

Emotional dynamics within parental burnout

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The logo for the International Conference on Parental Burnout (ICPB) is a simple black outline of a person's head and shoulders, with the letters 'ICPB' written inside the head area.

**2nd International Conference
on Parental Burnout**

May 6-7, 2021
Virtual Conference

Introduction

- Emotional Dynamics

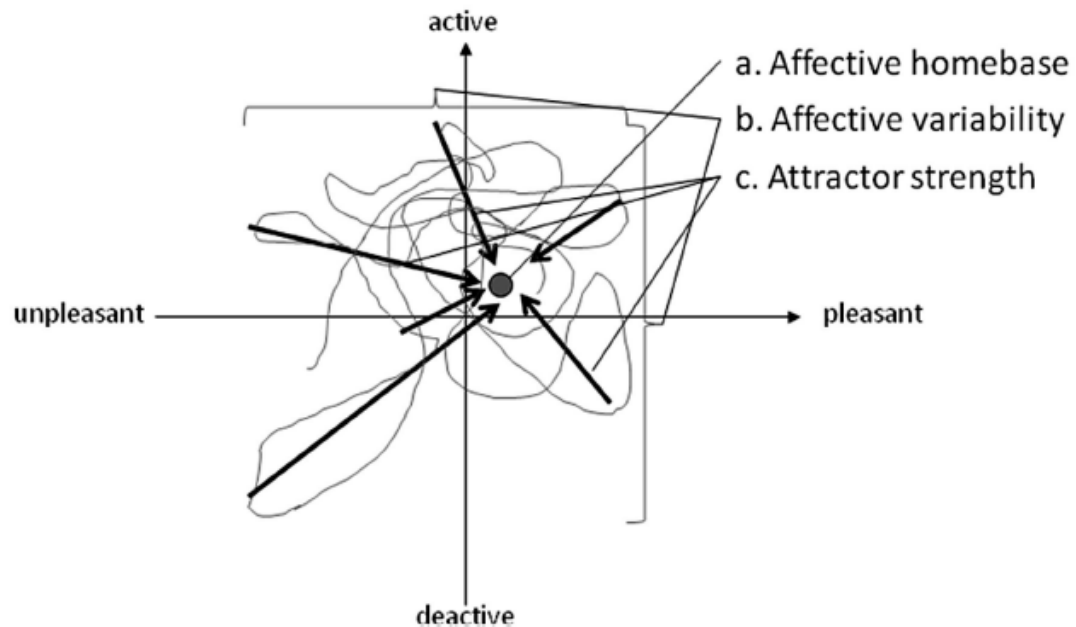
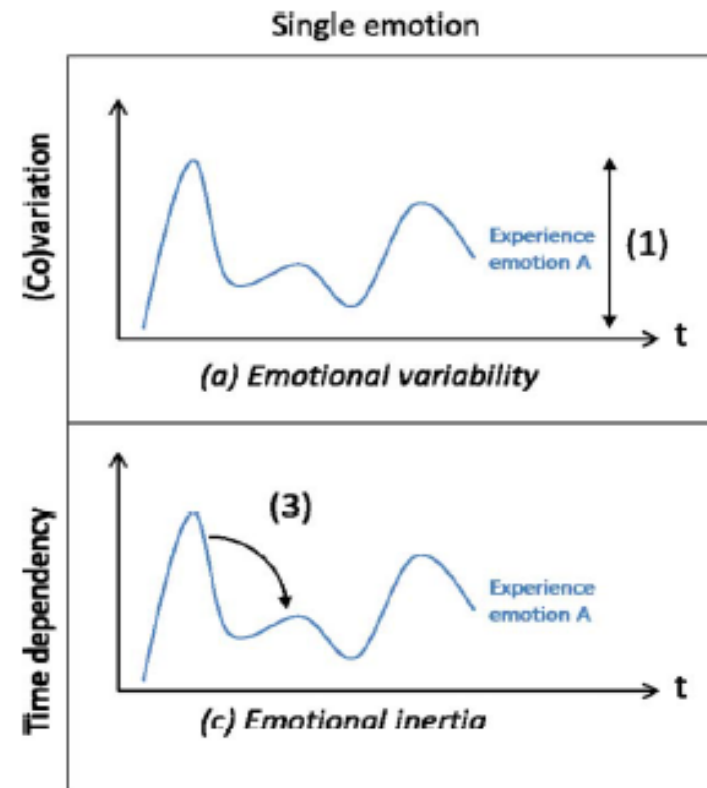


Figure 2. Graphical representation of the DynAffect processes that drive affective change: (a) affective home base, (b) affective variability, and (c) attractor strength.

(Kuppens, Oravecz, & Tuerlinckx, 2010)



(Kuppens & Verduyn, 2015)

Introduction

- Emotional Dynamics is associated with psychological disorders (for review see Trull et al., 2015)
 - Major depression
 - Anxiety disorder
- Depressive symptoms were positively related to (Koval et al., 2013)
 - A homebase in the lower right dial (i.e., Deactivated Negative Affect)
 - Variability of NA both in the lab (film-clip task) and in daily life (ESM)
 - High inertia (Kuppens et al., 2012)

Method

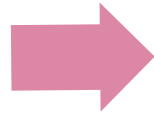
- 85 parents having at least one child at home (75 mothers - $M = 40.70$ years, $SD = 9.53$ years)

Online questionnaire

- Parental Burnout Assessment

(Roskam et al., 2018)

qualtrics^{XM}



Experience Sampling Method

- 5 SMS per day for 14 days



Currently, how much do you feel about it:
(between 0 = *not at all* and 9 = *maximum*)

- stressed out
- irritated
- eager
- emotionally exhausted
- depressed

- happy
- enthusiastic
- interested
- serene
- satisfied

Currently, you are:
(0 = no et 1 = yes)

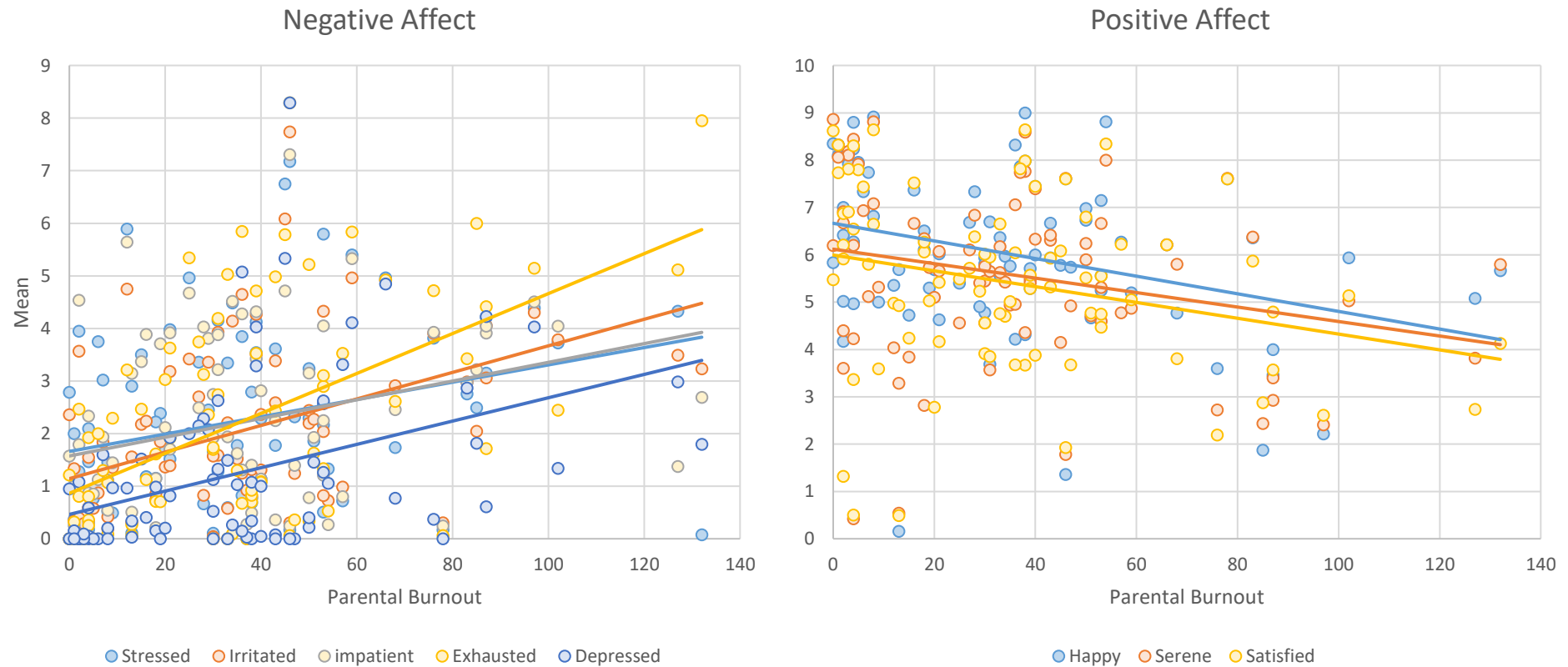
- with your child

sample answer:

21073 55433 1

Results

- Relations between parental burnout and affects



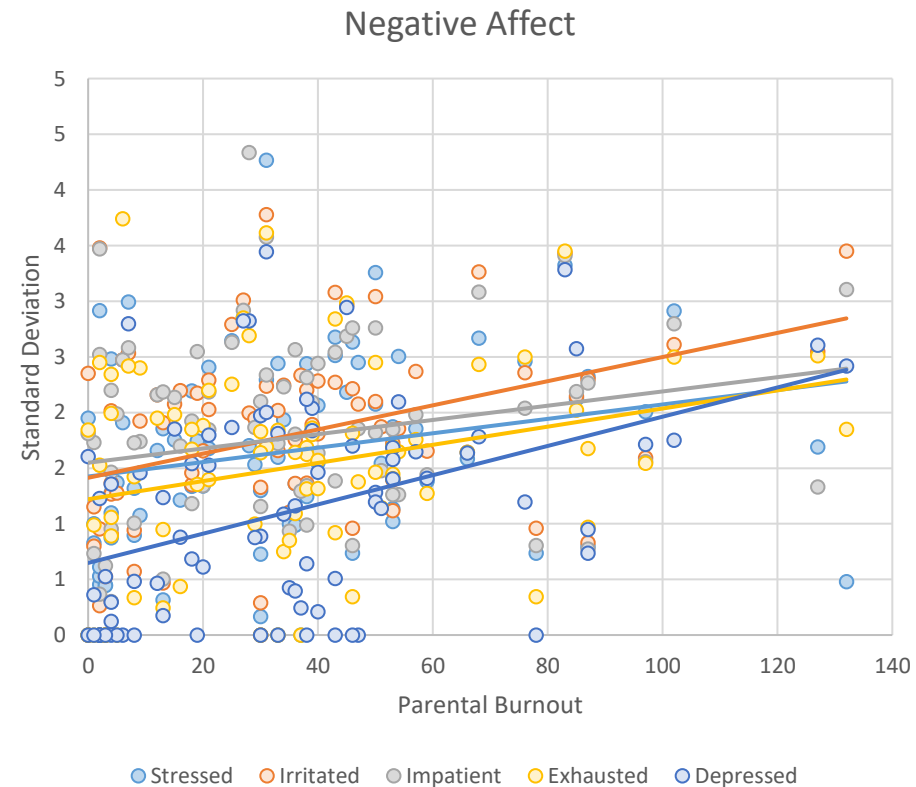
Results

- Correlations between parental burnout and affects depending on child presence

| | Parental Burnout | | |
|----------------|------------------|------------|---------------|
| | Global | With child | Without Child |
| Stressed | .31** | .32** | .23* |
| ➔ Irritated | .49** | .53** | .27* |
| ➔ Impatient | .34** | .40** | .17 |
| Exhausted | .58** | .56** | .48** |
| Depressed | .43** | .41** | .34** |
| Happy | -.36** | -.39** | -.32** |
| ➔ Enthusiastic | -.24* | -.26* | -.15 |
| Interested | -.30** | -.29** | -.24 |
| ➔ Serene | -.28* | -.30** | -.19 |
| ➔ Satisfied | -.25* | -.31** | -.15 |

Results

- Relations between parental burnout and amplitude of affects



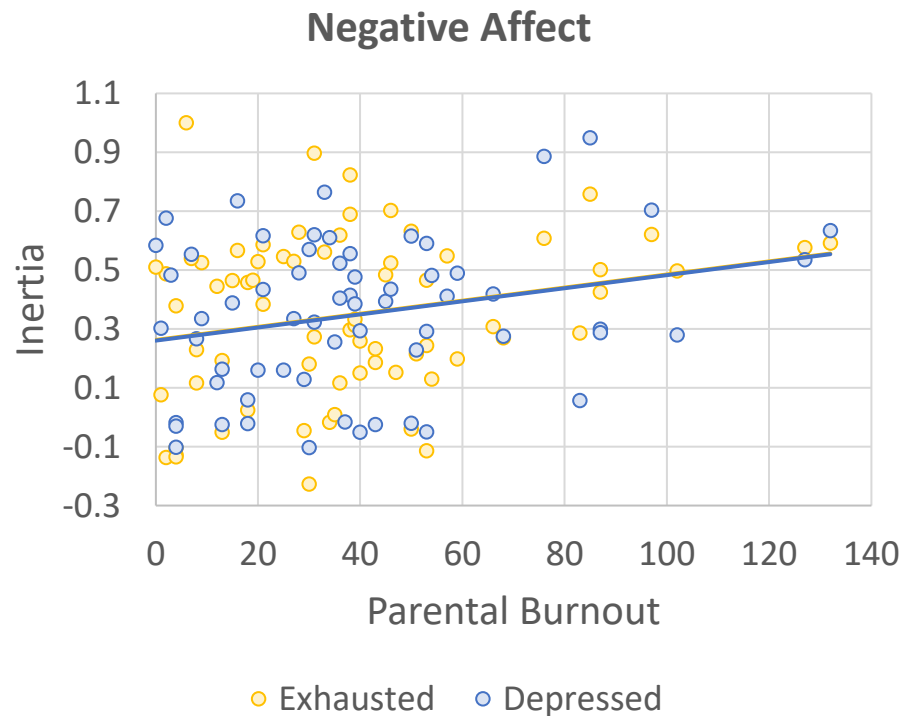
Results

- Correlations between parental burnout and standard deviation of affects depending on child presence

| | Parental Burnout | | |
|--------------|------------------|------------|---------------|
| | Global | With Child | Without child |
| Stressed | .26* | .25* | .30** |
| → Irritated | .42** | .51** | .30** |
| Impatient | .24* | .35** | .27* |
| Exhausted | .31** | .30** | .25* |
| Depressed | .46** | .45** | .51** |
| Happy | .17 | .19 | .22 |
| Enthusiastic | .02 | .07 | .11 |
| Interested | .12 | .20 | .19 |
| Serene | .13 | .17 | .19 |
| → Satisfied | .08 | .23* | .06 |

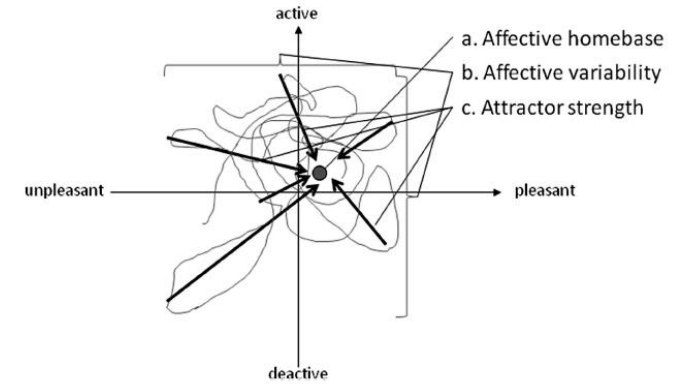
Results

- Relations between parental burnout and affective inertia



Conclusion

- Affective dynamic within parental burnout
 - Home base -> more negative affect and less positive affects
 - Affective variability -> more amplitude of negative affect
 - Inertia -> more inertia of deactivated negative affect
- Contextual syndrome : Amplification of relationships when parents are with their children





Thank you
for your attention

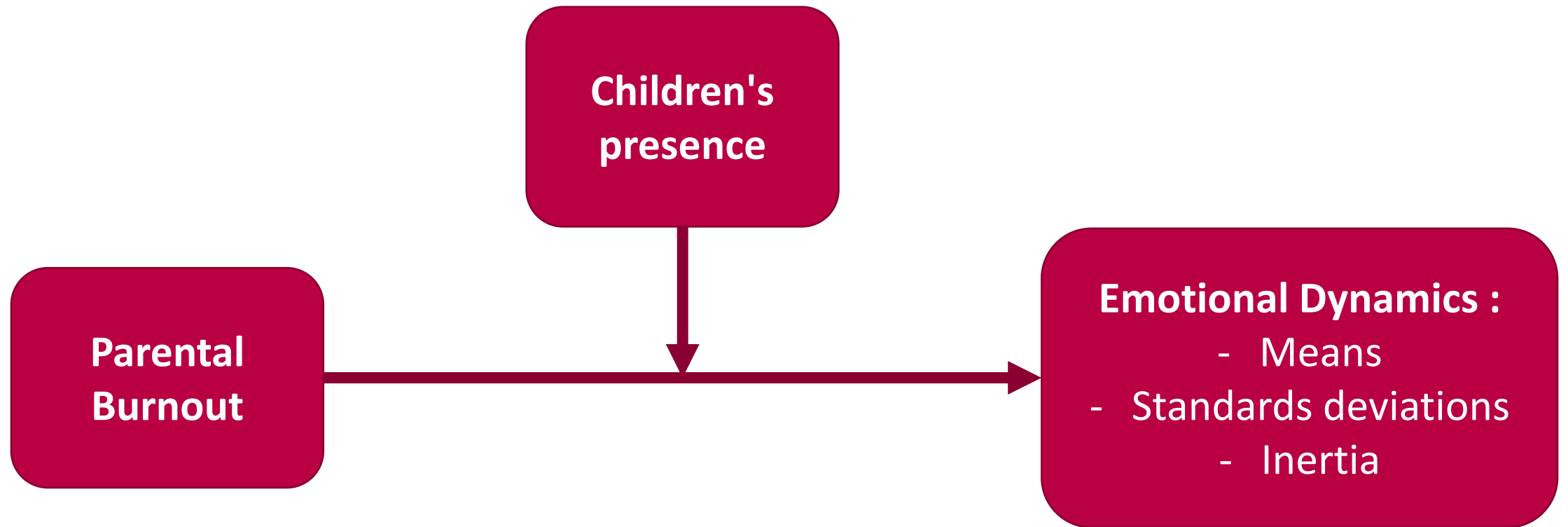
A hand-drawn black outline of a person's torso and arms, facing right. The lines are simple and sketchy. The text 'ICPB' is written inside the outline, following the curve of the right arm.

ICPB

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Objectives



Results

- Affects mean comparison depending on child presence

