

GROWING TOGETHER

Participation in and outcomes of programs for parents of adolescents

The scope of this thesis is parenting during children's adolescence and the main aim was to investigate universal supports offered to parents of adolescents, specifically group-based parenting programs. The thesis builds on a research project in which we followed parents enrolled in community parenting programs in south-west Sweden. Three papers reporting on the project are included. The first examines the characteristics of parents in universal parenting programs and their reasons for enrolling. The second explores the short- and long-term effects of both universal and targeted parenting programs on parenting strategies, family climate, and parental and adolescent mental health. The third investigates the adolescents' views on their parents' participation in these programs. We found that universally offered programs do reach parents in need of support regardless of their reasons for enrollment. The results also support the effectiveness of such programs offered in real-world settings to parents with different needs. Finally, the results suggest that contextual stressors during adolescence should be considered when investigating the outcomes of generic parenting programs. The findings in the thesis contribute to our understanding of participation in and outcomes of supportive programs for parents of adolescents, from both the parental and the adolescent perspective.



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