

University of Trás-os-Montes and Alto Douro - UTAD, Portugal

Faculty of Psychology and Education Sciences, University of Porto



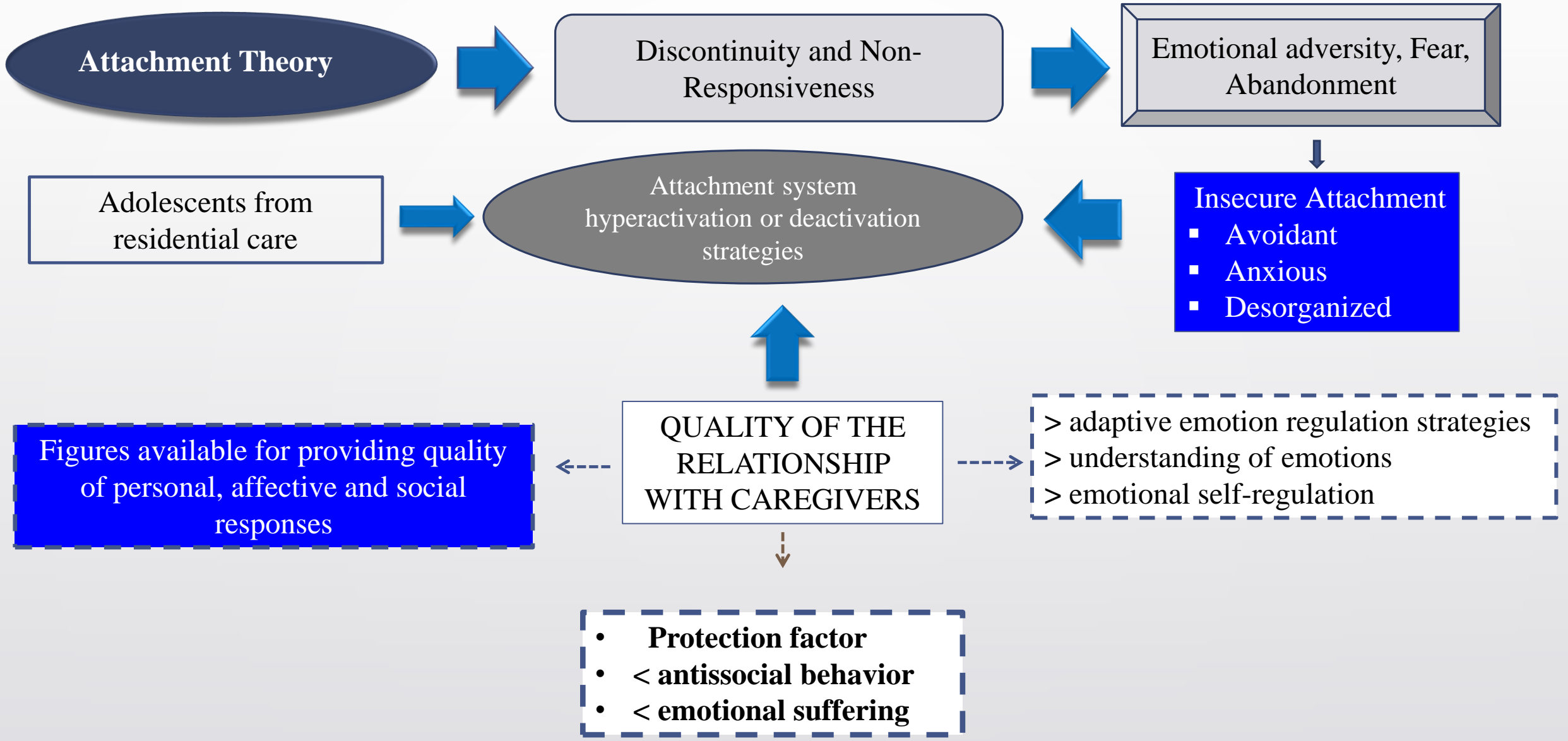
PORTO • PORTUGAL

2 - 5 SEPTEMBER

Quality of Relationship with Caregivers, Emotional Regulation, and Psychological Adjustment in Adolescents from Residential Care

Catarina Pinheiro Mota; Helena Carvalho; Mónica Costa; Beatriz Santos, & Paula Mena Matos

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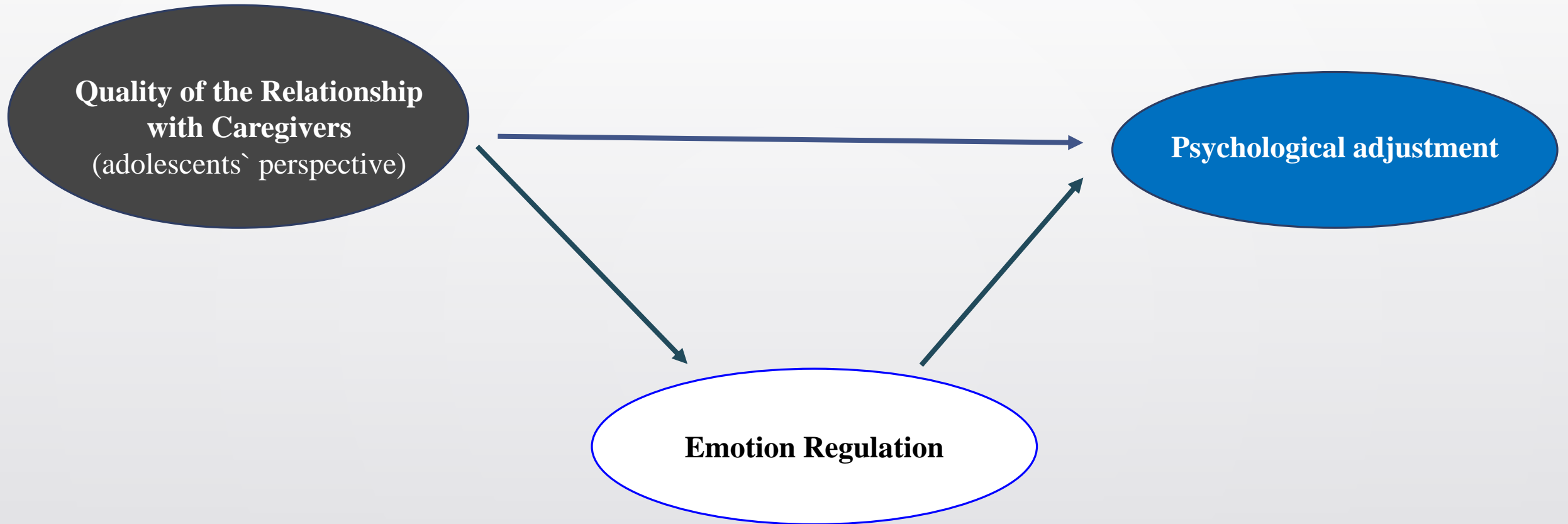


Gaps



- Few studies that address **the point of view of adolescents** regarding the nature and quality of these relationships;
- Few studies on the **nature and quality of the relationship between adolescents and caregivers** in residential care;
- Research regarding the **association of QR with caregivers on psychological adjustment** among adolescents in residential care is still limited;
- Focus on childhood and adulthood.

Conceptual model

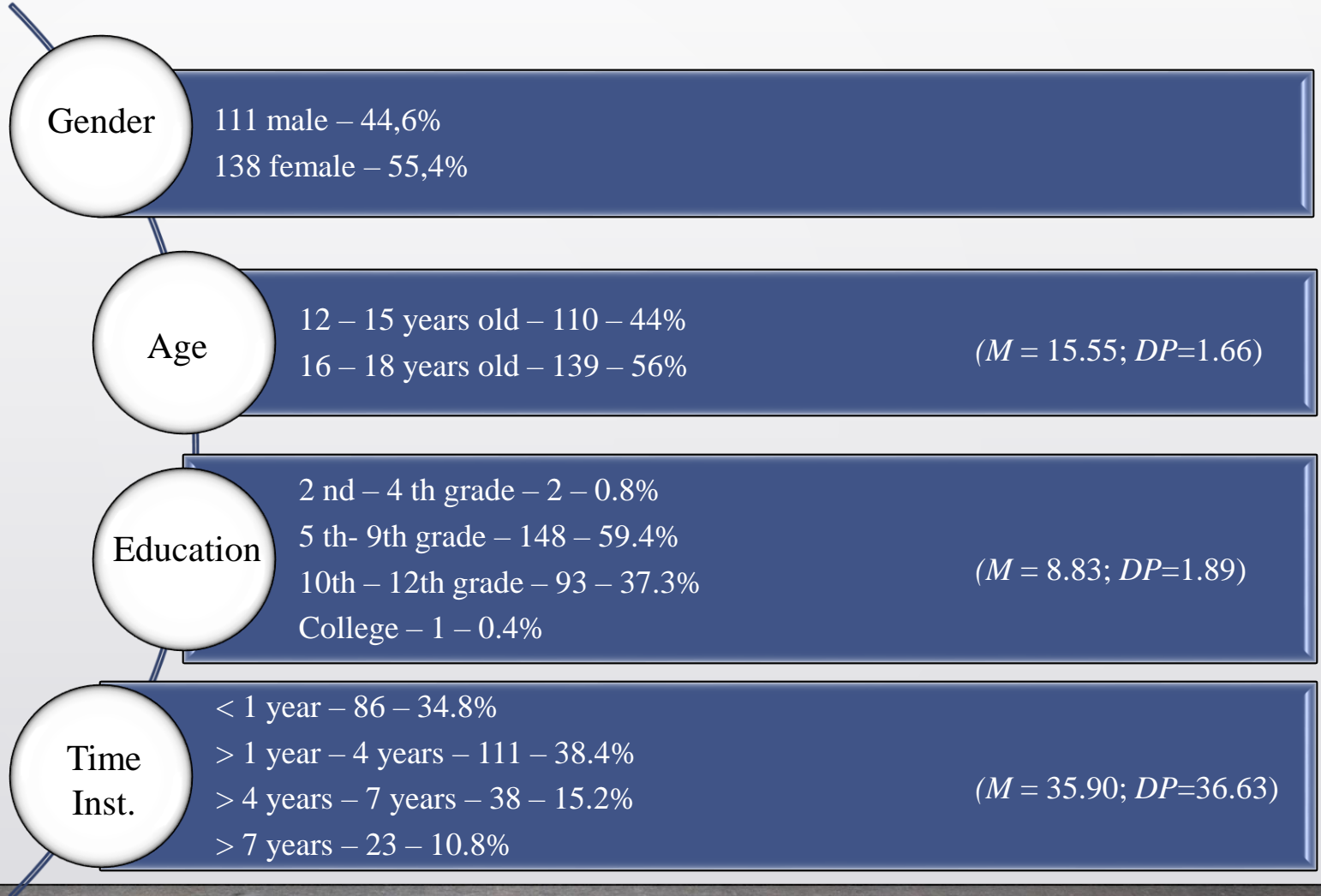


Objective: Analyze the role of the relationship with caregivers in adolescents' psychological adjustment and test the mediational effect of emotion regulation on the previous association

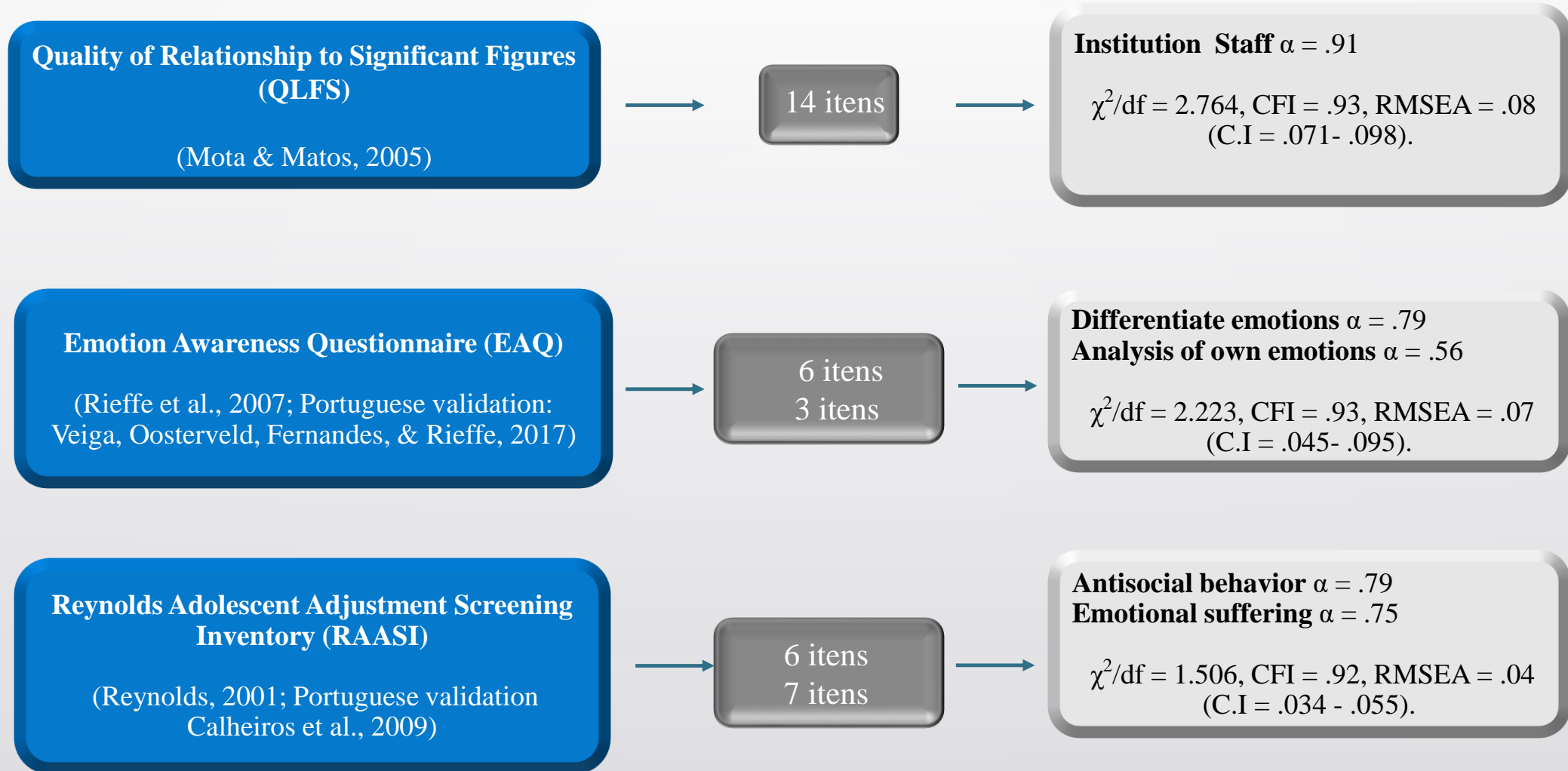
Method



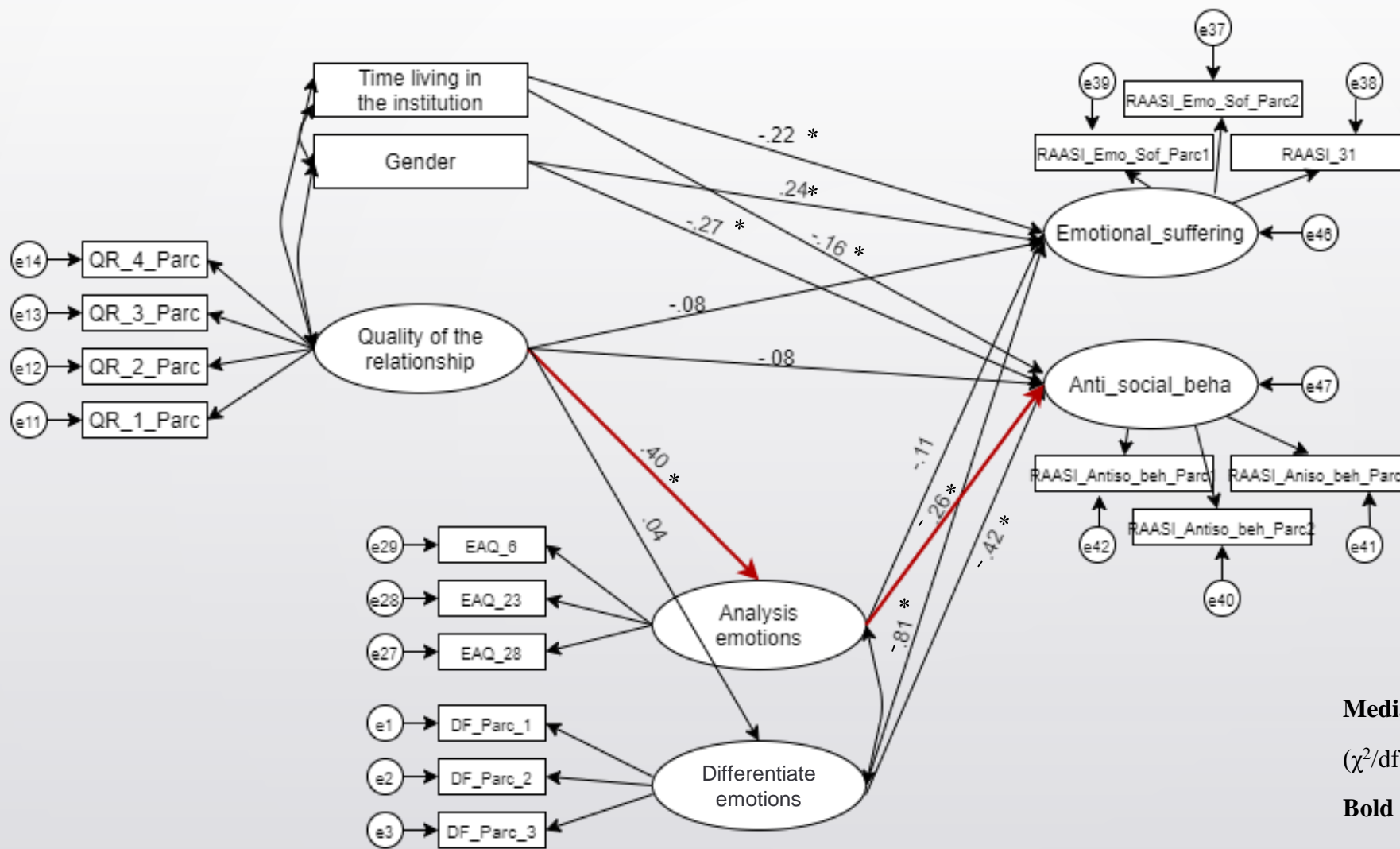
- **Participants** – N = 249 adolescents;
- 21 Residential Care settings;
- Cross-sectional study;



Measures



Results



Antisocial behavior – ICC = .03

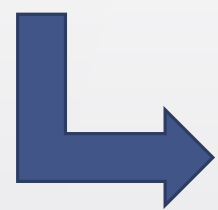
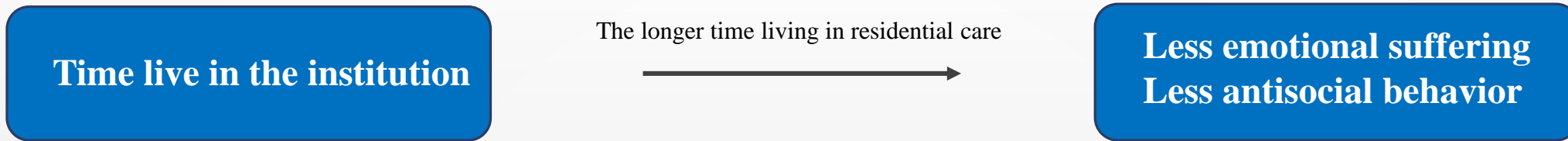
Emotional suffering – ICC = .14

Mediational effect (Total):

($\chi^2/df = 1.760$; CFI = .938, RMSEA = .055)

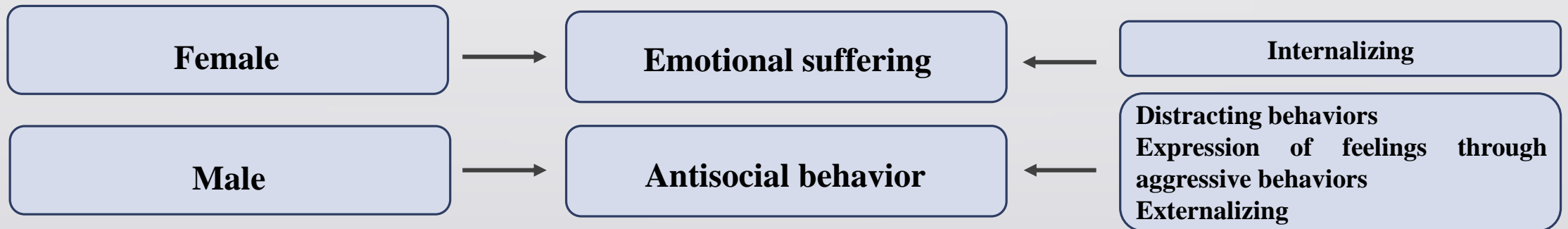
Bold red line represents the mediation

Discussion

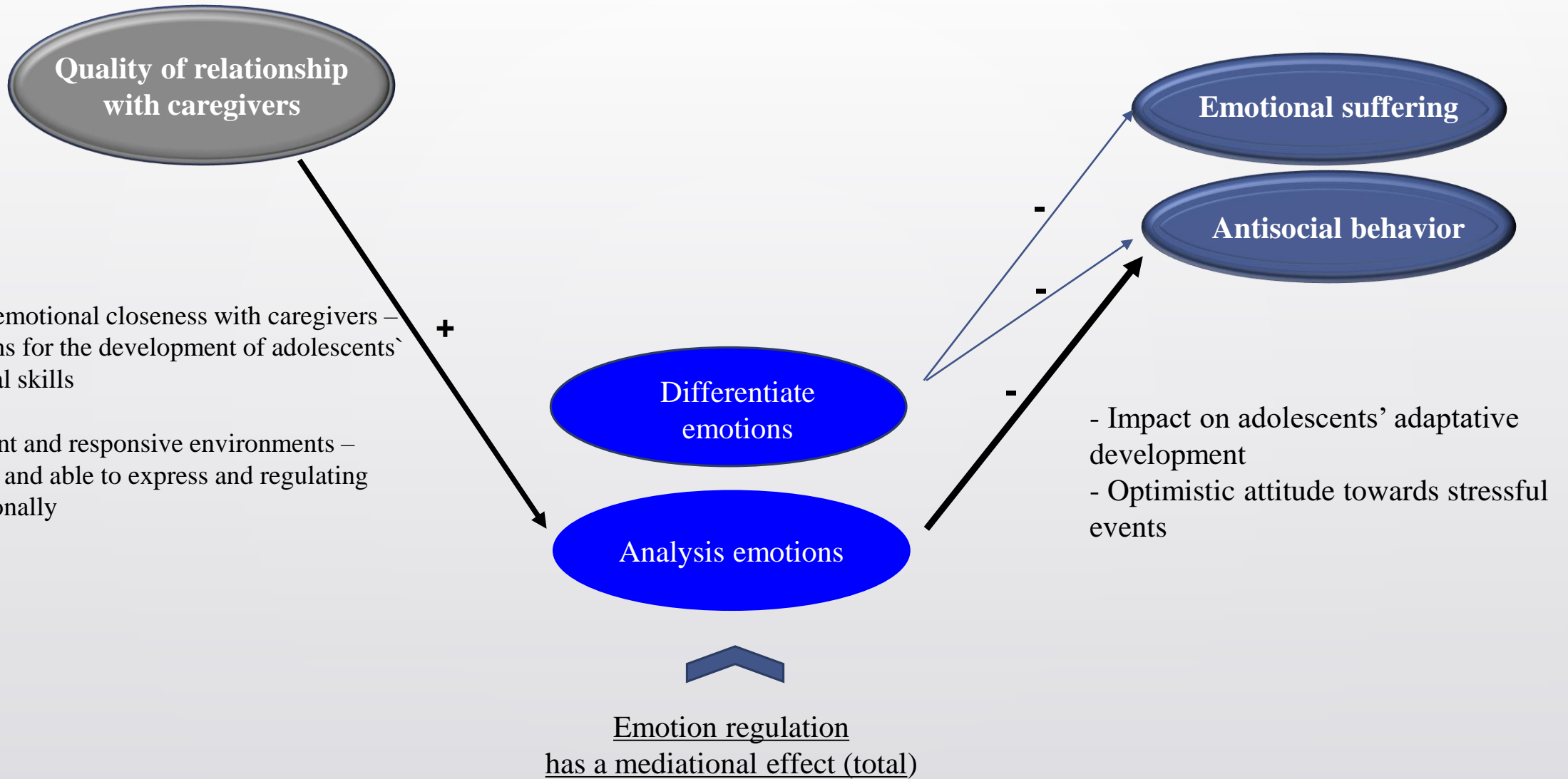


- Improvements in academic performance, behavior and psychosocial functioning of adolescents
- Opportunity to develop supportive relationships, especially with caregivers → developmental trajectories, mental health and adjustment

Gender differences



Discussion





Limitations

- Cross-sectional - it is not possible to make casual inferences;
- Measures were all self-reports - susceptible to social desirability and common method bias.

Practical implications

- Understand the role of the quality of relationships with caregivers in the adolescents` psychological adjustment;
- Underline the **role of caregivers in adolescents` emotion regulation and mental health**;
- Highlighted the relevance of **training caregivers with an adequate profile** to establish supportive and emotional relationships with adolescents, and **indirectly called the attention** to the need to **avoid turnover and discontinued relations** with caregivers.

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