

Title:

Adoption communication and family wellbeing across the lifespan in Spain – Building relationships in adoptive families: effectiveness of a post-adoption intervention for adoptive parents

Main topics:

- Family relationships
- Attachment
- Pre- and post-adoption interventions

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Building relationships in adoptive families: effectiveness of a post-adoption intervention for adoptive parents

Facilitating an atmosphere of openness in communication is relevant to support a healthy development of identity, self-esteem (Brodzinsky, 2006), and family relationships (Sobol et al., 1994). The purpose of the study was to assess the effectiveness efficacy of a post-adoption intervention (Corral et al., 2016) designed to support parents in their openness to the adoption.

This study utilised a quasi-experimental design with a waiting list control group and a mixed-methods approach. Twenty-two parents completed the intervention and measures of openness in communication, adoption-related stress and family strengths before, after and 6 months after the intervention. We also interviewed five of the six facilitators and eight participating parents.

Findings suggest that there was a statistically significant difference in the pre- and post-intervention means in overall openness ($m_{pre} = 43.6$, $sd_{pre} = 5.17$; $m_{post} = 46.86$; $sd_{post} = 5.76$) and in the parental emotional availability ($m_{pre} = 21.32$, $sd_{pre} = 4.19$; $m_{post} = 23.77$, $sd_{post} = 4.45$). In addition, parents reported more family strengths, in terms of family pride ($m_{pre} = 39.73$, $sd_{pre} = 5.15$; $m_{post} = 40.68$; $sd_{post} = 4.94$), and an increase in their recognition as parents ($m_{pre} = 1.23$, $sd_{pre} = 1.15$; $m_{post} = .86$; $sd_{post} = 1.17$).

The qualitative findings support the idea that the intervention was instrumental in helping the parents change their outlook on their relationship with their children, the adoption, and their children's biological family.

The findings point out the relevance of this type of post-adoption interventions and suggest some promising results regarding their effectiveness.