

Master's thesis in Forensic Clinical Psychology (2023, July)  
Faculty of Psychology and Educational Sciences, University of Coimbra

The main objective of this study was to evaluate the impact of the CIB program (Don Gordon), by comparing the results before and after participation in the program, in relation to the acrimony in co-parenting and the perceived change in parental burnout. The possible effect of sociodemographic variables and other variables related to divorce and the way the program was applied (online or in-person) was also assessed. An exploratory, quantitative study was carried out with a sample of 53 divorced fathers/mothers who took part in the program in group format (8 weekly sessions), either online or in person, as part of a national project, the Adélia project, funded by the Portuguese government.

The results indicate statistically significant changes (reduction) in the total acrimony scale\* and in two of its sub-scales: conflict with child involvement and impact of the relationship on the child. The majority of parents perceived a reduction in parental burnout. The differential analysis showed that the type of parental responsibility was the only variable with a significant impact, and only on the impact of conflict on the relationship with the child, which indicates that the program produces significant changes in the variables indicated, regardless of the parents' sociodemographic variables (e.g. education), those related to the divorce (e.g. existence or not of a legal conflict) and the way the program was applied (face-to-face or online).

\* Peixoto, J., Gonçalves, M., Gaspar, M., & Matos, M. (2022). Developing a valid and reliable cross-cultural measure of coparenting conflict between divorced parents: The Portuguese version of the Acrimony Scale. *Journal of Child and Family Studies*, 31, 1664-1682. <https://doi.org/10.1007/s10826-022-02233-0>

\*\* Matias, M., Aguiar, J., César, F., Braz, A. C., Barham, E. J., Leme, V., Elias, L., Gaspar, M. F., Mikolajczak, M., Roskam, I., & Fontaine, A. M. (2020). The brazilian-portuguese version of the Parental Burnout Assessment: Transcultural adaptation and initial validity evidence. *New Directions for Child and Adolescent Development*, 2020(174), 67–83. <https://doi.org/10.1002/cad.20374>