the world, will draw from a theoretical framework that we developed in order to facilitate empirical research on how parents (and other caretakers) shape their children's daily lives in particular cultural contexts. The "developmental niche," as we term this framework, conceptualizes the child's immediate environment in terms of three components or sub-systems: physical and social settings of the child's daily life, customs and practices of care, and the psychology of the caretakers, including emotional functioning as well as parents' own culturally informed beliefs or "parental ethnotheories." The three subsystems of the developmental niche work together in synergistic fashion, responsive to both aspects of the larger culture and to characteristics of the child. As we will suggest, a cultural perspective on parental burnout is important because many aspects of parents' lives – from expectations of what makes a "good parent" to actual sources of support for dealing with the challenges of bringing up children – are to a large extent culturally structured, thus providing differing risks and protective factors in relation to parents' physical and psychological well-being. These ideas will be illustrated by findings from our own research on parents and children in several cultural communities in Europe, Asia, and the U.S.

December 7, 10:00-10:30

A cross-national investigation of intensive parenting norms: The UCOM study

Dr Loes Meeussen and Pr Colette Van Laar, University of Leuven, Belgium

Intensive mothering norms prescribe parents to be fully devoted to their role as a mother, put their children's needs first, and raise their children in line with the many do's and don'ts of caregiving. While such norms aim to ensure the best for today's children, their high standards have been shown to involve costs: mothers who feel pressured to be 'perfect' experience more maternal guilt and stress, lower self-efficacy beliefs, are at risk of depression and parental burnout, and show decreased career ambitions. While their consequences have been well-documented, far less is known about what constitutes intensive mothering norms in a society and their prevalence across the world. Using unique data of the UCOM study in more than 50 countries worldwide, we examine cross-national variation in experienced intensive mothering norms and look at national indicators (female employment, maternal leave policies, individualism, birthrate) related to more or less intensive mothering norms. Moreover, as gender norms are changing and men are taking on more childcare roles, we explore the extent to which men experience pressure to be a perfect father and national factors (paternal leave policies, egalitarianism) related to these experiences. Together, this research increases insight in the normative processes that affect parenting as well as gendered patterns therein.

December 7, 14:00-14:30

Parental burnout and decreasing birthrates: Is parental burnout a societal threat and how can it be prevented?

Dr Matilda Sorkkila and Prof. Kaisa Aunola, University of Jyväskylä, Finland

Although parental burnout has been shown to have serious consequences to families' wellbeing, the wider societal impacts of parental burnout are yet relatively unknown. Our first results among Finnish parents (N = 1725) demonstrated that parental burnout may be related to decreasing national birthrates, as more than half of the participating parents reported that their exhaustion as a parent had influenced their wishes to have more children. This presentation will discuss the potential societal impacts of parental burnout in terms of decreasing birthrates. Moreover, as a practical solution, a novel tool for screening parental burnout, the Brief Parents Burnout scale (BPs), will be presented. It will be discussed how the BPs could be systematically used in primary care settings for early detection and prevention of parental burnout. The multidisciplinary piloting procedure of the scale in Finnish child health centers will be introduced and future challenges and aspirations in terms of having the scale nation-widely used will be discussed. The possibilities of using the BPs in also other countries and cultures will be brought into conversation.

December 7, 14:30-15:00

Parental Burnout and Sibling Relationships in Chinese Adolescents

Prof. Bin-Bin Chen, Fundan University, China

Since the implementation of the comprehensive second-child policy in 2016, the number of two-child families in China has risen sharply. However, very little practical information is available for those parents to help them improve sibling relationship quality. The current research was designed to remedy this situation by conducting the study on Chinese adolescents' sibling relationships. In addition, existing research on parenting burnout is still scarce, in particular the research on the impact of parenting burnout on child development. Based on previous research dealing with parental roles in sibling relationship quality, the present study aimed to examine how parental burnout would affect the children's sibling relationship through the mediator of parenting behavior. Young adolescents and their mothers from 208 families in Huzhou, Zhejiang province, China participated in this research. Mothers completed questionnaires that assessed parenting burnout; adolescents completed questionnaires that assessed sibling relationship and mother's parenting behaviors. The results showed that higher levels of maternal burnout led to more neglected parenting behavior, which in turn increased adolescents' conflicts and avoidance in sibling relations but decreased sibling intimacy. The current findings suggested that mother's mental state did affect the child's sibling relationship, and this role was transmitted through parenting. The findings provided a new perspective for improving the sibling relationship.

December 7, 17:00-17:45

Parental burnout and coparenting relationships: associations and implications

Prof. Maria Filomena Gaspar, University of Coimbra, Portugal

Co-parenting is a central element of family life and is more closely linked to parent's adjustment (e.g., parental stress, efficacy), parenting quality (e.g., warm/hostile parenting) and child adjustment (e.g., social skills, behavior problems) than are other aspects of the inter-parental relationship (Feinberg, 2003). Refers to the ways that parents and/or parental figures relate to each other in the role of parent and, according to Feinberg's ecological model (2003), is shaped by four main groups of factors: individual parental characteristics, child characteristics, inter-parental relationship and stress, and support contextual sources. Parental burnout is a unique and context-specific syndrome resulting from enduring exposure to chronic parenting stress (Roskam et al., 2017). Balance between Risks and Resources (BR²) theory (Mikolajczak & Roskam, 2018) proposes poor co-parenting as a "specific" risk factor for parental burnout and, by contrast, positive co-parenting as a stress-alleviating "specific" factor. In the other direction parental burnout also has detrimental consequences for co-parenting. In this conference, I will reflect briefly on the theory of co-parenting and will discuss how it can act as either a risk or a protective factor for parental burnout. I will present a study, conducted as part of the International Investigation of Parental Burnout (IIPB), coordinated by Anne Marie Fontaine and myself in Portugal. The study examines which components of co-parenting are more related to parental burnout in a sample of 200 Portuguese' mothers and 200 Portuguese' fathers who had at least one child living at home. We also analyze how children' age and gender and parent's education predicts co-parenting quality and modifies the relations between co-parenting and parental burnout. Co-parenting was assessed with the brief (14 items) Co-parenting Relationship Scale, and Parental burnout was assessed with the Parental Burnout Assessment. I will discuss

the preliminary results considering issues like gender division of domestic labor, state support offered to dual-earner families, the divorce rate in Portugal and support to positive parenting. Implications to research and practice are also discussed, specifically related to how individual/group psycho-educational programs for parents could increase positive co-parenting and help to prevent/reduce parental burnout in different types of families, specifically the ones facing co-parenting conflict.

December 7, 17:45-18:00

New directions in cross-cultural research on parental burnout

Profs. Sara Harkness & Charles Super, University of Connecticut, USA

December 7, 17:45-18:00

Closing ceremony

Parallel sessions

December 6, 14:15-15:15

Predictors of parental burnout I (SOC040)

Chair: Seyyedeh Fatemeh Mousavi, Alzahra University, Tehran, Iran f.mousavi@alzahra.ac.ir

Parental Burnout: the personal, interactional and cultural factors in light of multilevel ECO Model
Mousavi Seyyedeh Fatemeh, Iran

Parental burnout is affected by many factors, including individual, interactional and cultural background that could be seen in the comprehensive, interactive and dynamic Bio-ECO model. In this model based on ecological systems theory, parent-child relationships are investigated at micro, mezzo and macro levels in which children and parents with their genotype (the biological organization), phenotype (the characteristics of the individual), and environment (the social organization that regulates the way everybody fit into society) affect each other in behavior and development. The current research was administrated with the aim of studying some variables categorized in three levels of ECO model to predict parental burnout. Two studies were done (Study 1, 447 parents: 222 fathers / 225 mothers; Study 2, 161 mothers: 87 mothers with healthy children/74 mothers of disabled child). The results at the micro-level (personal variables) showed that high positive perception, high sense of competence and high level of education in parents were associated with low burnout; having a disabled child was correlated with high burnout in parents. At the mezzo-level (interactional variables), high marital satisfaction, length of marriage, and high perceived social support were associated with low parental burnout; increased parental stress, reduced parental satisfaction, parental function, especially satisfying to the basic needs, moral values and emotional needs in children were correlated with high parental burnout. At the macro-level (cultural variables) the results revealed that parents who feel important to transmit the values of tradition & conformity, agency & self-direct, benevolence & pro-social and religion to their children, reported low burnout. The results indicated a significant relationship between individual, interactive and social variables with parental burnout. The ecological look at micro, mezzo, and macro levels can provide a better understanding of the predictors of parental exhaustion.

Being a mother and/or being a professional: The difficult conciliation of Portuguese women

Filipa Cesar & Anne-Marie Fontaine, Portugal

At a time when, in Portugal, more than half of university students are women, we analyzed the way in which graduated women frame motherhood in their family and professional life projects, the strategies they adopt in everyday life to reconcile their various social roles and the variables that condition their well-being. We interviewed 12 mothers in various professional situations and their speeches were subject to content analysis. Results show that the decision to become a mother is postponed until considered appropriate conditions, at both professional and financial levels, have been met, but then women's careers are seconded in favor of children. In line with other studies carried out under this project, interviewees adopt an intensive motherhood model that prioritizes children and compromises their professional life, even when their academic investment has reached the doctoral level.

Also, the management of everyday life is complex and sometimes overwhelming, and mothers claim for more time with their children and for themselves. The conciliation between children and careers need, on the one hand, more balanced models of motherhood that value the well-being of both child and mother and, on the other hand, political and social support in making mothers and fathers' working conditions more flexible.

Antecedents of Parental Burnout in Ukraine

Zbrodska Iryna, Ukraine

A long-term transformation crisis in Ukraine as a result of military, political, and economic instability bring about radical changes in various social, political, economic, and religious institutions. The institution of the family is not an exception. The quality of life in Ukraine has been decreasing; also, the stress level has been increasing rapidly, as a level of demands to people. Instability and uncertainty in different spheres of life lead to additional tensions in the life of the population, affect people's mental health, and require constant adaptation to new conditions. Stressors of modern life can predispose people to develop burnout, which has become a subject of great attention both academically and societally. Family is one of the most important institutions of society where the study of the burnout phenomenon has been lacking: There is no research on parental burnout in Ukraine. As a preliminary step to future empirical research on the topic, this talk will present a review of factors at the macro-, meso- and micro-levels that can influence parental burnout in Ukraine.

Predictors of parental burnout II (SOC041)

Chair: Emma Sorbring, Sweden

Predictors and outcomes of parental burnout in a Swedish context

Emma Sorbring, University West, Sweden Fatumo Osman, Dalarna University, Sweden Terese Glatz, Örebro University, Sweden

In Sweden, parental burnout has been examined among parents of children with serious diseases (e.g., cancer) and/or chronic diseases (e.g., diabetes). However, there is a lack of studies on non-clinical samples of parents and studies that compare parents of children with and without diseases. Sweden is a country with a well-developed social support system, where school and health care are covered by taxes and not by individuals themselves. Support to parents is available through social

services, care centers, and through the child's school. This support can be universal (i.e., cover all parents), aimed (i.e., focus on certain at-risk groups), or at an individual level. In other words, Sweden offers much support to parents in general and not only to parents of children with a serious illness/disease. Such support can have a positive influence on parents' health and competence, in both of these parental samples. International research on non-clinical samples has been shown that certain parental and family characteristics are influential for parents' health and well-being. However, a potential gap between actual (and perceived) demands on parents and their individual and contextual resources seems to be an important factor for the development of parental burnout. Based on these premises, this study focuses on the association between parental burnout on the one hand and parents' health and sense of competence on the other, among mothers of children with and without a diagnosis. We will also perform analyses concerning potential predictors of parental burnout covering different parental and family characteristics. Material has been collected from 425 mothers in Sweden. About 20% of these mothers have at least one child with some diagnosis (e.g., Autism, ADHD), 10% are born outside of Sweden, and 85% are working outside of the home. In general, mothers who are working outside of the home spend less time with their children than mothers without a job (six hours compared to 10 hours), but there were no differences in time spent with their children between mothers of children with and without a diagnosis. Using path analysis in Mplus, we will examine both predictors (e.g., ethnicity, child's diagnosis, parental work situation) and outcomes (parents' health and sense of competence) of parental burnout. This analysis will point out risk as well as protection factors for parental burnout—on an individual and family level—and will show whether there is a difference in health problems and parental competence between parents of children with and without a diagnosis.

Parenting within distinct cultural contexts: a comparison across two countries and continents

Pablo Pérez-Díaz, Sandra Dunsmuir, Jane Lang, Daniela Oyarce Cádiz, Konstantinos Petrides, Chile/UK

Parental burnout is a relatively new concept that allows researchers to understand the distress that can be experienced by individuals in the role of parents. The present study reports a cross-cultural comparison of the IIPB data collected in Chile and the UK. First, we compared fathers' and mothers' responses on parental burnout (PBA) measures. In the Chilean sample, means were significantly higher for mothers than fathers on all factors apart from emotional distancing ($p < .05$). In the British dataset, three of four PBA measures were significantly higher for mothers than for fathers at $p < .05$ (i.e., exhaustion in parental role, contrast with previous parental self and a global measure of PBA). Second, we applied a multivariate linear regression model for mothers and fathers in each country. In Chile, we tested a model with the following predictors: being a mother, educational level, tasks and responsibilities associated with being a mother, independence versus interdependence, and values of 1) establishing relationships with others, and 2) self-determination. The proposed model explained 16% of the variance of global PBA in Chilean mothers ($R^2_{Adj}=.15$). None of the predictors in the proposed model was significant for the subsample of Chilean fathers. We then tested a model with the British dataset, finding substantial differences between mothers and fathers. For mothers, we tested a model with these predictors: being a mother, number of children per household and childrearing, which explained 19% of the variance of the global PBA in British mothers ($R^2_{Adj}=.18$). Whereas for the British fathers, a model with the predictors: being a father, educational level, Independence and traditional gender role explained 15% of the variance for the global PBA ($R^2_{Adj}=.12$). Finally, we performed a comparative content analysis of societal expectations of ideal parenthood in Chile and the UK. Goal values were reported as important for the Chilean mothers, whereas factual context and social variables were more frequently cited by British fathers and

mothers. We discuss the similarities and differences in the discourse used to describe idealized parental roles and expectations across these two countries in the context of contemporary socio-cultural and political influences.

Parental burnout among parents of adolescents: Associations with parents' representations of adolescence and overprotective parenting

Stijn Van Petegem & Grégoire Zimmermann, Switzerland

Adolescence is a developmental period characterized by considerable changes, with adolescents increasingly striving for more independence and self-reliance, and exploring different identity alternatives. Some parents may have difficulties adapting to this new reality, and may become involved in their children's lives in ways that do not meet their developmental needs. Parental overprotection (i.e., parents' provision of protection that is excessive, considering the child's developmental level), may be a potential risk factor for the development of parental burnout. This may be further fueled when parents expect the adolescent years to be a difficult period in life, characterized by rebelliousness and "storm-and-stress" behaviors. The goal of the present study, therefore, is to examine whether parents' representations of adolescence is predictive of overprotective parenting, which in turn would put parents at risk to experience symptoms of parental burnout. We are currently gathering data among parents of Swiss adolescents (aged 14-16 years), aiming to obtain a sample of 300-400 parents. Parents filled out measures of parental burnout, overprotective parenting, representations of adolescence being a difficult period in life, beliefs about the capacities of adolescents to act in a mature and adult way, and perception of their own child to be difficult. Preliminary analyses on a sample of 83 parents suggest that parents' representations of adolescence being a period of storm-and-stress predicted higher levels of overprotective parenting, also when controlling for the degree to which parents perceive their own child to be difficult. Parents' beliefs about adolescents' capabilities to act in mature ways, by contrast, predicted lower levels of overprotective parenting. Parental overprotection, in turn, was found to relate to higher levels of parental burnout symptoms. The main analyses will involve testing the proposed associations in an overall model using structural equation modeling.

Parenting Stress in Mothers of Preschoolers: A Process Model Involving Repetitive Thinking of Parenting

Lin, Gao-Xian & Lay, Keng-Ling, Belgium/Taiwan/USA

Although previous research has shown how maternal parenting stress is connected with child's development (Deater-Deckard & Panneton, 2017), how mothers encounter parenting stress is yet to be clearly articulated. This research explored the antecedents (the interaction between child's temperament and husband's emotional support) and consequences (maternal parenting stress) of mother's repetitive thinking of parenting (RTP) including emotional-rumination/repetitive-planning/meaning-making on parenting. A three-month longitudinal research was conducted to examine (study 1) the concurrent predictive effect of antecedents on RTP through maternal parenting stress and (study 2) the longitudinal predictive/moderative effect of RTP on both individual difference and stability of maternal parenting stress. After data screening, there were 87 (child's age: M=53.39 months, SD=12.69 months, 48 boys) and 89 (child's age: M=51.02 months., SD=14.11 months, 45 boys) mothers of preschoolers in Taiwan for study 1 and study 2 respectively. Data collected in the first wave included child temperament (Putnam & Rothbart, 2006), maternal RTP, parenting stress (Abidin, 1995), and perceived emotional support from husband (Lay & Liu, 1996). Maternal parenting stress was collected again three months later. Conditional process analyses (Hayes, 2018) were

conducted in study 1 and indicated the significant conditional indirect effect of child's surgency and husband's emotional support on maternal RTP through maternal parenting stress. Child's negative affectivity could explain maternal meaning-finding and emotional-rumination through parenting stress. In study 2, longitudinal predictive effects of RTP on maternal stress were examined simultaneously through regression analysis, and results suggested the heterogeneous effect of three types of RTP on stress. The moderating effect of RTP on the stability of maternal stress was examined via hierarchical regression analysis, and results showed emotional-rumination and meaning-finding could be vulnerability factor of the stability of parenting stress. These results were explained from the perspective of the process model of maternal parenting stress encounter (Lazarus & Folkman, 1984).

Parental burnout after child birth and in early childhood (SOC042)

Chair: Josue Tenkue, Cameroun

Prevalence of psychosocial stress and mental health disorders in parents and their children in the postnatal period. Design and preliminary results of the SKKIPPI cohort study

Fricke J, Bolster M, Schlensog-Schuster F, Vienhues P, Ludwig-Körner C, Mattheß J, Reinhold T, Berghöfer A, Roll S, Keil T, Germany

The postnatal period is a vulnerable time for the mental health of parents and their children. For Germany, epidemiological data from population-based studies on postnatal mental health outcomes are scarce. The objective of the SKKIPPI cohort study is to assess the frequency of psychosocial stress and mental health disorders after birth. In a prospective cohort study, 30,000 parents with young children are invited to participate in the study via a simple random sample from the residents' registration offices in Berlin, Leipzig and Flensburg. In a 1st screening stage, symptoms of psychological stress of the parents are gathered in an online questionnaire. If this 1st screening is positive, a standardized interview will be carried out in a 2nd stage to assess psychiatric disorders according to ICD-10 (M.I.N.I.). In addition, more detailed questions will be asked about the use of care services, regulatory disorders in the child and parental burn-out using the German version of the Parental Burnout Assessment questionnaire. After 6 months, a follow-up questionnaire is planned. After sending out the first 2,000 letters of invitation, the response per child in the 1st screening stage was 12.5% (239 mothers, 46 fathers). 106 mothers screened positive in the 1st screening stage. Further results from the 1st and 2nd screening stage are presented with a focus on results from the Parental Burnout Assessment questionnaire. It can be concluded that population-based data on postnatal psychosocial stress and mental health disorders serves to improve the data situation in Germany and to meet future needs in the health and social care sectors. A special aspect is the assessment of parental burnout in the postnatal period.

Beliefs about Motherhood and Work Centrality after Childbirth in Primiparous and Multiparous Women: Impact on Postpartum Depression and Maternal Burnout

Loyal Deborah, Nicole RASCLE , & Anne-Laure SUTTER, France

This study aims at exploring how beliefs about motherhood (Intensive Mothering Ideology; IMI) and work centrality might evolve after childbirth in primiparous and multiparous women and how those changes might impact postpartum depression and maternal burnout. French women were recruited during late pregnancy (N = 144) and followed up at 2-month (N = 138) and 4-month postpartum (N = 129). They were given self-administrated questionnaires regarding IMI, work centrality, postpartum depression, and maternal burnout. First, repeated means comparisons for IMI and work centrality were conducted for the whole sample and for primiparous and multiparous women. Then, linear mixed models were computed to explore how changes in IMI and work centrality might influence

changes in postpartum depression and maternal burnout, while controlling for parity and unemployment. We found that having a child goes hand in hand with an increase in IMI and a decrease in work centrality. Some of these changes are stronger in first time mothers (new role accommodation) whereas others are stronger in multiparous mother (aggregating demands). Those values and beliefs changes are associated with postpartum depression and maternal burnout in mixed and sometimes paradoxical ways. Mainly, growth in sacrificial beliefs seems to be detrimental to postpartum depression, and maternal burnout.

Maternal depression and parental burnout in the first year of parenting

Barbu Andreea Maria & Oana Benga,, Romania

Depression and parental burnout are two phenomena which affect adults in their parenting roles. Previous accounts have shown that there is a moderate association between depression and parental burnout. The present study aims to investigate the degree of overlap between maternal depression and burnout in the first postnatal year. We also examine the influence of perceived stress on both maternal depression and burnout. Mothers recruited from the general population, with at least one child aged up to 12 months, will participate in the present study. The data collection for this research is under process. Several main questions guide our current endeavor. First, to what degree are postnatal depressive symptoms associated with maternal burnout? In this respect, we expect at least a moderate association between the two syndromes, with potentially higher associations for younger mothers. Second, could maternal burnout be a form of subclinical postnatal depression? This question has an exploratory aim. Third, how does maternal stress influence the association between depression and burnout? We expect the association between maternal depression and burnout to be higher for mothers with heightened levels of perceived stress.

The role of ideal parenting, perfectionism and self-discrepancies in parental burnout (SOC043)

Chair: Isabel Miranda, Ecuador

Self-Discrepancy and Parental Distress

Philippot Pierre, Belgium

Being a parent is associated with strong expectations, both from the society and from oneself. These social-prescribed and self-prescribed ideals are most often not met in real life. Gaps, or discrepancies, between the socially prescribed or ideal selves and the actual self are then observed.

They are a potential source of significant parental distress. In this contribution, we will review data from three large scale surveys examining the relationships between parental burnout and parental distress one the one hand, and the discrepancy between the perceived actual parental self and the socially and ideal parental selves. Overall, these data suggest a significant relationship between self-discrepancies and parental burnout, both phenomena seemingly reinforcing each other. Parental self-discrepancies are not significantly impacted by socio-demographic variables. The discrepancy related to the ideal parental self seems more important than the one related to the social prescriptions, especially for men. The self-attribution of negative parental characteristics also appears to be related to parental burnout. Implications for psychological interventions will be discussed.

Why Ecuadorian parents are less emotional exhausted?

Miranda Isabel, Ecuador

This work seeks to explain the lower presence of parental burnout in Ecuador compared to eight other Spanish-speaking countries. To this aim, this research will most specifically focus on parental cognitions, i.e., on what parents think about themselves as parents, especially their beliefs about their self-efficacy and feelings of parental competence. Previous research showed that parents with burnout perceive themselves as bad parents because they can't be the parent they want to be. Their "parental ideal" failed. Our hypothesis is that, given the medium presence of parental burnout in Ecuador, parents should feel moderately satisfied about their self-perception as parent. We further wonder: what are the parental ideals and what are the beliefs that build the feeling of competence in Ecuadorian parents? To do this, this research looks into official policies that could show us how far (or close) are the Ecuadorian parenthood ideals from the western positive parenthood ideal, and presents the information extracted from 10 interviews of parents from different socio-economic and cultural backgrounds in order to understand the construction of their parenthood ideal and self-efficacy in their role. Ultimately, we believe that this could bring us closer to an explanation of the median prevalence of parental burnout in Ecuador. This is an ongoing investigation so at this time the theoretical approach, analytical and methodological framework will be presented, but not results or conclusions yet.

Perfectionism and parental burnout: some thoughts about the mediating processes

Douilliez Céline, Belgium

An increasing number of studies have highlighted perfectionism—a multidimensional construct with two higher-order dimensions: perfectionistic strivings and perfectionistic concerns—as one of the potential antecedents of burnout in work, sport and education.

Those studies have evidenced a positive relationship between perfectionistic concerns—a dimension of perfectionism referring to a struggle for perfection, perceived as imposed by others, accompanied by self-criticism and doubts about one's capacity to achieve—and burnout symptoms. By contrast, only weak positive or non-significant correlations were observed between the second dimension of perfectionism—called perfectionistic strivings and referring to a self-oriented motivation to set and strive for high standards—and burnout symptoms.

However, only few studies so far have investigated the role of perfectionism in parental burnout. Moreover, much research is needed to better understand the underlying processes that could account for the relationship between perfectionism and burnout, including parental burnout. Based on current models of perfectionism and parental burnout, I will review some plausible mediators of this relationship (e.g., stress-related processes, self-regulation processes, or emotion regulation processes) and will also question the specificity of parental burnout in that respect.

Perfectionism and stress: Self-compassion as key to prevent (parental) burnout

Marie Bayot, Belgium

Dysfunctional perfectionism, which is characterized by perceived external expectancies, self-criticism, felt threat to self-value and avoidance of negative experiences, strongly predicts stress and burnout in various life domains such as parenting. Interestingly, self-compassion stands at the opposite end of this widespread trait. Composed of self-kindness and understanding towards one's own flaws and difficulties, as well as the acknowledgement of common humanity within experiences of suffering, and a mindful state of mind when facing discomforting thoughts and emotions, self-compassion appears as an antidote to dysfunctional perfectionism. As a matter of fact, self-compassion trait is

inversely correlated with psychopathological symptoms that are associated with perfectionism (e.g., depression). As regards to parenting, self-compassion seems to play a protective role by influencing several core processes in parental burnout such as attachment style and feelings of shame or guilt. Importantly, self-compassion can be developed through validated and standardized group programs. Although more research is needed, first results suggest a promising avenue for self-compassion based interventions to treat parental stress and therefore prevent parental burnout.

The consequences of parental burnout on the parent and the children I (SOC023)

Chair: Dorota Szczygieł, Poland

The ordinary educational violence: parent-child attachment and the mediating role of parental competence and parental burnout

Sánchez-Rodríguez, R., Ablana, C., Boureau-Guérinière, M. and Séjourné, N., France

Ordinary educational violence is the set of coercive or punitive practices that can be used against children and that is socially considered acceptable. However, its practices change depending on the country, period and culture. For example, 85% of French parents report spanking. The objective of this study is to determine the vicious circle that can lead to these practices in order to identify prevention strategies. Recent research has shown that parents' sense of competence is an important explanatory factor for parental burnout, which in turn is a factor for violent behavior towards children. Given these results, it is expected that factors of parental competence (such as the mother-child relationship or social support) will influence coercive parenting practices through parental competence and parental burnout. 190 mothers ($M=30.54$; $SD=6.09$) with at least one child under 5 years old participated in this research. Through a series of multiple regressions, the relationship between factors of parental competence and coercive parenting practices was evaluated in a double mediation who took into account parenting competence and parental burnout respectively. Preliminary results showed that only 6.3% ($n=12$) of participants had never used any coercive measures. For the link between the variables studied, the data analyses supported the contribution of two mediators, with the consideration of all two mediators having the most significant effects. These results highlight the negative sequence between the variables studied and the significant impact that parental burnout can have on coercive parenting practices. The clinical implications of the results will be discussed.

Selected conditions of parental burnout and its consequences for the functioning of the family.

Sekulowicz Malgorzata , Kwiatkowski Piotr, Poland

Parental burnout is understood as a relatively permanent state of depletion of vital strength, loss of commitment and sense of competence of a person experiencing mental strain as a result of the parental role. In our research we look for the sources and consequences of this condition. This means that we treat the parental burnout as a mediator between the difficulty of the parental role and the functionality of the parental adaptation resources system and the functionality of the family system in different dimensions. We will present the results of two empirical studies in which the mediating effect of parental burnout was documented using pathway analysis.

A Network Approach to Parental Burnout

M. Annelise Blanchard, Isabelle Roskam, Moïra Mikolajczak, & Alexandre Heeren, Belgium

The use of network analyses in psychology has increasingly gained traction in the last few years. A network perspective views psychological constructs as dynamic systems of interacting elements. We present the first study to apply network analyses to examine how the hallmark features of parental burnout — i.e., exhaustion related to the parental role, emotional distancing from children, and a sense of ineffectiveness in the parental role — interact with one another and with maladaptive behaviors related to the partner and the child(ren), when these variables are conceptualized as a network system. In a preregistered fashion, we reanalyzed the data from a French-speaking sample ($n = 1551$; previously published in Mikolajczak, Brianda, Avalosse, & Roskam, 2018), focusing on seven specific variables: the three hallmark parental burnout features, partner conflict, partner estrangement, neglectful behavior toward children, and violent behavior toward children. We computed two types of network models, a graphical Gaussian model (GGM) to examine network structure, potential communities, and influential nodes, and a directed acyclic graph (DAG) to examine directions of prediction. Both network models pointed to emotional distance as an especially potent mechanism in activating all other variables. These results recommend emotional distance as a prime candidate for future interventions, while affirming that network analysis can successfully expose the structure and relationship of variables related to parental burnout and its consequences related to the partner and the child(ren).

December 6, 16:45-17:45

Round Table IIPB: Discussing the IIPB's study results and paving the way for future cross-cultural research (Library of the Psychological Department)

All IIPB members (Chairs: Isabelle Roskam & Moïra Mikolajczak)

December 7, 11:00-12:30

Emotional factors in parental burnout (SOC040)

Chair: Meltem Ustundag Budak, Turkey

Does Parental Alexithymia Predicts Parental Burnout and Child Psychological Problems?

Sena Cure Acer, Bahcesehir University, A Meltem Ustundag Budak, Bahcesehir University, Gizem Arikan, Ozyegin University, Turkey

Previous studies have found that parental burnout is a prevalent disorder with damaging consequences for the parent, the couple, and the children.

The current study investigated the relationship between parental alexithymia, parental burnout and child psychological problems (internalizing symptoms, externalizing symptoms, anxiety and depression, somatic complaints, and withdrawal). The effect of gender, age, education level and family type were also controlled.

Two hundred and ninety parents (145 couples) were participated in this cross-sectional survey. Linear regression analyses showed that parental alexithymia predict parental burnout and child psychological symptoms (evaluated by the parent). The results also showed a small positive relationship between parents' education level and parental burnout and a negative relationship

between parents' education level and child psychological symptoms. However, child psychological symptoms did not predict parental burnout. Implication of the results for research and practice will be discussed.

When emotional intelligence backfires: Interactions between intra- and interpersonal emotional competencies in the case of parental burnout

Marie Bayot, Isabelle Roskam, Laura Gallée & Moira Mikolajczak, Belgium

While emotional intelligence is associated with positive outcomes in the parenting literature and beyond, the specific contribution of its intra- and interpersonal dimensions, as well as their interaction, have been understudied. Yet, preliminary data suggest that intra- and interpersonal emotional competence (EC) sometimes interact in such a way that the highest is not always the best. Although both intra- and interpersonal EC are particularly involved in parenting, little is known about how these variables might contribute to parental (dys)functioning. Parental burnout, a stress syndrome characterized by an extreme fatigue and relative disengagement from one's parental role, is indeed strongly predicted by the level of EC but specific processes at stake remain untested. In this study, 842 parents completed self-reported measures of EC and parental burnout. Hierarchical multiple regression and moderation analyses showed that the level of intrapersonal EC mainly and negatively predicted parental burnout. On the other hand, the level of interpersonal EC positively predicted parental burnout and moderated the relation between intrapersonal EC and parental burnout. As interpersonal EC increased, the protective effect of intrapersonal EC on parental burnout decreased. Our findings therefore highlight the fact that intra- and interpersonal EC do not always work in a cumulative manner and emphasize the importance of studying intra- and interpersonal EC separately. For the purpose of providing clinical guidelines, future studies should investigate mediating variables that underlie the deleterious impact of interpersonal EC on parental stress (e.g., parental perfectionism).

Adaptation of the transactional model of stress to maternal burnout

Lebert-Charron Astrid, Jacqueline Wendland, Géraldine Dorard, & Emilie Boujut, France

Raising a child can be considered as a stressful task that can threaten parents' mental health. Recent research seems to confirm the prevalence of a maternal burnout syndrome (8%) (Roskam, Raes & Mikolajczak, 2017). The aim of the present study is to propose a conceptual framework of maternal burnout adapted from the transactional model of Lazarus and Folkman (1984) liable to contribute to a better understanding of its mechanisms and determinants. The transactional model is a reliable and well documented approach to understand the unfolding of appraisal of stress, coping and burnout. Studies have shown that professional and maternal burnout may share some similarities, so it appears relevant to evaluate if the transactional model could apply to maternal burnout in order to improve prevention and treatment strategies directed to parents. We applied the transactional model of stress -in which appraisal processes and coping lay a major part- to explain level of burnout's differences regarding health status. In a cross-sectional study using a large sample of mothers (1200 mothers), measures related to socio-biographic and environmental characteristics, as well as transactional processes (perceived stress (Stress Parental Index-Short Form- SPI), social support (Social Support Questionnaire-6 -SSQ-6), and coping strategies (Ways of Coping Checklist- WCC)) were completed. Parental burnout was considered as criteria, and the other variables were considered as risk factors. Results will be presented and discussed in terms of their clinical and research implications.

Gender issues in parental burnout (SOC041)

Chair: Daniela Oyarce-Cadiz, Chile

Burned out Fathers and Untold Stories: Mixed Methods Investigation of the Demands and Resources of Finnish Fathers

Matilda Sorkkila & Kaisa Aunola, Finland

Parental burnout has been recently acknowledged as a unique psychological phenomenon that can have serious consequences to families. Nevertheless, most research so far has been conducted among mothers and little is known about the experiences of burned out fathers. This presentation will introduce a study, which compared the descriptions of parenting-related demands and resources of burned out and non-burned out fathers and examined what kinds of support and services fathers report needing. The participants were 10 fathers with highest level of burnout symptoms, and 14 fathers with lowest level of burnout symptoms, out of 158 fathers who answered a questionnaire at Finnish Child Health Centers or online. The qualitative open-ended answers were analyzed by using hierarchical thematic analysis and the descriptions of the burned out and non-burned out fathers were compared. Moreover, quantitative answers regarding parenting-related stress-factors were compared between the groups. The results showed that burned out fathers experienced more parenting-related demands than non-burned out fathers and reported needing financial, practical, and social support. Furthermore, burned out fathers reported being dissatisfied with the society, having difficulties integrating work and family life, and being strained by everyday life with children. The reported resources were similar among burned out and non-burned out fathers and consisted mainly of happiness regarding their children. It will be discussed what kinds of support services could be generated for fathers who are at risk of burning out.

Connections among personal values in men and women during their parenting

Romanyuk Lyudmyla, Ukraine

Within the existential approach, A. Laengle explains burnout as a psychic effect for a long alienated attitude to life: "This is a life that is not truly mine". When men and women during their parenting neglect the intrinsic value of things, not paying enough attention to it, there is an underestimation of the value of their own lives. This leads to loss of relationships and inconsistency with oneself. Anyone who is more than half-busy with the things he does reluctantly, or does not give his heart to, does not feel joy, then, sooner or later, will face burnout syndrome. Wherever in my heart I feel inward agreement about what I do, I am protected from burnout.

The objective of the study is to analyze the motivational basis of the mechanisms of adults' values in their parenting, describing ten personal values prioritized by men and women. The research explores the relationships between two opposing values, achievement and benevolence, specifying stimulation as a mediator between them. It is examined whether such a mediation model could be further qualified by gender as moderator. The 40- item Portraits Values Questionnaire (PVQ, S. Schwartz, 2001), measuring ten basic values, was administered to 500 parents. Gender differences between the ten values were computed, and hierarchical regression methods were applied to explore mediation and moderation mechanisms among the three selected values and gender. Minor gender differences emerged for some of the ten basic values. An indirect relationship among the three selected values was identified. Stimulation was found to operate as a mediator between achievement and benevolence. A conditional process model was established with gender moderating the achievement – stimulation path (men had a steeper slope than women). Gender also moderated the achievement – benevolence path (men had a steeper slope than women). For men, the association between achievement and stimulation values was stronger than that for women. For women, the

level of benevolence was independent of their achievement level. The present analysis revealed peculiarities of indirect and differential associations among personal values, adding a perspective to research cognitive mechanisms involved in the becoming of ten basic values.

Is being a parent in Portugal satisfying? How gender, parental burnout and parental competence relate to life satisfaction

Marisa Matias, Joyce Aguiar, Filipa Cesar, & Anne-Marie Fontaine, Portugal

This study aims to characterize parenthood in Portugal and, more specifically, analyzing the linkages among parental burnout, parental competence and life satisfaction, as an indicator of wellbeing, disentangling these linkages for mother and for fathers. Data was collected using online and paper and pencil self-report questionnaires on a convenience sample of 407 Portuguese individuals (n= 205 women). Results show that women have higher levels of parental burnout than men, in all the considered dimensions (exhaustion, contrast, being fed up and emotional distancing) and that women perceive themselves as less competent in the parental role than men. No gender differences were found in regard to life satisfaction. Parental burnout is linked with lower levels of life satisfaction and parental competence for both men and women, with the exception that men's life satisfaction does not seem to be linked to men's parental exhaustion. Life satisfaction is positively linked with parental competence for both men and women. Overall our results grant additional evidence to the parental burnout construct and measurement and highlight gender specificities that can be interpreted in light of societal views on what is expected of mothers and fathers.

A linear regression model for understanding parental burnout and gender in Chile

Oyarce Daniela Cadiz, Pablo Perez-Diaz, Chile

Parental burnout is a relatively new concept that makes it possible to understand the suffering of parents who feel exhausted in their role. The present study analyses parental burnout among Chilean parents according to gender. We also tested a model that allows us to understand the variables associated with mothers' and fathers' burnout in Chile. Gender differences were found with PBA (Parental Burnout Assessment). The mean level of emotional exhaustion, saturation (feeling of being fed up) and contrast was higher for mothers compared to fathers, but no significant difference was found for emotional distancing. Then, we tested model parental burnout as the dependent variable and the following variables as the independent variables: gender, educational level, tasks and responsibilities associated with motherhood, an image of oneself as a person that oscillates between independence and interdependence, and values of either establishing relationships with others or self-determination. The model explained 16% of the variance for parental burnout among Chilean mothers. But none of the predictors was associated to parental burnout among Chilean fathers. We discuss the results at the light of cultural and structural local hindrances on parenthood, as this was the first study assessing the construct of parental burnout in the country.

Feminism harms mothers: A cross-cultural study of parental burnout

Laura Gallée, Moïra Mikolajczak, & Isabelle Roskam, Belgium

In the vast majority of cultures, mothers are the main caregiver, and no one can match their extraordinary devotion to children even in egalitarian societies which encourage parents to share parenting duties. Despite the rise of feminism, traditional gender roles in family persist. This

contradictory situation may be a source of distress for mothers who expect to share but, as a matter of fact, handle parenting responsibilities alone. The aim of the study is to test the relations between involvement in parental duties, egalitarian values promoted either by the mothers or by the society in which they raise their children, and parental burnout across countries. Data were collected in a sample of more than 16.000 parents from 40 countries. We found that mothers have a higher level of involvement in parental duties, more egalitarian values, and a higher level of parental burnout than fathers across countries. Moreover, mothers reported a higher risk of parental burnout when they are highly involved in parental duties, have more egalitarian values toward gender roles and take care of children in a society that promotes a gender-equal policy. In conclusion, involvement in parental duties hurts egalitarian mothers whose expectations of shared parental duties are not met. Since inconsistencies threaten mothers, egalitarian countries must stop implicitly promoting a gendered vision of parenting while at the same time proclaiming themselves in favor of equity in family. The psychological and societal implications of the results are discussed.

The importance of formal and informal support in parental burnout (SOC042)

Chair: Anne-Marie Fontaine, Portugal

Daily Exhaustion and Support in Parenting: Impact on the Quality of the Parent-Child Relationship

Aur lie Gillis & Isabelle Roskam, Belgium

Objective: The current study aimed to analyze the effect of parenting-related exhaustion on the quality of the parent-child relationship and to explore the moderating role of partner parental support within this association. **Method:** The method was based on longitudinal data collection and a multi-informant design in which 157 mothers and 157 fathers completed questionnaires once a day during one week. Our statistical model used structural equation modeling.

Results: Analyses revealed that parenting-related exhaustion had a negative impact on the quality of the parent-child relationship both for mothers and fathers. Our results also provide evidence that partner parental support plays a role in compensating for deleterious consequences of parenting-related exhaustion among mothers as long as such exhaustion remains at a low level.

Conclusions: Our results provide support for ongoing research into this topic in relation to both mothers and fathers not only in clinically-referred families but also in ordinary ones, to allow preventive measures to be developed and implemented.

The role of Infant and Parent Nurture Centers in French Community in Belgium to prevent parental burnout: professionals' perceptions

Silva-Gonzalez Gisela, Belgium

Until these days research on parental burnout has mostly center the attention on validating its dimensions to differentiate it from depression, professional burnout and other parental issues like baby blues or post-partum depression. However, is still no in-depth research on care and prevention of parental burnout. The aim of this study was to analyze the role of non-conventional prevention programs of early childhood problems based on child-parent free interaction called Infant and Parent Nurture Centers from the French Community of Belgium to prevent parental burnout. Also, to know if parents who are in a moderate to high risk of develop parental burnout tend to participate in these spaces. This study was based on a mixed method and a thematic interpretative analysis for data collection and data analysis.

Twelve focus groups with professional teams of IPNC were addressed as well as the application of Parental Burnout Assessment among parents who participated actively in these spaces. Until now, qualitative results have shown that these spaces may help to prevent parental burnout through the creation of networks, the principles of the anonymity and free interaction/participation and finally the pair effect. More results are expected to be found at the end of data analysis in July 2019.

Which kind of support do (French) parents need?

*Shankland, Rebecca * Urbanowicz, Agata, Gachet, Aurélie, Rance Jaynie, Bennett, Paul, Baeyens, Céline, France & United Kingdom*

In this qualitative study, we investigated the needs and expectations of French families regarding parenting support using Focus Groups. In the first part of the study, we assessed parents' perceptions of their role as parents, the difficulties they face regarding the role they want to play as parents, and we analyzed these answers while taking into account their main activity, the family situation and the age of children (e.g., balance between professional and family life, sharing of responsibilities, etc.). The second part of the study focused more specifically on the difficulties faced by parents about how to manage complex situations with their child: do they need more information? Where do they look for such information? What type (health, education, environment)? Do they need more support? What type of support? Where should that support come from to be most helpful (i.e., family and friends, health professionals, education professionals, social professionals) and why? We investigated the impact of family relationships in the education of children, in terms of understanding of children's behaviors, and the difficulty to communicate with children and with the partner's children. Finally, the last part of the study assessed parents' knowledge of services and actions to support parenting, and accessibility of these services. In this talk, we will present and discuss the results of this qualitative study.

Towards a better understanding of the variability in parental burn-out across typical and atypical development (SOC043)

Chair: Sarah De Pauw, Belgium

The protective role of a clear parental identity against feelings of parental burnout: A dyadic perspective

Charlotte Schrooyen, Wim Beyers, Bart Soenens, Belgium

Every parent agrees with the curious paradox that parenting is at the same time energy-consuming and energy-giving. For most parents there is a good balance between the two, but for some parents the balance leans chronically to the wrong side. These parents are at risk for parental burnout. Previous studies identified risk factors and resources, playing a role in this balance. Although becoming a parent is an identity-changing life event and research shows that having a more mature identity is found to lead to better personal well-being, less is known about the role of parental identity in particular on parents' well-being. Moreover, little research includes both parents to see how parents may influence each other.

In two studies, we aimed to examine the impact of parental identity on parental burnout in two possible ways. First, we investigated if having a more mature parental identity was related to less feelings of parental burnout. Secondly, we wanted to examine if parental identity could play a buffering role in the relation between known risk factors and parental burnout. Furthermore, we

wanted to explore parental identity and its relation to parental burnout from a dyadic perspective in examining how partners cross-influence each other.

In a first study where 453 parents (63% mothers) participated, almost 10% reported to experience serious symptoms of parental burnout on a weekly base, 4% even on a daily base. Preliminary results suggest that parents who have a committed parental identity experience less feelings of parental burnout. Parents who ruminate more about their role as a parent, more often experience feelings of parental burnout. Furthermore, when parents have a committed parental identity, it buffers the detrimental effect of known risks on parental burnout. In a second study that involved 200 couples with a toddler, we will examine these relationships from a dyadic perspective.

The data of these studies will be analyzed further in the upcoming months, examining the cross-over effects of both parents in an Actor-Partner Interdependence Model. This will lead to more findings and conclusions that will be presented at the conference. The results of the first study already underscore the important role of parental identity on the experience of parental burnout. These findings can inform prevention and intervention practices to improve parents' well-being.

Personality, depressive symptoms, interparental relationship and parenting: Prospective associations of an actor-partner Interdependency model from childhood to adolescence

Peter Prinzie, Willemijn Van Eldik, Amaranta de Haan, Lydia Arends & Jay Belsky, Belgium

Grounded on Belsky's process model and family systems theories, and using an Actor-Partner-Interdependency Modeling (APIM) approach, the current study was the first to examine whether Big Five personality characteristics and depressive symptoms of parents and their partner are related to adolescent-perceived parenting behavior directly and indirectly via interparental stress experienced by both parents. Longitudinal data (T1:2001, T2:2007, T3:2009) from a large community sample of Flemish families was used (N=455, T1 children Mage=7.10 years). Results revealed that, for both parents, more agreeableness and autonomy predicted more warmth, and more depressive symptoms and lower agreeableness predicted more overreactive discipline (i.e., actor-effects). Both parents' depressive symptoms predicted their own interparental stress (i.e., actor-effects). Regarding partner-effects, paternal overreactive discipline was shaped by mother's extraversion and experienced interparental stress, and paternal warmth was affected by mother's experienced interparental stress in addition to fathers' own psychological resources. In contrast, maternal parenting was affected by their own psychological resources only. Although no consistent mediating role of interparental stress was found, one small dyadic indirect effect indicated that maternal depressive symptoms were related to more paternal overreactive discipline via heightened levels of interparental stress experienced by both parents.

These results provide new support for the idea of interdependency between parents and specifically support the fathering vulnerability hypothesis. Tentatively, this study informs clinical practice by showing that family interventions aiming to improve parenting should pay attention to specific personality characteristics affecting parents' behavior and adopt a dyadic approach including both parents, especially when targeting paternal parenting.

Can Expressed Emotion be regarded as a proxy of parental burnout in mothers of children with and without developmental disabilities?

Sarah De Pauw & Lana De Clercq, Belgium

Raising a child can be challenging for all parents, yet raising a child with a developmental disability (e.g., a social, physical or cognitive disability) can confront a parent with even bigger challenges and

trials. Both research and practice show that parents of children with disabilities are at increased risk to experience persistent feelings of stress and hence, also feelings of parental burnout. These feelings have a strong impact on parent's attitudes on the quality of the parent-child relationship, which play a key role in a child's development. Recently, the construct of Expressed Emotion (EE) has increasingly been used as an alternative measure - alongside questionnaires - to address the emotional climate within families. Previous developmental research suggests that high EE constitutes a significant family-level stressor, leading to increased levels of behavioral problems in children or lower quality parent-child relationships.

To date, however, little research addressed the impact of EE and its relationship with stress in families with children with developmental disabilities. Therefore, this study applied the Five-Minute Speech Sample-method (FMSS; Sher-Censor, 2015) alongside well-validated questionnaires on parental stress and behavior in order to better understand the emotional relational climate in 427 mothers raising children with and without disabilities, aged 6 to 16 years (mean age = 11.0). A cross-disability perspective was used, comparing mothers across 4 groups: 85 had a child with Autism Spectrum Disorder, 88 had a child with Cerebral Palsy, 80 had a child with Down syndrome and 174 had a child without any known disability. This FMSS-technique asks mothers to freely describe their child and their relationship with the child during five minutes. These narratives are then coded according to a stringent protocol (Magana-Amato, 1996).

Results demonstrate good convergent validity of this FMSS with moderate to high correlations between EE-components and established child, parent and family measures of both parental stress and parenting behaviors. In line with prior EE research in non-disability populations, high EE was found to be significantly associated with challenging temperament child characteristics, child problem behavior, negative parenting behavior, parental stress, and lower levels of family quality of life. In the upcoming months these data will be further analyzed, in order to address both universal and disability-specific processes and support needs of these children and their family members.

These first analyses suggest that the FMSS method is a promising tool to alternatively assess expressed emotion and a stressed-out emotional climate within the context of parenting children with and without disabilities.

Does parental burnout undermine autonomy-supportive parenting? A multilevel and multi-informant approach

Elien Mabbe & Bart Soenens, Belgium

Recently research has shown that enduring exposure to overwhelming parenting stress can result in parental burnout. In turn, parental burnout has adverse consequences for parents' mental health and marital quality. An important, and rather understudied, question is how parental burnout is associated with the quality of parenting. This study addresses the association between parental burnout and autonomy-relevant parenting, which represents a key dimension of parenting with strong relevance for adolescents' psychosocial adjustment. It is hypothesized that parental burnout will undermine autonomy-supportive parenting and increase the risk to adopt a more controlling approach towards adolescents.

A diary study is conducted in 100 families, with both a parent (mother or father) and an adolescent from the same family participating in the study. Prior to the diary, parents and adolescents report on trait levels of autonomy-supportive and psychologically controlling parenting. Parents also report on their general level of parental burnout. In the 7-day diary study, both parents and adolescents report on daily autonomy-supportive and psychologically controlling parenting. Parents also report on daily feelings of parental burnout. In that way, the associations between parental burnout and autonomy relevant parenting can be tested both at the trait level (i.e., the level of stable interindividual

differences between parentings) and at the state level (i.e., the level of daily fluctuations within parents' own functioning). Data collection is currently ongoing and the data will be available by the time of the conference. Data will be analyzed using multilevel modeling, which allows one to analyze the hypothesized associations from both a between-person and a within-person perspective.

December 7, 15:00-16:30

Validation of Parental Burnout Assessment around the world (SOC040)

Chair: Denisse Manrique, Peru

Questionnaire on parental burnout in Lebanon

Myrna Gannagé & Eliane Besson, Lebanon

Having a child is certainly associated with happiness. However, this event disrupts the lives of parents who will have to cope simultaneously with new challenges related to the child and the usual stressors of everyday life. In Lebanon, the IIPB (International Investigation of Parental Burnout) questionnaire was administered to a representative sample of 200 parents (134 mothers and 66 fathers). Preliminary results indicate that there is no significant difference between maternal and paternal responses to parental burnout, although the average level of mothers is slightly higher for some Burnout Parental (PBA) dimensions. At the Parental Functions (PF) level, there is a clear difference in the distribution of responsibilities. The fathers are responsible for bringing back the money, and the mothers to take care of the family's food and the maintenance of the house. Some PBA responses are also significant for the age of the parents, to the advantage of parents aged 20 to 30, who respond more frequently "never" for items involving children as a source of exhaustion. The data collected will be subjected to other statistical analyses in order to obtain the prevalence of parental burnout in Lebanon, and to try to determine the risk factors and the protective factors characteristics of our socio-cultural context.

Portuguese parents Burnout: Preliminary evidence on the factorial structure of the parental burnout assessment scale

Joyce Aguiar, Marisa Matias, Filipa Cesar, & Anne-Marie Fontaine, Portugal

Parental burnout, a specific syndrome resulting from exposure to chronic parenting stress, is characterized by feelings of exhaustion in taking care of children; emotional distancing from children; a loss of pleasure and fulfillment with one's parental role and a contrast of the current state of the parent compared with a past period. One major challenge in parental burnout research, thus far, is to guarantee a robust and comparable measure that can be used across different countries. In this study we aim to contribute to the use of the Parental Burnout Assessment scale (PBA) by showing preliminary evidence of the factorial structure obtained using a sample of 407 Portuguese individuals. A CFA using maximum likelihood estimation was performed and results showed that a hierarchical structure where the dimensions of contrast and emotional distancing load into a second order factor fits reasonably to the data. All items load in the intended factor with measurement weights above .50. Gender invariance was also tested and we found the model to be partially invariant in terms of measurement weights across men and women. These preliminary evidence grants some support to the measurement of parental burnout in Portugal but also raises some specificities that need further

development. We expect the conference to be the optimal place to gather feedback and to discuss on how to improve the measure across countries and cultures.

Validation of Pakistani Version of Parental Burnout Assessment (PBA)

Hashmi Muhammad, Kanwal Zobia, Pakistan

Burnout has primarily described as a psychological syndrome originating from chronic stress in the work domain. However, recently researches have published about the existence of a related phenomenon in the parental domain: parental burnout. Parents often struggle with a parenting on daily basis and some of them get physically and emotionally exhausted. Parenting is a precious experience and one of the most difficult and complex tasks, as there appear to be no explicitly correct answer to the question: "What is the best parenting style"? The main objective of the study was to validate the translation of PBA in Urdu – Pakistani National Language. Data were collected from 228 Pakistani parents (128 male and 100 female) by using structured interview technique. The current study was conducted as a part of International Investigation of Parental Burnout (IIPB). Parents were eligible to participate in the study only if they had (at least) one child still living at home. Parental Burnout was assessed with Parental Burnout Assessment. The PBA originally consists of four subscales: Emotional Exhaustion, Contrast, emotional distancing and lack of parental accomplishment. In current sample, Cronbach's alphas were good for all four subscales and global score. Exploratory Factorial Analysis (EFA) and Confirmatory Factorial Analysis (CFA) were also computed. The present study replicated the results from previous studies in several ways.

The socio-demographic risk factors for parental burnout in Togo

Kpassagou Bassantéa Lodegaèna, Koura Inoussa, Barma Marodegueba, Kalina Kaka, Togo, & Hatta Ogma, Belgium

The aim of this study is to determine the socio-demographic risk factors for parental burnout in Togo. The only criterion for inclusion was to have at least one child living in his or her home regardless of age. Data were collected from 103 parents using all-inclusive sampling. Data analysis is ongoing and we expect significant associations. The various aspects that are taken into account include the age and the sex of the parent, the age and the sex of the child, the number of children, the marital status of the parent, the level of education and income of the parent, the perception of financial problems and the ethnic origin of the parent.

Validate the Spanish version of the PBA across eight Spanish-speaking countries

Manrique Denisse, Spain/Belgium

Parental burnout is a unique and context-specific syndrome resulting from a chronic imbalance of risks over resources in the parenting domain. The Parental Burnout Assessment (PBA) is a recently developed measure encompassing four dimensions: Exhaustion in one's parental role, Contrast with previous parental self, Saturation or Feelings of being fed up with one's parental role and Emotional Distancing from one's children. The objective of the current study was to validate the Spanish version of the PBA across eight Spanish-speaking countries, i.e. Argentina (n= 177), Chile (n= 763), Costa Rica (n=246), Cuba (n=240) Ecuador (n=146), Peru (n=309), Spain (n=413) and Uruguay (n=297) parents. In addition, measurement invariance across gender was assessed in order to accurately compare both samples, and reliability indexes were calculated. A multi-sample confirmatory factor analysis showed that the factor structure was invariant for all eight Spanish-speaking countries and that it was also invariant for fathers and mothers, with these having higher levels of burnout compared to fathers.

Moreover, the four factors showed adequate reliability indexes. In conclusion, the current findings reveal that the Parental Burnout Assessment (PBA) shows evidence of validity and reliability in a large sample size of parents. And they give new opportunities for cross-cultural research in the parenting domain.

The consequences of parental burnout on the parent and the children II (SOC041)

Chair: Ainize Sarrionandia, Basque Country

Relationship between parental burnout, somatic symptoms and sleep disorders

Ainize Sarrionandia, Basque Country

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 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) and has serious consequences for the parents, the couple, and the children. Studies have also demonstrated that the prevalence of parental burnout in Western countries is troubling. Thus, the aim of the present study was to evaluate the effect size of parental burnout on somatic symptoms and sleep disorders. The study used a cross-sectional design. Participants were 226 parents from the Basque Country who were recruited through several schools. Somatic symptoms were assessed with the Pennebaker Inventory of Limbic Languidness, sleep disorders were evaluated with the Pittsburgh Sleep Quality Index, and parental burnout was assessed with the Parental Burnout Assessment. Bivariate correlations showed that parental burnout is positively and significantly related to somatic symptoms and negatively related to sleep quantity and quality. Parents with more parental burnout present more somatic symptoms and poorer sleep quality and quantity than those with less parental burnout. Given the cross-sectional nature of the study, experimental or interventional research should be carried out to ascertain causal relationships between these variables.

The study of the relationship between the mothers' burnout level and quality of the mother-child relationship

Akgün Ege, Turkey

Parent-child relationships influence children's social and emotional development. Previous research has shown associations between various aspects of the parent-child relationship, individual parent and child behavior, and children's social competence and mental health during the early stages of development. Because mothers have an important responsibility in the care and education of children, mothers' characteristics such as anxiety, depression, and burnout may affect the quality of the mother-child relationship. In this study, the relationship between the mothers' burnout level and the quality of the mother-child relationship is examined. The study was carried out on 120 volunteer mothers whose children were attending preschool. The study is in progress and the findings will be reported at the IIPB conference. Implications of the findings for research and practice will be discussed.

Crossing Boundaries: The Workplace Consequences of Parental Burnout

Thomas Evans, United Kingdom

Parental burnout has direct impacts upon parental outcomes, and one's personal resources such as mental health, however little is known as to whether parental burnout can manifest within the workplace. The current study uses longitudinal data collected from 499 parents over three intervals across an 8-month period to explore two possible mechanisms. Firstly, a direct relationship is explored by considering whether parental burnout provides incremental validity above job burnout in the prediction of three work outcomes: job satisfaction, turnover intentions, and counterproductive work behaviours. Secondly, it is explored whether depression mediates the relationship between parental burnout and job outcomes. Findings suggest parental burnout may have limited impacts upon work outcomes, providing the impetus for a new direction of research to explore whether organisations which acknowledge and act upon the personal circumstances of each employee are likely to hold a competitive advantage.

The treatment of parental burnout (SOC042)

Chair: Raquel Sanchez-Rodriguez, France/Spain

The Impact of Parental Burnout Interventions on Violent and Neglectful Behaviors Toward Children

Maria Elena Brianda, Isabelle Roskam & Moïra Mikolajczak, Belgium

Parental burnout (PB) is a syndrome resulting from long-term exposure to chronic stress experienced in one's parental role. It involves four dimensions: exhaustion, contrast with previous parental self, saturation and emotional distancing towards children. PB has been shown to be a context-specific syndrome, affecting between 5-8% of parents in the general population, and related to several detrimental consequences, not only for the parent but also for children. Indeed, a worrying association has been found between PB and parents' neglectful and violent behaviors towards children. In this talk, we will present results from four studies that have investigated this association through different methodological approaches: two cross-sectional designs with variable-centered and person-centered approaches, a cross-lagged panel analysis from a longitudinal design and a randomized control trial on PB treatment. These findings confirm the presence of a strong, specific and causal relation between PB and parental neglect and violence, and suggest the possibility to reduce these harmful behaviors via an intervention focused on PB symptoms. Results will be discussed for their research and clinical implications.

Early Co-parenting Programmes with Parents of Infants with a Highly Reactive Temperament: A randomized study using 'Parents As Partners

Grech Lanfranco, I., Abela, A., Cowan, P.A. & Cowan, C.P, Malta

This randomised controlled trial presented a two-group design and sought to examine whether the 'Parents As Partners' (PasP) co-parenting programme (Casey, P., Cowan, P.A., Cowan, C.P., Draper, L., Mwamba, N. & Hewison, D., 2017) delivered to parents who described their infants as having a highly reactive temperament, helped the parents strengthen their couple and co-parenting relationships, and enabled them to use more effective parenting strategies. One main goal is to help reduce infants' level of reactivity and prevent high levels of parenting stress. Participating couples (n=57) were Maltese speaking parents who described their 8- to 12-month-old infants as having a highly reactive temperament on the Infant Behaviour Questionnaire-Revised (IBQ-R) during a post-natal visit to a WellBaby Clinic in their local Health Centre. Such infants may be described as negative in mood, slow

to adapt, and difficult to soothe (Rothbart & Bates, 2006), thus potentially creating stress for parents who may find it difficult to cope and experience burnout in their early parenting. All the couples completed the PSI-4-SF, and CRS measures pre- and post-intervention. The age-appropriate ECBQ was completed for both groups post-intervention. Couples randomized into the intervention group (n=32) were offered the PasP programme for 16 weeks, whereas the remaining couples (n=25) belonged to the control group, with both groups followed by a case manager. Considering that the 'Parents as Partners' programme was designed to provide help for such risks early in the parenting process, it is expected that a more positive couple and coparenting relationship, less stress as parents, and a reduction in the infants' reactivity would foster parents' feelings of competence and lessen the potential for burnout as parents.

The impact of developing managerial skills of parents on their care-work-life balance (CWLB)

Seghers Noor, Belgium

Parents of a child with disabilities have to cope with a complex, demanding process of raising their child with special needs. The Magenta project examines the impact of developing managerial skills of parents on their care-work-life balance (CWLB). We developed an intervention based on the needs and resources of parents. It included group workshops about managerial skills and coping with care-work-life balance. The main themes were time management, delegation (to share care with others) and meeting skills (communication with professionals). 161 parents participated in the intervention (16 groups). We evaluated the effect of the intervention with a questionnaire (3 measurements: baseline, immediately after the workshops and after 1 year) assessing resilience, care-work-life balance, social network, partnership with professionals and financial management. The research shows that Magenta workshops significantly improved resilience, care-work-life balance and partnership with professionals. The study reveals that an intervention enhancing managerial skills is a valuable way to support parents to find a better CWLB. Magenta workshops are still organized in Flanders.

A mindfulness approach to parental burnout: Results from an interventional randomized controlled trial

Marie Bayot, Maria Elena Brianda, Moïra Mikolajczak, Rebecca Shankland & Isabelle Roskam, Belgium

Like job burnout, parental burnout (PB) may arise from a prolonged exposure to stress without sufficient resources to cope with it. One effective stress-reducing approach consists in bringing moment-to-moment, non-judgmental awareness to the unfolding of one's own lived experience, known as mindfulness. As suggested by the mindful parenting literature, mindfulness may enhance parents' emotion regulation skills and thereby reduce stress and improve the quality of parent-child relationship. Preliminary evidence suggests that mindfulness may also be effective in reducing PB. In order to replicate and extend these findings, we built an 8-session mindfulness-based group intervention and compared its efficiency with treatment-as-usual in a randomized controlled trial. In this talk we will present the content of this new mindfulness-based intervention and its impact on a variety of outcomes (i.e., PB symptoms, parental neglect and violence, mindful parenting, parental empathy). Mediating and moderating variables will also be presented. Clinical and research implications of the results will be discussed.

Preventing and reducing Parental Burnout: Effects of Cognitive Behavioral Stress Management

Aurélie Gauchet Agata Urbanowicz, Rebecca Shankland, Jaynie Rance, Paul Bennett, Céline Baeyens, Isabelle Roskam, Moïra Mikolajczak, France, UK, and Belgium

Regardless of cultural and socio-demographic heterogeneity among the population of parents in France, parenting remains a very demanding and oftentimes exhausting experience. Alike professional burnout, parental burnout can be defined as a consequence of chronic stress process, which depletes personal resources and the capacity to manage stress efficiently. Conversely, personal resources buffer the impact of demands and stressors on burnout, through better stress management and emotion regulation. In our study (N=63), we investigated the effects of Cognitive-Behavioral Stress Management (CBSM) program on parental burnout severity, perceived stress and emotional skills (i.e., emotion regulation, empathy toward the child(ren), and self-kindness). During eight sessions of the CBSM program, participants have learnt to observe and identify the manifestations of stress in their daily life, identify automatic thoughts, cognitive distortions, and understand the concept of coping strategies. They have also worked on the role of social support, anger management, and assertiveness. During weekly breakout sessions, participants have experienced and practiced different relaxation techniques. They had a possibility to put the theory into life through exercises, role-plays, and afterward at home. In this talk, I will present the CBSM program and discuss the first results of the study in terms of intervention acceptability, feasibility, and effectiveness, taking into account both self-reported and physiological measures.

Child characteristics and parental burnout (SOC043)

Chair: Ege Akgun, Turkey

Does children's "difficult" behaviour increase parental burnout?

Szczygiel Dorota, Poland

Does children's "difficult" behaviour increase parental burnout? It depends on parents' emotional competence. It is well documented that personality of parents (especially high neuroticism) as well as parents' low emotional competence can increase the risk of parental burnout (Mikolajczak et al., 2018; Roskam et al., 2018). There is also evidence demonstrating the associations between children's personality traits (neuroticism, agreeableness, and conscientiousness) and parental burnout (Le Vigouroux & Scola, 2018). Less attention has been paid to the relationship between the behaviour of the child(ren) and parental burnout. Does children's "difficult" and undesired behaviour (i.e., considered by parents as inappropriate, too dangerous or naughty) increase parental burnout? Do parents' emotional competencies mitigate the effect of children's "difficult" behaviour on parental burnout? The present study aims to answer these questions by examining how children's (age 3 to 6) "difficult" behavior relates to parental burnout and what role the parents' emotional competencies play in this relationship. A total of 229 Polish parents participated in this study and completed measures of trait affectivity, emotional competence, and parental burnout. Children's behaviors were rated (parent-assessed) by the Preschool Behavior Scale, consisting of 15 items describing children's behavior problems (e.g., tantrums, fighting with peers/siblings, opposing to parents' instructions or behaving inappropriately in public places). The results revealed significant and positive relationships between children's behaviour and parental burnout above and beyond parents' trait affectivity. Most importantly, the study demonstrated that parents' emotional competence mitigates the effect of children's difficult behaviors on parental

burnout. Precisely, children's "difficult" behaviors predicted greater parental burnout only among parents with low emotional competencies and not among parents with high emotional competencies. These results suggest that in order to avoid the adverse effect of children's difficult behaviour, parents must have sufficient emotional competencies at their disposal.

Burnout in difficult infants' parents

Bajgarova Zdenka, Czech Republic

A difficult temperament denotes propensity to negative emotions and dysregulation in infants. It is related to worsened parental and marital adjustment. Since both the parental mental state and partner relationship are connected to the parenting and developmental outcomes of the child, the aim of this qualitative multi-casuistic study of six couples having infants with difficult temperaments was to explore the process of adjustment to caring. The respondents were recruited on the basis of a convenient sampling strategy (criteria: a child under the age of two with a history of excessive crying and prolonged sleeplessness). Data was gathered in semi-structured interviews (going back to parental expectations through pregnancy and the development of the child until the present) and then analyzed through the process of open and axial coding. Inter-case comparisons show that the most difficult infant displays to manage were unsoothable crying in the first six months and early sleeplessness and a later escalation of sleeping problems. The mothers were essentially not able to gain control over the amount of crying, but some of them managed to influence their experience to achieve greater acceptance of it. To do this, it was necessary for them to eliminate their feelings of failure in the parental role. The parents' biggest dilemma concerning their infants' sleeping problems was whether to use the "cry it out" strategy or not to manage them. For some parents, having a difficult infant was an opportunity to re-evaluate their approach to parenting and the parental role. Caring for a difficult infant significantly strained the marital relationship; four couples experienced marital crises during that time. The father's involvement in infant care seemed very important in this respect. Insufficient involvement led to dissatisfaction in the mother, the way the mother communicated her demands further influenced the marital relationship.

Perfectionism and parental burnout among parents of a child with a disorder

Perier Sarah, France

Having a child with a specific disorder or illness could increase the risk of parental burnout. The tendency to perfectionism (setting high goals for oneself) has been identified as a risk factor of parental burnout for both parents of children presenting typical development and those of children presenting a medical condition. The objective of this study was to compare the level of parents' burnout and perfectionism according to the presence or absence of child's disability. 1,274 parents with a child still living at home participated to this study. 391 of them had a child presenting a disorder or a disability (Attention-Deficit Hyperactivity Disorder, Autistic Spectrum Disorder, among others). The results showed that parents of children with disabilities had average scores regarding the three dimensions of parental burnout: emotional and behavioral manifestations, physical and emotional exhaustion and personal non-fulfillment. Nevertheless, they presented superior scores for socially prescribed perfectionism, that is significantly higher than the scores of other parents (suggesting that that they think that others have inaccessible expectations and must respond to them at any cost). However, scores of self-directed perfectionism and other-directed perfectionism scores were not meaningfully different between the two groups of parents. This pattern would reinforce their parental distress and their feeling of helplessness. Furthermore, they are at higher risk of parental burnout. Therefore, listening to the feelings of parents who have to face their child's disability and their own

experiences of parenting should be the cornerstone of modern types of care, in order to guarantee a (high) quality support for parents.

Parent-caregiver, a particular challenge: impacts on parental burnout

Gérain Pierre, Belgium

Parenting a child with special needs represents a particularly demanding situation. In addition to the regular role of being a parent, parent-caregivers also have to handle the child's issue and its consequences. These issues can be related to illness, disability, but also behavioural or learning disorders.

The present work proposes to discuss the onset of parental burnout research in the context of parent-caregiving. To do so, two complementary research will be presented. First, a meta-analysis of studies comparing caregivers and non-caregivers on burnout measures will be presented, with a focus on studies addressing parental burnout. These studies provided complementary samples, some focusing on parents of children with one specific issue while others addressed non-specific samples. For each burnout dimension, the summary results suggest a necessary consideration of the parent-caregiver role when studying parental burnout.

Second, a study focussing on a sample of 900 parents will be presented. It compared parental burnout levels of parents with "typical" children to parents having one or several children with special needs. This study allowed to understand how comorbidity of issues in a child and having multiple children with special needs can affect parental burnout levels.

The importance of appraisal when being a parent-caregiver will be discussed.

The interaction between the objective situation and parents' appraisals of that situation (and their resources) suggests that both researchers and practitioners in this field should be conscious of the way they conceive parent-caregivers's mental health.