

Running head: TURKISH VALIDATION OF THE PBA

Validation of the Turkish Version of the Parental Burnout Assessment (PBA)

Arikan, G., Üstündağ-Budak, A. M.; Akgün, E., Mikolajczak, M., & Roskam, I.

Arikan Gizem, Ph.D., Department of Psychology, Ozyegin University, Istanbul, Turkey,

gizem.arikan@ozyegin.edu.tr

A.Meltem Üstündağ-Budak, Ph.D., Psychology, Bahçeşehir University, Istanbul, Turkey

Ege Akgün, Ph.D., Preschool Education Department, Ankara University, Ankara, Turkey

Moïra Mikolaiczak, Ph.D., Psychological Sciences Research Institute, UCLouvain, Belgium

Isabelle Roskam, Ph.D., Psychological Sciences Research Institute, UCLouvain, Belgium

Declarations

Funding: NA

Conflicts of interest for authors: GA, MUB, EA, MM, and IR declare that they have no conflict of interest. MM and IR have now founded a Training Institute for Parental Burnout, which delivers training on parental burnout to professionals. The institute did not participate in the funding of this study, nor did it influence the process, the results or their interpretation in any manner.

Ethical approval: Ethical approval was obtained from the ethics committee of Istanbul Bahcesehir University (Approval No: 20021704-604.01.01-125 Date: 18.01.2018). The procedures used in this study adhere to the tenets of the Declaration of Helsinki.

Consent to participate: Written informed consent was obtained from the participants.

Consent to publish: All participants knew the results would appear in academic publications.

Contribution of authors: IR and MM provided the questionnaires and the methodology. GA, MUB and EA completed the translation procedure and the data collection. IR computed the statistical analyses. GA, MUB, EA, and IR wrote the manuscript.

Abstract

Parental Burnout (PB) is an exhaustion syndrome resulting from exposure to overwhelming parenting stress. The current gold-standard instrument, namely, Parental Burnout Assessment (PBA, Roskam et al., 2018) was used in the International Investigation of Parental Burnout (IIPB), a 40-country study of the prevalence of PB around the world. The IIPB study has stimulated worldwide interest, but efforts are still needed to validate the PBA in different cultures. This study is the first on PB in a collectivist, predominantly Islamic country. It aims to examine the psychometric properties of the Turkish translation of the PBA. The PBA-Turkish was administered to 452 Turkish parents (60% mothers). The results showed that the PBA is a relevant construct in Turkish culture. We replicated the original four-factor structure of the PBA and tested a second order factor structure through confirmatory factor analyses. The first and second order factor models fit the data well. The Emotional Distancing subscale, however, demonstrated lower reliability than the other subscales. We then attained measurement invariance across genders in a set of nested models with gradually increasing parameter constraints. Finally, non-working and single parents reported higher PB, pointing to the possible role of relationships and support as protective factors for Turkish parents.

Keywords: Parents, children, test, translation, psychometric, exhaustion, Turkey

Validation of the Turkish Version of the Parental Burnout Assessment (PBA)

Parenthood is associated in many cultures with joy and fulfillment. Bringing forth life and contributing to a child's development reflect a strong need for generativity in adulthood (Erikson, 1950). Yet parenting is a complex and stressful activity (Abidin, 1990; Crnic & Low, 2002; Deater-deckard, 2014). Several concepts and research topics, such as parental competence (Johnston & Mash, 1989), parental expertise (Balling & McCubbin, 2001), parental self-efficacy (Coleman & Karraker, 1998), and caregiving helplessness (George & Solomon, 2011) have highlighted parental difficulties and challenges.

Contemporary parenting also involves specific issues, such as unshared parenting responsibilities with a co-partner (Ehrenberg et al., 2001), looking after elderly parents (Hämäläinen & Tanskanen, 2019), and work-life imbalance (Hilbrecht et al., 2008), which are sources of parental stress. In the absence of relevant compensating resources, these factors can lead to Parental Burnout (PB), a condition characterized by intense exhaustion related to parenting, emotional distancing from one's children, a loss of pleasure and efficacy in one's parental role, and a contrast between previous and current parental selves (Mikolajczak et al., 2019; Mikolajczak & Roskam, 2018). In addition to these family issues, cultural factors may also contribute to parental stress and to the way that exhaustion in parenting is experienced. Nonetheless, how PB reveals in different cultures has not yet been documented. In this respect, Turkey is an interesting setting because of the singular complexity of its parenting culture.

Parenting in Turkey

The requirement for parents to nurture and protect their children is universal, but there are also many parenting standards and values that vary across cultures (Bornstein, 2013). Culture defines how people should parent to promote their children's best interests and mental

health, including, for example, how to communicate emotions toward children (Harkness & Super, 2002). As to cultural specificities, autonomy and self-reliance are promoted in individualistic cultures, whereas parenting in collectivist cultures is mostly authoritarian, valuing obedience and conformity (Harkness & Super, 2006).

Turkey is generally considered to be a collectivist culture (Hofstede, 2012; Hofstede et al., 2010). In addition, patriotic tendencies and great respect for authority (Kagitcibasi, 1970; 2007), profound conservatism (Göksel, 2013), gender inequality (Forum, 2018), and Islamic religious authoritarianism and nationalism (Hortaçsu & Cem-Ersoy, 2005) also define Turkish culture. In the last three decades, the common beliefs that males should be the head of the family and women should be obedient have remained unchanged (Göksel, 2013). Further, 70% of the population (including 69% of women) agrees with the idea that mothers' employment outside the home is harmful to children (Esmer, 2012). In line with these considerations, female labor participation has fallen over the last 50 years due to the dearth of childcare services, the unequal division of household labor, the low educational level of women, and conservatism (e.g., social norms and religion) (Göksel, 2013). Indeed, more than 50% of the Turkish population would like to return to traditional social norms (e.g., the "good old days"), and more than 80% claim to be religious (Göksel, 2013). In line with these statistics, women are expected to be obedient wives and mothers. Despite significant urbanization in the last few decades in Turkey [65% of the population lives in cities] (Kagitcibasi & Ataca, 2005), urban, educated working mothers are a minority. Still, Turkish culture should not be considered as a homogeneous whole.

The Turkish Value of Children (VOC) study offered a nuanced, three-decade portrait of family change in Turkey (Kagitcibasi & Ataca, 2005). The theoretical model informing the VOC study assumes that healthy self-development is the result of a combination of both autonomous and related selves (Kağıtçıbaşı, 1996). The self-development model is organized

around two dimensions: (1) the degree of interpersonal distance, represented by the poles of separateness and relatedness, and (2) agency, represented by the poles of autonomy and heteronomy (Kağıtçıbaşı, 1996, 2005, 2007). Based on this model, the VOC study elaborated on the family pattern in Turkey by examining how the values attributed to children, whether economic (e.g., security for parents in old age), psychological (e.g., joy and pride for parents) or social (e.g., social acceptance), changed from one generation to another.

With socioeconomic developments, especially increasing educational attainment, children's economic value has decreased while their psychological value has increased. This evolution had also led to a decrease in fertility (e.g., the actual, desired, and ideal number of children) and three co-occurring prototypical family patterns in Turkey. The first family pattern concerns *familial interdependence* (in both economic and psychological realms) shaped by collectivist parenting culture and intergenerational relatedness. It is common in less developed and rural areas. In contrast, the *independence pattern* — typically observed in individualistic Western culture—can be found in Turkish urban settings. The last pattern is *psychological interdependence* (e.g., emotional closeness between generations), and it combines (intergenerational) interdependence (e.g., relatedness) in the emotional realm with independence (e.g., separateness) in the material realm. This pattern is most prevalent among urban, educated Turkish parents (Kağıtçıbaşı, 2007; Kağıtçıbaşı & Ataca, 2005).

As we know, different family patterns are associated with specific child-rearing and socialization goals (Citlak, et al., 2008; Rao, et al., 2003). Parenting experiences (Karataş, et al., 2019) and norms (Demir, 2020), as well as psychological well-being (Özdemir & Sağkal, 2018) also impact parent-child relationships. In the traditional interdependent pattern, compliance is valued, and child autonomy is not desired because children are expected to display family loyalty and to take care of their relatives. In contrast, in the independent pattern, child autonomy is the priority. Parents display a child-centered child-rearing

approach, as is the case with most Western parents (Daly, 2007) and some urbanized Turkish parents. Parents adopting this pattern sometimes experience difficulties in setting limits for children (Alagoz, 2009; Cakir, 2019). In the emotional interdependence pattern, autonomy is valued alongside relatedness. However, although autonomy is valued and loyalty is no longer considered necessary, firm parental control (not permissive child-rearing) remains because separation is not appreciated (Kağıtçıbaşı, 2007; Kagitcibasi & Ataca, 2005). With the presence of all three patterns in significant proportions through the population, parenting culture in Turkey thus presents a singular complexity, making it of particular interest to PB research.

Parental Burnout (PB)

PB encompasses four symptoms (Roskam et al., 2018). The first is overwhelming *emotional exhaustion related to one's parental role*, which is characterized by the experience of extreme tiredness in parenting routines and such an emotionally drained state that even thinking about parental duties is associated with feeling on edge. The second symptom is *emotional distancing from one's children*. As a result of exhaustion, parents become less involved with their children and demonstrate less warmth and sensitivity. Their interactions are restricted to mundane daily responsibilities (e.g., feeding the children, dropping them off at school). As a third symptom, parents experience *loss of pleasure and feeling fed up* in the parenting role. Finally, the fourth symptom consists of a *contrast* between the parent as he/she was before burning out and the parent he/she has become.

PB is conceptualized as a unique, context-specific syndrome, not just as a correlate, an extension or part of either job burnout in a professional context or depression (Mikolajczak et al., 2020). Besides differences in the nature of the syndromes, PB also has specific consequences compared to job burnout and depression. It uniquely predicts parental satisfaction, suicidal ideations, and neglect and violence toward children (Mikolajczak, et al.,

2018; Mikolajczak et al., 2019). In line with these important findings in the West, the challenges of parenting stress have been widely explored in different countries including Turkey (Akkok, et al., 1992; Arikan, et al., 2019; Cüre, et al., 2019).

Parental stress research has grown in interest among Turkish researchers since the early 1990s (Akkok, et al., 1992; Kaymak et al., 2012; Kaytez, et al., 2015; Çekiç, et al., 2015; Çekiç & Hamamci, 2018), especially for parents of children with special needs (Duygun & Sezgin 2003; Elçi, 2004; Akman, 2006; Çengelci, 2009; Karadavut ve Uneri, 2011; Nergiz, 2013; Gokcen, et al., 2018). Turning to PB, Ardıç and Olcay (2019) adapted the Parents Burnout Scale initially developed by Kaner (2007) to the specific context of parents of children with Autism Spectrum Disorder. And preliminary findings in early childhood demonstrated a positive association between Turkish mothers' PB and children's externalizing behavior problems (Cüre et al., 2019). Still, the need for further research remains to shed light on the role of PB in the caregiving experience within the general population. Exploring how PB arises in parents and impacts families requires a valid and reliable instrument.

Assessment of PB

In 1989, Pelsma paved the way for the measurement of PB by suggesting that the Maslach Burnout Inventory [MBI] (Maslach et al., 1986) might be a good starting point in building a reliable measure. His work remained largely unnoticed for nearly two decades. Then, between 2007 and 2014, PB was revisited by Norberg to draw attention to parents' difficulties while looking after children with severe or chronic diseases (Lindhal-Norberg, 2007, 2010; Lindhal-Norberg et al., 2014). She and her colleagues administered the Shirom-Melamed Burnout Questionnaire [SMBQ] (Melamed et al., 1992), a 14-item questionnaire including ten context-free items (e.g., *I feel fed up; I feel physically drained; My thinking*

process is slow) and four job-related items (e.g., *I feel I am not capable of investing emotionally in coworkers and customers*). Although these studies provided preliminary support for the concept of PB, skeptics could argue that having an ill child simply made parents more vulnerable to *job* burnout.

In order to address burnout in the context of parenting and differentiate it from job/work-related burnout, Roskam, Raes, and Mikolajczak adapted the items of the MBI (Maslach et al., 1986) for parents. The subscales of Exhaustion in One's Parental Role and Loss of Parental Efficacy and Accomplishment were both validated, but the Depersonalization subscale did not work. Further investigation conducted with focus groups indicated that exhausted parents' experience would be better represented by Emotional Distancing. That resulted in the Parental Burnout Inventory (PBI, Roskam et al., 2017), a 22-item questionnaire encompassing three subscales—namely, Exhaustion in One's Parental Role, Emotional Distancing from One's Children, and Loss of Parental Efficacy and Accomplishment.

Because a deductive approach was used in the development of the PBI, the authors went a step further in the conceptualization of PB by taking an inductive approach based solely on the experience of burned-out parents (Roskam et al., 2018). Testimonies were collected, and a phenomenological analysis (IPA) was conducted by an independent research team (Hubert & Aujoulat, 2018). The analysis yielded 50 new items. Exploratory and confirmatory factor analyses produced the Parental Burnout Assessment (PBA), a 23-item questionnaire encompassing four dimensions—namely, Emotional Exhaustion, Contrast with Previous Parental Self, Feelings of Being Fed Up, and Emotional Distancing. Until recently, the PBA had only been tested in English- and French-speaking countries and mostly in individualistic cultures (Roskam et al., 2018; Roskam et al., 2017). Whether the four-factor

structure of the PBA can be replicated in other contexts, such as collectivist, non-Western cultures has still to be explored.

The Current Study

We aimed to validate the Turkish version of the PBA (See Appendix for Turkish version). Based on previous research, a four-factor structure was expected, encompassing Emotional Exhaustion, Contrast with Previous Parental Self, Feelings of Being Fed Up and Emotional Distancing. Driven by the theoretical conceptualization of parental burnout and previous PBA validation studies (e.g. Aunola, Sorkkila, & Tolvanen, 2020), we expected that a second-order factor model yielding total Parental Burnout as a latent construct would also fit the data. In line with previous findings (Roskam & Mikolajczak, 2020), we expected measurement invariance across genders. We also expected low correlations between PB and sociodemographic characteristics, in particular, family types (e.g., two-parent, single-parent, step-family), working status (i.e., having [or not] a paid professional activity), educational level, and number of children (Lebert-Charron et al., 2018; Mikolajczak, Raes, et al., 2018; Sorkkila & Aunola, 2020). Based on recent findings, we hypothesized higher PB among mothers in comparison to fathers (Roskam & Mikolajczak, 2020). The current validation study aims to provide a basis for future investigations in parenting research in Turkey and other collectivist cultures. The measurement of PB should also provide clinicians with an effective instrument to assess Turkish parents' burnout symptoms.

Method

Sample

Data were collected from a sample of 452 Turkish parents from various regions in two Turkish metropolises — Ankara (e.g., Çankaya, Yenimahale) and Istanbul (e.g., Çekmeköy, Beşiktaş), of whom 99.1% were born in Turkey: 182 fathers (40.3%) and 270 mothers

(59.7%). Predominantly, parents were not couples. The participants' ages ranged from 21 to 64 ($M_{Age} = 36.77$; $SD_{Age} = 6.51$). Eighty-six percent of participants were raising their child(ren) with a partner who was the other biological parent (two-parent family), 6.4 % were single parents, 6.7 % were in a multigenerational family, 0.4% were in a step-family, and less than 1% did not report the information. The number of successfully completed school years from the age of 6 was 13.66 on average ($SD_{EducationalLevel} = 3.55$). Eleven percent of parents had a secondary school diploma or less, 25.6% had a high school education, 47% were university graduates, and 16.3% had a postgraduate degree. Seventy-five percent of the parents had a paid professional activity. On average, 1.15 ($SD_{Number\ of\ women\ in\ the\ household\ taking\ care\ of\ children\ on\ a\ daily\ basis} = 0.52$) women and 1.00 man ($SD_{Number\ of\ men\ in\ the\ household\ taking\ care\ of\ children\ on\ a\ daily\ basis} = 0.42$) were living in the household caring for the children on a daily basis. Seventy-three percent of the parents lived in an average neighborhood, while the remaining participants either lived in a relatively disadvantaged neighborhood (4.6%) or a relatively prosperous neighborhood (22.3%). The parents spent between 1 and 24 hours per day with their child(ren) ($M_{Hours} = 6.63$, $SD_{Hours} = 3.80$). Overall, the participants had from 1 to 5 children (either biological or living in their household). The age of the youngest child ranged from 0 to 30 years ($M_{Age} = 7.53$; $SD_{Age} = 5.92$), and that of the oldest from 0 to 17 years ($M_{Age} = 4.41$; $SD_{Age} = 3.64$).

Procedure

The current study was conducted as part of the International Investigation of Parental Burnout (IIPB), a consortium of researchers from 40 countries around the world led by Isabelle Roskam and Moïra Mikolajczak at *UCLouvain* in Belgium. The PBA's translation was conducted by a clinical psychologist and a counselor, and back-translation was performed by another counselor co-author. Later, the translated scale was double-checked by a developmental psychologist. The Istanbul Bahçeşehir University Research and Publication

Ethical Standards Board approved the study protocol. Parents were eligible to participate in the study only if they had (at least) one child still living at home. The informed consent they signed allowed participants to withdraw at any stage without having to justify their reason for doing so. They were also assured that data would remain anonymous. Data collection was based on convenience sampling, and recruitment was performed in the two biggest cities in Turkey—Istanbul and Ankara—by providing a paper-pencil version of the survey to parents in selected schools between April and June 2018. Parents in Ankara were recruited mainly from eight public preschools after permission was obtained from local authorities; parents from Istanbul were recruited via adverts and with the help of undergraduate psychology students. The response rate was 63%, and the attrition rate was 5%.

Measures

Socio-demographics. Participants were asked about their age, gender, number of children, nationality, marital status (e.g., single, cohabiting, married, divorced, widowed), type of family (e.g., single-parent, living with the father/mother of the children, step-family), number of women and men in the household taking care of children on a daily basis, level of education, whether or not the parents had a paid professional activity, number of hours spent with the children on a daily basis, and neighborhood (e.g., disadvantaged, average, prosperous).

Parental Burnout. A 23-item, self-reported PBA (Roskam et al., 2018) was used, consisting of four subscales: Emotional Exhaustion (9 items; e.g., *I feel completely run down by my role as a parent*), Contrast with Previous Parental Self (6 items; e.g., *I'm no longer proud of myself as a parent*), Feelings of Being Fed Up (5 items; e.g., *I can't stand my role as father/mother anymore*), and Emotional Distancing (3 items; e.g., *I do what I'm supposed to do for my child(ren), but nothing more*). Items are rated on 7-point Likert scales: never (0), a few times a year or less (1), once a month or less (2), a few times a month (3), once a week

(4), a few times a week (5), every day (6). In the initial validation study conducted with French and English-speaking parents, Cronbach's alphas were .93, .93, .90, and .81 for the four subscales and .96 for the global score (e.g., the sum score of all PBA items) (Roskam et al., 2018).

Data Analyses

We first performed a Confirmatory Factor Analysis (CFA) to examine to what extent the Turkish data fit with the initial measurement model (Roskam et al., 2018), involving four interrelated factors of Emotional Exhaustion (9 items), Contrast (6 items), Feelings of Being Fed Up (5 items), and Emotional Distancing (3 items). We also tested whether the data would fit with a second-order factor model as revealed in other countries (e.g., Finland: Aunola et al., 2020) which is theoretically relevant. Preliminary analyses showed non-normal distribution, i.e. values of skewness and kurtosis varied from 1.01 to 7.71 and from 7.71 to 69.59, respectively. The estimation method of Diagonally Weighted Least Squares (DWLS) with asymptotic covariance and polychoric correlation matrices was used. We referred to several goodness-of-fit indices to determine the acceptability of the models: Satorra-Bentler scaled Chi-square statistics ($S-B\chi^2$; Satorra and Bentler (1994)), the root mean square error of approximation (RMSEA), the standardized root mean square residual (SRMR), the comparative fit index (CFI), and the Goodness of Fit Index (GFI). For CFI and GFI, values close to .90 or greater are acceptable to good. RMSEA and SRMR should preferably be less than or equal to .08 (Hu & Bentler, 1999). We conducted these analyses in the LISREL software (Jöreskog & Sörbom, 2012).

For measurement invariance, we implemented a set of nested models with gradually increasing parameters and constraints using a stepwise multiple group confirmatory factor analysis (MG-CFA). In the first step, we tested the parental burnout model for configural invariance as the basic level of measurement invariance. In the second step, we assessed item

factor loadings in a metric invariance model. In the third step, we tested scalar invariance with the intercepts set as equal across groups. Finally, we verified the invariance of measurement errors for a model in which all error variances were constrained to be equal across groups. Measurement invariance is supported when the decrease in CFI is .01 or less ($\Delta\text{CFI} \geq -.01$) (Cheung & Rensvold, 2002).

We tested the internal consistency (Cronbach's alpha) of the four scales [based on the initial factor structure, Roskam et al. (2018)] and the total score of the PBA with the Turkish data, first on the pooled sample and then separately for mothers and fathers.

Finally, regarding the relation between the PBA and other variables, we computed correlations between the PBA and the mean scores of the ordinal/continuous variables (i.e., age, educational level, number of children, number of women and men in the household, neighborhood, and number of hours spent with children). We also computed one-way ANOVA to test the mean differences for categorical variables (i.e., gender, having a paid professional activity, and family type).

Results

Confirmatory Factor Analysis

The standardized regression weights from the CFA in the Turkish sample are presented in Table 1. All the estimated factor loadings found in the CFA were significant at $p < .001$. Standardized factor loadings ranged between 0.52 and 0.93. Correlations between the four latent factors were .92 (Emotional Exhaustion-Contrast with Previous Parental Self), .95 (Emotional Exhaustion-Feelings of Being Fed Up), .94 (Emotional Exhaustion-Emotional Distancing), .92 (Contrast with Previous Parental Self-Feelings of Being Fed Up), .89 (Contrast with Previous Parental Self-Emotional Distancing), and .84 (Feelings of Being Fed Up-Emotional Distancing). Regarding fit indices, $S\text{-}B\chi^2(224) = 575.76$ was significant at

.001 level, indicating that there was some discrepancy between the hypothesized model and the data. As the SEM is a large-sample technique, it is not uncommon to obtain a statistically significant chi-square test. Other fit measures demonstrated a good fit to the data with CFI = .99, GFI = .99, RMSEA = .06; 90% CI, [.05, .07], and SRMR = .07. Likewise, considering the high correlations between the four factors and the theoretical conceptualization of parental burnout, we tested a second-order model with the four factors as first-order factor and “Parental burnout” as second-order factor. The results of the second-order model are presented in Figure 1. Similarly to the previous model, this higher order model showed a good fit to the data with $S-B\chi^2(226) = 3498.67$ ($p < .001$), CFI = .99, GFI = .99, RMSEA = .06; 90% CI, [.05, .07], and SRMR = .07. These results confirmed the validity of both the first and second order factor internal structure of the Turkish version of the PBA.

Insert Table 1 and Figure 1 about here

Measurement Invariance of the Second-Order Factor Parental Burnout Model across Genders

In order to test measurement invariance across genders, we tested the second-order factor model for fathers and mothers using a stepwise multigroup CFA analysis. In the first step, the baseline or configural invariance model was used. As shown in Table 2, an adequate model fit indicated the same number and pattern of dimensions hold across genders. In the second step, this first model was contrasted with a model with constrained factor loadings to evaluate metric invariance. A CFI difference of .000 provided support for metric invariance across genders. In the third step, the intercepts were constrained to be equal across groups, and scalar invariance was tested by comparing the model fit of the metric invariance model with a constrained intercept model. The CFI difference with the preceding models was less than .001 providing support for scalar invariance. In the final model, we constrained errors to

be equal across groups. Again, the CFI difference indicated that the levels of measurement error in item responses were equivalent across genders.

Insert Table 2 about here

Internal Consistency

Cronbach's alphas computed for the Turkish parents were good for two subscales with $\alpha = .84$ (.83 for fathers and .84 for mothers) for Emotional Exhaustion, and $\alpha = .77$ (.73 for fathers and .80 for mothers) for Contrast with Previous Parental Self. For the Feelings of Being Fed Up subscale, Cronbach's alpha was .51 (.44 for fathers and .55 for mothers) and improved by removing two items ($\alpha = .77$ when *I don't enjoy being with my child(ren)* and *I feel like I can't cope as a parent* were removed). The Cronbach's alpha value for the Emotional Distancing subscale was .50 (.50 for fathers and .51 for mothers) and could not be improved by removing any item. Reliability for the total score of the PBA was high, $\alpha = .90$ (.89 for fathers and .91 for mothers).

Relations with Other Variables

The bivariate relations between PB and sociodemographic variables are low. Correlation coefficients are displayed in Table 3. As expected, the coefficient correlations between PB and the sociodemographic characteristics of the participants are low. We also compared the mean level of PB according to gender. Contrary to what was expected, we did not find significant differences between mothers and fathers, either in the total score, $F(1, 450) = 0.60, p = .437, \eta^2 = .001$, or in the four subscales — $F(1, 450) = 0.03, p = .858, \eta^2 < .001$, for Emotional Exhaustion, $F(1, 450) = 2.13, p = .145, \eta^2 = .005$, for Contrast with Previous Parental Self, $F(1, 450) = 1.07, p = .300, \eta^2 = .002$, for Feelings of Being Fed Up, and $F(1, 450) = 0.28, p = .596, \eta^2 = .001$, for Emotional Distancing. Concerning the three most frequent types of family (two-parent, single-parent, step-family), we found significant differences for the total score, $F(2, 437) = 7.17, p < .001, \eta^2 = .032$, for Emotional

Exhaustion, $F(2, 437) = 7.12, p < .001, \eta^2 = .032$, for Feelings of Being Fed Up, $F(2, 437) = 11.82, p < .001, \eta^2 = .052$. In all cases, PB was higher in single-parent families compared to two-parent families and stepfamilies. Parents with a paid professional activity displayed lower levels of PB, $F(1, 444) = 9.25, p < .01, \eta^2 = .020$. They were less emotionally exhausted, $F(1, 444) = 10.75, p < .01, \eta^2 = .024$, reported less contrast with their previous parental self, $F(1, 444) = 5.00, p < .05, \eta^2 = .011$, and were less distant from their children, $F(1, 444) = 3.85, p < .05, \eta^2 = .009$. Descriptive statistics are given in Table 4.

Insert Tables 3 and 4 about here

Discussion

The present study suggests that the PBA can be considered as a valid and reliable measure for Turkish parents. The results replicate the initial factor structure with its four dimensions. They also provide support to the second-order factor model encompassing the four first-order factors and a second-order factor, e.g. Parental Burnout. And strong measurement invariance across genders was achieved. The reliability of the total score and of two subscales (Emotional Exhaustion and Contrast with Previous Parental Self) were found to be high. For the subscale of Feelings of Being Fed Up, the reliability score was good when two items were removed. For the fourth dimension, Emotional Distancing, reliability was low. Because Cronbach's alpha is influenced by the number of items in a scale, the low coefficient may be due to the presence of only three items in the Emotional Distancing subscale. Besides, it is also arguable that the cultural context of parenting may have affected the results. In Turkish culture, parents have a sacred place due to Islamic teaching (e.g., the Prophet's frequently repeated words: *Heaven lies beneath mothers' feet*). Participants may, therefore, be unwilling to report emotional distancing due to the traditional understanding of this sacred role. Also, Turkish parents displaying collectivist characteristics and valuing relatedness (Kagitcibasi & Ataca, 2005) may find it difficult to associate distancing characteristics in

burnout. Since closeness (e.g., connectedness/ relatedness) is highly valued, emotional distancing (e.g., not being connected, not being close) may strongly contradict their parenting goals, more so than is the case in individualistic cultures. Although caregiving sensitivity does not characterize all Turkish mothers (Aran et al., 2020), our results suggest that reporting emotional distancing or a sense of disconnection from one's children is strongly regarded as unacceptable in Turkish parenting culture. This would also explain why the reliability of the Feelings of Being Fed Up subscale was improved when the item *I don't enjoy being with my child(ren)* was removed.

Another argument also supports the main conclusion that the PBA is a valid and reliable measure for Turkish parents. As shown in a previous study on the antecedents of PB (Mikolajczak, Raes, et al., 2018), the bivariate relations between PB and sociodemographic variables are low. However, no gender-related differences were found, contrary to previous research (Roskam & Mikolajczak, 2020). It appears that for Turkish parents, the term “parental burnout” is even more appropriate than “maternal burnout”. When we compared the level of burnout across family types, we found a significant difference in the total score as well as in the Emotional Exhaustion and Contrast with Previous Parental Self subscales. PB was higher in single-parent families than in the two other family types. Our findings are consistent with previous literature on PB, parental stress and partner support. Lebert-Charron and colleagues (2018) also reported that PB was higher among single mothers. The provision of help to mothers whenever they need it positively influences their perception of social support and reduces stress. Further, the socioeconomic status and parenting stress levels of Turkish mothers were both found to be associated with perceived social support (Arikan et al., 2019). Zellars and Perrewé (2001) also demonstrated that problem-solving skills were stronger in those mothers who reported that their partner was a source of social support. Sharing child-rearing responsibility, getting social support from a partner, and spending time

on leisure activities can be protective factors vis-à-vis PB (Duygun & Sezgin, 2003; Lindström et al., 2011).

As shown in a previous study (Mikolajczak, Raes, et al., 2018), parents with a paid professional activity displayed lower levels of PB. This finding replicates previously published results (Lebert-Charron et al., 2018; Sorkkila & Aunola, 2020). Similarly, Çengelci (2009) demonstrated that in Turkey, being employed prevented mothers of disabled children from experiencing emotional burnout. On the contrary, unemployed mothers caring for their disabled children all day long experienced higher emotional burnout and reported greater loss of motivation compared to working mothers. These results are consistent with the finding of Guéritault (2004) that housewives are more likely to experience burnout than working mothers. Being employed gives mothers opportunities to pursue various life goals and a time-out from their demanding caregiving activities. Employment can also provide a social support network and financial security. Like employees experiencing job burnout, who consider the family sphere as a safe haven, burned-out parents may view the workplace as an opportunity to get away from the overwhelming emotions and demands of parenting (Roskam et al., 2017).

It is also important to note that PB not only concerns those parents undergoing specific challenges, such as caring for children with disabilities but that parents in ordinary situations may also experience exhaustion in their parental role (Roskam et al., 2017). Based on 39 studies published between 2000–2018, Sánchez-Rodríguez et al. (2019) reported that parents either with typical or atypical children were at risk of burning out. However, their experience of burning out can differ in some emotional dimensions. Parents of sick or disabled children are more likely to receive acknowledgment for their difficulties while meeting the needs of their children, whereas parents of normally developing children blame themselves for burning out when their offspring are doing well. In the study of Hubert and Aujoulat (2018), mothers

displayed self-blame behaviors by attributing that to their personality, identity as a mother and an explanation for their exhaustion. The current study contributes to this line of research, which acknowledges the relevance of PB in a collectivist culture for both clinical and research issues in community samples.

Limitations and Recommendations for Future Research

There are some limitations and recommendations for future research. Appropriate sampling was adopted utilizing volunteering parents and schools agreeing to participate in the study and with the help of volunteering university students. Hence, the results need to be replicated in larger, representative samples. As the positive correlations between parents' age and neighborhood and the Feelings of Being Fed Up subscale indicate, particular sample stratification can be critical in order to clarify the role of the PBA dimensions in Turkey. Therefore, to map PB comprehensively in Turkey, certain factors—such as the child's developmental phase (e.g., infancy, preschool, childhood and adolescence), socioeconomic levels and differences across regions—should be considered.

Also, this preliminary validation study needs to be improved, especially by testing both the predictive power of the PBA. Neglect and violence toward children as well as escape and suicidal ideations are shown to be specific consequences of PB (Mikolajczak, Brianda, et al., 2018; Mikolajczak et al., 2019). A next step in the validation process should be to test the prospective prediction of these specific consequences (and any other consequence that might be relevant for Turkish parents) using the PBA.

When both contemporary changes and cultural differences are considered, PB likely has various sources in Turkey, which should be explored more fully in future studies. In so doing, PBA could facilitate the design of new intervention programs and public awareness campaigns around new social policies in Turkey. The PBA validation study thus lays the ground for future research and policy work to achieve these important goals.

References

- Abidin, R. R. (1990). *Parenting Stress Index Manual*. Idlewood Drive, Charlottesville: Pediatric Psychology Press.
- Akkok, F , Aşkak, P , Karancı, A . (1992). Özürlü Bir Çocuğa Sahip Anne - Babalardaki Stresin Yordanması [Predicting Stress of Parents' with Handicapped Children]. *Ankara Üniversitesi Eğitim Bilimleri Fakültesi Özel Eğitim Dergisi* , 1 (02).
https://doi.org/10.1501/Ozlegt_00000000007
- Akman, S. (2006). Epileptik Nöbet Geçiren - Sağlıklı Çocuğu Olan Annelerin Tükenmişlik Düzeylerinin Farklı Değişkenler Açısından incelenmesi [Investigation of Various Burnout Level of Mothers with Healthy Children that Experience Epileptic Seizure Based on Different Factors] . Yüksek Lisans Tezi, Ankara Üniversitesi Sosyal Bilimler Enstitüsü, Ankara.
- Alagoz, S. B. (2009). Cocukerkil aile sisteminde satin alma davranisi. [Consumer behavior in child centered familiy system]. *Sosyal Ekonomik Arastirmalar Dergisi*, 8, 316-338.
- Aran, Ö., Iplikçi, A. B., Salman Engin, S., & Sümer, N. (2020). Caregiving profiles of mothers in an economically disadvantaged sample from Turkey: An observational study. *Journal of Reproductive and Infant Psychology*, 1-12.
<https://doi.org/10.1080/02646838.2020.1722803>
- Ardıç, A. & Olçay, S. (2019). Anne-baba tükenmişlik ölçeğinin psikometrik özelliklerinin belirlenmesi. [Determination of Psychometric Properties of the Parents Burnout Scale]. *İnönü Üniversitesi Eğitim Fakültesi Dergisi*, 20(2), 619-632.
<https://doi.org/10.17679/inuefd.531692>
- Arikan, G., Kumru, A., Korkut, B., & İlhan, A. O. (2019). Examining Toddlers' Problem Behaviors: The Role of SES, Parenting Stress, Perceived Support and Negative

- Intentionality. *Journal of Child and Family Studies*, 28, 3467-3478.
<https://doi.org/10.1007/s10826-019-01529-y>
- Aunola, K., Sorkkila, M., & Tolvanen, A. (2020). Validity of the Finnish version of the Parental Burnout Assessment (PBA). *Scandinavian Journal of Psychology*.
<https://doi.org/10.1111/sjop.12654>.
- Balling, K., & McCubbin, M. (2001). Hospitalized children with chronic illness: Parental caregiving needs and valuing parental expertise. *Journal of Pediatric Nursing*, 16, 110-119. <https://doi.org/10.1053/jpdn.2001.23157>
- Bornstein, M. (2013). Parenting and child mental health: a cross-cultural perspective. *World Psychiatry*, 12, 258-265. <https://doi.org/10.1002/wps.20071>
- Cakir, H. (2019). Cocugun Tuketim Davranislari Uzerindeki Reklam etkisinin ebeveyn acisindan degerlendirilmesi [Evaluation of Advertisement Effect on Children's Consumption Behaviour From Perspectives of Parents]. *Kastamonu Iletisim Arastirmalari Dergisi*, 2, 81-99.
- Çekiç, A. & Hamamci, Z. (2018). Anne-Baba Stres Ölçeği Kısa Formunun Türkçeye uyarlanması: Geçerlilik ve güvenirlik çalışması [Adaptation of the Parenting Stress Index-Short Form into Turkish: a study of validity and reliability]. *Anadolu Psikiyatri Dergisi*, 19, 63-70.
- Çekiç, A., Akbaş, T. & Hamamcı, Z. (2015). Anne Baba Stres Ölçeği'nin Türkçe' ye Uyarlanması: Geçerlik ve Güvenirlik Çalışması. [Adaptation of Parenting Stress Index into Turkish: The Validity and the Reliability Study]. *Gaziantep University Journal of Social Sciences*, 14(3), 647-667.
- Çengelci, B. (2009). A comparison of level of anxiety, hopelessness and burnout syndrome of mothers who have children with diagnosis of au-tism or Down syndrome. *Ege Eğitim Dergisi*, 10, 1-22.

- Cheung, G. W., & Rensvold, R. B. (2002). Evaluating Goodness-of-Fit Indexes for Testing Measurement Invariance. *Structural Equation Modeling: A Multidisciplinary Journal*, 9, 233-255. doi: 10.1207/S15328007SEM0902_5
- Citlak, B., Leyendecker, B., Schölmerich, A., Driessen, R. & Harwood, R.L. (2008). Socialization goals among first- and second-generation migrant Turkish and German mothers. *International Journal of Behavioral Development*, 32, 56-65. [https://doi.org/ 10.1177/0165025407084052](https://doi.org/10.1177/0165025407084052)
- Coleman, P. K., & Karraker, K. H. (1998). Self-efficacy and parenting quality: Findings and future applications. *Developmental Review*, 18, 47-85. <https://doi.org/10.1006/drev.1997.0448>
- Crnic, K., & Low, C. (2002). Everyday stresses and parenting. In M. Bornstein (Ed.), *Handbook of parenting* (Vol.5, pp. 243–267). Mahwah, NJ: Lawrence Erlbaum Associates.
- Cüre, S., Üstündağ-Budak, A. M., & Arikan, G. (2019). *Does Parental Alexithymia Predicts Parental Burnout and Child Psychological Problems?* Paper presented at the First International Conference on Parental Burnout, Louvain-la-Neuve, Belgium.
- Deater-deckard, K. (2014). *Parenting Stress*. Yale: University Press.
- Demir, İ. (2020). Dating involvement among Turkish adolescents: The role of parental attitudes about dating, social anxiety, and social physique anxiety. *Current Psychology*. <https://doi.org/10.1007/s12144-020-00730-3>
- Daly, M. (2007) (ed.) *Parenting in Contemporary Europe: A Positive Approach*. Strasbourg: Council of Europe
- Duygun, T., & Sezgin, N. (2003). Zihinsel Engelli ve Sağlıklı Çocuk Annelerinde Stres Belirtileri, Stresle Başakıma Tarzlari ve Algılanan Sosyal Desteğin Tükenmişlik Düzeyine Olan Etkisi. [The Effects of Stress Symptoms, Coping Styles and Perceived

- Social Support on Burnout Level of Mentally Handicapped and Healthy Children's Mothers.]. *Türk Psikoloji Dergisi*, 18, 37-52.
- Ehrenberg, M. F., Gearing-Small, M., Hunter, M. A., & Small, B. J. (2001). Childcare Task Division and Shared Parenting Attitudes in Dual-Earner Families With Young Children. *Family Relations*, 50, 143-153. <https://doi.org/10.1111/j.1741-3729.2001.00143.x>
- Elçi, Ö. (2004). Predictive Values of Social Support, Coping Styles and Stress Level in Posttraumatic Growth and Burnout Levels Among The Parents Of Children With Autism. Master Thesis, Middle East Technical University, Ankara.
- Erikson, E. H. (1950). *Childhood and society*. New York, NY, US: W W Norton & Co.
- Esmer, Y. (2012). 2011 Türkiye Değerler Araştırması: Özet Bulgular [2011 Turkey's World Value Surveys: Summary Results]. (July 21, 2011).
- Forum, W. E. (2018). *The Global Gender Gap Report*.
- George, C., & Solomon, J. (2011). Caregiving helplessness: The development of a screening measure for disorganized maternal caregiving *Disorganized attachment and caregiving*. (pp. 133-166). New York, NY, US: The Guilford Press.
- Gokcen, C., Coskun, S., & Kutuk, M. O. (2018). Comparison of Depression and Burnout Levels of Mothers of Children with Attention-Deficit Hyperactivity Disorder Before and After Treatment. *Journal of Child and Adolescent Psychopharmacology*, 28, 350-353. <https://doi.org/10.1089/cap.2017.0050>
- Göksel, İ. (2013). Female labor force participation in Turkey: The role of conservatism. *Women's Studies International Forum*, 41, 45-54. <https://doi.org/10.1016/j.wsif.2013.04.006>
- Guéritault, V. (2004). *La fatigue émotionnelle et physique des mères. Le burn-out maternel*. Paris: Odile Jacob.

- Hämäläinen, H., & Tanskanen, A. O. (2019). 'Sandwich generation': generational transfers towards adult children and elderly parents. *Journal of Family Studies*, 1-20.
[https://doi.org/ 10.1080/13229400.2019.1586562](https://doi.org/10.1080/13229400.2019.1586562)
- Harkness, S., & Super, C. M. (2006). Themes and variations: Parental ethnotheories in Western cultures. In K. H. Rubin & O. B. Chunk (Eds.), *Parenting beliefs, behaviors, and parent-child relations. A crosscultural perspective*. (pp. 61-79). New York: Psychology Press.
- Harkness, S., & Super, S. (2002). *Culture and parenting*. In M. Bornstein (Ed.), (2nd ed., Vol. 2, pp. 253-280). Mahwah, NJ: Erlbaum.
- Hilbrecht, M., Shaw, S. M., Johnson, L. C., & Andrey, J. (2008). 'I'm home for the kids': Contradictory implications for work-life balance of teleworking mothers. *Gender, Work and Organization*, 15, 454-476. <https://doi.org/10.1111/j.1468-0432.2008.00413.x>
- Hofstede, G. (2012). *National cultural dimensions*. <http://geert-hofstede.com/national-culture.html>
- Hofstede, G., Hofstede, G. J., & Minkov, M. (Eds.). (2010). *Cultures and organizations: software of the mind (3rd edition)*. Hill USA: Mc Graw.
- Hortaçsu, N., & Cem-Ersoy, N. (2005). Values, identities and social constructions of the European Union among Turkish university youth. *European Journal of Social Psychology*, 35, 107-121.
- Hu, L., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling*, 6, 1-55. <https://doi.org/10.1080/10705519909540118>
- Hubert, S., & Aujoulat, I. (2018). When exhausted mothers open up. *Frontiers in Psychology*, 9, 1021. <http://doi.org/10.3389/fpsyg.2018.01021>

- Johnston, C., & Mash, E. J. (1989). A measure of parenting satisfaction and efficacy. *Journal of Clinical Child Psychology*, 18, 167-175.
- Jöreskog, K. G., & Sörbom, D. (2012). LISREL 9 for Windows [Computer software]. Skokie, IL: Scientific Software International, Inc.
- Kagitcibasi, C. (1970). Social norms and authoritarianism: A Turkish-American comparison. *Journal of Personality and Social Psychology*, 16, 444-451.
<https://doi.org/10.1037/h0030053>
- Kagitcibasi, C. (1996). The autonomous-relational self: a new synthesis. *Eur Psychol*, 1, 80–186. <https://doi.org/10.1027/1016-9040.1.3.180>.
- Kagitcibasi, C. (2005). Autonomy and relatedness in cultural context: implications for self and family. *Journal of Cross Cultural Psychology*, 36, 403–422.
<https://doi.org/10.1177/0022022105275959>.
- Kagitçibasi, C. (2007). *Family, self, and human development across cultures. Theory and applications*. Mahwah: Lawrence Erlbaum Associates.
- Kagitcibasi, C., & Ataca, B. (2005). Value of Children and Family Change: A Three-Decade Portrait From Turkey. *Applied Psychology: An International Review*, 54, 317-337.
<https://doi.org/10.1111/j.1464-0597.2005.00213.x>
- Kaner, S. (2007). Öğretmenlerin ve anne-babaların öz-yetkinlik inançları, tükenmişlik algıları ve çocukların problem davranışları [Teachers and parents self-efficacy beliefs, burnout perceptions and children's problem behaviors]. Ankara Üniversitesi Bilimsel Araştırma Raporu.
- Karadavut, K. I., & Uneri, S. O. (2011). Burnout, depression and anxiety levels in mothers of infants with brachial plexus injury and the effects of recovery on mothers' mental health. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 157, 43-47. <https://doi.org/10.1016/j.ejogrb.2011.03.001>

- Karataş, S., Puklek Levpušček, M., & Komidar, L. (2019). Demographic factors and individuation in relation to parents predicting attachment avoidance and anxiety in Turkish emerging adults. *Current Psychology*, 38, 1443-1455.
<https://doi.org/10.1007/s12144-017-9691-8>
- Kaymak Özmen, S. & Özmen, A. (2012). Anne baba stres ölçeğinin geliştirilmesi. [Parent stress scale development]. *Millî Eğitim Dergisi*, 196, 20-35.
- Kaytez, N., Durualp, E., & Kadan, G. (2015). Engelli çocuğu olan ailelerin gereksinimlerinin ve stres düzeylerinin incelenmesi. [Evaluation of requirements and stress levels of the families having disabled child]. *Eğitim ve Öğretim Araştırmaları Dergisi*, 4(1), 197-214.
- Lebert-Charron, A., Dorard, G., Boujut, E., & Wendland, J. (2018). Maternal Burnout Syndrome: Contextual and Psychological Associated Factors. [Original Research]. *Frontiers in Psychology*, 9. <https://doi.org/10.3389/fpsyg.2018.00885>
- Lindhal-Norberg, A. (2007). Burnout in Mothers and Fathers of Children Surviving Brain Tumour. *Journal of Clinical Psychology in Medical Settings*, 14, 130-137.
<http://doi.org/10.1007/s10880-007-9063-x>
- Lindhal-Norberg, A. (2010). Parents of children surviving a brain tumor: burnout and the perceived disease-related influence on everyday life. *Journal of Pediatric Hematology/Oncology*, 32, e285–e289. <http://doi.org/10.1097/MPH.0b013e3181e7dda6>
- Lindhal-Norberg, A., Mellgren, K., Winiarski, J., & Forinder, U. (2014). Relationship between problems related to child late effects and parent burnout after pediatric hematopoietic stem cell transplantation. *Pediatric Transplantation*, 18, 302-309.
<http://doi.org/10.1111/petr.12228>
- Lindström, C., Aman, J., & Lindhal-Norberg, A. (2011). Parental burnout in relation to sociodemographic, psychosocial and personality factors as well as disease duration

- and glycaemic control in children with Type 1 diabetes mellitus. *Acta Paediatrica*, 100, 1011-1017. <https://doi.org/10.1111/j.1651-2227.2011.02155.x>
- Maslach, C., Jackson, S. E., & Leiter, M. P. (1986). *Maslach Burnout Inventory*. Palo Alto: Consulting Psychology Press.
- Melamed, S., Kushnir, T., & Shirom, A. (1992). Burnout and Risk Factors for Cardiovascular Diseases. *Behavioral Medicine*, 18, 53-60.
<https://doi.org/10.1080/08964289.1992.9935172>
- Mikolajczak, M., Brianda, M. E., Avalosse, H., & Roskam, I. (2018). Consequences of parental burnout: a preliminary investigation of escape and suicidal ideations, sleep disorders, addictions, marital conflicts, child abuse and neglect. *Child Abuse and Neglect*, 80, 134-145. <https://doi.org/10.1016/j.chiabu.2018.03.025>
- Mikolajczak, M., Gross, J. J., & Roskam, I. (2019). Parental Burnout: What Is It, and Why Does It Matter? *Clinical Psychological Science*, 7, 1319-1329.
<https://doi.org/10.1177/2167702619858430>
- Mikolajczak, M., Gross, J. J., Stinglhamber, F., Lindahl Norberg, A., & Roskam, I. (2020, in press). Is parental burnout distinct from job burnout and depressive symptomatology? *Clinical Psychological Science*.
- Mikolajczak, M., Raes, M.-E., Avalosse, H., & Roskam, I. (2018). Exhausted parents: Sociodemographic, child-related, parent-related, parenting and family-functioning correlates of parental burnout. *Journal of Child and Family Studies*, 27, 602-614.
<https://doi.org/10.1007/s10826-017-0892-4>
- Mikolajczak, M., & Roskam, I. (2018). A Theoretical and Clinical Framework for Parental Burnout: The Balance Between Risks and Resources (BR2). *Frontiers in Psychology*, 9. <https://doi.org/10.3389/fpsyg.2018.00886>

- Nergiz, H. (2013). Görme Engelli Çocuk Ebeveynlerinin Yaşadığı Güçlüklerin Belirlenmesi Ve Tükenmişlik ile Yaşam Doyumuna Yönelik Yordayıcı Değişkenler [Experienced Difficulties by Visually Impaired Child's Parents': Relation Between Child's Visually Impairment Level with Parents' Burnout, Stress and Life Satisfaction Levels]. Master Thesis, Hacettepe University, Ankara.
- Özdemir, Y. & Sağkal, A. S. (2018). Recalled Parenting Practices and Psychological Distress in Turkish Emerging Adults: The Role of Self-Criticism. *Psychological Reports*, 122(5), 1720-1743. <https://doi.org/10.1177/0033294118798623>
- Rao, N., McHale, J. P. & Pearson, E. (2003). Links between socialization goals and child-rearing practices in Chinese and Indian mothers. *Infant and Child Development*, 12(5), 475-492. <https://doi.org/10.1002/icd.341>
- Roskam, I., Brianda, M. E., & Mikolajczak, M. (2018). A Step Forward in the Conceptualization and Measurement of Parental Burnout: The Parental Burnout Assessment (PBA). *Frontiers in Psychology*, 9. <https://doi.org/10.3389/fpsyg.2018.00758>
- Roskam, I. & Mikolajczak, M. (2020). Gender Differences in the Nature, the Antecedents, and the Consequences of Parental Burnout. *Sex Roles*. <https://doi.org/10.1007/s11199-020-01121-5>
- Roskam, I., Raes, M.-E., & Mikolajczak, M. (2017). Exhausted Parents: Development and Preliminary Validation of the Parental Burnout Inventory. *Frontiers in Psychology*, 8. <https://doi.org/10.3389/fpsyg.2017.00163>
- Sánchez-Rodríguez, R., Perier, S., Callahan, S., & Séjourné, N. (2019). Revue de la littérature relative au burnout parental [Review of the change in the literature on parental burnout]. *Canadian Psychology/Psychologie canadienne*, 60, 77-89. <https://doi.org/10.1037/cap0000168>.

- Satorra, A., & Bentler, P. M. (1994). Corrections to test statistics and standard errors in covariance structure analysis. In A. von Eye & C. C. Clogg (Eds.), *Latent variables analysis: Applications for developmental research*. (pp. 399-419). Thousand Oaks, CA, US: Sage Publications, Inc.
- Sorkkila, M., & Aunola, K. (2020). Risk Factors for Parental Burnout among Finnish Parents: The Role of Socially Prescribed Perfectionism. *Journal of Child and Family Studies*, 29, 648-659. <https://doi.org/10.1007/s10826-019-01607-1>
- Zellars, K. L., & Perrewé, P. L. (2001). Affective personality and the content of emotional social support: Coping in organizations. *Journal of Applied Psychology*, 86, 459-467.

Table 1

Standardized Regression Weights from CFA in Turkish sample

		EX	FU	CO	ED
EX2	I have the sense that I'm really worn out as a parent	.86			
EX4	When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started	.74			
EX5	I find it exhausting just thinking of everything I have to do for my child(ren)	.81			
EX7	My role as a parent uses up all my resources	.79			
EX1	I feel completely run down by my role as a parent	.83			
EX3	I'm so tired out by my role as a parent that sleeping doesn't seem like enough	.62			
EX9	I'm in survival mode in my role as a parent	.62			
EX6	I have zero energy for looking after my child(ren)	.75			
EX8	I have the impression that I'm looking after my child(ren) on autopilot	.73			
FU1	I can't stand my role as father/mother any more		.83		
FU3	I feel like I can't take any more as a parent		.81		
FU2	I can't take being a parent any more		.93		
FU4	I feel like I can't cope as a parent		.73		
FU5	I don't enjoy being with my child(ren)		.52		
ED1	I do what I'm supposed to do for my child(ren), but nothing more			.60	
ED2	Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)			.80	
ED3	I'm no longer able to show my child(ren) how much I love them			.64	
CO4	I'm no longer proud of myself as a parent				.73
CO3	I'm ashamed of the parent that I've become				.87
CO2	I tell myself that I'm no longer the parent I used to be				.79
CO5	I have the impression that I'm not myself anymore when I'm interacting with my child(ren)				.78
CO1	I don't think I'm the good father/mother that I used to be to my child(ren)				.77
CO6	I feel as though I've lost my direction as a dad/mum				.87

Note Factor loadings >|.40| are in bold; EX: Emotional Exhaustion; FU: Feelings of Being Fed Up;

CO: Contrast with Previous Parental Self, ED: Emotional Distancing.

Table 2

Goodness-of-Fit Indices of Measurement Invariance of the PBA Second-Order factor Model across Gender

	<i>S-B χ^2</i>	<i>df</i>	<i>RMSEA</i>	<i>SRMR</i>	<i>GFI</i>	<i>CFI</i>	<i>ΔCFI</i>
Configural	735.39	444	.06 [.05, .06]	.07	.98	.99	
Metric	739.93	452	.05 [.05, .06]	.08	.98	.99	.00
Scalar	783.18	475	.05 [.05, .06]	.08	.98	.99	.00
Error	753.66	498	.05 [.04, .06]	.08	.98	.99	.00

Note. *RMSEA*: Root mean square error of approximation; *GFI*: Goodness of fit index; *CFI*: Comparative fit index; *S-B χ^2* : Satorra Bentler chi-squared; *df*:

Degrees of freedom; *ΔCFI* : Change in comparative fit index

Table 3

Correlations Between the PBA and Sociodemographic Variables

	PBA	EX	CO	FU	ED
Age	.04	.00	.03	.10*	.03
Educational level	.00	-.02	.02	.06	-.04
Number of children	-.05	-.04	-.04	-.06	-.02
Number of women	-.01	-.03	.04	-.04	.01
Number of men	-.01	-.01	.04	-.06	.02
Hours spent with children	.01	.05	-.02	-.01	.00
Neighborhood	-.01	-.07	.03	.10*	-.07

Note * $p < .05$; PBA: Total score of the PBA; EX: Emotional Exhaustion; CO: Contrast with Previous Parental Self; FU: Feelings of Being Fed Up; ED: Emotional Distancing.

Table 4

Descriptive Statistics of PBA Subscales and Global Score According to Gender, Family Type, and Having a Paid Professional Activity

	Gender		Family Type			Having a paid professional activity	
	Mothers (N=226)	Fathers (N=222)	Two-parent family (N=380)	Single-Parent family (N=45)	Step-family (N=13)	Yes (N=301)	No (N=144)
	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>
EX	8.25 (9.85)	7.19 (8.60)	7.16 (8.51)	12.35 (12.20)	5.84 (6.39)	6.71 (7.74)	9.43 (10.98)
CO	3.93 (7.09)	3.12 (5.45)	3.19 (5.47)	5.44 (9.08)	4.16 (9.85)	3.03 (5.34)	4.33 (7.47)
FU	2.08 (5.14)	1.55 (4.07)	1.45 (3.76)	4.69 (8.15)	.23 (.60)	1.53 (3.95)	2.24 (5.43)
ED	2.54 (3.79)	2.28 (3.45)	2.24 (3.30)	3.38 (4.77)	2.46 (3.97)	2.04 (3.11)	3.04 (4.22)
Total Score	16.80 (23.09)	14.15 (18.64)	14.04 (18.19)	25.86 (31.77)	12.69 (16.34)	13.31 (16.95)	19.05 (25.50)

Note EX: Emotional Exhaustion; CO: Contrast with Previous Parental Self; FU: Feelings of Being Fed Up; ED: Emotional Distancing.

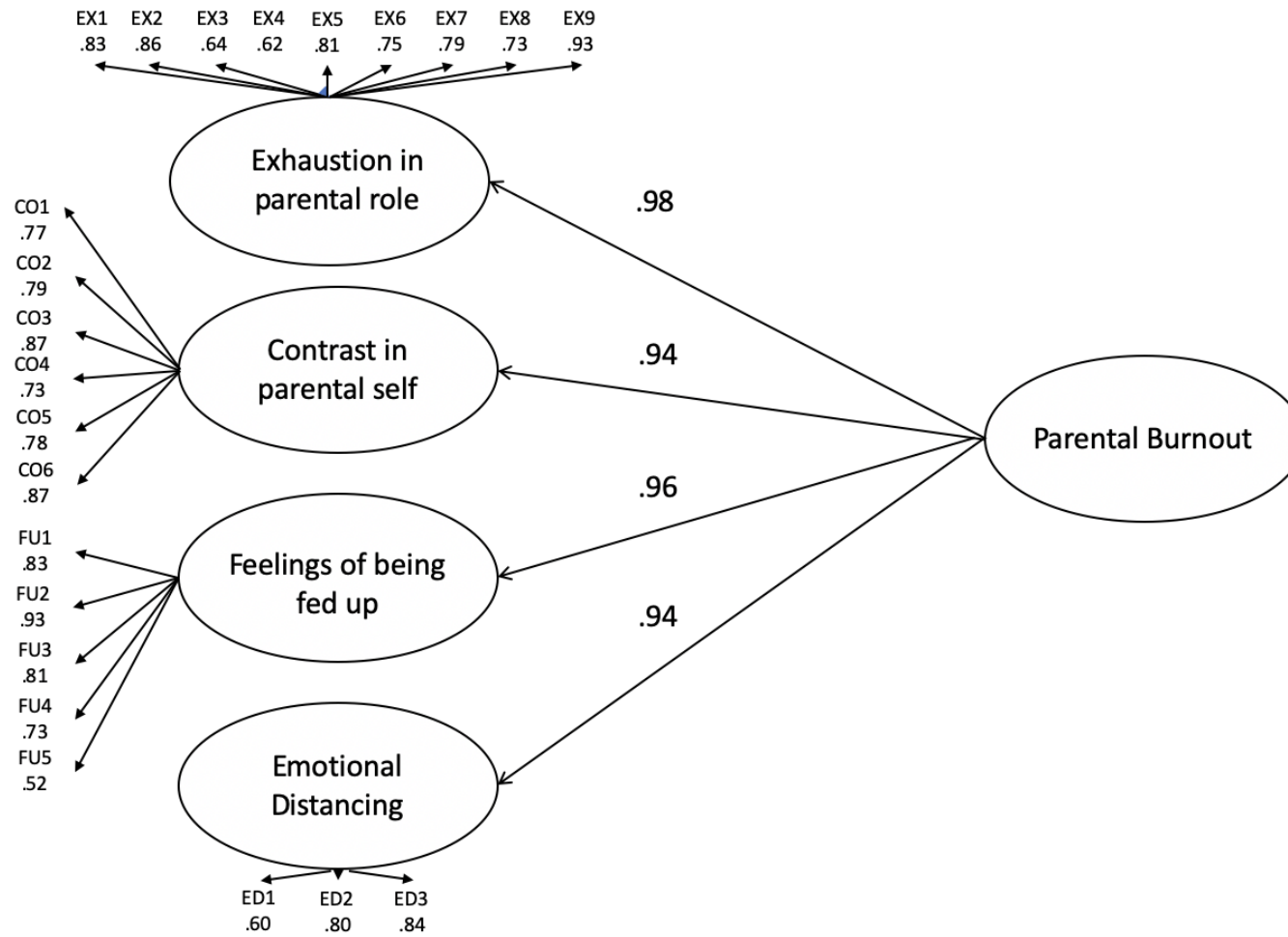


Figure 1. Results of the confirmatory factor analysis for the second order factor model of the PBA

Appendix

Parental Burnout Assessment (PBA) Turkish

Çocuklar, anne-babaları için önemli bir memnuniyet ve sevinç kaynağıdır. Aynı zamanda, çocuk sahibi olmak bazı anne-babalar için yıpratıcı olabilir. (Bu çelişkili gibi görünse de, hem çocuğunuzu sevmeniz hem de de anne-babalık rolünüzden ötürü kendinizi bitkin hissetmeniz mümkündür.) Aşağıdaki anket, anne-baba olarak yaşayabileceğiniz bu bitkinlik hissiyle ilgilidir. İfadelerin yanında yer alan derecelendirilmiş yanıtlardan size en yakın olanı seçiniz. Doğru veya yanlış cevap yoktur. Eğer daha önce hiç böyle bir duygu hissetmediyseniz, “Hiçbir zaman” şıkkını seçin. Eğer bu duyguyu daha önce hissettiyseniz, bunu ne sıklıkta hissettiğinizi “Yılda birkaç kez” seçeneğinden “Her gün” seçeneğine kadar, sizi en iyi tanımlayacak şekilde işaretleyiniz.		Hiçbir zaman	Yılda birkaç kez	Ayda bir veya daha az	Ayda birkaç kez	Haftada bir	Haftada birkaç kez	Her gün
EX3	Anne-babalık rolünden (anne-baba olmaktan) o kadar çok yoruldum ki uyku bana asla yetmiyor.	0	1	2	3	4	5	6
CO6	Anne-baba olarak yolumu kaybetmiş gibi hissediyorum.	0	1	2	3	4	5	6
EX1	Anne-babalık rolüm (anne-baba olmak) beni tamamen bitiriyor.	0	1	2	3	4	5	6
EX6	Çocuğuma/çocuklarıma bakmaya hiç enerjim yok.	0	1	2	3	4	5	6
CO1	Çocuğuma/çocuklarıma eskiden olduğum gibi, iyi bir anne-baba olmadığımı düşünüyorum.	0	1	2	3	4	5	6
FU1	Anne-babalık rolüme (anne-baba olmaya) tahammül edemiyorum.	0	1	2	3	4	5	6
FU3	Anne-baba olarak daha fazla dayanamazmışım gibi geliyor.	0	1	2	3	4	5	6
EX8	Bazen çocuğuma/çocuklarıma bakarken otomatige bağladığımı düşünüyorum.	0	1	2	3	4	5	6
EX2	Anne-baba olarak tamamen tükenmiş gibi hissediyorum.	0	1	2	3	4	5	6
EX4	Çocuğumla/çocuklarımla geçirmek zorunda olduğum bir güne uyandıysam, daha gün başlamadan kendimi tükenmiş hissediyorum.	0	1	2	3	4	5	6
FU5	Çocuğumla/çocuklarımla birlikte zaman geçirmekten zevk almıyorum.	0	1	2	3	4	5	6
FU4	Anne-baba olarak kendimi işlerle baş edemez gibi (baş edemeyecek gibi) hissediyorum.	0	1	2	3	4	5	6
CO2	Kendi kendime eskiden olduğum gibi bir anne-baba olmadığımı söylüyorum.	0	1	2	3	4	5	6
ED1	Çocuğum/çocuklarım için gerekli olanlar neyse sadece onları yapıyorum, daha fazlasını değil.	0	1	2	3	4	5	6
EX7	Anne-baba (ebeveyn) olmak sahip olduğum tüm kaynaklarımı tüketiyor.	0	1	2	3	4	5	6
FU2	Anne-baba olmayı daha fazla kaldıramıyorum.	0	1	2	3	4	5	6
CO3	Anne-baba olarak geldiğim şu halden utanıyorum.	0	1	2	3	4	5	6
CO4	Anne-baba olarak kendimle artık gurur duymuyorum.	0	1	2	3	4	5	6
CO5	Çocuğumla/çocuklarımla birlikteyken ben, ben gibi değilim.	0	1	2	3	4	5	6
ED3	Artık çocuğuma/çocuklarıma, onları ne kadar sevdiğimi gösteremiyorum.	0	1	2	3	4	5	6
EX5	Çocuğum/çocuklarım için yapmam gerekenleri düşünmek bile beni tüketiyor.	0	1	2	3	4	5	6
ED2	Her zaman yaptığım rutin işler (çocuğumu/çocuklarımı bir yerden bir yere götürmek, uykuya yatırmak, yemek hazırlamak) dışında, artık çocuğumla/çocuklarımla ekstra bir şey yapamaya güç bulamıyorum.	0	1	2	3	4	5	6
EX9	Anne-baba olarak sadece yapılması şart olan işleri yapıyorum.	0	1	2	3	4	5	6

Note EX: Emotional Exhaustion; CO: Contrast with Previous Parental Self; FU: Feelings of Being Fed Up; ED: Emotional Distancing.

