

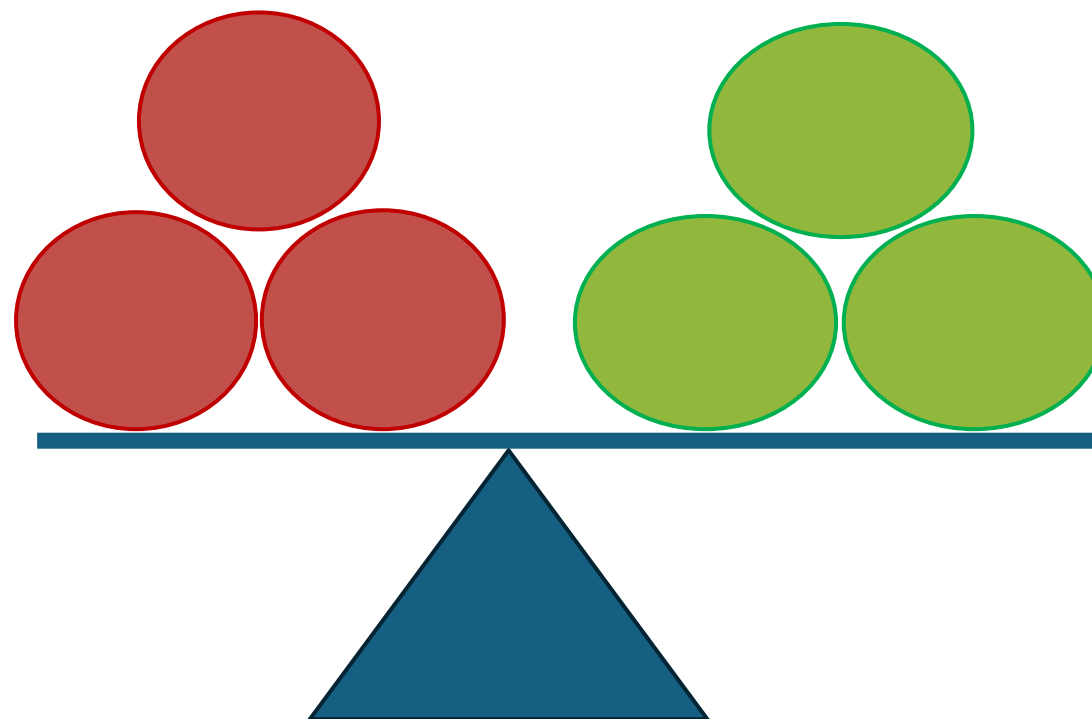
FROM MARITAL SEPARATION AND DIVORCE TO PARENTAL BURNOUT

An exploration of risk factors and potential mechanisms

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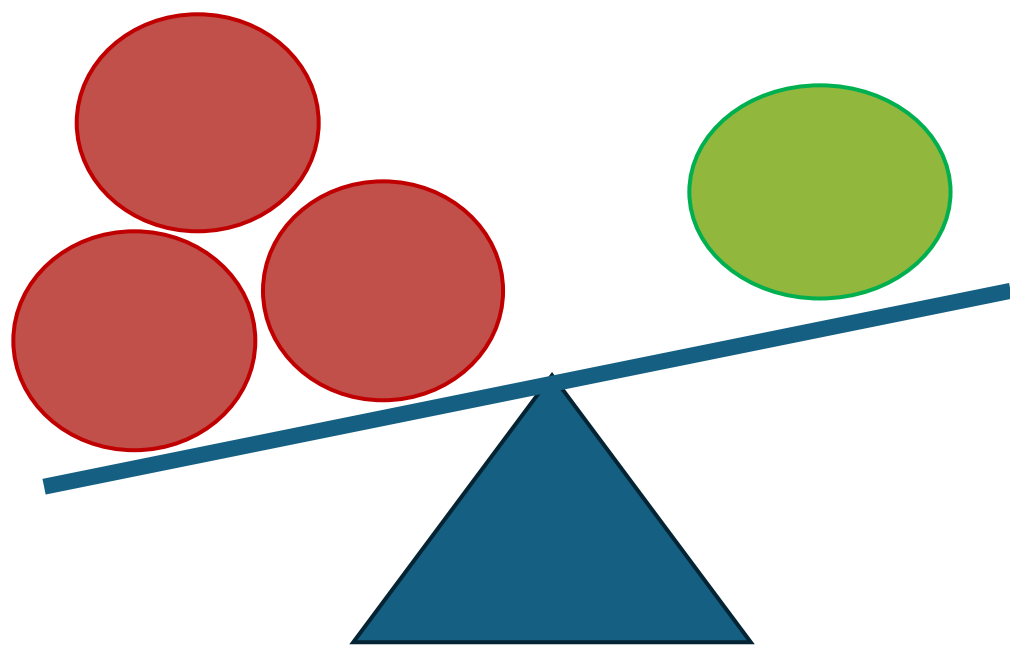
The Balance between Risks and Resources (BR2)



- PERFECTIONNISM
- CONFLICT WITH CHILDREN
- FAMILY DISORGANIZATION
- ...

- PARTNER SUPPORT
- POSITIVE MOMENTS WITH CHILDREN
- FAMILY ORGANIZATION
- ...

The aetiology of parental burnout



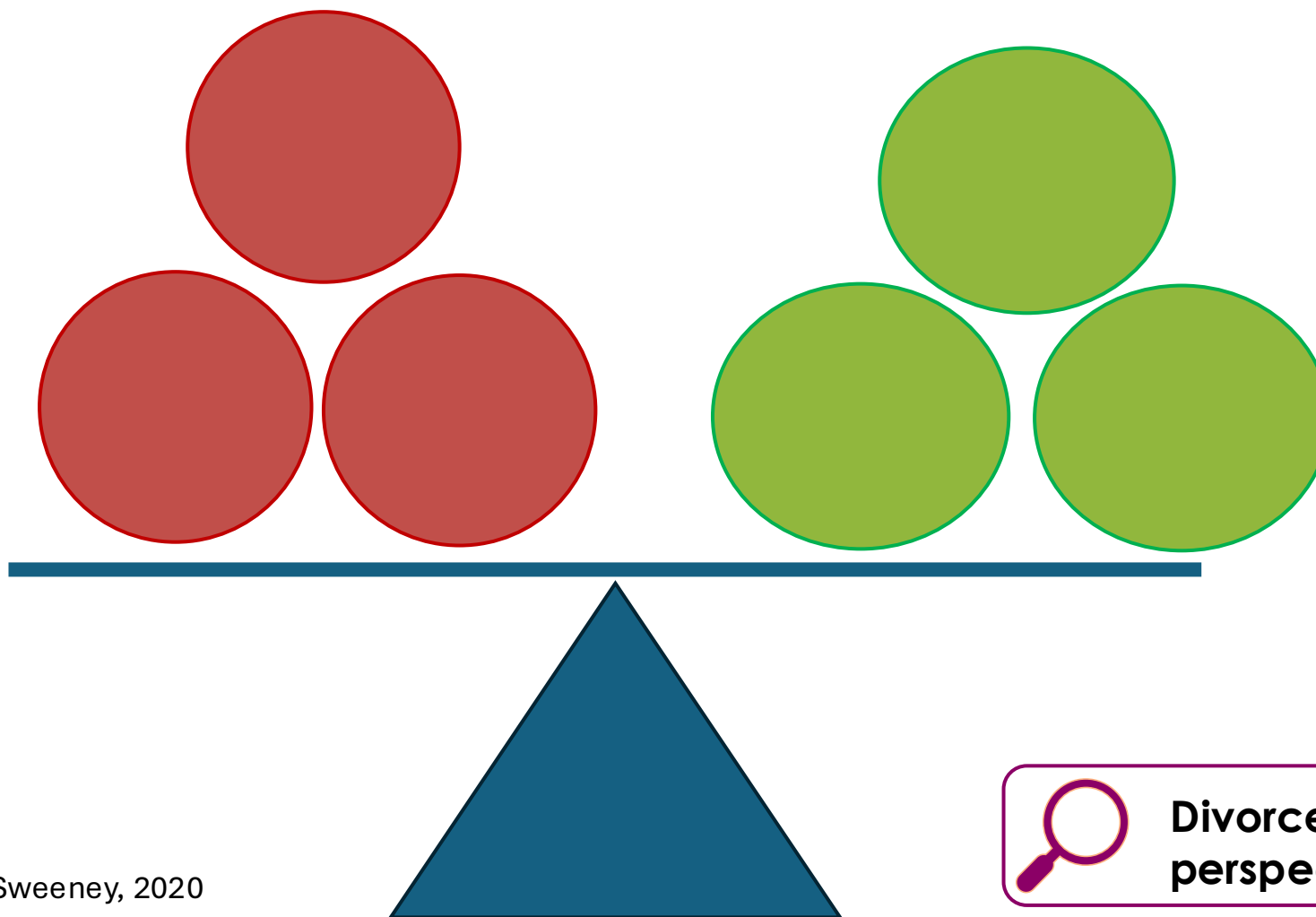
Emotional and physical exhaustion

Emotional distance with child

Loss of pleasure in the parental role

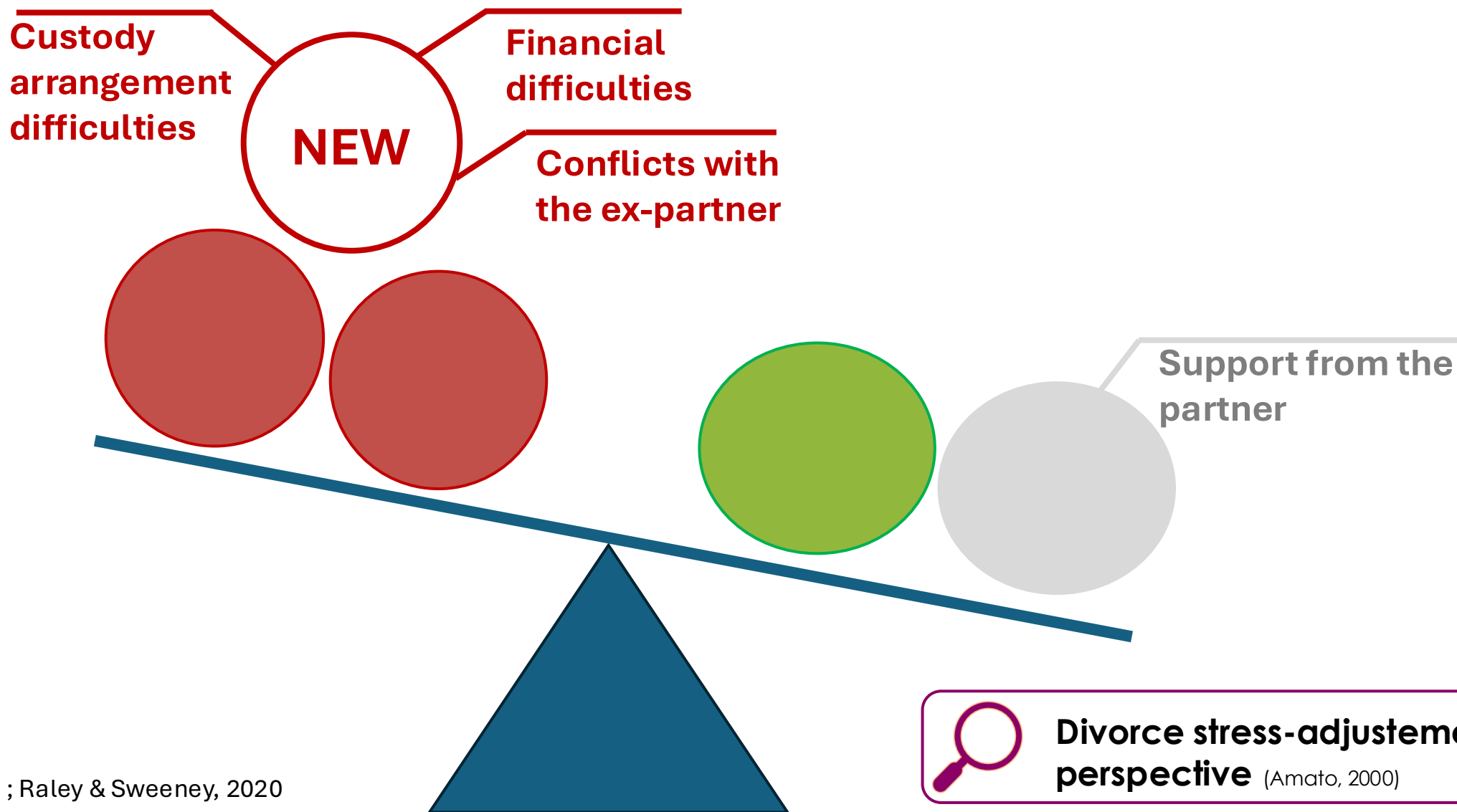
Feeling of contrast with the parental Self

Marital separation and divorce as **risk factors**?

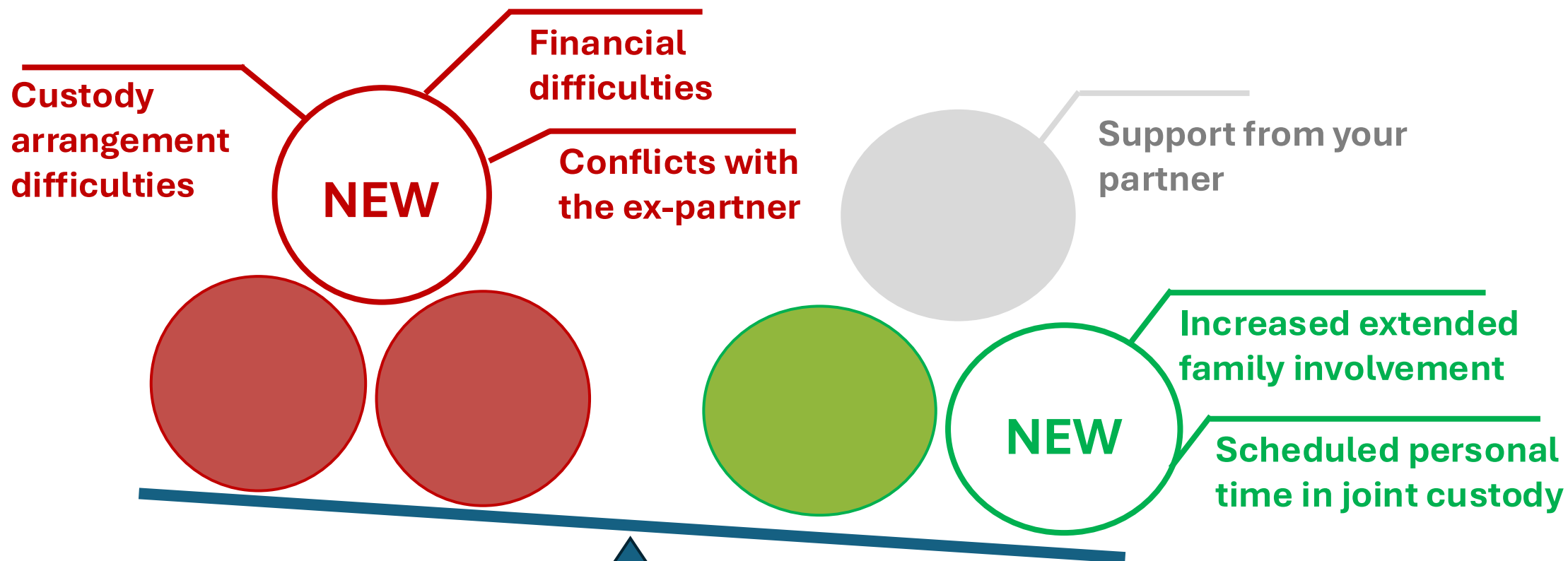


**Divorce stress-adjustment
perspective** (Amato, 2000)

Marital separation and divorce as **risk factors**?

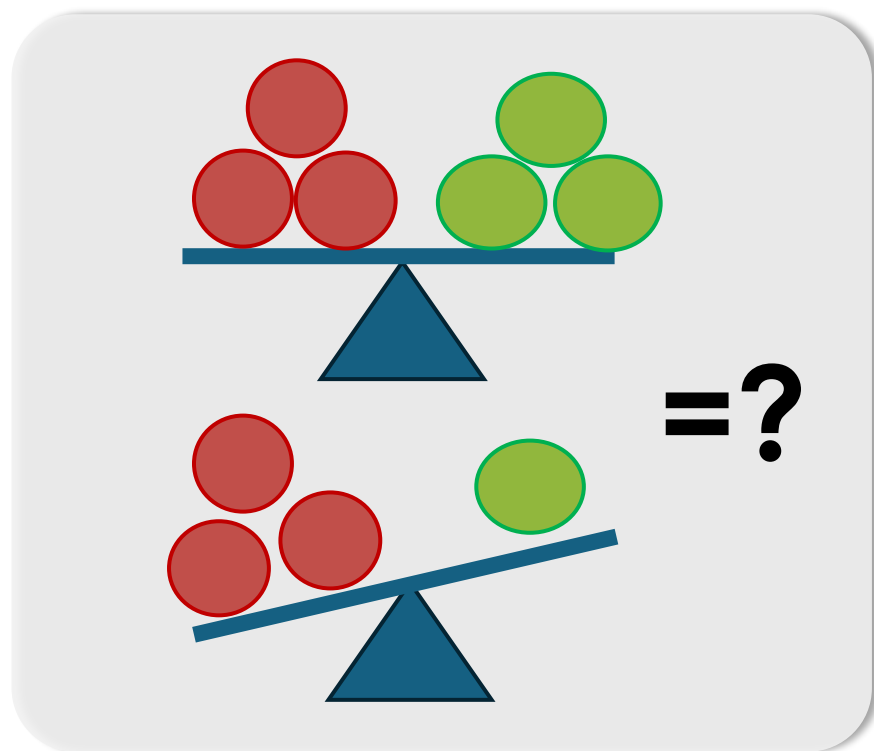


Marital separation and divorce as **risk factors**?

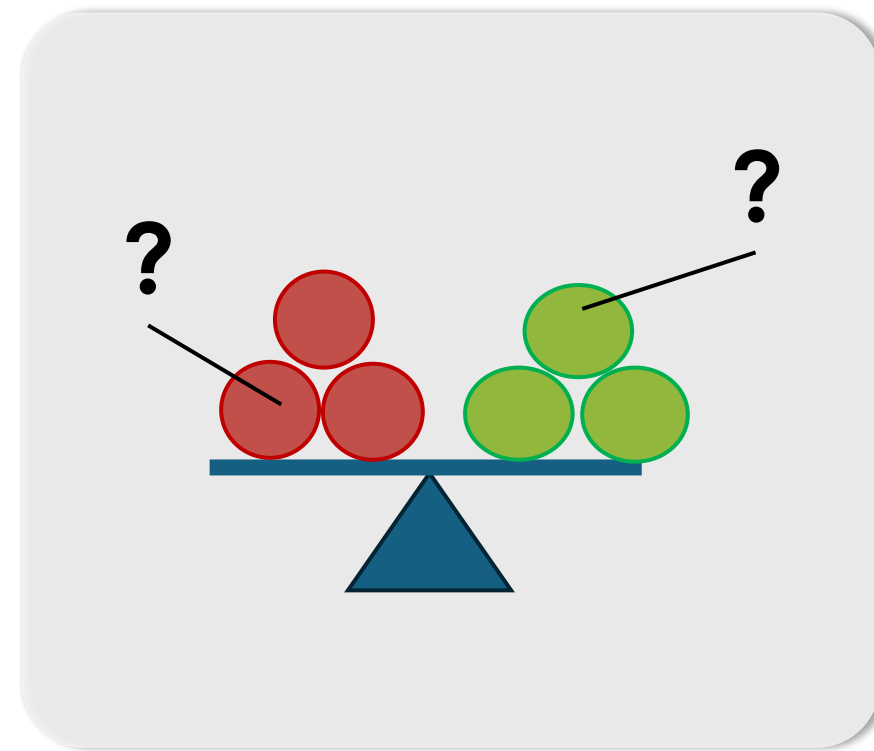


Divorce stress-adjustment perspective (Amato, 2000)

Research questions



Do separated parents show a **different global balance between risks and resources** compared to non-separated parents?



What are the **specificities** of the separated parents' balance?

Data collection and measures

QUALITATIVE

- 5 separated/divorced parents
- Semi-structured interviews (1h30)
- Reflexive thematic analysis (Braun & Clarke, 2022)

Semi-structured interview guide

1. History of the separation
2. Stressors related to the separation
3. Resources related to the separation
4. Current resources and stressors

Main custody (<70%)
Joint custody
Non-resident parents (>30%)

QUANTITATIVE

- Separated parents and parents without any history of separation
- Stratification on custody arrangement
- Measures : Parental Burnout Assessment and the BR² questionnaire

Description of the sample

Table 1. *Parental burnout scores across the groups*

Group		N	Means	Standard deviation
SEPARATED PARENTS	Main	70	27	24
	Joint	93	25	21
	Non-resident	21	30	32
Non-separated		120	25	23

Notes. Parental burnout measured with the Parental Burnout Assessment (Roskam et al., 2018). Scores range from 0 to 138.

DATA COLLECTION ONGOING
N = 302 / 600 Parents (target ~ 150 / group)

The BR² Questionnaire

- **39 bipolar items** assessing various **risks factors** and **resources** of parental burnout (parenting and family factors, stable traits, ...)

n°	Stressor	-5	-4	-3	-2	-1	0	1	2	3	4	5	Resource
32	I am extremely invested in my role as a parent												My role as a parent is important to me, but other things matter more (my work, my hobbies, etc...)

Total score: -195 to +195

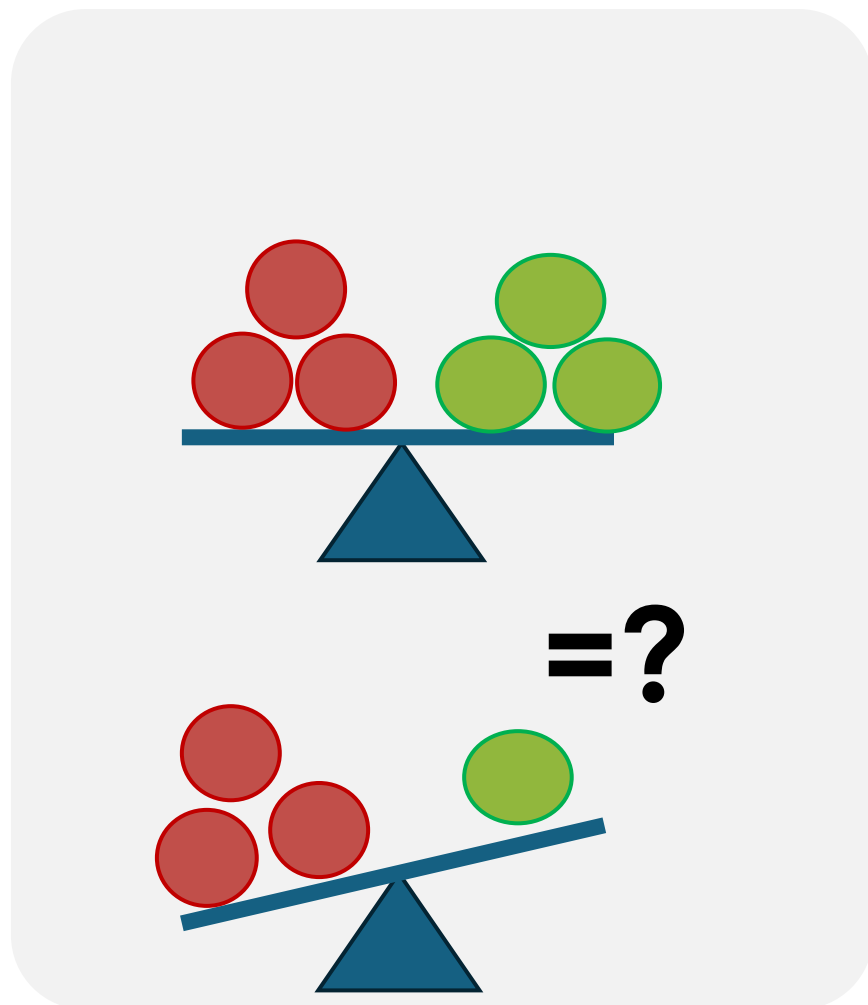
The BR² Questionnaire

n°	Stressor	-5	-4	-3	-2	-1	0	1	2	3	4	5	Resource
25	My partner denigrates me as a parent												My partner says I'm a good father/mother

MY EX-PARTNER

MY EX-PARTNER

Research question n°1

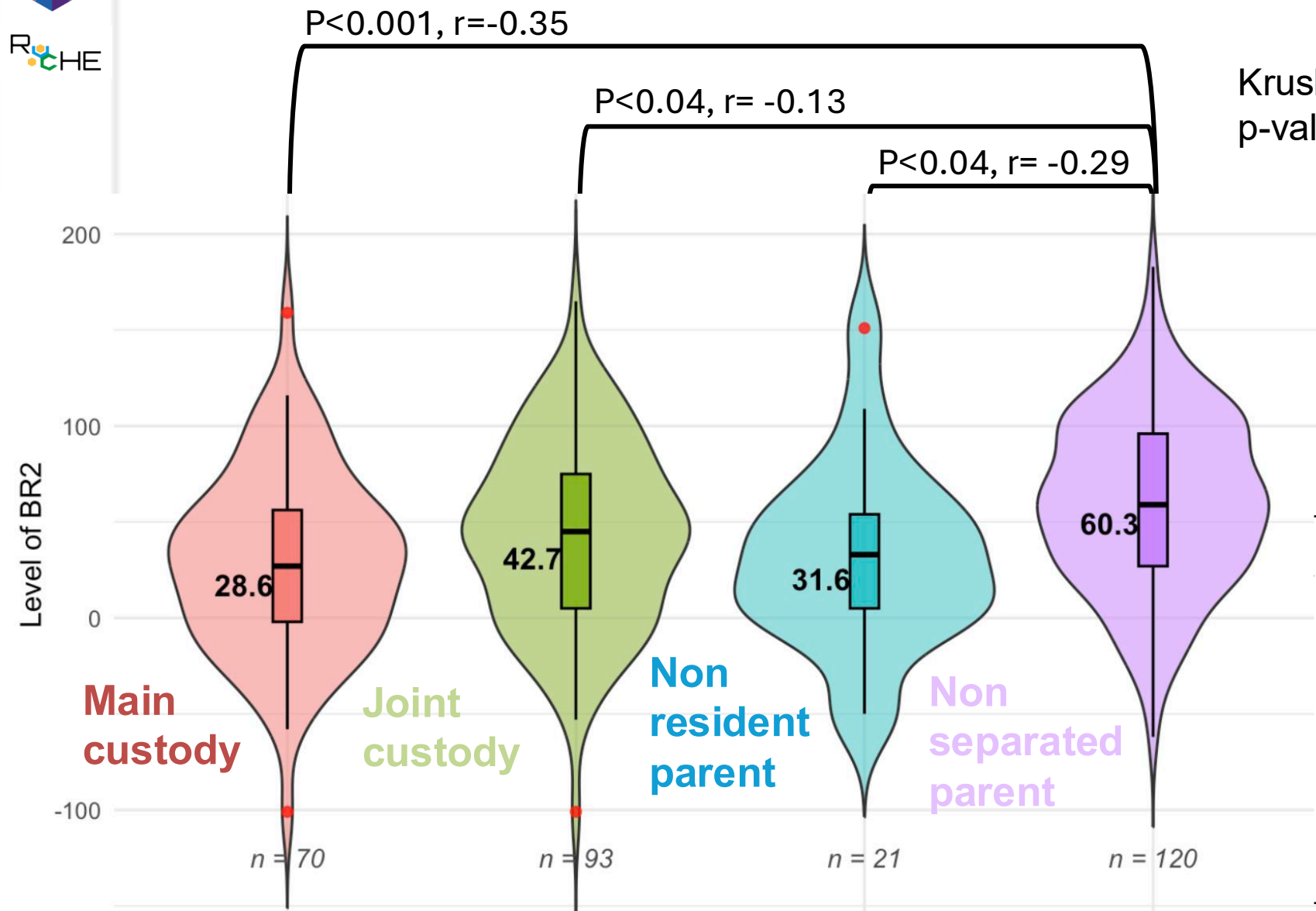


Is there a mean difference in the **BR² questionnaire** between the groups?

→ Mean difference test

BR² by custody arrangement

RD
CHE



Kruskal-Wallis $\chi^2 = 19.572$, df = 3,
p-value < 0.001, $\eta^2 = 0.09$

Score interpretation

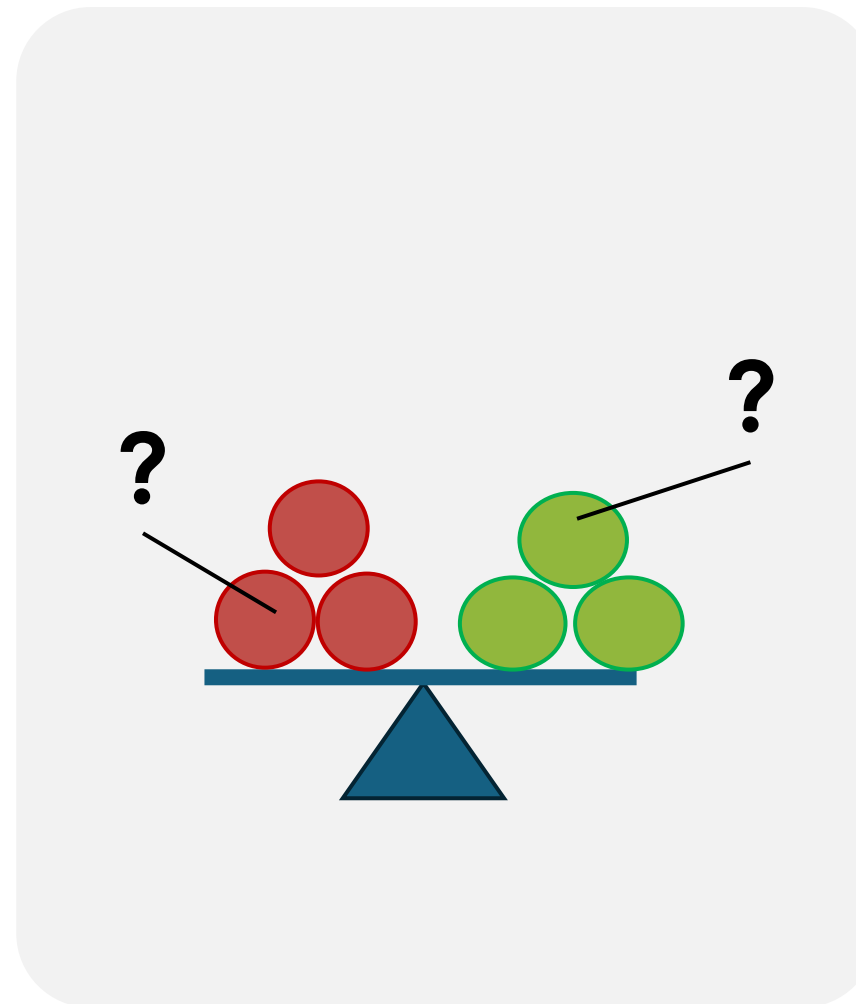


Group	N	MEANS	SD
Main	70	28.6	46.91
Joint	93	42.7	48.05
Non-resident	21	31.6	47.66
Non-separated	120	60.3	45.31

Research question n°2

What are the **specificities** of each group's balance?

→ Triangulation of both quantitative and qualitative results



Methodology (mixed-method design)

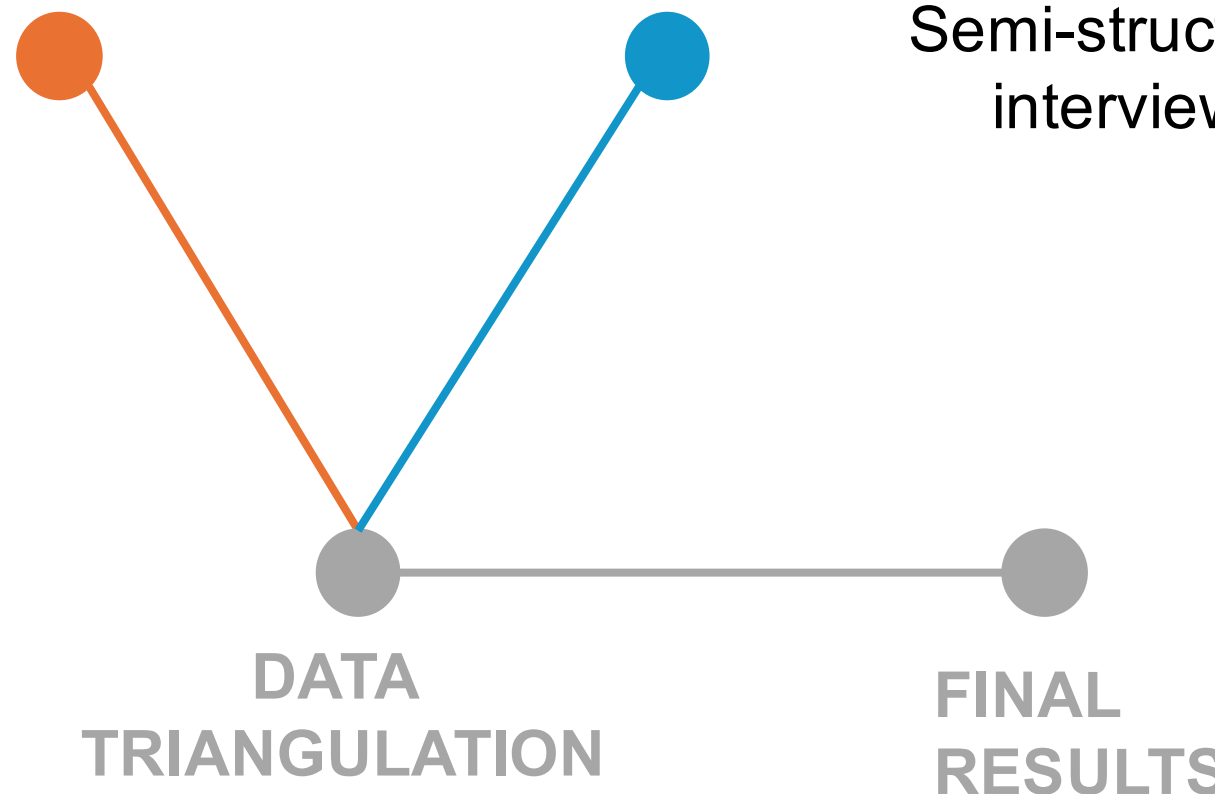
STATISTICAL ANALYSIS (BR²)

Rank frequencies
per group
(Top 5 items)

Significance tests
(χ^2 , pairwise comparisons
and Cramer's V)

REFLEXIVE THEMATIC ANALYSIS

Semi-structured
interviews



Methodology (mixed-method design)

n°	Stressor	-5	-4	-3	-2	-1	0	1	2	3	4	5	Resource
25	My (ex-)partner denigrates me as a parent	X	X								X	X	My (ex-)partner says I'm a good father/mother

Looking for the most **FREQUENT** and **HEAVIEST** stressors and resources on the parent's balance

Methodology (mixed-method design)

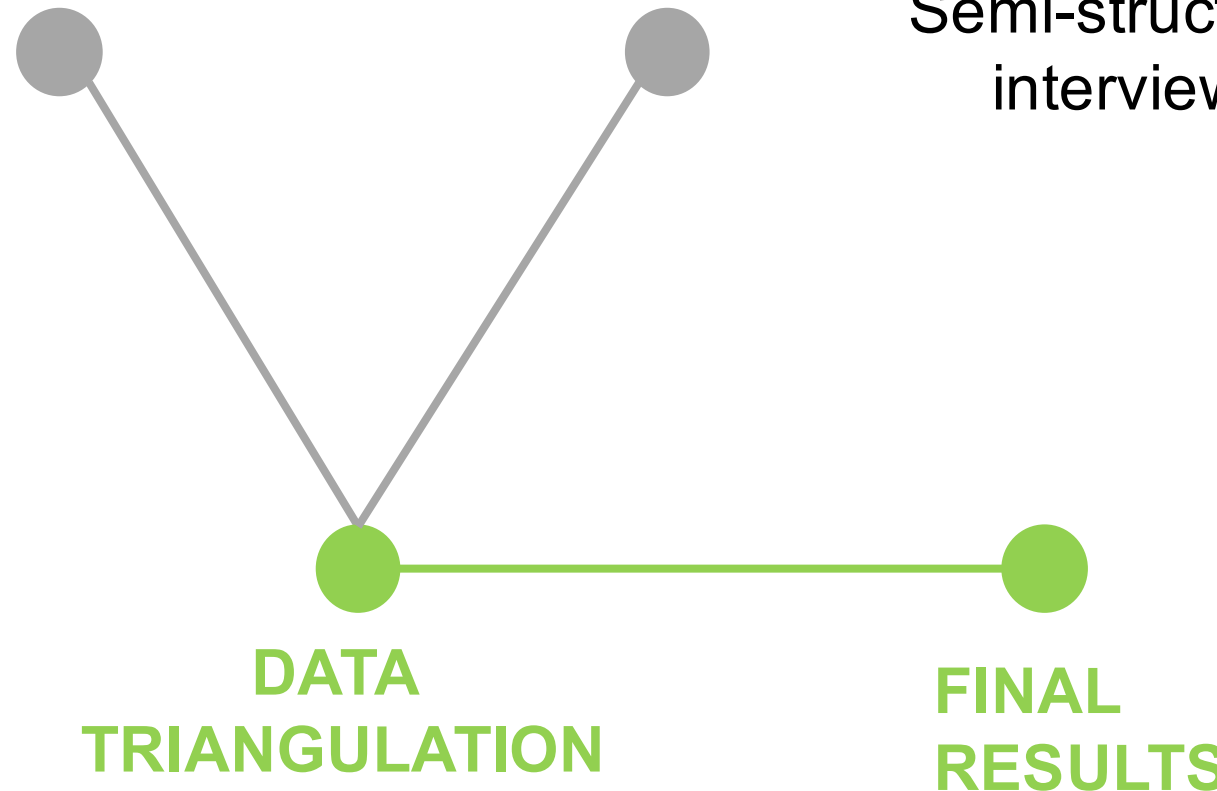
STATISTICAL ANALYSIS (BR²)

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REFLEXIVE THEMATIC ANALYSIS

Semi-structured
interviews

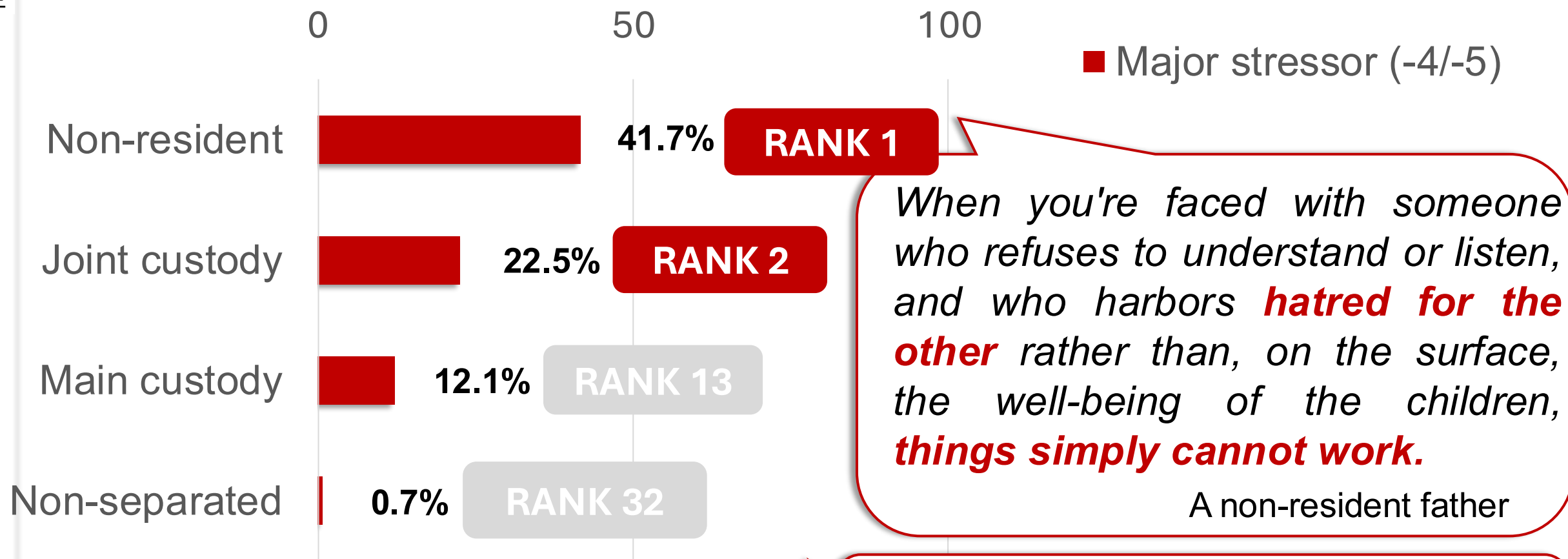


Preliminary results - stressors

- Some stressors are **more frequently** found in the overall separated parents group than in the non-separated group (especially for coparenting stressors)
- However, when digging inside the custody groups, the **frequency of high-risk scores varies significantly**

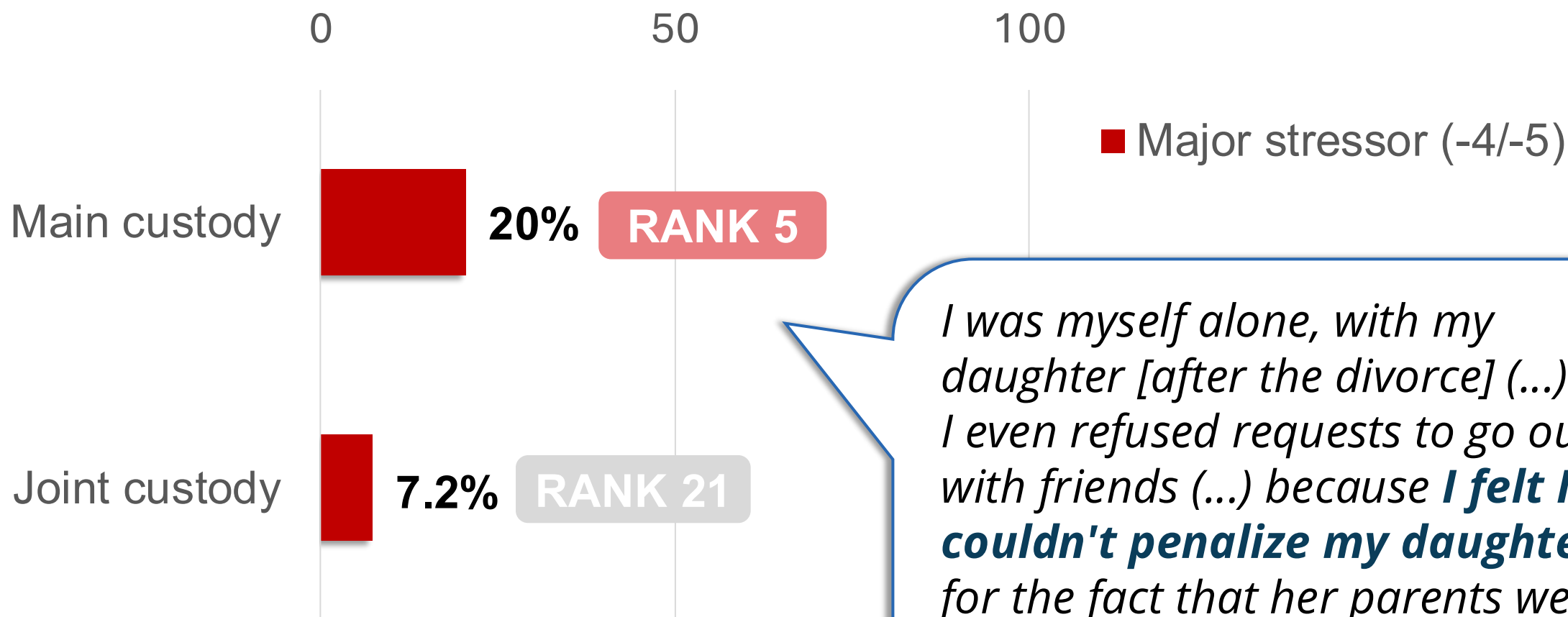
Each arrangement faces
unique challenges

My (ex-)partner denigrates me as a parent



Notes. Cramér's $V = 0.36$.
All pairwise comparisons were significant.

Because of my parenting responsibilities, I can't find any time for myself at all



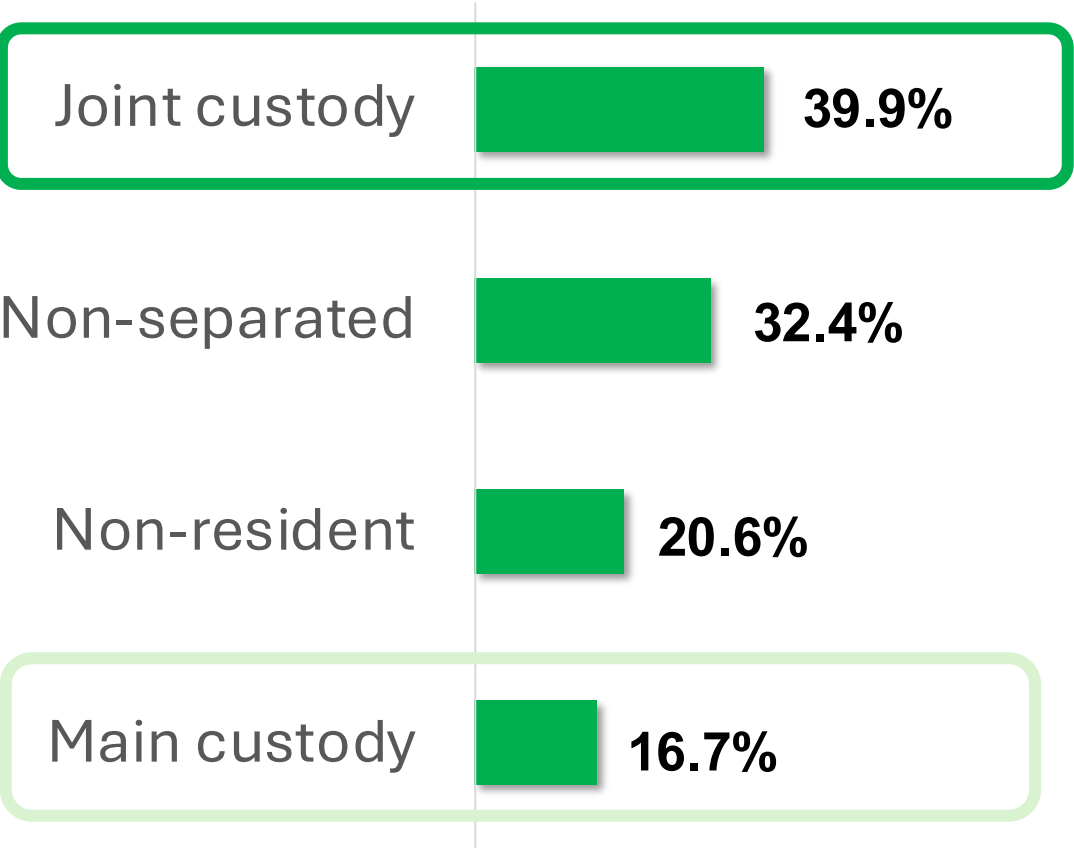
A mother in main custody

Note. Cramér's $V = 0.139$.

Preliminary results - resources

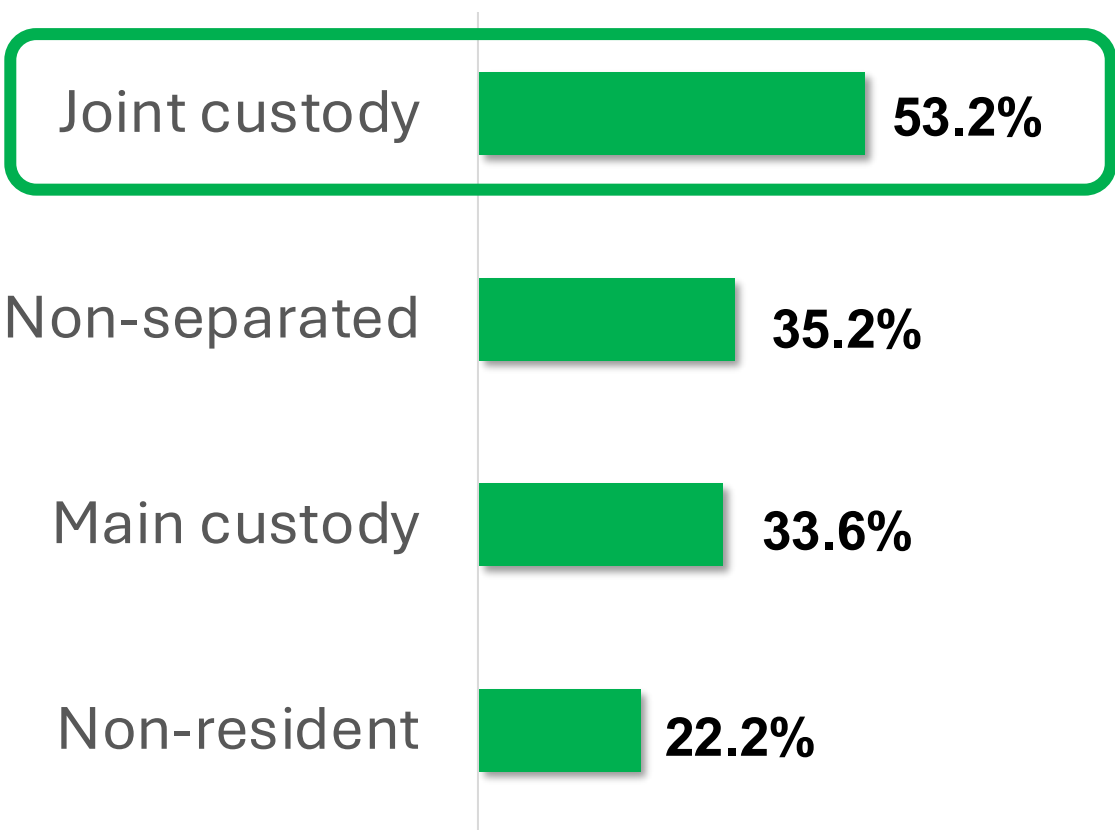
- **Child-related factors** stand as the top-voted resource across ALL parent groups
- **Coparenting** quality is higher in joint custody group compared to non-egalitarian custodies
- **Social support** of joint custodial parents was more frequently seen as a big resource than in ALL other groups

I can easily count on my **family and friends** to help me.



Notes. **Cramér's $V = 0.158$.**
Pairwise diff. between main and joint custody

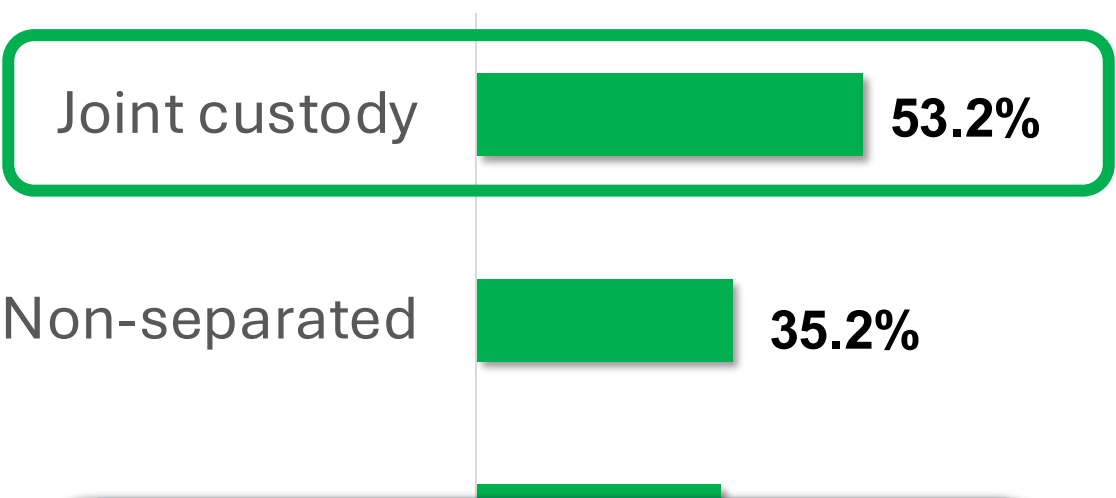
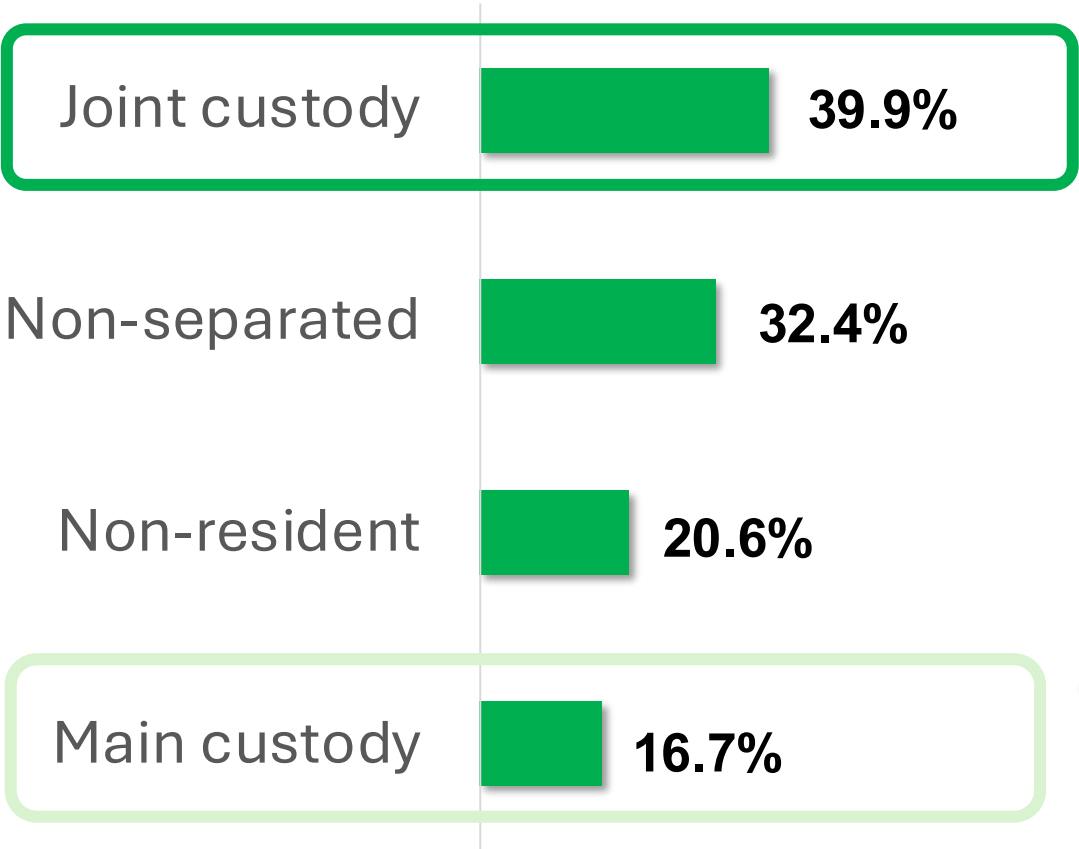
When I encounter difficulties with my children, I **have friends or relatives** I can talk to about it.



Notes. **Cramér's $V = 0.179$.**
Joint custody is different from all

I can easily count on my **family and friends** to help me.

When I encounter difficulties with my children, I **have friends or relatives** I can talk to about it.



(...) I even **refused requests to go out with friends** (...) because I felt I couldn't penalize my daughter (...)

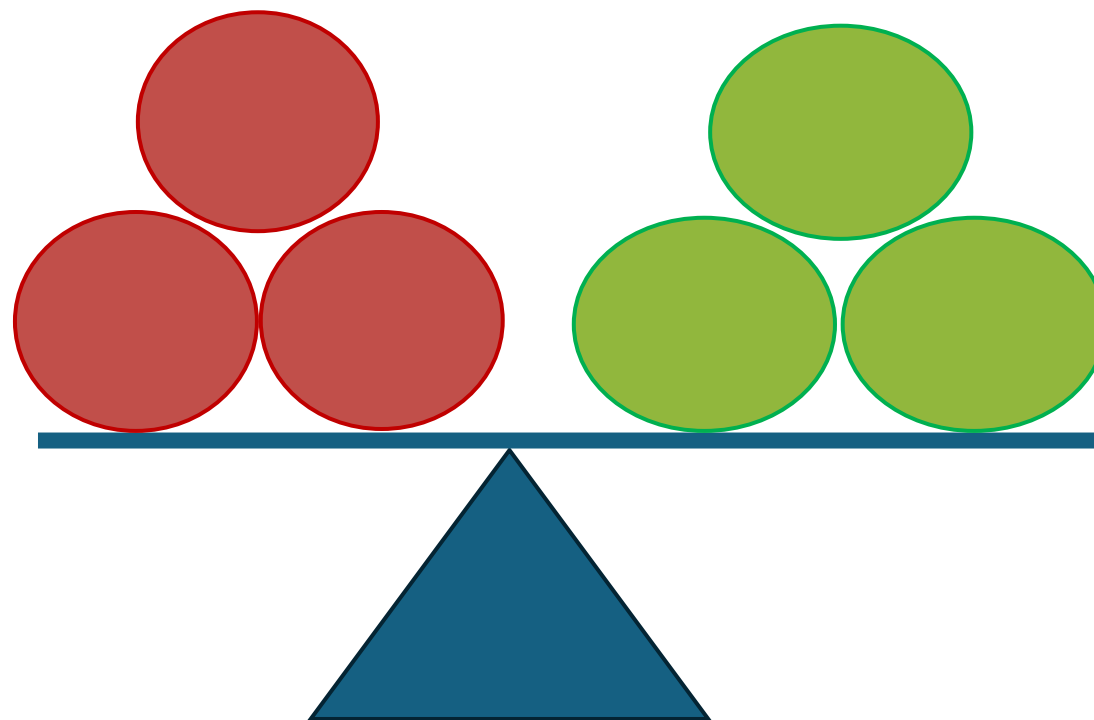
A mother in main custody

Notes. **Cramér's V = 0.158.**

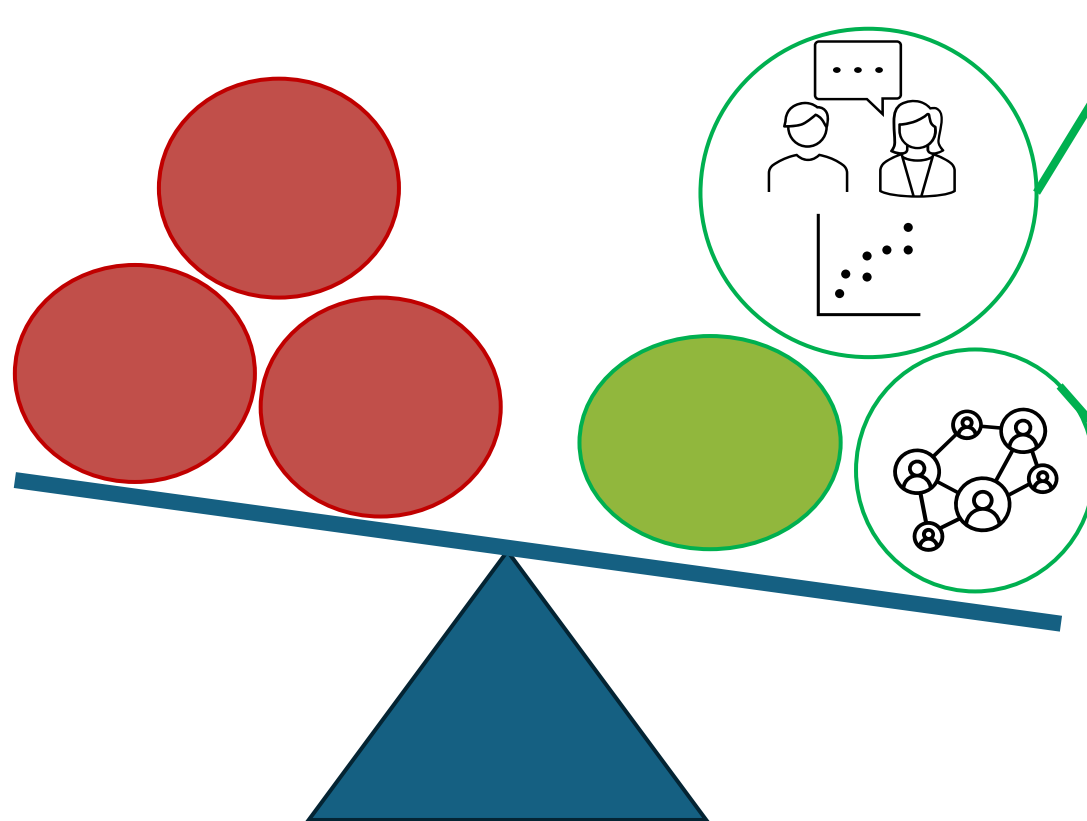
Pairwise diff. between main and joint custody

Joint custody is different from all

Moving towards tailored & specific approaches



Moving towards tailored & specific approaches



Utility of mixed-method design

combining quantitative and qualitative data allows to discover both **frequent and heaviest** stressors and their **unique subjective experience**

Differences in social support in post-separation contexts

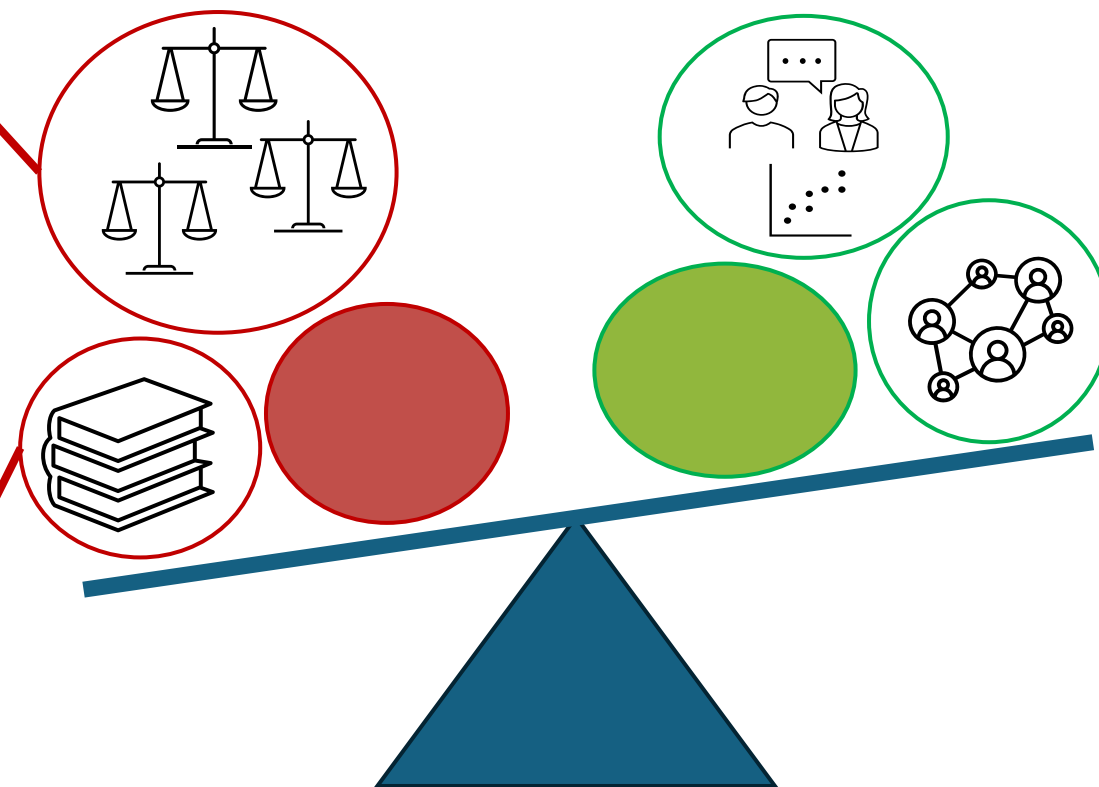
Joint custody helps separated parents be more socially connected (Botterman et al., 2015).
Challenge for main custodial parents ?
Disentangle the role of family/friends ?

Moving towards tailored & specific approaches

Towards specific balances?

Equal burnout levels may hide **different cumulative stressors**.

While the core mechanisms remain shared, specific groups carry **distinct risk profiles**.



A call for tailored interventions

heterogeneous profiles call for **tailored** and **specific clinical interventions**, rather than one-size-fits-all strategies

Understanding & Caring for the Well-Being of Separated Parents - A cross-sectionnall focus on parental burnout

THIS PRESENTATION

OBJECTIVE I

Exploration of the specific stressors and resources of separated parents

QUALITATIVE / MIXED METHODS

- In-depth exploration of stressors and protective factors in the context of marital separation and divorce.
- Capturing "off-screen" variables via spontaneous parental feedback to ground quantitative models.

OBJECTIVE II

PB across family structures

MEAN DIFFERENCES (ANOVA)

Compare main, joint custody, non-resident parents and non-separated parents.

OBJECTIVE III

Separation-related predictors

REGRESSIONS

Identify legal, financial, logistical and subjective variables that significantly predict burnout severity.

OBJECTIVE IV

Psychological & Relational profiles

LATENT PROFILE ANALYSIS (LPA)

Identify risk-profiles based on co-parenting quality, parent-child dynamics, empowerment, and emotional regulation

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