

# Posttraumatic Growth among Parents during the COVID-19 Pandemic: Support as a Protective Factor.

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## Abstract

- Since the outbreak of COVID-19, parents have experienced a lot of changes.
- Consequently, parents might suffer from COVID-19 exposure risks related to social isolation, caregiver burden, changes in their physical health, fear of getting infected, or suffering the loss of a loved one (Russell et al., 2020; Tamiolaki & Kalaitzaki 2020).



## Methods and Measurements

- **Short Longitudinal National Data:**
  - Fathers and mothers (N = 108)
  - Children
- **Two 35-45-minute online surveys approximately 2-months apart**
  - Wave I: Summer 2020
  - Wave II: Fall 2020

**H1:** Parental COVID-19 risks are directly associated with more post-traumatic growth

**H2:** Support from interconnected systems (e.g., social networks, partner) will promote the association between COVID-19 risk and post-traumatic growth experiences.

## Results and Limitations

- Nonsignificant relationship between parental COVID-19 risks and post-traumatic growth
- Subsequently, no association of mitigation via support from interconnected systems (e.g., social networks, partner support)
  - Limitations included a small sample, not enough power, middle-class married participants, and lack of examination across parents.
- **A better understanding of the negative association between COVID-19 risks and parental post traumatic growth might not be associated since parents are still going through the traumatic event**

## Background

- Some parents might thrive despite these risks. More specifically, might experience growth during traumatic events, such as COVID-19. A *post-traumatic growth process* is described as positive personal growth that emerges after a life-threatening event (Walton, 2020).
- The Resilience Risk Model (Masten, 1991) posits a strength-based process of understanding how individuals are able to overcome challenges and thrive in high-risk environments, especially in the presence of protective factors:
  - Social Support
  - Partner Support

## Demographics

<b>- Race-ethnic Groups:</b>	
Hispanic or Latinx	20%
White	68%
Black	21%
Other	9%
<b>- Education:</b>	
High School	2%
Some College/Associate Degree	48%
Bachelor's Degree	35%
Graduate Degree	14%
<b>- Relationship Status:</b>	
Married/Living with Partner	98%
Single	2%
<b>- Employment Status(W2):</b>	
Full Time	46%
Part Time	26%
Unemployed	27%

## Conclusions and Implications

- Exploration about how to help to mitigate the exacerbation of traumatic episodes and promote resilient protective factors is needed. Especially, the processes that may lead to positive parenting and posttraumatic growth among individuals and interconnected systems impacted by COVID-19.

