**Adolescent adjustment and family relationships during the COVID-19 pandemic**

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Since the beginning pf this year, the COVID-19 pandemic has had a major impact on the daily life of adolescents and their families. This symposium brings together four presentations about changes in adolescent adjustment and family relationships during the COVID-19 pandemic. The symposium focuses on the effects of the pandemic in different countries across the world and includes two presentations with cross-national data. Also, the focus is on longitudinal studies addressing change in psychosocial functioning and relationships, either during or as compared to before the pandemic.
The first presentation uses data from a cross-national study with multiple assessments during the corona-pandemic to examine how adolescents and their parents were affected by the challenging and potentially stressful situation resulting from the COVID-19 pandemic, as indicated by symptoms of emotional and behavioral disturbance, perceived quality of life, and family relationship quality. The second presentation uses data from a longitudinal study across nine countries to examine how family relationships prior to COVID-19 relate to reported changes in family relationships and psychological and behavioral adjustment during the pandemic, and how changes in family relationships are associated with changes in adolescents’ adjustment. The third presentation uses longitudinal multi-informant data of Dutch parents and early adolescents to examine the impact of the corona pandemic on parenting and parent-child relationship quality during early adolescence, as well as the moderating role of corona-related stress and coping on changes in parenting and parent-child relationship quality. The fourth paper presents data of Portuguese parents and examines how parental emotional experiences are related to children’s behavior changes during the pandemic.
Together, the different studies will offer a broad overview of the impact of the COVID-19 pandemic on parent-adolescent relationships and individual functioning during adolescence, and will shed light on which adolescents are more vulnerable for corona-related stressors.

**#StayHome study: Cross-national data on adolescent well-being and family relationships during the COVID-19 pandemic**

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**Abstract**

Whereas the current situation caused by the COVID-19 pandemic is unique and unprecedented, we know from earlier studies concerning stressful situations that their impact on adolescent development may be profound. Adolescence is a developmental phase during which there is an increased risk for the onset of mental disorders due to intensive normative changes (e.g., in hormonal balance, identity and autonomy development). The current COVID-19 pandemic may provide an additional risk factor for problematic psychosocial functioning. Additionally, during adolescence the social focus normally shifts from family to peers. Due to the COVID-19 measures imposed by governments, adolescents have spent much more time at home with their family, sometimes with limited space. Whereas this may have led to more tension and conflict, it may also have offered opportunities to spend more time together and support each other.

In this international research collaboration, we conducted an online study across several countries (Hungary, The Netherlands, Norway, Germany, Indonesia). Data from two countries (Hungary, The Netherlands) are already available. We examined how adolescents (11-18 years old) and their parents were affected by the challenging and potentially stressful situation resulting from the COVID-19 pandemic, as indicated by symptoms of emotional and behavioral disturbance, perceived quality of life, and family relationship quality (i.e., parent-adolescent and sibling relationships).

We are going to present preliminary results concerning the following study aims:

1. Psychosocial functioning and family relationship quality of adolescents during the COVID-19 period;
2. The links between adolescent and family characteristics (e.g., age, gender, education, household composition), adolescent psychosocial functioning, and family relationship quality;
3. Cross-national comparison of adolescent psychosocial functioning and family relationship quality and the links between them.

**Parents’ and Late Adolescents’ Responses to COVID-19 in Nine Countries**

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This study examines parents’ and late adolescents’ responses to COVID-19 in the context of the Parenting Across Cultures (PAC) longitudinal study that began in 2008 with recruitment of a sample of 1,417 8-year-old children and their mothers and fathers from nine countries (China, Colombia, Italy, Jordan, Kenya, the Philippines, Sweden, Thailand, and the United States). Since then, families have been assessed annually through interviews with mothers, fathers, and children. The PAC countries are among the most impactful places to study the social and behavioral implications of COVID-19 on human development, particularly because of our extensive pre-pandemic assessment of participants across a diverse set of cultural contexts. For example, Italy was the first country in Europe to be hard hit by COVID-19, and Italy implemented strict measures to try to curb the pandemic. In Sweden, by contrast, widespread closures of public spaces and businesses have not been instituted. The Philippines exemplifies an economic context in which a large proportion of the population works in the informal sector and thus is not eligible for work benefits, potentially worsening COVID financial burdens on families when they are no longer able to leave home to work. At the time of the COVID-19 pandemic, the youth participants were 19-20 years old, on average. We texted or emailed parents and youth participants a link to a 19-item Qualtrics survey developed for this study through a review of the literature on parent and adolescent stress responses following major traumatic events, including natural disasters, political violence, and previous public health crises. Analyses focus on family relationships prior to COVID-19 in relation to reported changes in family relationships and psychological (e.g., anxiety, depression) and behavioral (e.g., substance use, arguments) adjustment during the pandemic, as well as the association between changes in family relationships and changes in adolescents’ adjustment.

**Changing family relationships in early adolescence during the corona pandemic: The role of parents’ and adolescents’ stress and coping**

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The corona pandemic and the extensive measures to prevent a further spread of the virus have had a major impact on the daily life of all citizens, including families with adolescent children. In the Netherlands, as in many other countries, children could not attend school, had limited (face-to-face) contact with peers, and their structured leisure activities were often cancelled. At the same time, many parents had to work from home and supervise the schoolwork of their children. These changes in family life might have an impact on parenting and parent-child relationship quality. However, not all families might be affected by the crisis to a similar extent. In particular parents and adolescents who experienced high levels of stress resulting from the preventive measures, or worried about changes in their financial situation or the well-being and health of themselves and their relatives might react with more negativity in parenting or parent-child interactions. Moreover, ineffective coping strategies might make parents and adolescent more vulnerable to a negative impact on family relationships. The current study examined the impact of the corona crisis on parenting and parent-child relationship quality during early adolescence, as well as the moderating role of corona-related stress and coping on changes in parenting and parent-child relationship quality. We used two waves of data of 250 Dutch parents and adolescents (M age 12 years) from the multi-informant study “InTransition”. Using latent change score models, we examined how parent-reported parenting and adolescent-reported warmth and negative interaction changed over a six month’s period, from the pre-corona to the corona period. Moreover, we examined the moderating role of corona-related stress and coping strategies of both parents and adolescents in these changes, as well as the effect of the interaction between stress and coping on relationship change.

**Navigating though emotions during the pandemic: individual, relational and contextual correlates**

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All over the word, people are trying to adapt to the challenges imposed by the pandemic. Dramatic changes in the professional and social contexts confronted individuals with the need to find new ways of reconciling work and family, with the possible impact on their children’s psychological adjustment. Although the pandemic has reached everyone, there are important differences regarding how individuals are dealing emotionally with this situation, depending on major changes experienced in several life domains. In the current presentation we will (a) identify different patterns of emotional experiences, combining valence and content of affective states; (b) test for individual (e.g., sociodemographic), relational (e.g., couple relationship and parenting), and contextual (e.g., work-level and pandemic-level variables) correlates of these patterns; and (c) analyse how parental emotional experiences may be related to children’s behavior changes during the pandemic. Drawing on data from an ongoing study with Portuguese participants, and preliminary analyses using Latent Class Analysis and Multinomial Logistic Regression on a sample of 535 adult participants, we found four different classes that relate to different profiles regarding some of the variables previously mentioned. Negative changes on children’ behavior are reported by individuals experiencing the less positive emotions and the most negative ones. Also these parents perceive simultaneously changes in several other domains (e.g., changes in couple’s emotional closeness). Finally, the relationship between patterns of emotional experiences and reported behavior changes in children are different for mothers and fathers. The results will be discussed based on a systemic perspective of family and the possible cascade effect of major contextual changes.