

Family Systems Intervention Practices: Relationships with Parents' Psychological Health and Parenting Beliefs and Practices

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Purposes of the Presentation

- Describe the relationships between family systems practices and parents' psychological health
- Describe the relationships between family systems practices and parenting beliefs and practices
- Describe the relationships between parents' psychological health and parenting beliefs and practices

Background Information for the Study of Ukrainian Mothers and Their Children Receiving Early Childhood Intervention

Two sets of data were analyzed as part of the study of the psychological well-being of Ukrainian mothers who were and were not displaced from their homes and communities following the Russian invasion of Ukraine in 2022:

- Psychological well-being of European women collected longitudinally from 2008 to 2022
- Psychological well-being of European women following the Russian invasion of Ukraine

Psychological Well-Being of European Women

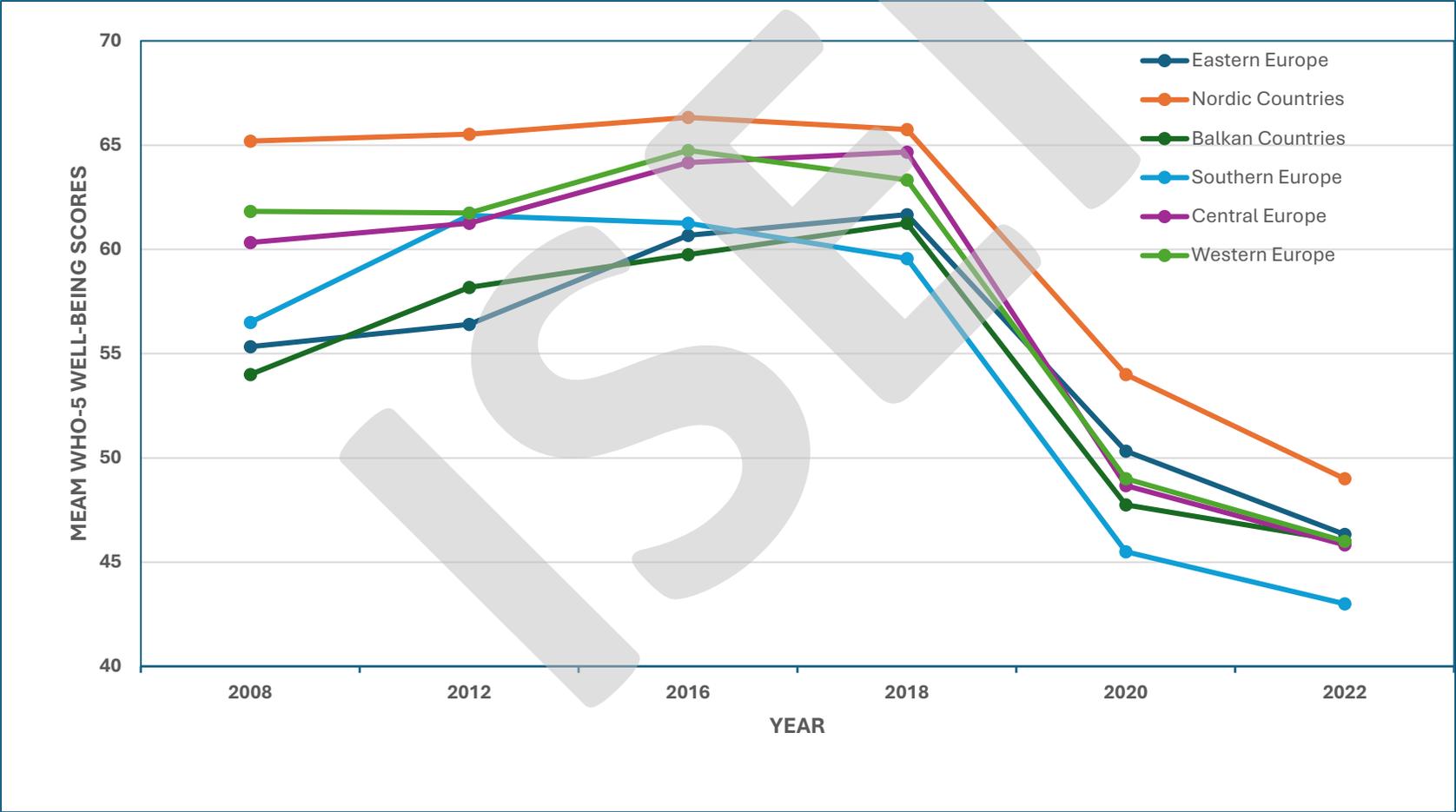
- Eurofound longitudinal World Health Organization-Five Item Well-Being Index data collected between 2008 and 2022
- Research synthesis of World Health Organization-Five Item Well-Being Index data collected as part of a meta-analysis of studies conducted between 2022 and 2024

Special thanks to Eurofound and Eszter Sandor for providing the 2020 and 2022 WHO-5 data for analysis

Longitudinal Analyses of the Psychological Well-Being of European Women Between 2008 and 2022

Participants:	Women in the European Union and Candidate Countries
Measure: Being	World Health Organization Five-Item Well-Being Index
WHO-5 Scoring:	Total scale scores ranging from 0 to 100
Method of Analysis:	Repeated measures of the WHO-5 total scale in six regions of Europe

WHO-5 Psychological Well-Being Index Scores for Women in Six Regions in Europe



Main Results

- Women's WHO-5 scores remained relatively stable for four consecutive time periods between 2008 and 2018
- Women's WHO-5 scores dropped significantly in 2020 during the COVID pandemic
- Women's WHO-5 scores continued to drop in 2022 following the Russian invasion of Ukraine
- The reason for the continued drop in the WHO-5 scores between 2020 and 2022 is the focus on additional analyses that are in the process of being completed

Meta-Analysis of the Psychological Well-Being of European Women Following the Russian Invasion of Ukraine in February 2022

- Studies:** Thirty-six studies included 70 independent samples of European women
- Participants:** The 70 samples included 111,334 women
- Countries:** The 70 samples were from 26 different European countries
- Study Groups:** The samples included displaced Ukrainian women, nondisplaced Ukrainian women, and women in six different regions of Europe
- WHO-5 Scoring:** Total scale scores ranging from 0 to 100

Meta-Analysis of WHO-5 Well-Being Index Scores for European Women in Studies Conducted Between March 1, 2022 and February 28, 2024

European Countries/Regions	No. of Studies	Combined Sample Sizes	Average WHO-5 Scores	95% Confidence Intervals
Displaced Ukrainians	6	1187	38.33	38.04, 38.63
Western Europe	8	37566	46.13	46.10, 46.15
Southern Europe	9	7468	46.95	46.80, 47.09
Central Europe	23	28870	47.65	47.58, 47.72
Eastern Europe	6	4913	47.76	47.68, 47.84
Nondisplaced Ukrainians	5	1531	48.66	48.16, 49.16
Balkan Countries	11	9999	51.33	51.21, 51.46
Nordic Countries	6	19904	52.14	52.12, 52.16

Main Results

- The WHO-5 well-being scores for the displaced Ukrainian women were the lowest and differed significantly from the well-being scores for all other groups of women as evidenced by non-overlapping confidence intervals
- The WHO-5 well-being scores for the nondisplaced Ukrainian women were nearly 10 points higher than those for the displaced Ukrainian women

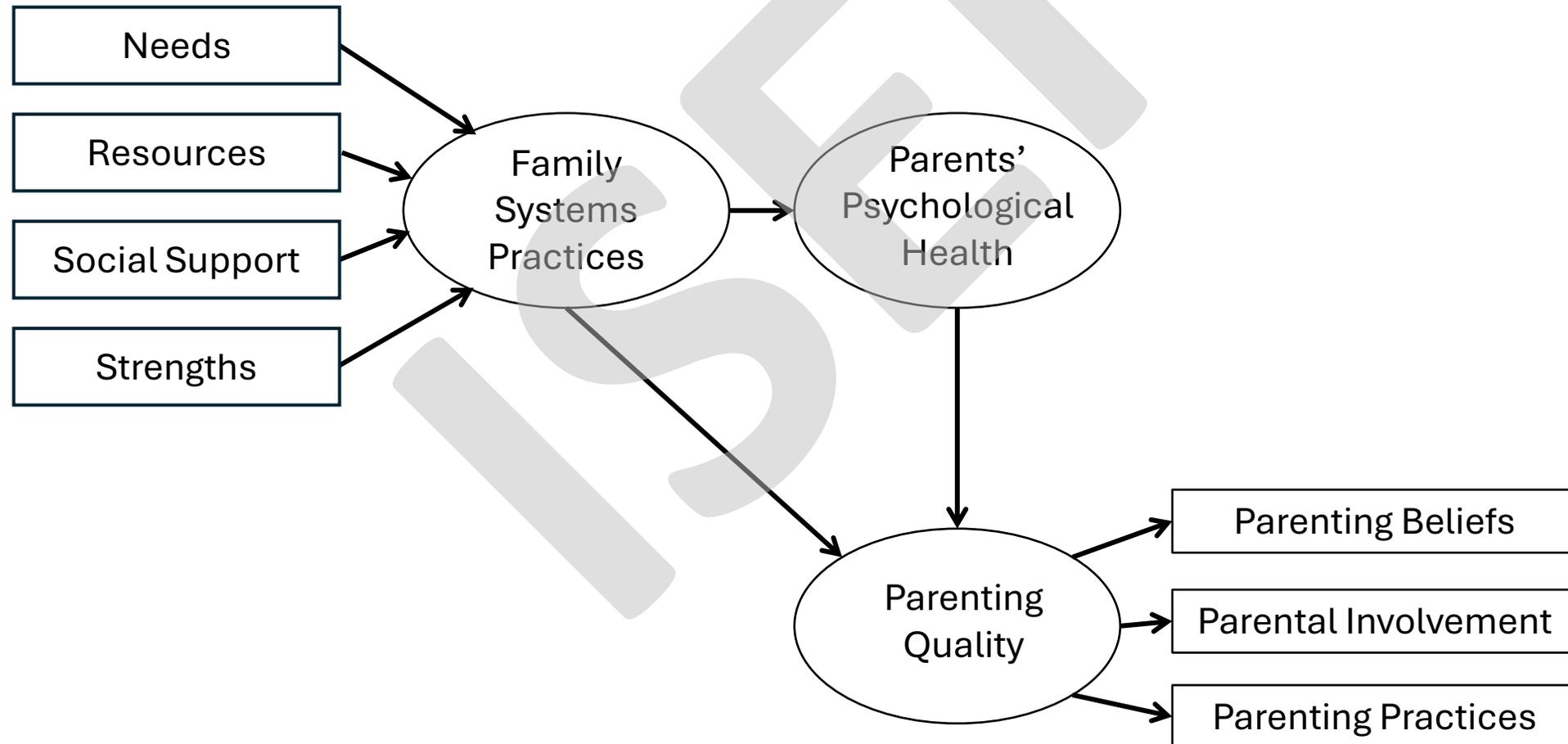
Meta-Analyses of the Relationships Between Family Systems Practices and Parents' Psychological Health and Parenting Quality

- Data from more than 20 meta-analyses of parents of young children with disabilities, medical conditions, delays, and other at-risk conditions were combined for determining the relationships between family systems practices and different types of psychological health and parenting practices (Dunst, 2023, 2025)

Dunst, C. J. (2023). Meta-analyses of the relationships between family systems practices, parents' psychological health, and parenting quality. *International Journal of Environmental Research and Public Health*, 20(18), Article 6723.

Dunst, C. J. (2025). Meta-analysis of the relationships between family systems practices and parenting beliefs and participation in early childhood learning. In S. Phillipson, W. Goff, & S. Garvis (Eds.), *Handbook on families and education: Theory, research and practice*. Edward Elgar Publishing, Inc.

Model for Showing the Relationships Between Family Systems Practices, Parents' Psychological Health, and Parenting Quality



Meta-Analyses of Family Systems Practices Studies

Meta-Analyses	No. of Studies	No. of Study Participants	No. of Countries	Percent Mothers	Percent of Children With Developmental Disabilities	Percent of Children with Medical Conditions	Percent of Children At-Risk
Family Needs							
Dunst (2022c)	31	4,543	15	81	81	19	0
Family Supports							
Dunst (2022d)	82	7,675	12	79	55	19	11
Dunst (2022a)	51	4,540	6	87	48	14	27
Dunst (2022b)	29	3,440	10	81	90	10	0
Family Resources							
Dunst (2021c)	50	8,183	6	81	34	26	40
Dunst (2021d)	30	5,247	4	83	46	23	18
Dunst (2022e)	14	3,030	2	76	64	36	0
Family Strengths							
Dunst et al. (2021)	33	7,065	12	75	41	0	37
Dunst (2021b)	14	3,491	10	85	33	33	15
Dunst (2021a)	53	4,418	9	72	38	35	25
Psychological Health							
Dunst (2023)	108	21,784	19	88	55	9	28

Meta-Analyses of Family Systems Practices Research Studies

- Dunst, C. J. (2021a). Family hardiness and parent and family functioning in households with children experiencing adverse life events: A meta-analysis. *International Journal of Psychological Research*, 14(2), 93-118.
- Dunst, C. J. (2021b). Family strengths, the circumplex model of family systems, and personal and family functioning: A meta-analysis of the relationship among study measures. *Journal of Behavior, Health & Social Issues*, 13(2), 1-19.
- Dunst, C. J. (2021c). Meta-analysis of the relationships between the adequacy of family resources and parenting beliefs and practices. *British Journal of Psychology Research*, 9(2), 56-76.
- Dunst, C. J. (2021d). Meta-analysis of the relationships between the adequacy of family resources and personal, family, and child well-being. *European Journal of Psychological Research*, 8(3), 35-49.
- Dunst, C. J. (2022a). Associations between perceived family social support and the psychological health of caregivers of children and adolescents: A systematic review and meta-analysis. *European Journal of Psychological Research*, 9(2), 32-57.
- Dunst, C. J. (2022b). Functional social support and psychological health and functioning: A meta-analysis of studies of parents of children and adolescents with identified disabilities. *European Journal of Psychological Health*, 9(3), 62-82.
- Dunst, C. J. (2022c). Systematic review and meta-analysis of family needs studies: Relationships with parent, family and child functioning. *European Journal of Psychology and Educational Research*, 5(1), 11-32.
- Dunst, C. J. (2022d). Systematic review and meta-analysis of the relationships between family social support and parenting stress, burden, beliefs and practices. *International Journal of Health and Psychology Research*, 10(3), 1-27.
- Dunst, C. J. (2022e). Systematic review and meta-analysis of the relationships between the adequacy of family resources and parenting stress. *International Journal of Health and Psychology Research*, 10(1), 18-30.
- Dunst, C. J. (2023). Meta-analyses of the relationships between family systems practices, parents' psychological health, and parenting quality. *International Journal of Environmental Research and Public Health*, 20(18), Article 6723.
- Dunst, C. J., Serrano, A. M., Mas, J. M., & Espe-Sherwindt, M. (2021). Meta-analysis of the relationships between family strengths and parent, family and child well-being. *European Journal of Applied Positive Psychology*, 5, Article 5.

Relationships Between the Family Systems Practices Measures Parents' Psychological Health

Family Systems Measures		Number of Studies	Combined Sample Size	Average Effect Size	95% Confidence Interval
Family Needs					
	Depression	5	606	.39	.33, .45
	Stress	5	858	.44	.17, .64
	Well-Being	6	573	-.32	-.16, -.47
	Parenting Stress	9	1565	.41	.30, .52
	Caregiving Burden	11	2407	.41	.30, .51
Family Resources					
	Depression	14	2837	-.37	-.30, -.44
	Stress	13	2699	-.38	-.26, -.50
	Well-Being	4	260	.47	.15, .72
	Parenting Stress	20	4170	-.42	-.37, -.47
	Caregiving Burden	8	1102	-.33	-.24, -.42
Family Support					
	Depression	30	2967	-.27	-.10, -.42
	Stress	13	1022	-.15	-.03, -.27
	Well-Being	18	1865	.33	.18, .48
	Parenting Stress	33	5064	-.22	-.20, -.26
	Caregiving Burden	15	1253	-.17	-.09, -.24
Family Strengths					
	Depression	8	825	-.43	-.30, -.55
	Stress	6	1155	-.23	-.14, -.32
	Well-Being	10	1693	.43	.34, .52
	Parenting Stress	9	950	-.42	-.30, -.52
	Caregiving Burden	6	824	-.34	-.13, -.52

Relationships Between the Family Systems Practices Measures and Parenting Quality

Family Systems Measures		Number of Studies	Combined Sample Size	Average Effect Size	95% Confidence Interval
Family Needs					
	Parenting Beliefs	6	620	-.35	-.28, -.41
	Parental Involvement	6	1465	-.21	-.17, -.25
	Parenting Practices	5	1440	-.19	-.11, -.26
Family Resources					
	Parenting Beliefs	11	1039	.24	.12, .35
	Parental Involvement	11	1319	.27	.18, .36
	Parenting Practices	14	3294	.29	.23, .35
Family Support					
	Parenting Beliefs	13	1106	.22	.16, .28
	Parental Involvement	6	1421	.21	.15, .26
	Parenting Practices	7	375	.17	.11, .24
Family Strengths					
	Parenting Beliefs	6	1138	.44	.22, .62
	Parental Involvement	7	661	.32	.21, .43
	Parenting Practices	8	2527	.36	.23, .48

Relationships Between Parents' Psychological Health and Parenting Quality

Psychological Health Measures		Number Of Studies	Combined Sample Size	Average Effect Size	95% Confidence Interval
Depression					
	Parenting Beliefs	10	2171	-.41	-.34, -.47
	Parental Involvement	13	4962	-.18	-.16, -.21
	Parenting Practices	22	4171	-.23	-.19, -.26
Stress					
	Parenting Beliefs	11	1348	-.40	-.35, -.44
	Parental Involvement	5	1973	-.20	-.01, -.32
	Parenting Practices	5	737	-.28	-.06, -.48
Well-Being					
	Parenting Beliefs	8	919	.42	.33, .50
	Parental Involvement	6	2208	.26	.19, .32
	Parenting Practices	8	900	.20	.13, .26
Caregiving Burden					
	Parenting Beliefs	12	1404	-.34	-.29, -.38
	Parental Involvement	7	450	-.29	-.23, -.35
	Parenting Practices	11	1922	-.31	-.24, -.38
Parenting Stress					
	Parenting Beliefs	16	3454	-.44	-.39, -.48
	Parental Involvement	14	3829	-.25	-.22, -.28
	Parenting Practices	11	3091	-.29	-.21, -.36

Comparisons of the Meta-Analyses Results with Findings from the Study of Displaced Ukrainian Mothers of Children Receiving Early Childhood Intervention

- Results from the meta-analyses showed that all four family systems practices were related to both parents' psychological health and parenting quality
- Results from the study of displaced Ukrainian mothers showed that social support from Ukrainian family and friends was related to positive well-being and difficulties in obtaining resources to meet unmet family needs in displaced locations were related to negative well-being (Espe-Sherwindt et al., 2025)
- Preliminary results from the study of the displaced Ukrainian mothers show that parents' psychological well-being was directly related to the provision of everyday child learning opportunities and that ECI practices, difficulties obtaining needed resources in displaced locations, and social connectedness with Ukrainian family and friends were indirectly related to the provision of everyday child learning opportunities mediated by parents' well-being.
- The results from the study of displaced Ukrainian mothers are nearly identical to those found in the meta-analyses of family systems practices studies

Espe-Sherwindt, M., Dunst, C. J., Kukuza, A., van Loen, N., & Serrano, A. M. (2025). Status and predictors of the psychological well-being of mothers of children receiving early childhood intervention following the 2022 Russian invasion of Ukraine. *European Journal of Applied Positive Psychology*, 9, Article 7.

PowerPoint Presentation

The PowerPoint presentation is available on ResearchGate (<https://researchgate.net>) and can be found by searching the title of the presentation in quotes: “Family systems intervention practices: Relationships with parents’ psychological health and parenting beliefs and practices”