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).

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

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

Demographics

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


Maria Belinda Vasquez, B.A.; Melissa A. Barnett, Ph.D.; Victoria Cooper, B.A.