



UNIVERSITÀ  
CATTOLICA  
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**FR** Family Studies  
and Research  
University Center

# The associations for separated parents: their role for parents' well-being and co-parenting

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# Theoretical frame

## Separation/divorce

*Critical event* that involves all areas of life

**SEPARATED  
PARENTS**

**Lower well-being  
Challenge: maintain a  
cooperative relationship  
with the ex-partner  
(co-parenting)**

**ASSOCIATIONS  
FOR SEPARATED  
PARENTS IN  
ITALY**

**Created by parents to  
support each other**



# Theoretical frame

Psychological well-being: divorced parents present a lower level of well-being; a higher risk of psychological and health disorders; higher levels of stress than married people

Relational well-being: the separation/divorce has a negative effect on social relationships, who play, at the same time, a very important role in supporting and helping parents

Co-parenting: divorced parents have to cooperate and collaborate for their children's well-being



# Research

- Explorative aim
- Interdisciplinary (sociological/psychological perspective)
- National web survey

*Sample: 449 separated/divorced parents  
belonging to about 50 Italian associations*

- **Research questions:**
  - Does perceived support from the association help separated parents to cope with the challenges associated with the separation/divorce?
  - In particular, does perceived support from the association favor a higher well-being (both psychological and relational) and a greater co-parenting ability?



# Methods: statistical analyses

## ANOVA

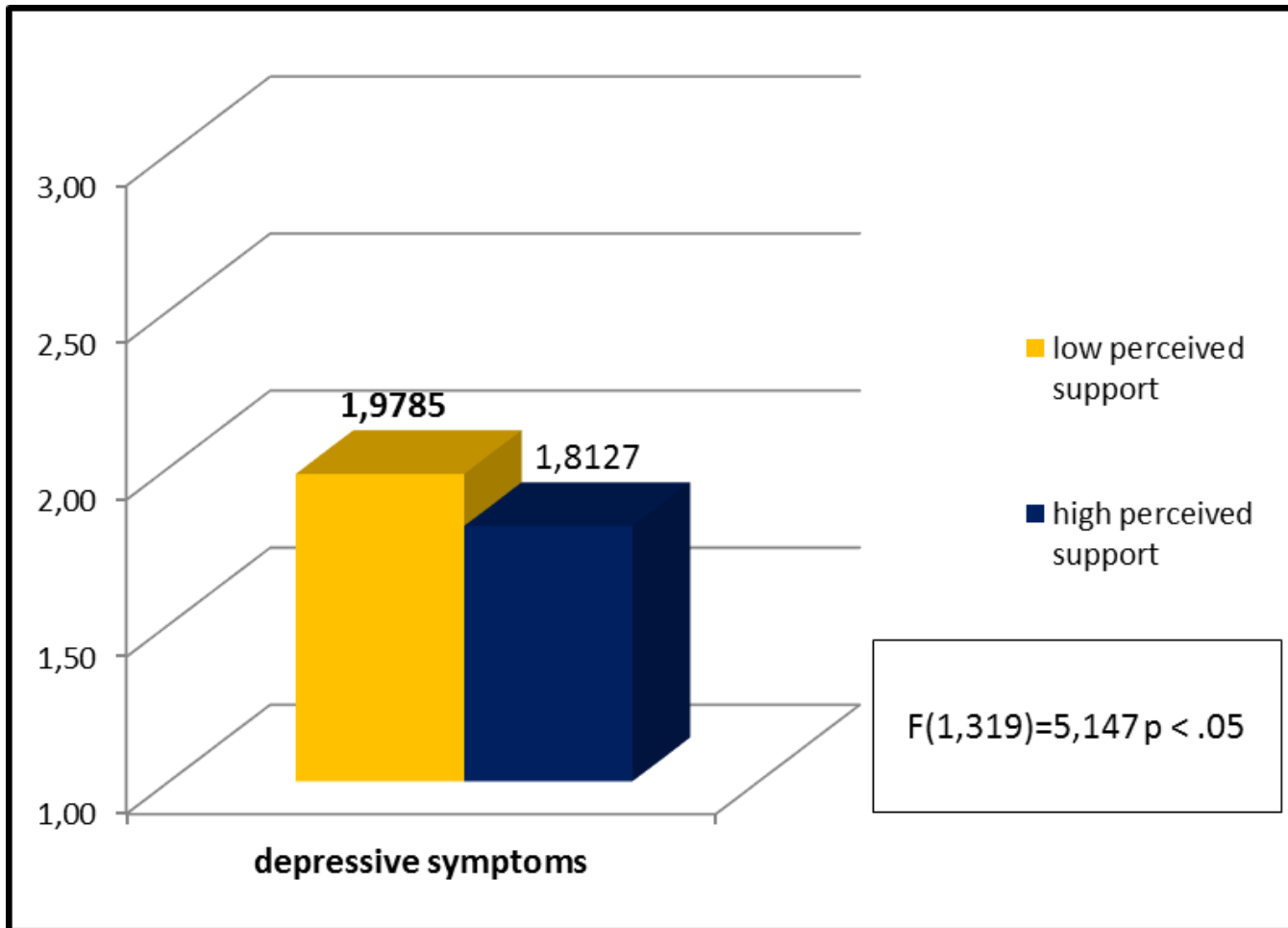
**IV:** PERCEIVED SUPPORT from the association  
*(2 levels; high vs low)*

**DV:** 1. PSYCHOLOGICAL WELL-BEING: depressive symptoms

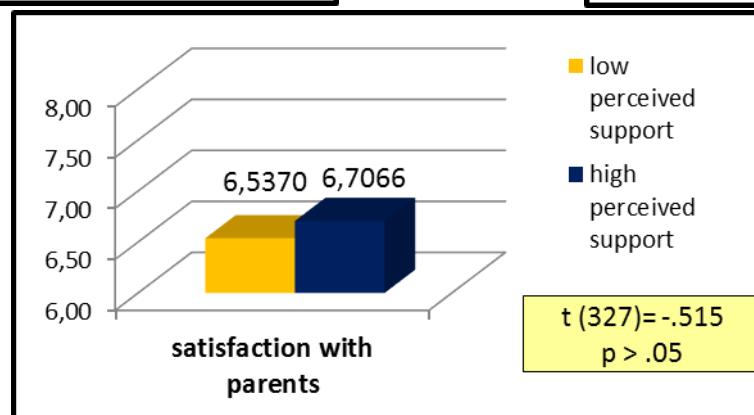
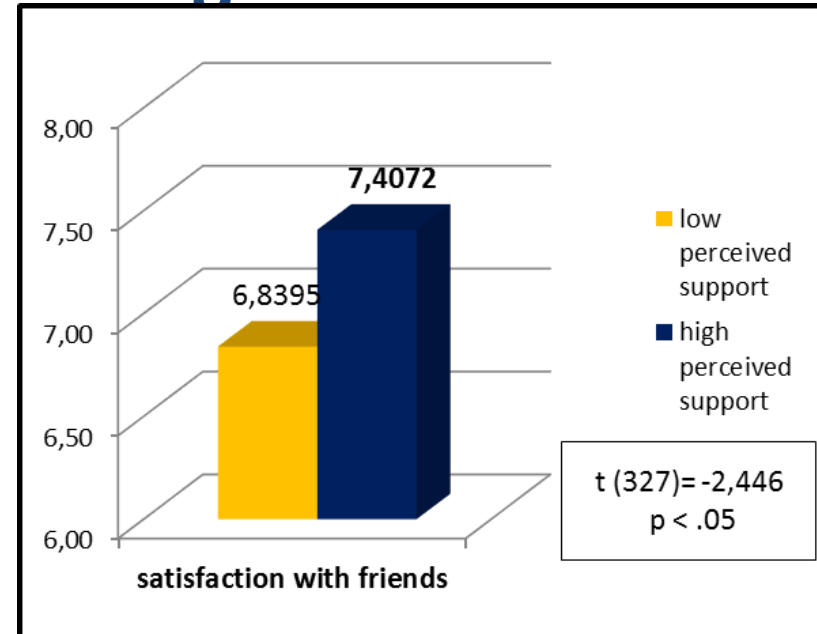
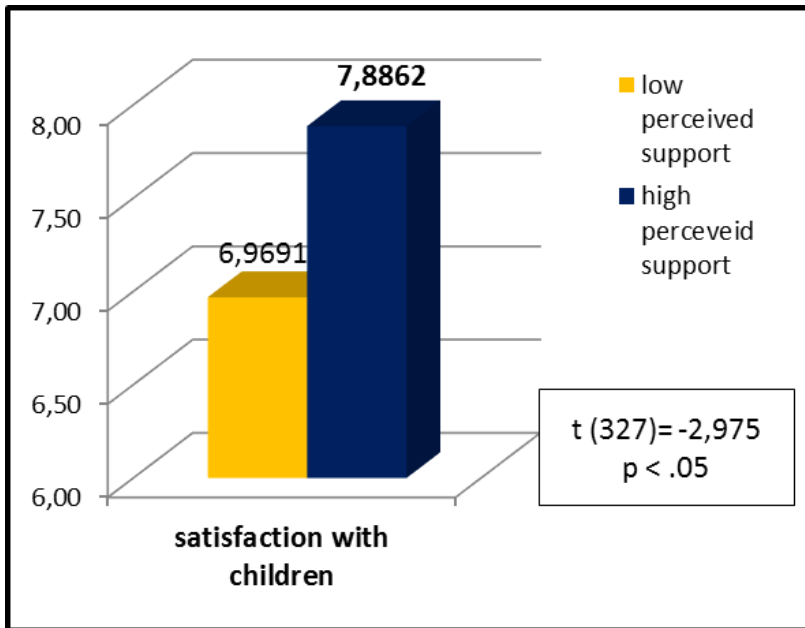
2. RELATIONAL WELL-BEING: satisfaction with the relationship with **children**, relationship with **friends**, relationship with **parents**

3. CO-PARENTING

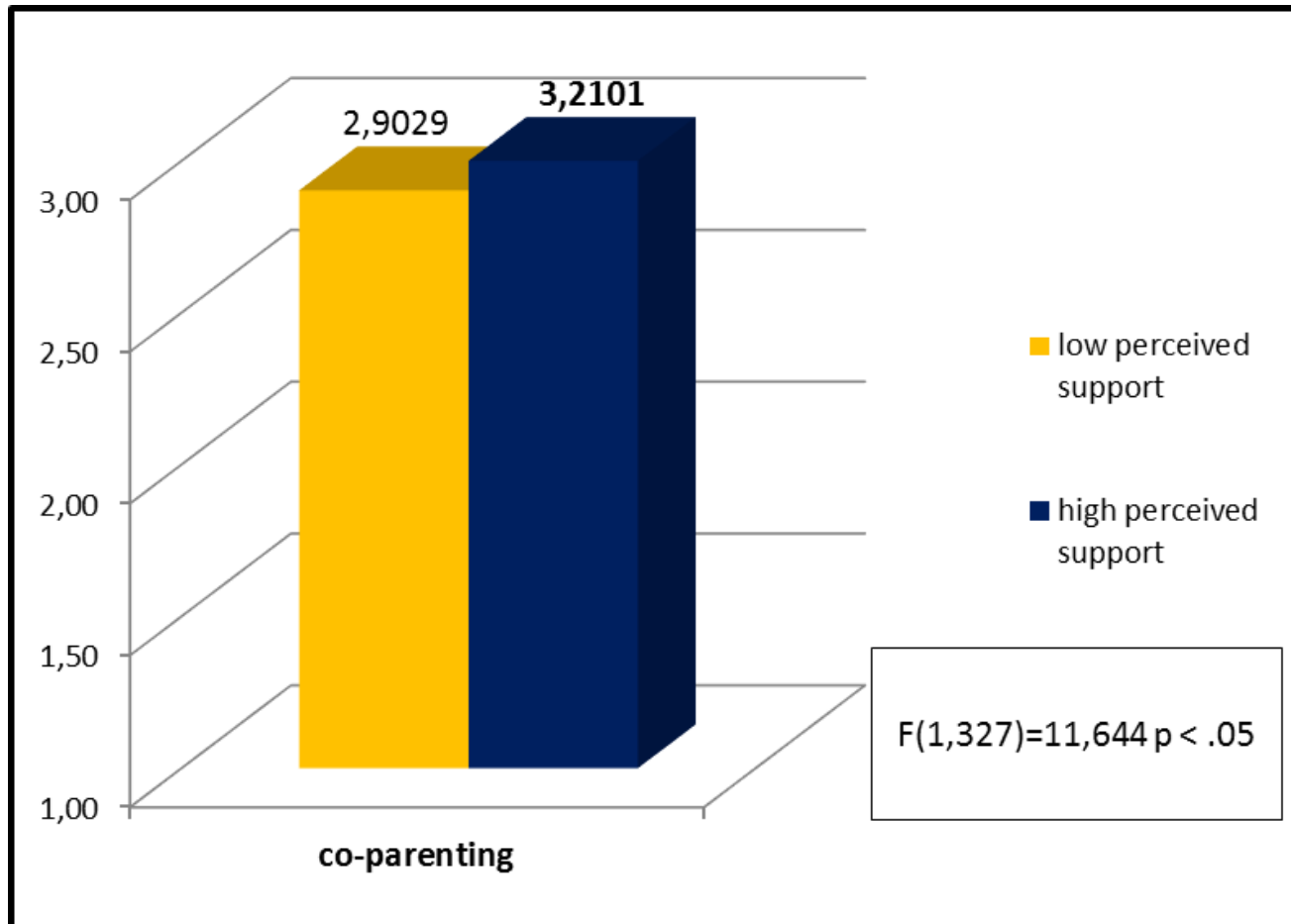
## Psychological well-being



## Relational well-being



## Co-parenting







# Conclusions

Those who perceive to be  
**more supported by the association**  
have a **GREATER CO-PARENTING ABILITY**

Feeling **more supported by the association**  
has a **POSITIVE EFFECT**  
on well-being (psychological and relational)

**Being part of an association** seems to **HELP**  
separated/divorced parents to ***COPE WITH THEIR NEW***  
***CHALLENGES***



# Future research questions



**What does it mean for parents being part of such associations?**



**Which is the impact of being part of these associations for their children?**

***Thank you!***

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