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Mental health and wellbeing in children in shared parenting and other living arrangements

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CHES is a collaboration between Stockholm University and Karolinska Institutet.

Aim of the Elvis-project

To study well-being, mental health and social situation in preschoolers, children and adolescents with shared parenting.

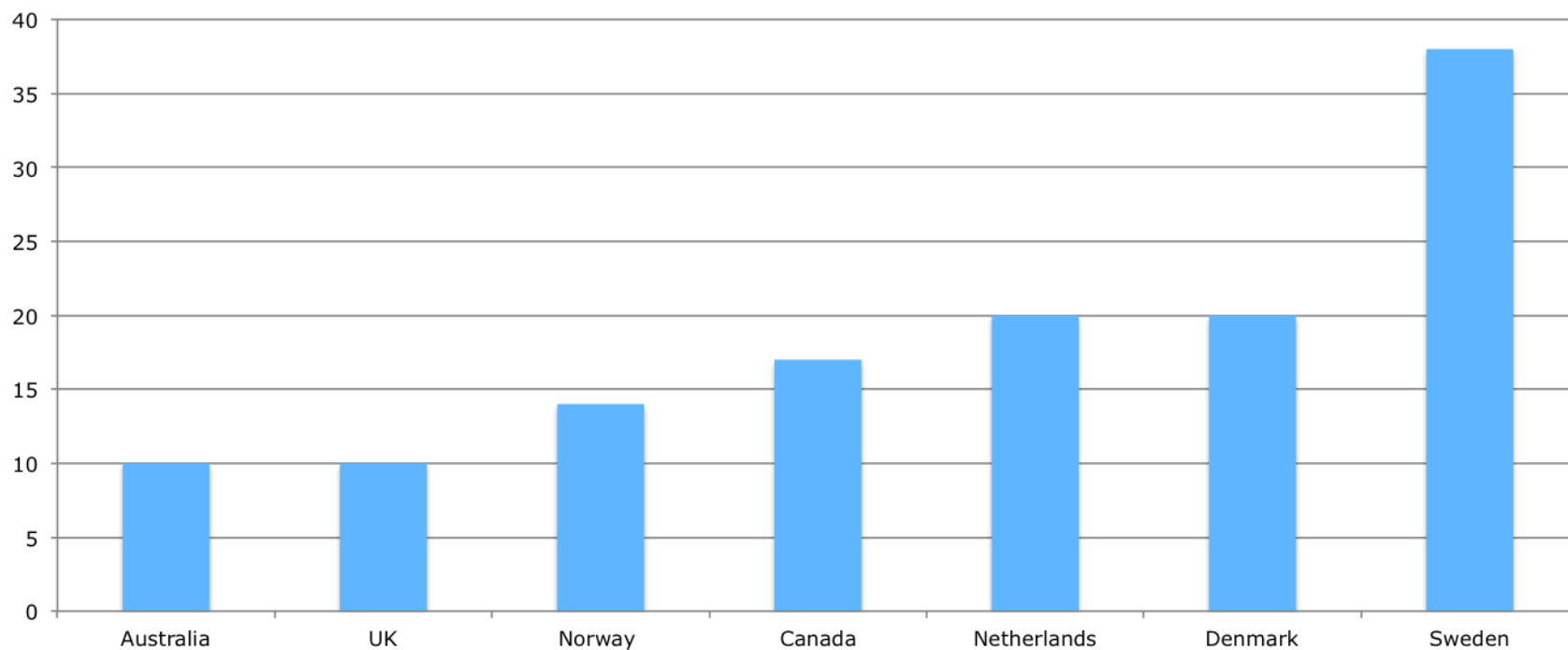


Definition shared parenting and joint physical custody (JPC)

Children live alternatively and approximately equally much in each parent's home after a separation.

In Sweden 50/50 shares.

Proportions of children with separated parents in shared care





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Swedish families

- 500.000 (25%) separated parents
- 14% of those 05 years of age
- 10% of all children have joint physical custody

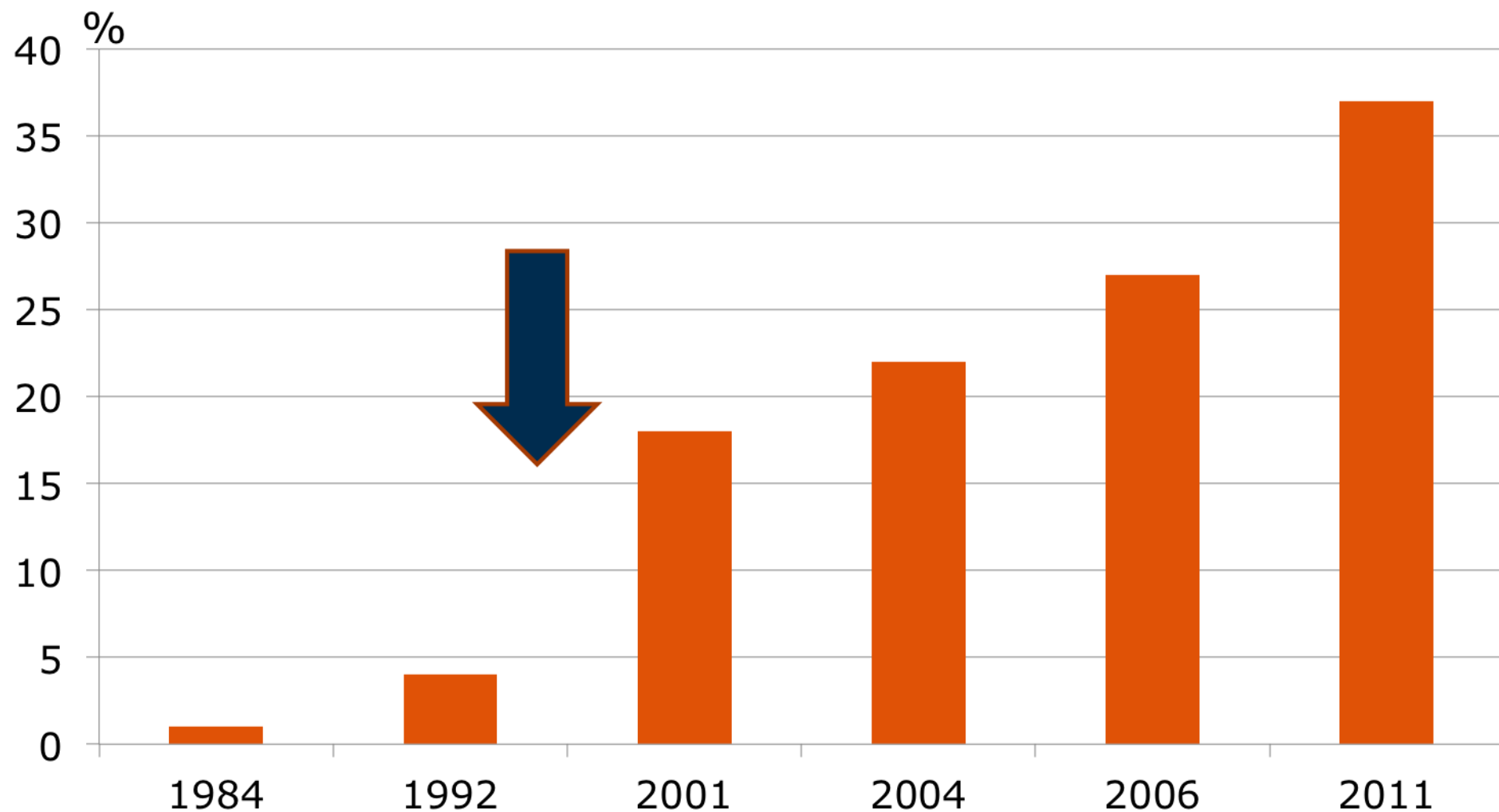


The Swedish parental leave

- Gender neutral since 1974
- 13 months
- 2 months exclusive for each parent
- 26% used by fathers
- 36% of child sick leave used by fathers



Proportion of Swedish children in shared parenting (50/50) after parent's separation 1984-2011



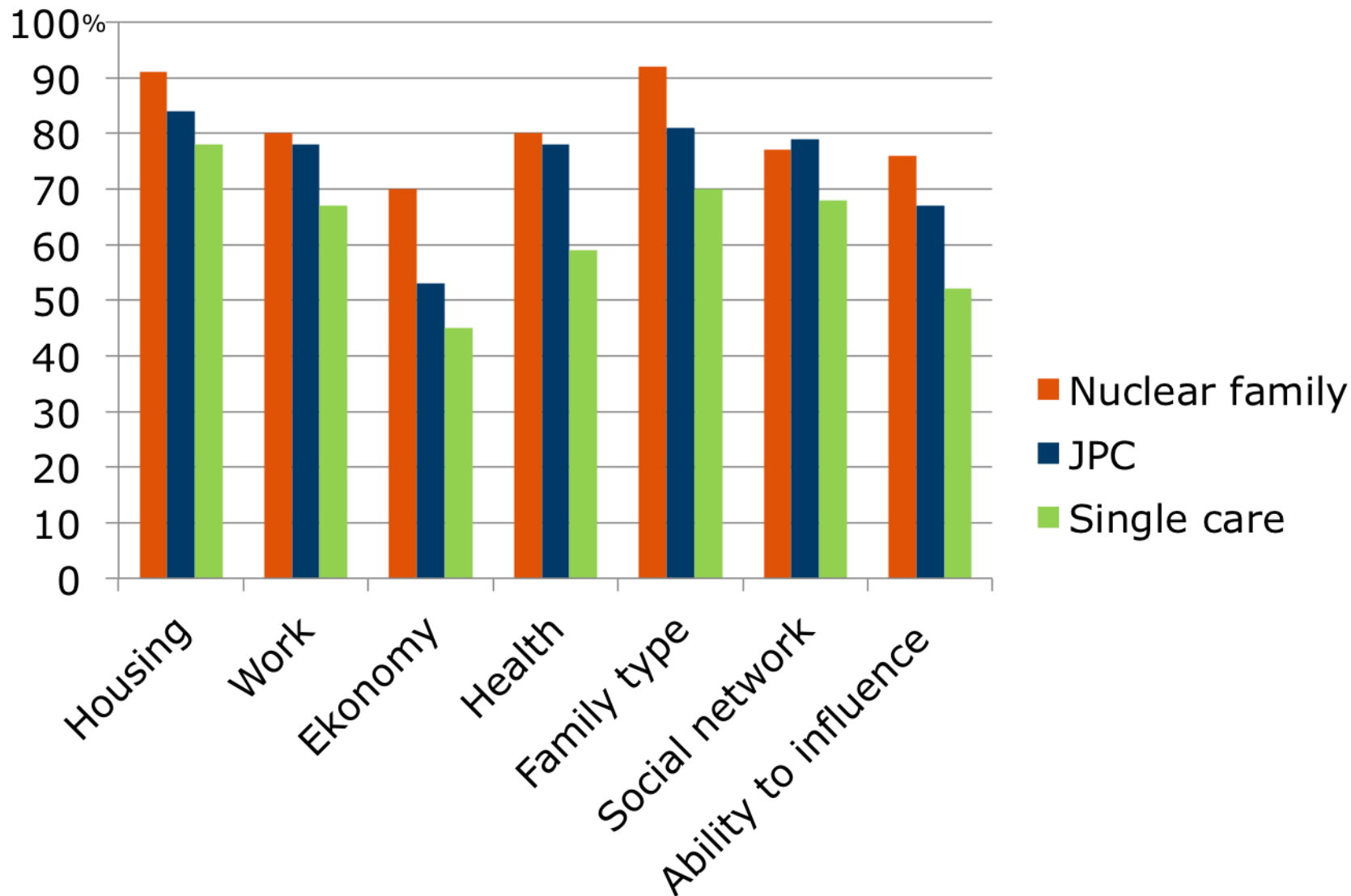


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Most common in children 6-12 years



Satisfaction in Swedish parents with children 0-18 år, N=1444



Swedish studies on adolescents in shared parenting-

mental health, wellbeing, risk behaviours and contact with parents

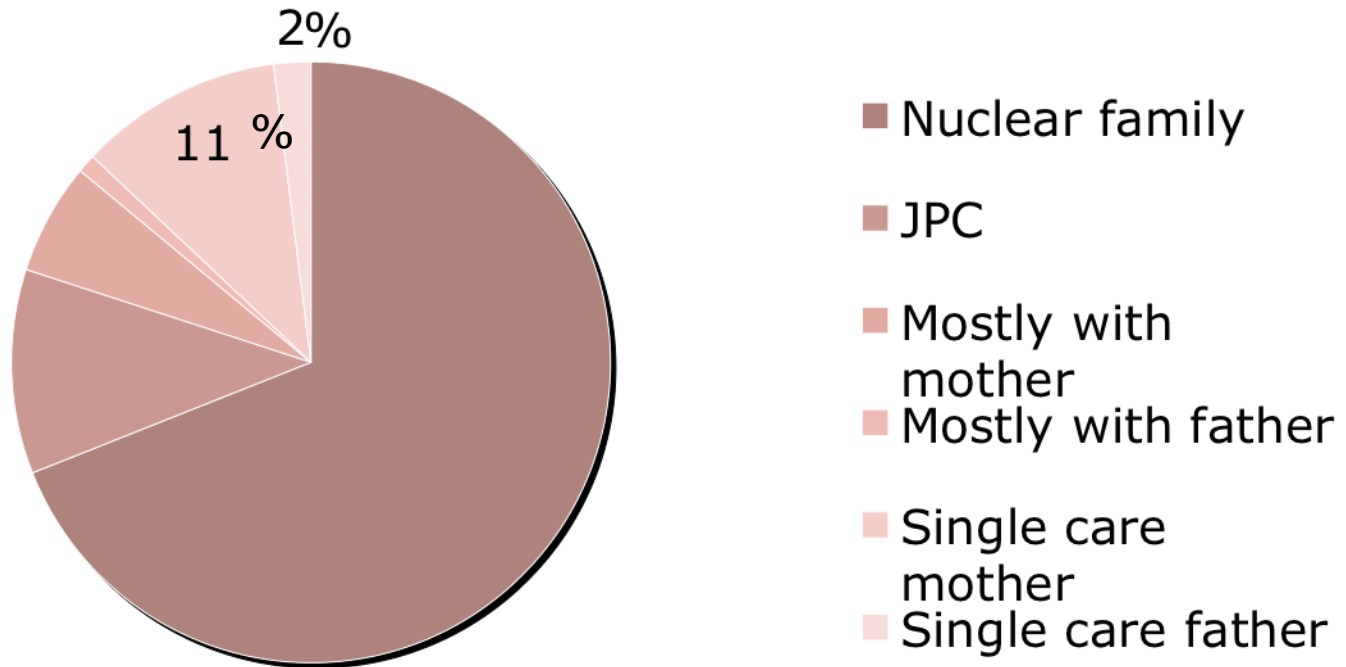


A total population study on 172 000 12- and 15-year olds

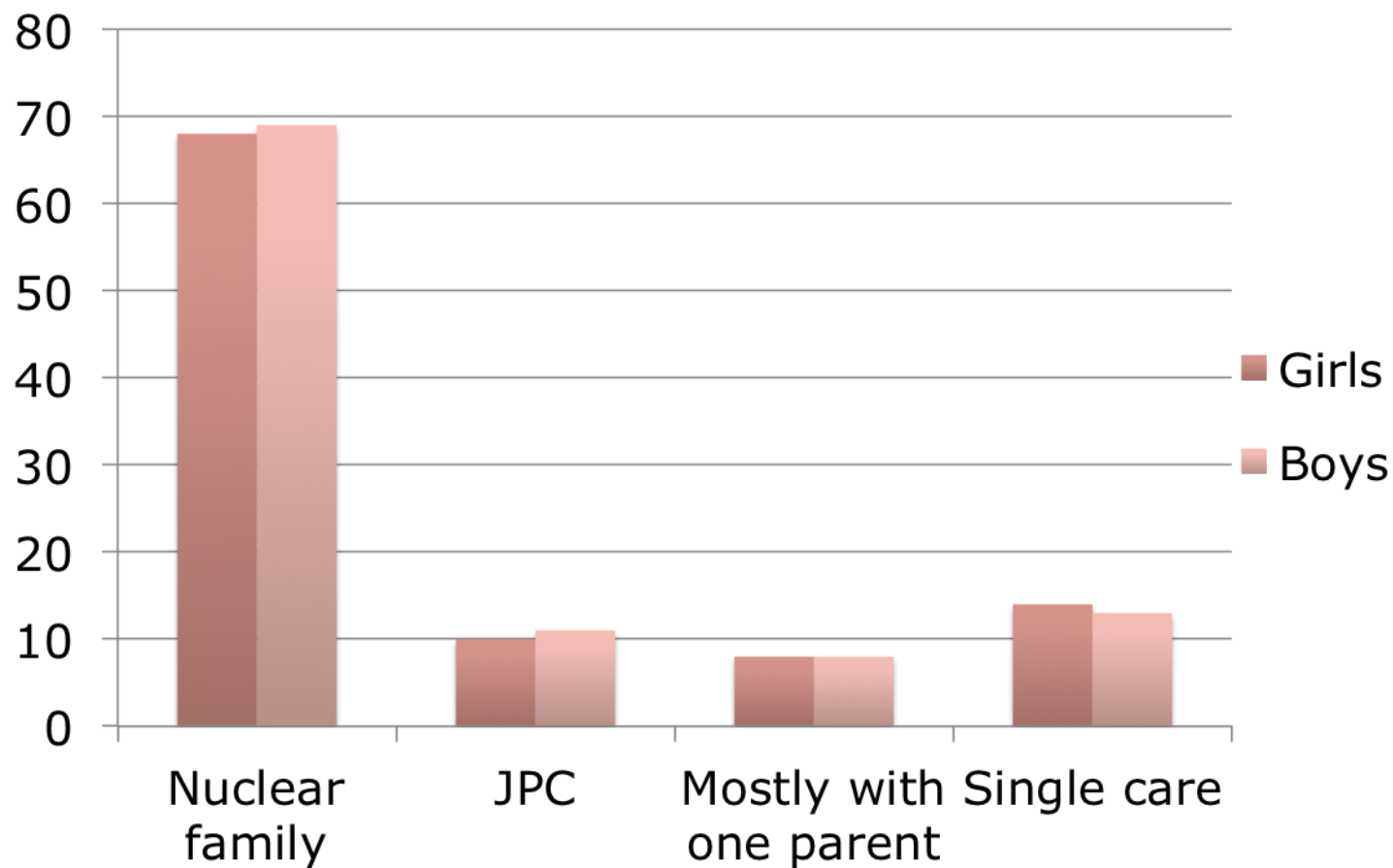


Bergström M, Modin B, Fransson E, Rajmil L, Berlin M, Gustafsson PA, Hjern A. **Living in two homes-a Swedish national survey of wellbeing in 12 and 15 year olds with joint physical custody.** BMC Public Health. 2013 Sep 22;13:868.

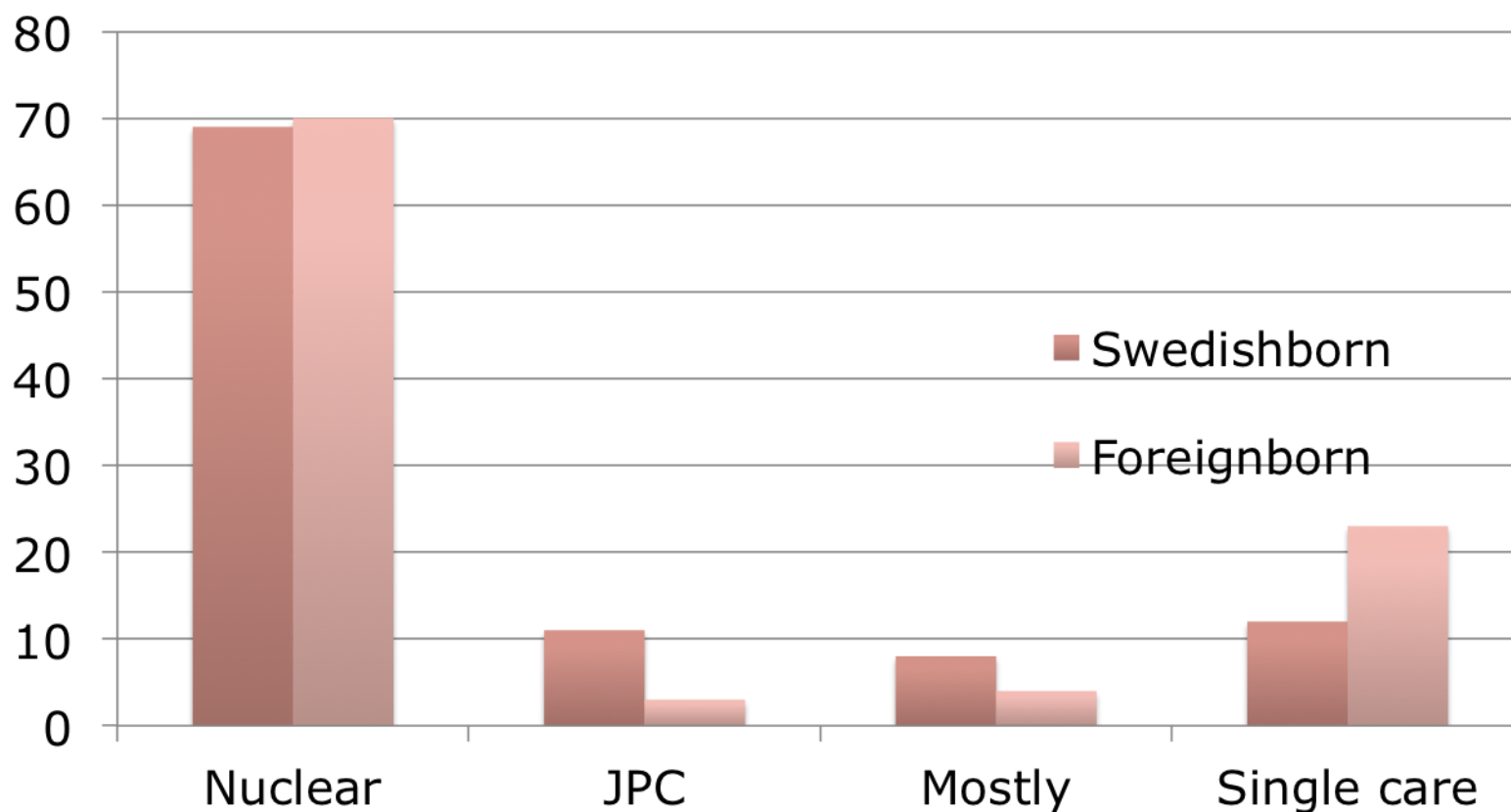
A majority lives with both parents



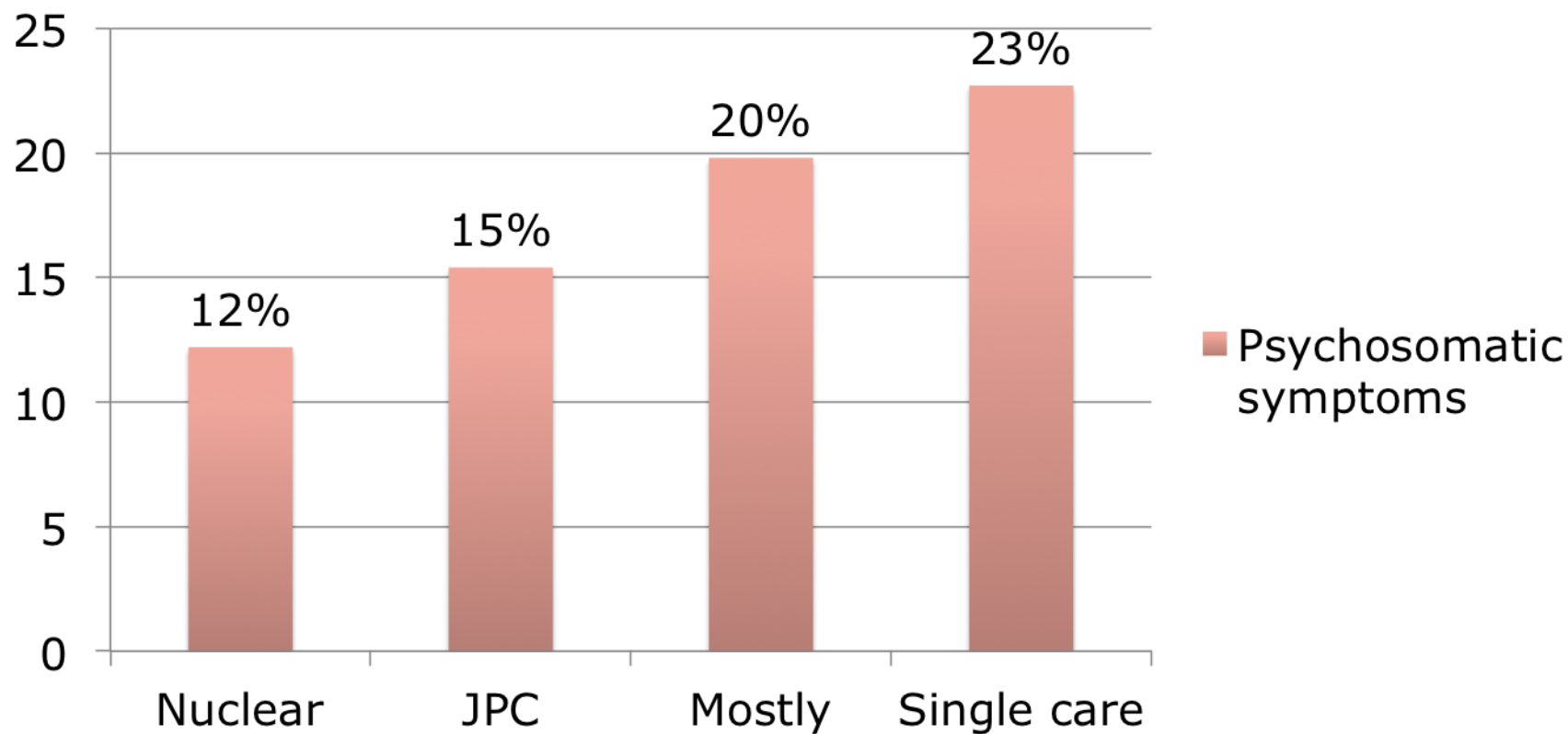
Few gender differences



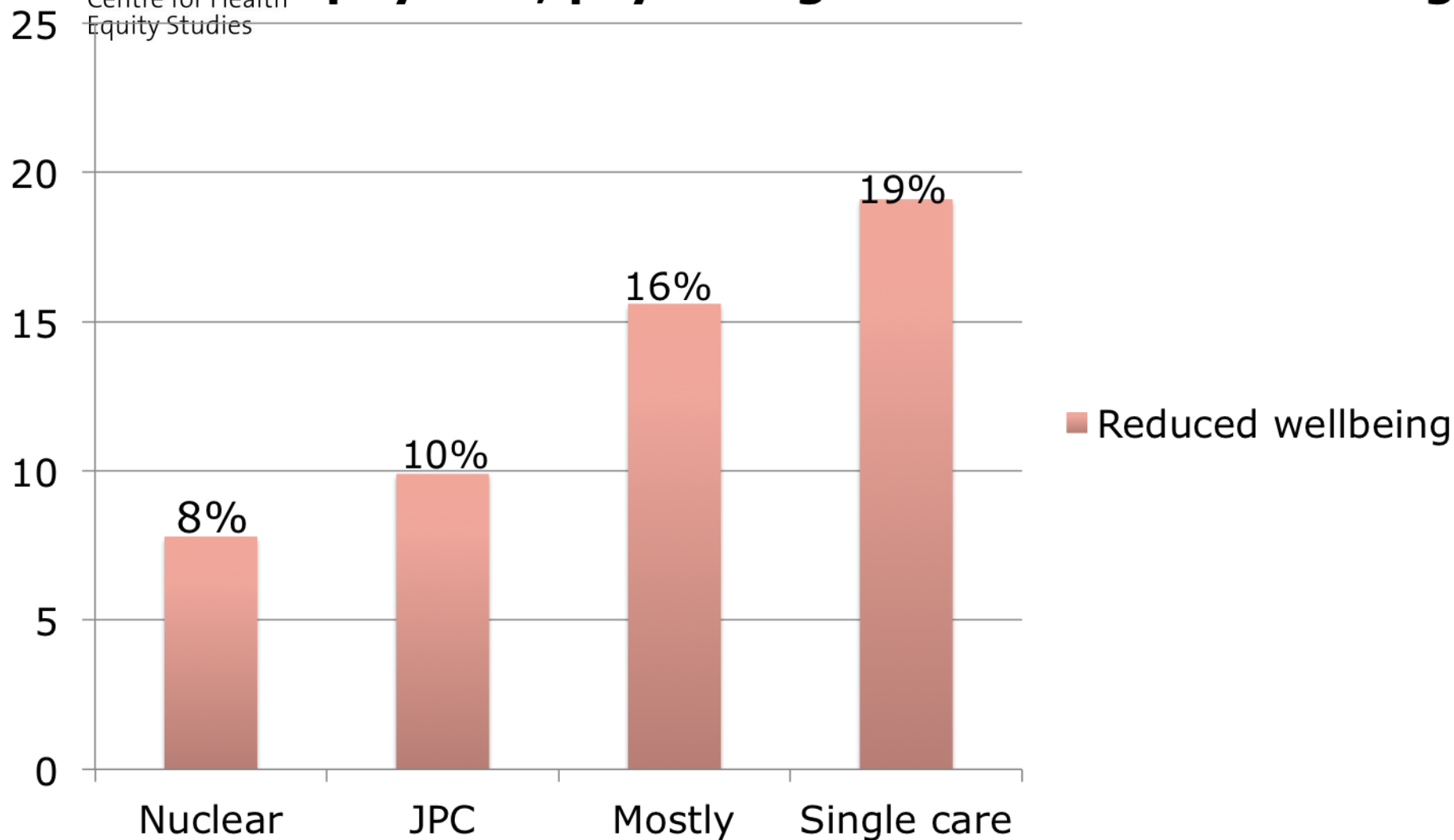
Swedishborn four times more shared parenting and foreignborn twice as often maternal single care



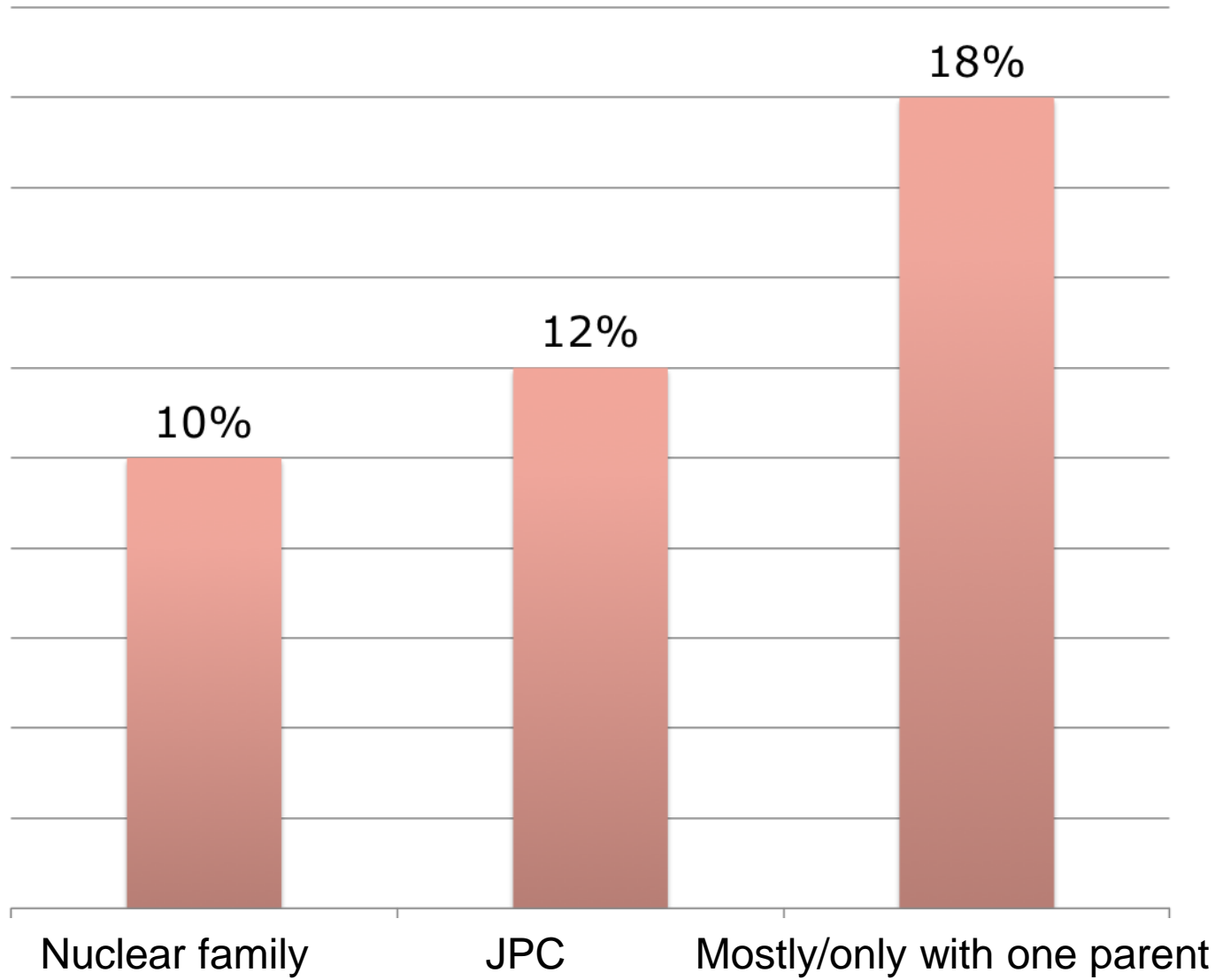
Psychosomatic symptoms



Low health related quality of life physical, psychological and social wellbeing



SDQ-Mental health problems



Jablonska Lindberg 2007. Social situation in 12 582 fifteen year olds in different family structures (percentages)

	Ability to make friends	School satisfaction	Truancy
Two parents	50	77	13
Shared care	56	73	19
Single mother	50	70	22
Single father	53	70	28

Swedish epidemiological studies

Jablonska & Lindberg 2007:

- More 15 year olds in JPC have been drunk than in intact families
- Risk behaviours (smoking, drugs, alcohol, victimisation) same in JpC and intact families
- More risk behaviours in single parent families

Carlsund et al. 2013:

- More smoking and drinking in non-intact families
- Single care but not JPC have higher risks for conduct problems and sexualised behaviour

Children in shared parenting arrangements rate their relationship to parents as about the same as those in nuclear families. Especially the relationships to their fathers are particularly good.





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Shared parenting for the youngest is our next task





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Thanks!

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www.chess.su.se/elvis



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