

# Preventive intervention supporting families after divorce or separation: groups and e-health for Dutch parents.

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Preventive parenting support for parents after separation, leads to: - more knowledge about (co-)parenting strategies; - more intentions to use positive (co-)parenting strategies; - increased feelings of competence; - increased awareness on the...

<b>Ethische beoordeling</b>	Niet van toepassing
<b>Status</b>	Werving gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON23882

### Bron

Nationaal Trial Register

### Verkorte titel

Preventive support for Dutch parents in divorce situations

### Aandoening

parenting, separation, divorce, divorce intervention, program evaluation, prevention, communication skills, e-health

ScheidingsATLAS, scheiding, preventieve steun, online training

### Ondersteuning

**Primaire sponsor:** This trial was reviewed and approved by a scientific commission of ZonMw (Dutch institute for health-care research: letter 2015/24796/ZONMW, December 11th, 2015). The trial is carried out according to the approved project plan.

**Overige ondersteuning:** Costs for the effect study was paid by a grant from ZonMw (Dutch institute for health-care research: Grant No. 729310002; <https://www.zonmw.nl/nl/onderzoek-resultaten/jeugd/programmas/project-detail/effectief-werken-in-de-jeugdsector/kortdurende-en-laagdrempelige-opvoedondersteuning-voor->

## Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

- increased wellbeing of parents and their children;<br>
- increased feelings of competence;<br>
- increased awareness on the impact of divorce or separation on children;<br>
- increased prosocial behavior in children of participating parents.

## Toelichting onderzoek

### Achtergrond van het onderzoek

Parental divorce or separation is one of the most impactful life events to all involved. Following breakup adults experience more stress and depressive feelings and function less optimally as a parent than adults in stable relationships (e.g., Van der Valk et al., 2004). In addition, research consistently shows that children with divorced parents score significantly lower on measures of wellbeing, conduct, psychological adjustment, self-concept, and social relations (Amato & James, 2010).

In the Netherlands, evidence-based preventive interventions are available to support children of divorce. For parents, such evidence-based solutions were lacking (e.g., Cloostermans et al., 2013). In particular, preventive support programs to inform separated parents and empower them as a parent were needed. This paper provides information about an initiative providing such intervention.

‘Divorce ATLAS’ aims at informing and empowering parents after break-up and teaching effective coping and communication skills. The intervention offers preventive support in two varieties: (a) a 2-sessions group program derived from the US ACT for the Children intervention (Pedro-Carroll et al. ); and (b) an e-health version inspired by the US Children in Between program (Gordon et al.). Both versions include the same content. ATLAS is subject to a quasi-experimental (group version) and RCT (e-health version) study into the process and impact of the intervention (results expected 2019).

### Doel van het onderzoek

Preventive parenting support for parents after separation, leads to:

- more knowledge about (co-)parenting strategies;

- more intentions to use positive (co-)parenting strategies;
- increased feelings of competence;
- increased awareness on the impact of divorce or separation on children;
- increased prosocial behavior in children of participating parents;
- increased wellbeing of parents and their children;
- increased social support satisfaction

### **Onderzoeksopzet**

- Before intervention
- After intervention
- Six months follow-up

### **Onderzoeksproduct en/of interventie**

Parents participate in 'Divorce ATLAS'. Divorce ATLAS aims at informing and empowering parents after break-up and teaching effective coping and communication skills. The intervention offers preventive support in two varieties: (a) a 2-sessions group program derived from the US ACT for the Children intervention (Pedro-Carroll et al. ); and (b) an e-health version inspired by the US Children in Between program (Gordon et al.). Both versions include the same content.

## **Contactpersonen**

### **Publiek**

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## Wetenschappelijk

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Adults with children (fathers and mothers)
- Divorced or separated or currently in a divorce or separation

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Separated adults without own biological children (including stepparents)

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

## Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-10-2017
Aantal proefpersonen:	225
Type:	Verwachte startdatum

## Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL6582
NTR-old	NTR6756
Ander register	729310002 : ZonMw

## Resultaten

### Samenvatting resultaten

Klein Velderman, M., Pieterse, K., & Pannebakker, F.D. (2017, August). Preventive intervention supporting families after divorce: groups and e-health for Dutch parents. Paper presented at the European Conference on Developmental Psychology (ECDP), Utrecht, the

Netherlands.