



Report on national projects

Analysis of international/national research projects by members of EurofamNet

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This report is based on the analysis of international/national research projects by members of the **COST Action CA18123: The European Family Support Network. A bottom-up, evidence-based and multidisciplinary approach.** It includes the information on national and international research projects that are being or have been conducted by Cost Action members in 2018-2021. These academic outputs reflect the contribution of the Cost Action members to the EuroFam and showcase good practices, theoretical and practical implications of the research being conducted by the network. In 2021, all MC and WG members were asked to submit the relevant data regarding their research projects via the Cost Action Intranet <https://eurofamnet.eu/home>. The report was prepared based on the data submitted. It was discussed during the 6th Management Committee Meeting of the COST Action CA1812, which took place on 16-18 June 2021, online. All the participants had the chance to provide feedback, suggest changes and to add information. The revised version of the report was prepared in September 2021.

The following research methods were implemented: qualitative intersectional research methodology, theoretical scholarship and triangulation with statistical data; longitudinal-sequential cohort study; needs analysis with the period of implementation; a survey; a report; online survey; factor analyses (exploratory and confirmatory), content analysis; intervention; a pre-post content analysis of the semi-structured interviews will be conducted using ATLAS.ti v7.0 software; focus groups; pre and post-test, three-wave longitudinal on-line survey; annual and final assessment reports.

The research projects were or are being conducted in the following countries: Czech Republic (3), Republic of North Macedonia (1), Italy (1), Croatia (3), Lithuania (1), Belgium (5), Portugal (7), Cyprus (2), Spain (10), Switzerland (1),

The focus of the research is on the recognition and valuation of care in the times of pandemics and the informal care in families. The research contributes to theoretical discussions on the recognition and valuation of care and to the theoretical and methodological development of the intersectional approach in research on societal crises. A group of researchers investigated social policy and employment with respect to woman equality in the families and the labour market. Another project on family law aimed to provide lawyers with specific skills in children's law.

Another research project emphasized the importance of the family support and child well-being in family context. The project aimed to answer the question regarding the influence of digital technology use on children's well-being, and the possible change in this relationship during the time with regards to parental mediation. Child well-being is a multidimensional construct that encompasses cognitive, behavioral and emotional regulation, social competence,

and subjective well-being of children. Research showed that characteristics of parents and families are important predictors of different aspects of child well-being. It is therefore important to explore the role of the family context in the development of child well-being.

Another research project is focused on the family policies and family support measures used to overcome social inequalities. The researchers aimed to identify the interdependencies between family changes and socio-economic inequality structures formed in the context of aggressive neoliberal capitalism by using innovative information sources and multi-methodological approach, to contribute, on the basis of received research results, to an international scientific discussion about family change and its functions in the contemporary capitalism of globally rising inequalities and to identify guidelines for welfare policy on the national level.

Another interesting topic of the national research project is family support, divorcing and separating families. During divorce/separation, couples are at risk of aggravating their conflict, with consequences to their children. The researchers developed a programme to assist parents as well as children aims to support them in coping skills and conflict resolution skills, focusing the parents' attention on their children's needs and helping them develop a parenting plan. One of the national projects deals with the family support and in particular with the support to mothers and their families. Its objective is to propose a specific path with regard to maternal and child health, provide clearer and more comprehensive support to young parents, and submit proposals on maternity and paternity leaves and childcare arrangements.

The researchers examined parenting and child protection during COVID19 pandemic. Throughout the lockdown period the authors wanted to investigate families' lives and the effort that they have made to accommodate changes into daily routines, interactions and parental and child behaviours. An online survey was carried out through an ad hoc questionnaire on parenting under Covid19 times. Another project also deals with the COVID-19 impacts on family life, the impact of the pandemic on work-family reconciliation, parental burnout and consequent parent and children's well-being. Preliminary findings have highlighted the care and telework burden to women and to the performance of parenting roles. Another project is focused on the family support, home language use, maintenance and transmission.

Assessment of evidence-based programmes regarding childhood overweight and obesity intervention is the topic of one of the current research projects. The rates of childhood overweight (OW) and obesity (OB) significantly increased in the past decades. A comprehensive approach to prevent and treat childhood OW and OB is needed. Since parents have a crucial role in children's diet and physical activity, interventions should include the family's lifestyle and focus on parenting practices. Programs targeting parents by increasing their awareness and

responsibility in providing environments that lead children to healthy behaviors are imperative in treating childhood OW and OB.

A group of researchers is responsible for the assessment of evidence-based programmes regarding foster children well-being. They implemented a psychoeducational programme to improve contact visits between foster children and their birth families, gathered the views of birth families through individual semi-structured interviews, and the opinions of foster carers and social workers by means of two focus groups. Evidence-based programmes and evaluation tools have been developed. The researchers incorporated the psychoeducational and community approach for the promotion of parental competencies in caring for families. Social and health needs are addressed in one of the projects, with the main objective of the study is to find out the needs of the parents concerned in order to propose adapted services.

One of the projects examines new realities and families' targeted needs, changes in well-being indicators (life satisfaction, happiness, domain satisfactions, flourishing) before and after COVID-19 pandemic (with a longitudinal research design). One of the projects is focused on the new realities and families' targeted needs: Discourse analysis, triggers of xenophobia, counter and alternative narratives, media literacy.

Family support, a vulnerable family type-single parent families are under investigation in one of the research projects. Single mothers are especially vulnerable in the labour market, working as much as married mothers, but choosing precarious jobs over more earning careers. A quantitative and qualitative analysis explored the situation before the Covid-19 pandemics and its impact on single mothers in their double caregiving and money-earning roles. As a follow-up, a support programme was developed and launched to assist them in advancing their job prospects and having a sustainable work-life balance.

The needs of families at psychosocial risk are examined in a research project that aims to analyze the intervention needs of families with minors who are in a situation of social difficulty and are not covered by other social services resources; identify key elements (target population, content) that must be a part of the prevention programme aimed at caring for, guiding and working with families with minor children who are in a situation of social difficulty; incorporate best practices based on scientific evidence into the guidelines of this programme.

Families with minors who are in a situation of social difficulty or conflict in the family is the topic of research of one of the projects. A group of researchers deals with the children treatment programme, an assessment of the efficacy and efficiency of the evidence-based programme that will enable the improvement of the programme and thereby offering a quality service to families. Family Education and Intervention Programmes and Services are assessed in several of the projects that are focused on intervention programmes and services adjusted to the identified

needs of the families in their care. A group of researchers is responsible for the project on the assessment of evidence-based programmes regarding positive parenting intervention.

One of the international projects is focused on the development of evidence-based programmes and a community-based investigation, with the general objective to build shared knowledge between academic researchers and community organizations. The Specific objectives are: to identify the dominant cultural narratives and mechanisms of oppression that violate the reproductive rights of Roma adolescent girls at risk; map assets, narratives and evidence of the community linked to reproductive justice; foster critical thinking in the mattering of the Roma adolescent girls at risk to advocate for their own reproductive justice within their communities.

A global solidarity network to fight against Covid-19 is the focus of one of the international research projects. In addition, the researchers deal with the issues of family support and needs, families' coping initiatives and challenges during Covid as well as with the protection and reimagining in a post-COVID world. It is the key to reduce growing inequalities in pandemic times, and to building a fairer world. Mothers dedicate themselves on a daily basis to ensuring that their children can go to school providing them with the opportunity to lead a dignified life, realise their dreams and reach their full potential. Educated mothers have healthier and more educated children.

Challenges generated by COVID-19, support to families, particularly to children and caregivers' protection is the topic of another international research project. Before COVID-19, at least 250 million young children were already at risk of not reaching their full potential. That number is likely to increase exponentially as more people are infected and as more families and communities deal with the socio-economic and the physical and mental health consequences of the crisis.

National projects

Among the national projects, the most prominent research topics are:

The recognition and valuation of care in the times of pandemics: The informal care in families

Radka Dudová (Institute of Sociology, Czech Academy of Sciences, Czech Republic) is responsible for the project titled: **Gendering the pandemic: redefinition of care as a consequence of the COVID-19 crisis?** funded by the Czech Science Foundation with the

period of implementation (1/1/2021-31/12/2023). The measures to mitigate the spread of the COVID-19 pandemic in 2020 and the economic “freezing” and recession of the global economy afterwards incur important social and economic costs that are distributed unequally among different social groups. The project analyses the impacts of the pandemic in the Czech Republic from the gender and intersectional perspective. It focuses on the micro-social level of individuals and households with care responsibilities (care for children, the elderly and the sick in the informal sector, and health and social care in the formal sector), and on the intersections of characteristics that contribute to increased vulnerability in the situation of crisis (precarious forms of work, self-employment, single motherhood). It combines qualitative intersectional research methodology with theoretical scholarship and triangulation with statistical data. The research contributes to theoretical discussions on the recognition and valuation of care and to the theoretical and methodological development of the intersectional approach in research on societal crises.

Social policy and employment: Woman equality in the families and the labour market

Makedonka Radulovic (Faculty of philosophy, Skopje, Republic of North Macedonia, National Convention on the European Union in the Republic of North Macedonia) is responsible for the national project. **The National Convention on the European Union in the Republic of North Macedonia** (the NCEU-MK), according to its format, is a democratic forum for open and transparent dialogue on issues related to the European Union accession negotiations. In its very essence, the NCEU-MK is a platform that allows for a broad range of citizens who command a certain expertise to influence the content of changes (reforms), and thus shape them in line with general public interest. The period of implementation of this project is from 2017 and it is still ongoing. The concept of the **National Convention on the European Union** has proven adequate in the process of convergence with the EU. In the Republic of Slovakia, where it was first implemented, it was tagged as “good practice for EU access”. With this mobilizing methodology, the process of adopting, accepting, and implementing political decisions concerning EU membership becomes more democratic, since it involves a dialogue among representatives of the Government, the Assembly and other relevant actors, with civil society playing an important part. The EU integration structures cannot be adopted by mere window dressing. The National Convention offers huge support due to three aspects: first, it allows for an inclusive public debate on EU integration; second, it institutionalizes the public debate by initializing partnerships between different segments of society; and third, it unites decision makers at all levels of political system

Family law: Providing lawyers with specific skills in children's law

Arianna Thiene (University of Ferrara, Italy, Scuola di Alta Formazione specialistica in Diritto della persona, delle relazioni familiari e dei minorenni) is responsible for the project: **Through lectures by university professors, judges and lawyers, specializing in family law, the course is aimed at providing lawyers with specific skills in children's law**, with the period of implementation (2019-2020). The program of the course and all the names of the professors, judges and lawyers involved can be read at the link <https://lnx.camereminorili.it/scuola-alta-formazione-specialistica-diritto-delle-relazioni-familiari-delle-persone-e-dei-minori>.

Family support: Child Well-being in Family Context

Andreja Brajša-Žganec (Ivo Pilar Institute of Social Sciences, Croatia) is responsible for the national project: **Child Well-being in Family Context**. Starting from Bioecological model of human development (Bronfenbrenner and Morris, 2006) and Theory of change (Newland, 2015), in this research we will longitudinally examine the (in)stability of different domains of children's well-being in the middle childhood and transition to adolescence. Also, the authors will examine relationships between family well-being, parental behaviors and child well-being. Furthermore, the project aims to answer the question regarding the influence of digital technology use on children's well-being, and the possible change in this relationship during the time with regards to parental mediation. Over the course of four years, we plan to carry out three research waves in Croatian elementary schools. The planned sample will include children from 9 to 13 years of age, their mothers, fathers and teachers. Period of implementation: 01/02/2020 to 30/11/2024. Child well-being is a multidimensional construct that encompasses cognitive, behavioral and emotional regulation, social competence, and subjective well-being of children. There is relatively little research of changes in different domains of well-being, especially in domains of subjective well-being, in middle childhood and during transition to adolescence. The nature and direction of these changes in different well-being domains are not quite clear. Research shows that characteristics of parents and families are important predictors of different aspects of child well-being. It is therefore important to explore the role of the family context in the development of child well-being. The role of digital media in predicting the well-being of children will also be examined. Longitudinal-sequential cohort study will be used to examine the (in)stability of different child well-being domains and to explore the contribution of different characteristics of the family context and parental behavior in prediction of child well-being. During 4 years, 3 waves of research will be conducted with children aged 9, 10 and 11 in the first measurement point. In all three waves, children will evaluate their own subjective well-being and digital technology usage, parents will assess cognitive, behavioral and emotional regulation of children, family wellbeing and parental behavior, and teachers will assess the child's social competences. Based on previous research, a decrease in subjective well-being and an increase in cognitive, behavioral and emotional regulation, and social competence of children is expected. It is

expected that family characteristics will predict the well-being of children directly and through parental behavior separately for mother and father. The results of this research will enable the understanding of the changes and determinants of child well-being in middle childhood and early adolescence.

Family support: Family policies and family support measures used to overcome social inequalities

Arturas Tereskinas and **Vytautas Magnus University** (Lithuania) are responsible for the national project: **Families, Inequalities and Demographic Processes, which examines families and inequalities in contemporary Lithuania** with the period of implementation (2019–2021). Families, Inequalities and Demographic Processes (3.3-LMT-K-712-01-0020, Research Council of Lithuania) aims to identify the interdependencies between family changes and socio-economic inequality structures formed in the context of aggressive neoliberal capitalism in Lithuania by using innovative information sources and multi-methodological approach, to contribute, on the basis of received research results, to an international scientific discussion about family change and its functions in the contemporary capitalism of globally rising inequalities and to identify guidelines for welfare policy on the national level. The empirical focus of the project is the specific birth cohort of 1970-1985 for which the active period of the family life course progressed under the contextual conditions of the emerging neoliberal capitalism and whose processes of family change have not been sufficiently analyzed.

Family support: Divorcing and separating families

Eliška Kodyšová, APERIO (Healthy parenting association, Czech Republic) is responsible for the national project: **The Family doesn't End with Divorce. National programme for divorcing and separating families, including needs analysis** with the period of implementation (2020-2021). During divorce/separation, couples are at risk of aggravating their conflict, with consequences to their children. The preliminary needs analysis, which was performed separately for Prague and for the rest of the Czech Republic, has indicated that the majority of couples divorce with youngest children <6 years and that the use of support services and willingness to share the burden is low. The subsequent programme developed to assist parents as well as children aims to support them in coping skills and conflict resolution skills, focusing the parents' attention on their children's needs and helping them develop a parenting plan. An online learning platform has been developed and used as part of the programme.

Family support: Support to mothers and their families

Johanna Schima (Make Mothers Matter (MMM), Belgium) is responsible for the national research project: **Survey “First 1000 days – Give Mothers a Voice”**, National level (France) with the period of implementation since November 2020 until the present. The representation of Make Mothers Matter in France has launched a survey following a report submitted by a committee of experts to the French government on “The first 1000 days”- the time between a woman’s first day of pregnancy and her child’s second birthday. The report states that, “ensuring good health and development of today’s children, means we act for tomorrow’s parents, citizens, and society. The report will play an important part in the development of family policies for the next 10 years. Its objective is to propose a specific path with regard to maternal and child health, provide clearer and more comprehensive support to young parents, and submit proposals on maternity and paternity leaves and childcare arrangements.

Family support: Parenting and child protection during COVID19 pandemic.

Ana Antunes (University of Madeira, Portugal) was responsible for the project: **Parenting in COVID19 times. It was implemented at a national level (Portugal)**. Later it was also implemented at an international level (Brazil). Period of implementation: 15 May 2020 -26 June 2020. The aims of the project: throughout this lockdown period the authors wanted to investigate families’ lives and the effort that they have made to accommodate changes into daily routines, interactions and parental and child behaviours. An online survey was carried out through an ad hoc questionnaire on parenting under Covid19 times. A sample of 1391 participants who parented children under eighteen living at home completed data on the family socio-demographic profile, the parents' work situation during the lockdown and rated on a 5-point scale how much varied the family routines, the co-parental relationship, the communication and emotion regulation and the support available in the family social network. A subset of 286 respondents completed an open question regarding impactful experiences during the lockdown. Results: Factor analyses (exploratory and confirmatory) were used to validate the dimensionality and structure of the scales. Content analysis was used to analyse the responses to the open question and the integration of quantitative and qualitative analyses allowed a deeper comprehension on parenting practices and changes in parental behaviors to adjust and mitigate the effects of the pandemic crisis in the family household.

Family support: Home language use, maintenance and transmission

Sviatlana Karpava (University of Cyprus, Cyprus) is responsible for the University of Cyprus start-up funding for the years 2021 and 2023, **Heritage Language Maintenance, Variation, and Change: A Study of (Pre)-School-Age Russian–Cypriot Greek Bilingual (Bilectal) Children in Cyprus**. Principal Investigator Dr Sviatlana Karpava. Period of implementation: 2021-2023. The main aim of this interdisciplinary study is to explore grammatical and narrative abilities of Russian–Cypriot Greek bilingual–bilectal (pre)-school-age children (3–14 years old) in Russian, their “Heritage Language” (HL), and Greek, their “Majority Language” (ML)—both the local Cypriot Greek and the official Standard Modern Greek. These will be compared to Russian monolingual and Greek Cypriot bilectal aged-matched controls. We will analyze the empirical data from the perspective of language variation and change in (pre)-school-age children: (1) how HL communicative skills diverge from monolingual skills and how ML affects HL maintenance and development; (2) how family language policy (FLP) shapes HL communicative development." The project will have its base at the Department of English Studies, University of Cyprus, and the collection and analysis of the data collected in Russian (HL) and CG/SMG (MLs) will take place there.

Assessment of evidence-based programmes: Childhood overweight and obesity intervention

Orlanda Cruz and **Ana Catarina Canário** (Faculty of Psychology and Education Science, University of Porto, Portugal) are responsible for the national project: **Childhood overweight and obesity intervention: effectiveness of a program based on parents as agents of change**. The project is being implemented at a regional level, in the north of Portugal. Project funded by the Portuguese Science Foundation (Fundação para a Ciência e a Tecnologia PTDC/SAU-NUT/30715/2017), with the period of implementation (01-07-2018 to 30-06-2022). The rates of childhood overweight (OW) and obesity (OB) significantly increased in the past decades. The prevalence of children with OW and OB in Portugal is one of the highest in the European Union and the OECD area. A comprehensive approach to prevent and treat childhood OW and OB is needed. Since parents have a crucial role in children's diet and physical activity, interventions should include the family's lifestyle and focus on parenting practices. Programs targeting parents by increasing their awareness and responsibility in providing environments that lead children to healthy behaviors are imperative in treating childhood OW and OB. Considering the beneficial effects of parents as agents of change in pediatric weight management, this study's purpose is to implement and evaluate the efficacy and effectiveness of Group Lifestyle Triple P (GLTP) in a Portuguese sample of parents of OW/OB children. This is particularly relevant as, to date, there are no such structured interventions available in Portugal. GLTP is the only evidence-based program that teaches parents of children with OW (not only with OB) to use positive parenting in order to promote a healthy lifestyle in their families through healthy eating and physical activity. It stems from the Triple P - Positive Parenting Program and targets parents

of OW/OB children aged 5 to 10 through a 14-sessions intervention. It aims to decrease children's weight and weight-related problem behavior, by increasing parents' self-efficacy in managing the child's behavior, and decreasing the use of ineffective parenting practices. An RCT with parents of OW and OB children and a change process analysis will be conducted to accomplish the study's purposes. The outcome variables include the child's anthropometric measures and weight-related problem behavior, parents' self-efficacy in managing the child's weight-related problem, parental feeding style, parenting practices, parental self-regulation, and parental perception of change. A total of 120 parents of OW/OB children, aged 5 to 10, will be recruited from the Nutrition Unit of the Pediatric Department (NUPD) of the University Hospital Centre of Porto (Centro Materno-Infantil do Norte, CMIN), in Portugal. Participants will be randomly allocated to the experimental and control conditions. The control condition includes treatment as usual (TAU) in the health care services, and the intervention condition TAU along with Group Lifestyle Triple P. The study will include three assessment waves (pre-test, post-test and 6-month follow-up). Participants of the control group will have the opportunity to receive the intervention after the RCT evaluation. With this study, we expect to obtain knowledge on the effectiveness of GLTP as a prevention tool of childhood OW and OB, contributing to the development of public health and health care policies and to decrease the significant health care costs inherent to childhood OW and OB.

Assessment of evidence-based programmes: Foster children well-being

Isabel M. Bernedo (University of Málaga, Spain) is responsible for the project: **Application of a psychoeducational programme to improve contact visits between foster children and their birth families.** This I+D project has analysed the foster children who has visits with their birth parent in Malaga, Granada and Jaen (Andalusia, Spain). The programme has been carried out with birth families and foster families in Malaga (Andalusia, Spain). This programme has been published in Andalusia Childhood Observatory, is public and it could be use at national level, with the period of implementation (01/11/2016 - 28/02/21). This project is a continuation of research on family fostering already carried out by our group. One of the conclusions of this research concerned the need to improve the quality of contact visits between foster children and birth families, including providing better preparatory training for all those involved. The aim of the project is to design an intervention programme to address this gap. Those involved in contact visits were invited to make suggestions and gave feedback, this information was used to improve the programme content. The main aims of the project were: 1) to gather the views of social workers, birth families and foster carers regarding how visits might be improved, and 2) to use their proposals to improve and apply a psychoeducational programme. The Participants were: a) Birth families who have contact visits with children in family foster care (temporary and permanent); b) the foster carers of these children; and c) the social workers responsible for

supervising visits. The procedure of this research has two parts. The first involved gathering the views of birth families through individual semi-structured interviews, and the opinions of foster carers and social workers by means of two focus groups. The interviews and both focus groups was recorded and transcribed, and the content will be analysed using ATLAS.ti v7.0 software. The second part of the research involved application of a pre-test/intervention/post-test design with the aim of improving contact visits, taking into account the proposals made in the interviews and two focus groups. Pre and post-test consisted in semi-structured interviews with birth families, foster families and the social workers responsible for the case and the social worker responsible for supervising contact visits. The intervention will consist of seven consecutive sessions with birth families and foster carers separately. Due to the private nature of the issues addressed, these sessions have been conducted by the researchers on an individual basis with each family (birth and foster), with the exception of the last one, which was a group session for both birth and foster families to share their experiences. Birth families will be asked to attend the established contact venue one hour before the visit is scheduled, during which time the intervention session will take place. In the case of foster carers, the sessions will be held while the contact visit is taking place. Evaluation of the psychoeducational programme: For each visit, the researchers will evaluate the extent to which the programme content is put into practice, by observation of a series of indicators. At the end of each session, the family members in attendance will be asked to respond in writing to several questions about the usefulness of the session content and their degree of satisfaction with the session as a whole. At the end of the intervention, they will be asked to give an overall rating of the programme. A pre-post content analysis of the semi-structured interviews will be conducted using ATLAS.ti v7.0 software. Results and Implications for the practice: This project shows that the quality of interaction between birth parents and children during visits have improved, better collaboration between birth and foster families, improved wellbeing of children, and satisfaction with visits on the part of birth families, foster carers and social workers; better preparation by social workers of the various parties involved in contact visits; and support changes and promote improvements in the policies of child protection services.

New realities and families' targeted needs: The development of evidence-based programmes and evaluation tools.

Lucía Jiménez¹, Victoria Hidalgo¹, Bárbara Lorence¹ and Jesús Maya² (University of Sevilla¹ and Loyola University of Andalucía², Spain) are responsible for the national project: Incorporation of the psychoeducational and community approach for the promotion of parental competencies in caring for families, with the period of implementation (26/03/2020 to 25/06/2021). The aim of this project is to design actions - based on the psychoeducational and community approach - that will be implemented by local teams of professionals who assist children and families with

social difficulties. The tasks of the research team are: to create guidelines on the incorporation of the psychoeducational and community approach aimed at promoting parental skills in the Family Care work carried out by local assemblies of the Red Cross; to guide the practitioners from 8 Family Care teams on the incorporation of the psychoeducational and community approach via 2 seminars with 40 participants; to give advice on the implementation of the guidelines to the practitioners of 8 local offices, identifying difficulties and points for improvement.

New realities and families' targeted needs: Social and health needs

Ray-Kaeser Sylvie (HETSL, Switzerland) is involved in the national research project: «**Améliorer les services aux familles d'enfants ayant un trouble neurodéveloppemental**» **Survey on the social and health needs of families of children with neurodevelopmental disorders living in French-speaking Switzerland** with the period of implementation (2020-2021). The main objective of the study is to find out the needs of the parents concerned in order to propose adapted services. A quantitative study using an online questionnaire made it possible to identify different types of needs among 75 families in French-speaking Switzerland.

New realities and families' targeted needs

Ljiljana Kaliterna Lipovcan (Ivo Pilar Institute of Social Sciences, Croatia) are responsible for the national project: **Croatian Longitudinal Well-Being Survey in the Context of COVID-19 pandemic**. The participants are 1.870 Croatian citizens who participated in three-wave longitudinal on-line survey conducted 2017-2019. Their age range is 18-89 years (70% women). The period of implementation of this project (1.1.2021-31.12.2021). The aim of the project is to examine changes in well-being indicators (life satisfaction, happiness, domain satisfactions, flourishing) before and after COVID-19 pandemic. The participants (N=1.870) were examined by on-line survey three times (once a year) between 2017 and 2019. In April to June 2021 we plan to ask them to fill in the same questionnaire once again and to determine possible differences in well-being indicators that can be attributed to COVID-19 pandemic and/or two strong earthquakes that happened in Croatia during 2020.

New realities and families' targeted needs: COVID-19 impacts on family life

Marisa Matias (FPCEUP, Portugal) is responsible for the national project: **GENERATE – Gender and Work-family (Re)Conciliation during a pandemic**. The data collection began in April 2020 using an online survey targeted to Portuguese individuals. The study aims to assess the impact of the pandemic on work-family reconciliation, parental burnout and consequent

parent and children's well-being. The project encompasses a gender lens as women are the most burden with the task of work and family conciliation and care provision. It uses a survey administered online. Preliminary findings have highlighted the care and telework burden to women and to the performance of parenting roles.

New realities and families' targeted needs: Discourse analysis, triggers of xenophobia, counter and alternative narratives, media literacy

Sviatlana Karpava (University of Cyprus, Cyprus) is responsible for the national project: **MIGDISCY- Migration, Discourse, Cyprus: Discourse analysis, triggers of xenophobia, counter and alternative narratives, media literacy, with the period of implementation (09/03/2021-08/03/2023)**. The Republic of Cyprus (RoC) recorded its first case of serial killings in 2019. It was in this year that the brutal murders of seven foreign women and their young daughters came to light-- although the women had gone missing over a four-year period, and there had been numerous pleas from their employers and families for a police investigation. In 2019 it became clear that very little if anything had been done to search for the women, and media reportage blamed a pervasive racism among the police for their lack of attention to the women's plight. In fact, in recent years in Cyprus, migrants have been attacked, abused and even killed by extreme right partisans (members of ELAM). These latter, as well as the women's murders were clearly hate crimes, as these are legally defined in the EU and Cyprus. Recent research has revealed a highly probable link between social media and hate crime (Müller and Schwartz, 2018; Williams et al., 2020); as a matter of fact, it has been shown that covert hate speech (Ben-David and Matamoros Fernandez, 2016) -- i.e., strong discriminatory language inferring the same meaning as overt hate speech --can also incite hatred and violence that will ultimately motivate hate crimes (Fasoli et al., 2016). New research (Baider, 2019a and b, 2020; Iganski, 2020) has suggested that hate speech must be seen as a process, on a continuum, and not as a single speech act. It is in light of this research that we argue that early intervention is crucial to preventing hate crime; verbal violence must be checked before it spirals into physical violence.

The MIGDISCY project addresses and aims to prove the above hypothesis. Our project will map public discourse on immigrants/migration in the RoC (not hate speech per se) in order to identify the prevalent patterns and trends in relation to foreigners (and immigrants), including the discourse of the non-Cypriots. We will work with a database of various forms of online discourse (press articles, political speeches and online comments referring to these articles) to understand and analyze how such discourse can exacerbate differences and worsen perceptions of foreigners. At the same time, we will look to see how such an analysis can raise awareness of the migrant situation and increase sensitivity towards them and their integration. Our data will

also comprise interviews aimed at understanding the effect of social media on individuals' beliefs and attitudes; this will include both local and foreign participants. We will incorporate the timeframe of the murders in 2019 to observe and understand the representations and perceptions of these hate crimes; we incorporate as well the recent health crisis (Covid-19) in our data, i.e., the data will be collected before, during and after the outbreak of the virus worldwide. This is important because a clear relationship has been established between fake news and the migration phenomenon (e.g., conspiracy theory such as the New World Order conspiracy), as has the link between metaphors such as DIRT or UNCLEAN and the lexical field of 'disease' (Markel and Stern, 2002; Cisneros, 2008; Baider and Kopytowska, 2017). For our analysis we will carry out both quantitative (corpus linguistics cf. Sinclair 2004, questionnaires) and qualitative research (discourse analysis of interviews and focus group discussions) anchored in critical discourse analysis (Fairclough, 2003) and thematic analysis. Computer science specialists will be on the team to develop specific algorithms for the research. As a broader aim, the research project will establish a state-of-the-art picture of the representation, perception and beliefs pertaining to 'non-locals' in Cyprus; i.e., their social, economic and cultural representation as well as how local and non-local communities perceive these representations. The results of the project will provide the basis for a much-needed online Social Media Observatory. All results will be housed on the DISCONSO lab (in the making) platform and accessible to the public.

Regional projects

Family support: A vulnerable family type-single parent families

Eliška Kodyšová, APERIO (Healthy parenting association, Czech Republic) is responsible for the project: **Single but Strong**. A research and support project aimed at single mothers in the Czech Republic, focused on 3 regions, Northern Bohemia, Central Bohemia and Central Moravia. Period of implementation is from 2019-2022. Single mothers are especially vulnerable in the labour market, working as much as married mothers, but choosing precarious jobs over more earning careers. A quantitative and qualitative analysis explored the situation before the Covid-19 pandemics and its impact on single mothers in their double caregiving and money-earning roles. As a follow-up, a support programme was developed and launched to assist them in advancing their job prospects and having a sustainable work-life balance.

New realities and families' targeted needs: The needs of families at psychosocial risk

Victoria Hidalgo¹, Bárbara Lorence¹, Lucía Jiménez¹ and Jesús Maya² (University of Sevilla¹ and Loyola University of Andalucía², Spain) were responsible for the regional project: **Design of the model of a Prevention Programme in the field of childhood and family**, with the period of implementation (21/12/2018 to 31/12/2019). The aims of this project were: to analyze the intervention needs of families with minors who are in a situation of social difficulty and are not covered by other social services resources; Identify key elements (target population, content) that must be a part of the prevention programme aimed at caring for, guiding and working with families with minor children who are in a situation of social difficulty; Incorporate best practices based on scientific evidence into the guidelines of this programme. The activities that were carried out by the research team were: to analyze the prevention programmes aimed at caring for, guiding and working with families with minor children who are in a situation of social difficulty that have been carried out in the last few years in Andalucía; to visit the organisations that have developed these prevention programmes up until now in order to interview the practitioners responsible for these programmes and observe its implementation in work sessions with the families; to create a working group with the technicians and executives of the Service for Family Support and Prevention of the various local assemblies and central services of the Council for Equality and Social Policies; to produce a report on the key elements and guidelines for the technical requirements of the prevention programme aimed at caring for, guiding and working with families with minor children who are in a situation of social difficulty.

New realities and families' targeted needs: Families with minors who are in a situation of social difficulty or conflict in the family

Victoria Hidalgo¹, Bárbara Lorence¹, Jesús Maya² and Lucía Jiménez¹ (University of Sevilla¹ and Loyola University of Andalucía², Spain) were responsible for the regional research project: **Follow-up and evaluation of the implementation of the Prevention Programme aimed at families with minors...**with the period of implementation (17/12/2019 to 16/09/2020). The aim of this project was: to carry out a follow-up of the implementation of the Prevention Programme aimed at families with minors who are in a situation of social difficulty or conflict in the family, in the different provinces of the Andalusian autonomic region; to evaluate programme coverage: to analyze the profile of the target population in order to obtain an analysis of the characteristics that define the participating families, as well as to obtain an analysis of the reach of the intervention; to assess the implementation of the programme. This requires a detailed analysis of the implementation process followed by the different organisations, assessing the degree of adjustment to the outlined technical characteristics while exploring similarities and differences in the contents and methods used. The tasks of the research team were: to produce the follow-up and assessment protocol for the Prevention Programme aimed at families with minors who are in a situation of social difficulty or conflict in the family; to visit the organisations that will

implement the programme in the different Andalusian provinces in order to interview the practitioners responsible and observe its implementation in work sessions with the families; to obtain information from the technicians and executives of the Service for Family Support and Prevention of the various local assemblies and central services of the Council for Equality and Social Policies; to interview the participating families (parents and children) at the beginning of their participation in the programme; to analyze the collected data and to create a report on the main results and conclusions.

New realities and families' targeted needs: Children treatment programme

Victoria Hidalgo¹, Isabel López Verdugo¹, Lucía Jiménez¹, Bárbara Lorence¹ and Javier Pérez-Padilla² (University of Sevilla¹ and University of Jaén², Spain) are responsible for the regional research project: **Evaluation of the Andalusian Families with Children treatment programme. A study of the implementation process and an analysis of its efficiency and efficacy** with the period of implementation (30/12/2019 to 30/08/2021). The aim of this project is: to carry out an assessment of the efficacy and efficiency of this evidence-based programme, using the quality standards outlined by Flay et al. (2005) and Small, Cooney and O'Conner (2009). Within this general objective, two specific aims can be differentiated: to evaluate the impact of the intervention carried out by the Family Treatment Teams on the participating families; to collect information that will enable the improvement of the programme and thereby offering a quality service to Andalusian families.

New realities and families' targeted needs: Family Education and Intervention Programmes and Services

Victoria Hidalgo¹, Lucía Jiménez¹ and Javier Pérez-Padilla² (University of Sevilla¹ and University of Jaén², Spain) are responsible for the regional research project: **Technical assistance for the guidance and assessment of the actions of the "Family Education and Intervention Programmes and Services" of the Public Social Services System of Cantabria** with the period of implementation (04/12/2019 to 27/04/2021). This project aims to provide technical assistance for the assessment of the actions embedded in the Family Education and Intervention programmes and services provided by the Public Social Services System of Cantabria. The specific steps that will be carried out by the research team are: to study and analyze the aforementioned services and programmes that are currently being implemented by the Government of Cantabria in order to explore the characteristics of their implementation and their adjustment to the needs of the population; to guide the practitioners and policy makers from the Government of Cantabria responsible for these programmes and

services, including informing them about evaluation tools and available intervention strategies and programmes adjusted to the identified needs of the families in their care; to produce a technical document that can be used to homogenize the interventions of the practitioners.

Assessment of evidence-based programmes: Evaluation of the Family Intervention Programme

Javier Pérez Padilla², Victoria Hidalgo¹ and Lucía Jiménez¹ (University of Sevilla¹ and University of Jaén², Spain) were responsible for the regional research project: **Evaluation of the Family Intervention Programme (PIF), within the framework of the Child and Family Care Program of the Area of Social Action and Community Development of the Pamplona City Council** with the period of implementation (09/11/2016 to 09/11/2020). The aim of this project was: to outline a joint action plan between The Kamira Association and ESAFAM, with the objective to carry out a scientific and technical assessment of the Family Intervention Programme. The method followed by the research team consisted of the following steps: to prepare and adapt the evaluation tools; to present the evaluation design and train the practitioners from Kamira in data collection; to create data bases; to guide the Kamira practitioners in recording the data; to analyze the data needed for the annual and final assessment reports; to make the annual and final assessment reports.

Assessment of evidence-based programmes: Positive parenting intervention

Ana Catarina Canário and Orlanda Cruz (Faculty of Psychology and Education Science, University of Porto, Portugal) are responsible for the regional project: **Family reunification success after child institutionalization: Testing the effectiveness of a positive parenting intervention**. The project is currently being implemented at a regional level, in the 18 cities of the district of Porto, with a period of implementation (01-10-2018 to 30-09-2022). In Portugal, many vulnerable families are followed by social services with different actions to promote and protect children. These actions may target family preservation to prevent family breakdown, or family reunification, following family breakdown and child placement in out-of-home care. Families within these services receive heterogeneous interventions as there are no evidence-based interventions (EBI) applied to family preservation or family reunification contexts. To provide these families support through evidence-based parenting interventions (EBPI) is of great relevance, as these promote positive outcomes in parents and children and contribute to their mental health and wellbeing. Some of the most disseminated EBPI are part of the Triple P system. Several studies support the system's efficacy, revealing positive effects of the interventions on children's behaviour, parenting practices and families' social support network. Triple P interventions can be useful resources to provide parenting support to vulnerable

families, particularly Standard Triple P (STP), an individual format EBPI delivered in 10 weekly sessions. To fully understand the potential of STP delivered to Portuguese families to promote family preservation and family reunification, preventing child placement or re-entry in out-of-home care, further research is needed to better understand how effective STP is and what are the benefits for different families. The current research project aims to evaluate a sample of 150 children and their primary caregiver (mother or father) of the district of Porto, Portugal, followed by the social services with actions of family preservation or family reunification. Specific objectives are 1) to assess the individual (using psychological and psychophysiological variables from children and caregiver) and familial (such as the quality of the parent-child interaction) factors that contribute to preventing family breakdown; 2) to evaluate the effectiveness of STP in preventing family breakdown; and 3) to identify which children and parents benefit the most from the parenting intervention, according to the differential susceptibility hypothesis and the diathesis-stress model.

Assessment of evidence-based programmes: Training and Family Support Program

Cristina Nunes (University of Algarve, Portugal) was responsible for the regional research project: **Effectiveness assessment of the Training and Family Support Program at the Local level** (Albufeira, Algarve, South of Portugal) with the period of implementation (2017-2019).

International projects

New realities and families' targeted needs: The development of evidence-based programmes: A community-based investigation: adolescent Roma girls

Lucía Jiménez (University of Sevilla, Spain) collaborates with the University of Sevilla, the University of Loyola Foundation, the University of Alicante, the public University of Navarra, the Catalan Health Institute and the Government "Generalitat" of Catalonia on the international project: **A community-based investigation – participative action on reproductive justice led by adolescent Roma girls**. International, with the period of implementation (01/01/2019 to 31/12/2021). The general objectives of the project are: to build shared knowledge between academic researchers and community Roma organizations to ensure resources that offer opportunities to Roma girls to advocate for their reproductive rights; empower Roma adolescent girls living in contexts of exclusion to link their mattering to reproductive justice; build evaluation capacity among Roma organizations and Roma girls to ensure the quality of processes, impact

and sustainability of the initiatives focused on empowering the mattering of Roma girls linked to reproductive justice. The Specific objectives are: to identify the dominant cultural narratives and mechanisms of oppression that violate the reproductive rights of Roma adolescent girls at risk in Spain; map assets, narratives and evidence of the community linked to reproductive justice; foster critical thinking in the mattering of the Roma adolescent girls at risk to advocate for their own reproductive justice within their communities; empower Roma girls at risk to develop recommendations that advocate for their reproductive rights; capacitate Roma girls at risk to develop, implement and document evaluation processes following community based participatory action research strategies; disseminate and promote the learnt experience, knowledge and findings."

New realities and families' targeted needs: A global solidarity network to fight against Covid-19

Johanna Schima (Make Mothers Matter (MMM), Belgium) was responsible for the international project (with partners: the International Federation of Business and Professional Women, International Catholic Cooperation Center for UNESCO, the Association Montessori Internationale, World Organization for Early Childhood Education and Care, International Fellowship of Reconciliation, International Movement ATD Fourth World, and the South Asia Foundation): **A global solidarity network to fight against Covid-19**. From the start of the global pandemic in 2020 until summer 2020. At the start of the global pandemic in 2020, eight NGO-UNESCO partners (among them MMM) decided to collaborate with their grass roots associations in solidarity actions to share the voices of the most vulnerable and to understand the evolving situations on the ground. The project was supported by the UNESCO (<https://en.unesco.org/news/exploring-new-and-innovative-responses-crisis-ngo-solidarity-during-covid-19>). MMM's contribution is based on the belief that the indispensable reconstruction of "living together" will be unachievable without strengthening civil society partnerships, particularly with local NGOs.

New realities and families' targeted needs: Support to families, families' coping initiatives and challenges during Covid

Johanna Schima (Make Mothers Matter (MMM), Belgium), MMM Voices, was responsible for the international project. Our Network of grass roots member associations around the world have been working tirelessly throughout this crisis. Many of their stories and concrete actions are going unnoticed so we have created this opportunity to shine a light on their critical work against the odds. Through their various initiatives, whether it be raising funds or sewing masks and protective clothing, they have created pillars of solidarity and support in their communities,

reaching out to those most in need. In a series of recorded interviews conducted by MMM teams, we hear their stories seldom covered in mainstream media, as they reveal the unique challenges their organizations are facing during this global crisis. Some MMM's members worldwide: CeprodiH (Uruguay); Mothers2Mothers (South Africa); Edo Group – La Guajira (Colombia); Más Familia (Spain); Vivre heureux/Living with happiness (Rwanda); Mothers & Midwives support (DRC); Mame Pentru Mame (Romania); Mamas for Africa (DRC); Afammer (Spain); L'Heure Joyeuse (Morocco); Friendship (Bangladesh); HAD/En avant les enfants EALE (DRC); AWAJ (Bangladesh); Mothers At Home Matter, MAHM (UK); Otitsara (Madagascar); ViAllaite (Cameroon).

New realities and families' targeted needs: Protect and reimagine education in a post-COVID world

Johanna Schima (Make Mothers Matter, Belgium) was responsible for the international project: **Campaign: MMM partnered with the Save Our Future campaign, "Building back better for the world's children and youth"** with the period of implementation in 2020. A global education movement supported by amongst others, UNESCO, UNICEF, the African Development Bank and the World Bank, that aims to 'protect and reimagine education in a post-COVID world'. MMM is committed to the right to education, especially for women and girls who are particularly at risk of dropping out of school: it is the key to reducing growing inequalities in these pandemic times, and to building a fairer world. Mothers dedicate themselves on a daily basis to ensuring that their children can go to school providing them with the opportunity to lead a dignified life, realise their dreams and reach their full potential. We also know that educated mothers have healthier and more educated children.

New realities and families' targeted needs: Challenges generated by COVID-19: Support to families, particularly to children and caregivers protection

Johanna Schima (Make Mothers Matter (MMM), Belgium) was involved in the international project: **MMM supports ECDAN'S call to protect children and caregivers**, which was implemented at the start of the global pandemic in 2020. Out of concern about the short and long-term impacts of COVID-19 on children and their caregivers, ECDAN (Early Childhood Development Action Network) working closely with our partner ECPC (MMM is member of this organisation), launched a call for coordinated action to protect and support all young children and their caregivers. We are concerned about the short term and long-term impacts of COVID-19 on children and their caregivers. Before COVID-19, at least 250 million young children were already at risk of not reaching their full potential. That number is likely to increase exponentially

as more people are infected and as more families and communities deal with the socio-economic and the physical and mental health consequences of the crisis.