

## **Social Research Call**

**Title:**

*Understanding Parental Burnout: Cultural values, family and individual processes in Parents*



**Acronym:** uPBeaT

**Project leader:** Marisa Matias

**Host organisation:** Faculty of Psychology and Educational Sciences – University of Porto

**Main purpose of the project:** The spread of intensive parenting and the “cult of the child” increase the uncertainty of many parents on how to master the parenting challenge, harboring the emergence of parental burnout (PB). uPBeaT will provide a comprehensive knowledge base of the mechanisms by which culture affects parents and children, which will foster the development of culturally sensitive preventive measures for PB.

**Design/methodology/approach:** uPBeaT will use a 1-wave cross-sectional study with stratified quota sampling, complemented by a 3-wave longitudinal data collection to replicate the findings.

**Potential results:** uPBeaT will close pressing research gaps by purposefully addressing family diversity, highlighting the impact of social pressures and intensive parenting in these families, and producing longitudinal evidence. A knowledge base for expanding current interventions and developing new ones will be provided, and changes in social discourse counteracting parenting pressure and perfectionism will be sought.

**Social relevance of the research:** The child-centered culture and the intensification of parenting are leading to the postponement of the decision to have children and a decrease in the number of children. In addition, parental mental health is a pressing need to be addressed, in particular in Portugal, which is one of the European Union countries with higher rates of mental illness, particularly anxiety, depression, and stress.

**Originality/value of the project:** We have learned from previous research that the prevalence of PB greatly varies from country to country, with a clear link to cultural factors such as individualism, but within each country, different features of the ideal parent model can be found. We need to deepen our knowledge within this growing field of research and establish the moderators and mediators and their role in the relationship between cultural values and PB and its consequences.