

Coparenting After Divorce: An Approach to Typologies and Context of Intervention

Cecilia Mayorga-Muñoz¹, Saulyn Lee-Maturana^{2*}, Julio Tereucan-Angulo³, Leonor Riquelme-Segura⁴

^{1,3,4}Universidad de La Frontera. Address: Francisco Salazar 1145, Temuco, Chile

²Universidad de Tarapacá. Address: Avenida 18 de septiembre 2222, Campus Saucache, Arica, Chile. E-mail: slee@academicos.uta.cl

Abstracts: Co-parenting after divorce is the relationship of mutual collaboration, support and communication between two parents no longer romantically linked to each other, who work together to raise and care for their children together. Over the past decade, research on co-parenting after divorce has increased. Therefore, the question arises as: what has been published in the last decade on co-parenting after divorce or separation? The aim of this study was to collect, review and synthesize articles published in scientific databases about co-parenting after divorce, to inform about the state of the art on this topic in the last decade to update professionals, academics and researchers who work in the family area, such as social workers, psychologists or lawyers. Thus, a systematic literature review was carried out in seventeen academic databases during August and September 2023. This systematic literature review followed the preferred reporting protocol for systematic reviews and meta-analyses (PRISMA-P) and it was registered in PROSPERO (ID=CRD42022306146). Twenty-nine articles met the inclusion criteria and the quality of each one of them was evaluated with the MMAT instrument. Data were analyzed following the guide for narrative synthesis in systematic reviews. The results show that most of the articles were published during the year 2017, mostly they were from the United States, the type of studies were investigation, with a quantitative design whose participants were fathers and mothers (not dyads). Three recurring themes were identified in the included studies. The three themes were named as: (1) co-parenting categories, (2) components, and (3) interventions. In addition, an integration of the study variables found in the included articles is included and they are organized into four dimensions: positive and negative co-parental relationships, and internal and external factors. It is recommended to regulate through public policies that divorced parents attend interventions or psychoeducational programs as a compulsory stage of the divorce process to promote good co-parenting and prevent conflictive co-parenting relationships.

Keywords: Co-Parenting, Divorce, Marital Dissolution, Systematic Literature Review.

1. INTRODUCTION

Divorce has been defined as the legal dissolution of a marital relationship, socially and legally recognized, which alters the obligation and privileges of the two people involved (1). When divorce is theoretically recognized as an event, it is considered one of the most stressful life events of adulthood (2). However, when it is theoretically recognized as a process (3, 4), divorce is considered a route that begins and develops months, and even years before the very moment in which couples decide to separate.

Divorce, being a long-term process, leads to multiple consequences. These consequences can be emotional, psychological, economic, social and physical (1, 5). The consequences of divorce are well documented in the literature and refer to both the consequences on divorced adults (6, 7) and the consequences on the children (8, 9). These consequences can be positive or negative, depending on the context or the quality of the separated couple's relationship. Sometimes, a marital dissolution can be the solution to a life of aggression, violence or abuse.

Divorce, whether considered an event or a process, can be more challenging when children are involved. Divorce while having children implies a series of individual and family adjustments that require a new configuration of family boundaries and roles (10). This new co-parenting relationship is essential because it can lead to positive (supportive) or negative (conflictive) interactions when adapting to and negotiating new roles and routines (11).

Amato (4) describes some stressful situations by which couples must experience and also adapt during the divorce process. These situations are: decrease in the couple's standard of living, economic loss that implies no

longer having two incomes as a family, loss of mutual friends, loss of emotional support that the ex-partner could have provided, loss of company that is one's own when living as a couple, loss of a stable sexual partner and loss of economic security. Furthermore, in contexts of divorce or marital separation with children, custodial parents may experience the strain of experiencing solo parenting, while non-custodial parents may experience the loss of daily contact with their children.

Co-parenting requires that both parents work together reciprocally and conjointly to help with their children's education and life decisions (12). Co-parenting also involves agreement, communication and support of each parent's efforts in the upbringing of the children (13). Co-parenting can be seen as a dynamic synchronization of two adults caring for a child (14, 15) because it is an interaction between those who take parental responsibilities when performing parenting functions (12). This relationship might happen regardless the parents are in a romantic relationship or not.

Research about co-parenting has been growing during the last decade (12, 15, 16). The literature mostly supports a view of co-parenting as a central element of family life that influences parental adjustment, parenting, and child outcomes (12). However, studies about co-parenting after divorce are still diverse and multiple, with a focus on custody arrangement (e.g., 17, 18); children adjustments (e.g., 19, 20); evaluation scales (e.g., 21); impact on children's mental health (e.g., 22); types or dimensions of parenting (e.g., 23, 24, 25, 26) or parenting programs (e.g., 27).

As there are multiple and varied topics on which research on co-parenting after divorce has focused, the following research question arises: What has been published in the last decade on co-parenting after divorce or marital separation? Therefore, in order to organize and update literature about post-divorce co-parenting, this study aims to collect, review and synthesize articles published in scientific databases about co-parenting after divorce, to report on the state of the art on this topic in the last decade; thus contributing to scientific knowledge for future studies or interventions of interest to professionals, academics and researchers in the area of social work, psychology and the legal area who work with parents and children from divorced families.

2. MATERIAL AND METHODS

2.1 Research Design

The present study is a systematic literature review and followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Protocol PRISMA-P (28). The review was registered in PROSPERO (ID=CRD42022306146), an international database that records systematic literature reviews to avoid duplication.

2.2 Procedure and Search Strategy

The following databases were searched between August and September 2023: PsycINFO, EBSCOhost, Web of Science, ScienceDirect, Oxford Journals, Link Springer, ProQuest, JSTOR, Wiley online library, Eric, Psychology and Behavioural Science Collection, Scopus, Masterlife, Fuente Académica, SciELO, Latin Reference and Academic Search (see Table 1); using the search terms in both English and Spanish language [(co-parenting) AND (divorce OR post-divorce OR marital separation OR marital post-separation)] [(co-parentalidad) AND (divorcio OR post-divorcio OR separación OR post-separación)] and adapting them as suitable for each database.

The articles found in the electronic databases were screened by both authors, exported as a database to Excel. A list was made with all of the articles and duplicates were removed. The remained articles were organized by title, publication date, journal of publication, authors and Doi. Once the list of the articles was organized, each author, separately, reviewed the titles again and examined the articles and classified them by relevance, making sure to select the articles related to the topic. Then, the process was repeated by both of the author together. When consensus was reached, the articles already classified were selected applying inclusion and exclusion criteria. Both authors read the summaries and a second selection was made. The results of the selection applying the inclusion and exclusion criteria were compared between the results of both authors, and each one proceeded to read the full

text of each article. The selected articles were reviewed again, and discrepancies were discussed until a consensus was reached on maintaining or rejecting each of the articles according to the previously established criteria. It should be noted that the review and data extraction processes followed the PRISMA-P protocol.

2.3 Inclusion and Exclusion Criteria

The articles selected followed these inclusion criteria: peer-reviewed research articles published in scientific databases from 2015 to date, in English or Spanish language, whose research methodology has been quantitative, qualitative, or mixed-method that report on co-parenting in divorced or separated couples. On the other hand, articles were excluded if they were: books, book chapters, editorials, editorial letters, grey literature, or articles that do not report on post-divorce or separation co-parenting, that do not contain the keywords in the title, abstract, keywords or in the text and all those studies that do not meet the inclusion criteria described above.

2.4 Data Analysis

The guidance on conducting narrative synthesis in systematic reviews (29) was used to analyse the data. Guidance is recommended when articles are likely to include mixed methodologies and lack randomized controlled trials (30). The Mixed Methods Appraisal Tool, MMAT (31), was used to ensure the study quality and avoid bias. The Data were analysed by content and extracted by the following variables: year of publication, country, type of study, methodological design and participants (See Table 3).

Database	Key words and No. of articles found	
	Coparenting AND Divorce	Coparentalidad AND Divorcio
PsychINFO	103	3
EbscoHOST	79	5
WOS	60	0
Science Direct	37	4
Oxford Journals	28	0
Link Springer	81	0
ProQuest	350	16
JSTOR	5	0
Wiley	262	0
Academic Search	38	2
Eric	1	0
Psychology and behavioural science collection	5	0
Scopus	56	0
Masterlife	19	0
Fuente académica	1	2
Referencia latina	0	0
Scielo	0	2
Sub-Total	1.125	34
Total		1.159

3. RESULTS

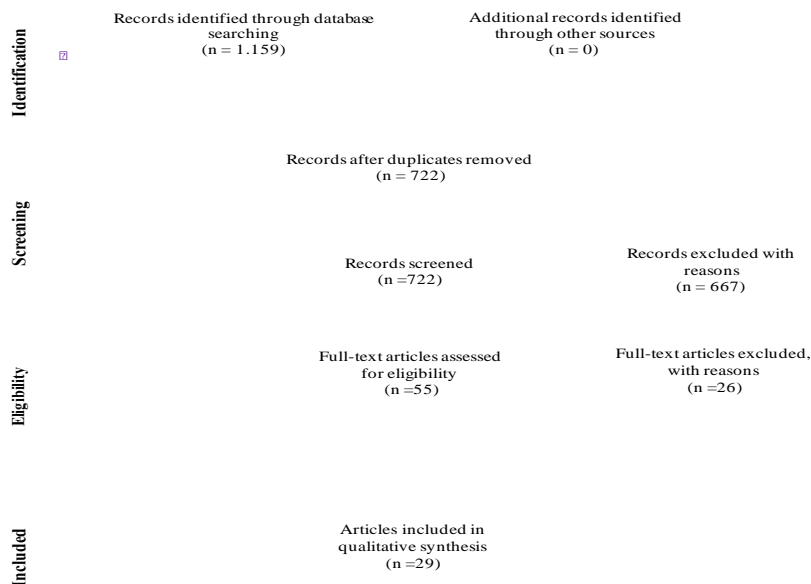


Figure 1. Summary of literature search. Adapted from PRISMA flow diagram (Moher et al., 2009)

Fig 1. Summart of electronic articles

The electronic search in the databases presented 1.159 articles, the remaining 722 articles after duplicates were removed. These 722 articles were reviewed for relevance through their titles and abstracts; accordingly, 667 were excluded for various reasons (see Table 2). A total of 55 articles (7,6%) were identified as relevant; both authors independently read the full-text and together made the decision of inclusion and exclusion according to the criteria (see procedure). Thus, 29 (4%) articles met the inclusion criteria.

Reason for exclusion	%
Records were books, book chapters, editorials, editorial letters or grey literature.	1,8%
Records were articles that do not report on post-divorce or separation co-parenting.	35,4%
Records did not contain the search words in the title, abstract, keywords or in the text.	36,2%
Records reported exclusively on the consequences of post-divorce on children or on others other than the parents.	6,6%
Records did not meet the inclusion criteria.	20%

Of the 29 articles included in this study, 24% were published during the year 2017, 72% were published in the United States of America, 79% reported having used quantitative methods, 21% used qualitative methods, and in the majority of the studies (62%), the participants were mothers and fathers not as a couple (not dyads), for further details see Table 3.

		% (n)
Year of publication	2015	7% (2)
	2016	14% (4)
	2017	24% (7)
	2018	14% (4)
	2019	17% (5)
	2020	17% (5)
	2021	7% (2)
Country	United States of America	72% (21)
	Portugal	3,5% (1)
	The Netherlands	7% (2)
	Canada	7% (2)
	European union	3,5% (1)
	Spain	3,5% (1)
	Turkey	3,5% (1)
Type of Study	Investigation	59% (17)
	Intervention	31% (9)
	Theoretical review	7% (2)
	Systematic review	3,5% (1)
Methodological design	Quantitative	79% (23)
	Qualitative	21% (6)
Participants	Only Fathers	0% (0)
	Only Mothers	7% (2)
	Mother and fathers (not dyads)	62% (18)
	Mother and father (dyads)	7% (2)
	Mother or fathers with their children	14% (4)
	Not reported	10% (3)

4. DISCUSSION

This systematic literature review aimed to collect, review, and synthesize articles published in scientific databases that report on studies about co-parenting in divorced or separated couples during the last decade to update what already is known about these types of relationships and to contribute to the state of the art and to the decision making of professionals working with families of divorce, such as social workers, psychologist or lawyers.

To achieve this aim, a protocol for systematic reviews, PRISMA-P, and the guide for the narrative synthesis of reviews was followed. It was found that all the articles included in this review reported different study variables, which were synthesized into three major themes that would be reflecting the main topics studied and published about co-parenting after separation or divorce. These themes were called: (a) The Categories of Co-parenting, (b) The Components of co-parenting (includes “external factors”, “parenting together but apart”, “internal factors” and “beyond the ex-partner”), and (c) Interventions related to co-parenting (see Figure 2). These topics might suggest the most mentioned or studied content regarding divorce or separation of couples with children published in academic databases from 2015 to 2023.

5. THE CO-PARENTS' CATEGORIES

Four studies have proposed a nomenclature that suggests different categories of separated or divorced parents (see Table 4). Although these studies base their categories on different variables, it can be noted that there could be a continuum in the co-parenting relationship after separation or divorce. That is, the four studies propose that there are categories of parents who, based on different study variables, show types of co-parenting relationships that range from positive or good co-parenting relationships to negative or harmful relationships, identifying those parents “in between”, showing co-parenting relationships neither good nor bad.

Table 4: Co-parenting categories found in the literature

Author	Categories of co-parenting			Variables included	
Beckmeyer et al. (58)	Cooperative	Moderately engaged	Conflictual and disengaged		
	High communication and cooperation. Low conflict.	Co-parenting communication, cooperation and conflict are in between the other two cluster.	High co-parenting conflict low co-parenting communication and cooperation.	Communication, cooperation, conflict.	
Ferraro et al. (59)	Good Divorce	Good Enough	Bad to Better	Bad Group	
	Cooperative and supportive co-parenting behaviours. Relationship settled and stable; mutual decision making and cordial and respectful relationships.	Stable situation but face more adversity. The relationship is adequate. Circumstances are not ideal but resigned to the way things are.	Parenting experiences are changing for better from a worse situation.	Circumstances are resolved or settled, they are resigned to highly conflictual co-parenting relationship and uncooperative former spouses.	Cooperation, support, decision making, co-parenting, father involvement, personal turmoil, children adjustment, challenges of single parenting.
Ferraro et al. (36)	Congruent Perception Group		Divergent Perception Group		
	Cooperative behaviours and rarely engage in covert conflict. They perceived the former spouse similarly.		Cooperative behaviours, but perceived their former spouses as rarely doing so. They rarely reported themselves as engaging in covert conflict behaviours but perceived their former spouse as more frequently doing so. They reported sometimes using overt conflict.		Cooperative behaviours, covert and overt conflict.
Lamela et al. (42)	Cooperative Parents	Undermining coparenting		High Conflict coparenting	
	High agreement/support and division of labour. Low levels of undermining and children's exposure to conflict.	Low levels of agreement/support, division of childcare labour and exposure to conflict and high co-parenting undermining.		Low levels of co-parenting agreement/support and division of childcare labour. High levels of both, covert and overt co-parenting conflict.	Co-parenting agreement, support, cooperation, undermining co-parenting, overt co-parenting conflict, division of childcare labour.

6. THE COMPONENTS

The Components of co-parenting, as a theme resulting from the analysis of the systematic literature review, groups four subthemes. The first is what was identified as the “external factors” of co-parenting, which are elements of the relationship, but external to the people involved, such as custody and support decisions. The second one was named “parenting together but apart” because it includes aspects of parenting of both parents. The third, which are the “internal factors”, are related to intrapersonal aspects of the ex-couple, such as the capacity for forgiveness and their own well-being. And the fourth subtheme named “beyond the ex-partner” includes aspects of the children or other people close to the separated or divorced couple. These four subthemes are part of the Components of co-parenting after separation or divorce.

The external factors. These elements facilitate or hinder the co-parenting relationship between the former spouses. The quality of the co-parenting relationship has been related to financial support and child support order (32, 33, 34), although there are contradictory results. For example, co-parenting was found to be positively related to fathers’ formal payments and the amount of those payments, suggesting that an increase in the quality of parents’ co-parental relationship produces meaningful increases in fathers’ payments (32). On the contrary, fathers who perceived legal and financial issues as barriers to co-parent tended to report less positive co-parenting relations (34). However, there are also indicators in the literature showing that father’s in-kind support was not predictive of any dimension of co-parental interaction (33). On the other hand, child support was found to be negatively related to co-parenting (32), suggesting a negative relation between co-parenting and fathers’ likelihood of having a child support order.

According to Markham et al. (35), the relationship between co-parents and the way they handle it will play an important part in the custody arrangement and custody formalities. Thus, those co-parents maintaining formal custody arrangements might have either a conflictual or non-existent relationship, and those with informal custody arrangements are more likely to have good relationships. Similarly, Leclair et al. (18) reported that parents with joint custody tend to be more cooperative than those with sole custody.

Parenting together but apart. Co-parenting after divorce is challenging when the couple is uncoupled, but they must remain together in their parents’ role. The articles included in this review reporting on co-parenting after separation or divorce, are based on two different and opposite perspectives: studies showing positive, harmonious, collaborative, communicative and cooperative post-separation co-parenting (18, 25, 33, 36); and studies showing destructive, sabotaging, conflictive and harmful post-separation co-parenting (11, 33, 34, 37, 38).

According to the studies included in this review, parental interactions with higher cooperation are generally lower in conflict (36). Furthermore, low levels of conflict can predict strong levels of co-parenting alliance only when positive parenting is high and moderate (25). More cooperative co-parenting is also associated with joint custody either because the parents are more involved in raising their children or because this type of custody may allow the parents a break when the other parent takes over (18). However, it should be considered if there is family reconstitution when parents share custody of their children. When family reconstitution occurs, parents sharing custody can face new negotiations of limits and roles, leading to more day-to-day conflicts over time (18).

Complex and conflictive divorces can aggravate negative emotions of the ex-spouses, arising emotions such as contempt, disgust, anger, hatred and rage, which tend to be distancing type emotions; as well as emotions such as fear, shame, guilt and sadness, which are emotions that impair individual self-regulation (37). These emotions can add an extra challenge to the ex-couple during and after the divorce hindering co-parenting.

Regarding covert and overt conflict, Petren et al. (33) suggested a link between them, associating, among divorced couples, a tendency of earlier covert conflict with later overt conflict and earlier overt conflict with lower levels of cooperation later. In other words, when a relationship based on covert conflicts existed between ex-spouses in the past, that couple would tend to relate with direct conflicts after separation; while couples who were involved in overt conflicts in the past would present lower levels of cooperation after separation. Likewise, higher

satisfaction with the divorce decree and the fathers' parenting was viewed, by divorced mothers, as variables to be related to a less overt conflict between the ex-couple (11).

It was also found an association between the quality of the relationship and co-parenting (32, 34, 39). Specifically, when co-parents feel personally and emotionally involved with their former spouse, these co-parents are more likely to perceive higher quality in their co-parenting relationship (39). Furthermore, there is an association between the quality of the co-parental relationship and the financial support of non-resident fathers (32) and the quality of the co-parental relationship and the negative perceptions of the mothers regarding the co-parent's parental fitness (34).

The internal factors. These are some intrapersonal aspects of parents, such as forgiveness, perception of the other co-parent, and wellbeing, that were found in the articles included in this review that were related in some way to co-parenting after divorce.

After separation or divorce, ex-partners intentionally or unintentionally hurt or offend each other regardless the reasons for the separation or regardless who has started the process, since there is a break, there is damage and there is pain. According to Visser et al. (38) forgiveness serves to rebuild and maintain the quality of a relationship after transgressions. Forgiveness is considered an intrapersonal and interpersonal process (40, 41). It is intrapersonal because people have to overcome their thoughts (negatives) and feelings toward the ex-partner. It is interpersonal because these thoughts and feelings have to be manifested in behaviours toward the other with a more positive attitude. Therefore, couples experiencing marital separation or divorce should consider working on forgiveness towards the other at an intrapersonal level as well.

On the other hand, regarding individual well-being, it was found that parents involved in high-conflict co-parenting relationships show lower satisfaction with life, higher-divorce related stress, and more inconsistent parenting (42); therefore, high conflict divorce affects the ex-spouses' wellbeing. Moreover, frequent and synchronic overt and covert conflict increases psychological and physiological stress, invalidating the sense of competence due to decreased co-parental cohesion and interdependence.

Beyond the ex-couple. This sub-theme synthesizes the information from the studies included in this review that reported on children, family, and having new partners after divorce.

Lamela et al. (42) reported internalizing problems in children of divorced parents who were classified in the undermining co-parenting profile compared to those in the cooperative co-parenting profile. On the contrary, those parents with a cooperative co-parenting profile showed lower externalizing problems in their children and higher family functioning. According to Karberg and Cabrera (43), the relationship between partners (co-parenting) is more important than the relationship with children (parenting) regarding children's social adjustment. The authors explained that when a couple separates, their children tend to exhibit high levels of aggressive behaviours because of the reduced probability of co-parental support.

Regarding new romantic relationships after divorce, it has been found that a new partner can reduce the communication between the ex-couple (38). A new partner means having new family responsibilities, and this can reduce the commitment of ex-spouses as parents to the children of the previous relationship (44). Koster et al. (44) suggested that a parent that re-partners may spend less time with their biological children, either because new partners and stepchildren absorb time or because biological children distance themselves from their parents when they re-partner. However, nowadays, non-resident parents, especially fathers, have been reported to have more contact with their children than in the past (44, 45, 46).

Table 5. Summary of main variable found in this article

POSITIVE AND CONSTRUCTIVE	
<p>Satisfaction with divorce decree and fathers' parenting were related to less overt conflict, according to divorced mothers (11).</p> <p>Quality of co-parental relationship was related to former spouses' physical, personal and emotional involvement (32, 39), financial support of non-resident fathers (32), the perception of mothers regarding co-parents' parental fitness (34) and forgiveness (38).</p>	<p>Financial support was related to quality of parents' co-parental relationship (32).</p> <p>Informal custody arrangement was related to better co-parental relationship (35).</p> <p>Parental cooperation was related to low parental conflict (36), joint custody (18) and low children's externalizing problems and better family functioning (42).</p>
<p>CO-PARENTAL RELATIONSHIP</p>	<p>EXTERNAL FACTORS</p>
<p>Divorce was related to negative emotions (37).</p> <p>Co-parental conflict was related to parents' perception of their social network's disapproval toward their ex-partners (38), lower satisfaction with life, higher divorce related stress and inconsistent parenting (42).</p>	<p>Negative relation was found between co-parenting and fathers' likelihood of having child support (32).</p> <p>Custody arrangement was related to conflictual or non-existent relationship (35).</p> <p>Having a new partner after divorce was related to a reduction of communication between former partners (35).</p>
NEGATIVE AND DESTRUCTIVE	

As shown in Table 5, some of the topics included in The Components (external factors, parenting together but apart, internal factors, and beyond the couple), were organized and graphically synthesized to illustrate a qualitative distribution of these topics regarding co-parenting after separation or divorce. This qualitative distribution considers four dimensions: 1) positive and constructive co-parenting relationship, 2) negative and destructive co-parenting relationship, 3) internal factors and 3) external factors. Therefore, Table 5 summarizes the main findings of the articles included in this review and can be useful to have a "full picture" of the aspects of co-parenting, both for decision making of professionals who work with families in divorce (social workers, legal professionals or mental health), or for researchers and scholars.

7. THE INTERVENTIONS

This theme included the articles reporting on intervention programs for divorced families. Most intervention programs were focused on educating divorced parents or modifying any behaviour of the parents or the children. The intervention programs were diverse in the number of hours, frequency, content, and duration of the effects of the programs. These programs were often aimed at all those families who were referred from the tribunal. However, the referral from the tribunal is a practice frequently used in the US and European countries (e.g., Spain), and is based on a health approach, which understands the phenomenon of divorce as a risk factor for public and mental health (47).

Some programs, aimed at families, involved acquiring knowledge about divorce. The results showed positive changes on parents' knowledge about divorce, about the effects of divorce on children, about what is cooperative co-parenting, and about post-divorce parenting (48). Other articles included differences in perceived knowledge concerning gender, race/ethnicity, and marital status (49).

It was also found that some programs involved changes in parental behaviour. These changes included: improvement in the relationship with former spouses, reduction of the level of conflict between parents, improvement in the perception of personal wellbeing (50), engagement in cooperative co-parenting behaviours (51, 52), awareness about parents' perceptions of their relationship with their former spouse, knowledge about post-divorce parenting, and understanding of the relevance of focusing on their child's needs (39, 53).

In addition, specialized articles were found that reported successful results related to interventions in divorced families. For example, a program focused on helping fathers and mothers manage conflicts with ex-partners and promoting children's adjustment after divorce (54). Another program reported a reduction in the level of conflict between parents with a decrease in anxiety symptoms and somatic complaints (55). Positive results were also shown in a study that reduced children's internalization problems, enhancing social competencies and moderating the age, sex, and ethnic origin of the father (27); as well as another study showed an improvement in children's behaviour as a consequence of better co-parenting practices (56). Hence, it can be said that there is encouraging evidence to be able to intervene effectively in families that are going through a divorce process, especially through complex and conflictive processes.

CONCLUSION

This study has identified elements that play an important role in the co-parenting relationship after divorce. These elements, such as communication, cooperation, presence of covert and overt conflict, involvement, child support orders, custody arrangements, having a new partner, financial support, and forgiveness, might define if the co-parenting relationship after divorce might be positive (cooperative or engaged), regular (sufficient or enough) or negative (conflictual or disengaged). Furthermore, these elements were organized in a diagram to synthesize and organize them in four dimensions: positive co-parental relationships, negative co-parental relationships, internal factors and external factors.

Although, the intervention programs reported in this review have been shown to be effective (57), it is recommended to regulate through public policies that divorced parents could attend intervention programs or psychoeducational programs as a mandatory stage of the divorce process, to promote good co-parenting and prevent conflictive co-parenting relationships. This makes sense to countries like Chile, where there has not been yet legislation on the matter.

As for future research, it is recommended to include or strengthen cultural and gender differences. Although, the idea that men and women experience co-parenting and conflict differently is documented in the literature and this has led to the development of gender-specific interventions (e.g., 49), more evidence is still required to contribute to the experience, especially from Latin American countries.

This review is not exempt from limitations. The scarcity of included articles and the methodological differences between studies has restricted the possibility of comparing the results quantitatively or conducting a meta-analysis. Future systematic reviews should broaden the search range by including grey literature or including more keywords to enlarge the search range.

ACKNOWLEDGEMENTS

We would like to acknowledge to the Agencia Nacional de Investigación y Desarrollo de Chile (ANID) [National Agency for Research and Development of Chile (ANID)], Regular Fondecyt Project N°1211291 "Divorce or rupture of romantic relationships: Processes, meanings, experiences and reconfigurations of parenthood in Chile".

Investigación financiada por la Agencia Nacional de Investigación y Desarrollo de Chile (ANID), Proyecto Fondecyt Regular N°1211291 "Divorcio o ruptura de las relaciones de pareja: Procesos, significaciones, experiencias y reconfiguraciones de la parentalidad en Chile".

Declaration Of Interest Statement

The authors report there are no competing interest to declare.

REFERENCES

- [1] Price SJ, McKenry PC. Divorce. Sage Publications, Inc. 1988
- [2] Cohen S, Gianaros PJ, Manuck SB. A stage model of stress and disease. *Perspect Psychol Sci* 2016; 11(4): 456–463. Available from: <https://doi.org/10.1177/1745691616646305>
- [3] Amato PR. The consequences of divorce for adults and children. *J Marriage Fam* 2000; 62(4): 1269-1287. Doi:10.1111/j.1741-3737.2000.01269.x
- [4] Amato PR. The consequences of divorce for adults and children: an update. *Druš istraž* 2014; 23 (1): 5-24. <https://doi.org/10.5559/di.23.1.01>
- [5] Shimkowski JR, Punyanunt-Carter N, Colwell MJ, Norman MS. Perceptions of divorce, closeness, marital attitudes, romantic beliefs, and religiosity among emergent adults from divorced and nondivorced families. *J Divorce Remarriage* 2018; 59(3): 222-236. Available from: <https://doi.org/10.1080/10502556.2017.1403820>
- [6] Akpan IJ, Ezeume IC. Four decades bibliometric analysis, science mapping, and visualization of the consequences of marital union dissolution on parents and children. *J Divorce Remarriage* 2022; 63(1): 1-34. DOI: [10.1080/10502556.2021.1993009](https://doi.org/10.1080/10502556.2021.1993009)
- [7] Asselmann E, Specht J. Changes in happiness, sadness, anxiety, and anger around romantic relationship events. *Emotion* 2022. Advance online publication. Available from: <https://doi.org/10.1037/emo0001153>
- [8] Bayaz-Öztürk G. Parental breakup and children's outcomes in the United States. *Fam Relat* 2022; 71(4): 1802– 1816. Available from: <https://doi.org/10.1111/fare.12662>
- [9] McLanahan S, Tach L, Schneider D. The causal effects of father absence. *Annu Rev of Sociol* 2013; 39: 399–427.
- [10] Emery RE. *Renegotiating family relationships: divorce, child custody, and mediation*. New York, NY: Guilford; 2012
- [11] Petren RE, Ferraro AJ, Davis TR, Pasley K. Factors linked with coparenting support and conflict after divorce. *J Divorce Remarriage* 2017; 58(3): 145-160. Doi: [10.1080/10502556.2017.1300013](https://doi.org/10.1080/10502556.2017.1300013)
- [12] Feinberg M. The internal structure and ecological context of coparenting: a framework for research and intervention. *Parenting. Science and Practice* 2003; 3: 95–131.
- [13] McHale JP. Coparenting and triadic interactions during infancy: The roles of marital distress and child gender. *Dev Psychol* 1995; 31: 985–996.
- [14] Groenendyk AE, Volling BL. Coparenting and early conscience development in the family. *J Genet Psychol* 2007; 168: 201-24. [15] McHale JP, Kuersten-Hogan R, Rao N. Growing points for coparenting theory and research. *J Adult Dev* 2004; 11: 221–234. Available from: <https://doi.org/10.1023/B:JADE.0000035629.29960.ed>
- [16] Eira Nunes C, Roten Y, El Ghaziri N, Favez N, Darwiche J. Co-parenting programs: a systematic review and meta-analysis. *J Marriage Fam* 2020; 70(3): 759-776. Available from: <https://doi.org/10.1111/fare.12438>
- [17] Ferrari G, Bonnet C, Solaz A. 'Will the one who keeps the children keep the house?' Residential mobility after divorce by parenthood status and custody arrangements in France. *Dem Res* 2019; 40: 359–394. Available from: <https://www.jstor.org/stable/26727003>
- [18] Leclair V, St-Amand A, Bussièrès ÉL. Association between child custody and postseparation coparenting: A meta-analysis. *Can Psychol* 2019; 60(2): 90–101. Available from: <https://doi.org/10.1037/cap0000140>
- [19] Herrero M, Martínez-Pampliega A, Alvarez I. Family communication, adaptation to divorce and children's maladjustment: the moderating role of coparenting. *J Fam Commun* 2020; 20(2): 114-128. Available from: <https://doi.org/10.1080/15267431.2020.1723592>
- [20] Rejaän Z, van der Valk IE, Branje S. Postdivorce coparenting patterns and relations with adolescent adjustment. *J Fam Issues* 2021. Available from: <https://doi.org/10.1177/0192513X211030027>
- [21] Ferraro AJ, Lucier-Greer M, Oehme K. Psychometric Evaluation of the Multidimensional Co-Parenting Scale for Dissolved Relationships. *J Child Fam Stud* 2018; 27: 2780–2796. Available from: <https://doi.org/10.1007/s10826-018-1124-2>
- [22] Bergström M, Salari R, Hjern A, Hognäs R, Bergqvist K, Fransson E. Importance of living arrangements and coparenting quality for young children's mental health after parental divorce: a cross-sectional parental survey. *BMJ paediatrics open* 2021; 5(1): e000657. Available from: <https://doi.org/10.1136/bmjpo-2020-000657>
- [23] Ahrons C. *The Good Divorce: Keeping your family together when your marriage comes apart*. New York, NY: HarperCollins; 1994.
- [24] Amato P, Kane J, James S. Reconsidering the “good divorce”. *Fam Relat* 2011; 60: 511–524.
- [25] Becher EH, Kim H, Cronin SE, Deenanath V, McGuire JK, McCann EM, et al. Positive Parenting and Parental Conflict: Contributions to Resilient Coparenting During Divorce. *Fam Relat* 2019; 68(1): 150-164. Available from: <https://doi.org/10.1111/fare.12349>
- [26] Maccoby E, Depner C, Mnookin R. Coparenting in the second year after divorce. *J Marriage Fam* 1990; 52:141–155
- [27] Sandler I., Gunn H, Mazza G, Tein JY, Wolchik S, Berkel, C, et al. Effects of a Program to Promote High Quality Parenting by Divorced and Separated Fathers. *Prev Sci* 2018; 19: 538–548. Available from: <https://doi.org/10.1007/s11121-017-0841-x>
- [28] Shamseer L, Moher D, Clarke M, Ghersi D, Liberatu A, Petticrew M, et al. Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P): elaboration and explanation. *BMJ* 2015; 2349: g7647. Doi: [10.1136/bmj.g7647](https://doi.org/10.1136/bmj.g7647)

- [29] Popay J, Roberts H, Sowden A, Petticrew M, Arai L, Rodgers M, et al. Guidance on the conduct of narrative synthesis in systematic reviews. Final report, Institute of Health Research, Lancaster: ESRC Methods Programme; 2006.
- [30] Garg AX, Hackam D, Tonelli M. Systematic review and meta-analysis: when one study is just not enough. *Clin JAm Soc Nephrol* 2008; 3: 253–260. doi: 10.2215/CJN.01430307.
- [31] Pluye P, Robert E, Cargo M, Bartlett G, O’Cathain A, Griffiths F. Proposal: A mixed methods appraisal tool for systematic mixed studies reviews. 2011. Available from <http://mixedmethodsappraisaltoolpublic.pbworks.com>. Archived by WebCite at <http://www.webcitation.org/5tTRTc9yJ>
- [32] Goldberg JS. Coparenting and Nonresident Fathers’ Monetary Contributions to Their Children. *J Marriage Fam* 2015; 77(3): 612–627. Doi:10.1111/jomf.12191.
- [33] Petren RE, Ferraro AJ, Zimmermann ML, Anthony MV, Pasley K. A Cross-Lagged Panel Model of Coparental Interaction and Father Involvement Shortly After Divorce. *Fam Relat* 2021; 70: 808–822. Doi:10.1111/fare.12508
- [34] Russell LT, Beckmeyer JJ, Coleman M, Ganong L. Perceived Barriers to Postdivorce Coparenting: Differences Between Men and Women and Associations with Coparenting Behaviors. *Fam Relat* 2016; 65: 450–461. Doi:10.1111/fare.12198
- [35] Markham MS, Hartenstein JL, Mitchell YT, Aljaysoufi-Khalil G. Communication among parents who share physical custody after divorce or separation. *J Fam Issues* 2017; 38(10): 1414–1442. Doi: 10.1177/0192513X15616848 journals.sagepub.com/home/jfi
- [36] Ferraro AJ, Petren RE, Pasley K. Patterns of parental interactions after divorce and individual well-being. *J Child Fam Stud* 2019; 28: 1413–1424. Available from: <https://doi.org/10.1007/s10826-019-01373-0>
- [37] Koppejan-Luitze HS, van der Wal RC, Kluwer ES, Visser MM, Finkenauer C. Are intense negative emotions a risk for complex divorces? An examination of the role of emotions in divorced parents and co-parenting concerns. *J Soc Pers Relat* 2020: 1–18. Doi: 10.1177/0265407520972189
- [38] Visser M, Finkenauer C, Schoemaker K, Kluwer E, van der Rijken R, van Lawick J, et al. I’ll never forgive you: high conflict divorce, social network, and co-parenting conflicts. *J Child Fam Stud* 2017; 26: 3055–3066. Doi 10.1007/s10826-017-0821-6
- [39] Gürmen MS, Huff SC, Brown E, Orbuch TL, Birditt KS. Divorced yet still together: ongoing personal relationship and coparenting among divorced parents. *J Divorce Remarriage* 2017; 58(8): 645-660. Doi: 10.1080/10502556.2017.1355172
- [40] Karremans JC, Van Lange PA. Forgiveness in personal relationships: its malleability and powerful consequences. *Eur Rev Soc Psychol* 2008; 19: 202–241. doi:10.1080/ 10463280802402609.
- [41] Worthington EL. Five steps to forgiveness: The art and science of forgiving. New York: Crown Publishers. 2001
- [42] Lamela D, Figueiredo B, Bastos A, Feinberg M. Typologies of post-divorce coparenting and parental well-being, parenting quality and children’s psychological adjustment. *Child Psychiatry Hum Dev* 2016; 47: 716–728. Doi 10.1007/s10578-015-0604-5
- [43] Karberg E, Trends C, Cabrera N.J. Children’s adjustment to parents’ break up: the mediational effects of parenting and co-parenting. *J Fam Issues* 2020; 41(10): 1810–1833. doi:10.1177/0192513x19894347.
- [44] Koster T, Poortman AR, van der Lippe T, Kleingeld P. Parenting in postdivorce families: the influence of residence, repartnering, and gender. *J Marriage Fam* 2021; 83: 498–515. Doi:10.1111/jomf.12740
- [45] Amato PR, Meyers CE, Emery RE. Changes in nonresident father-child contact from 1976 to 2002. *Fam Relat* 2009; 58(1): 41–53. Available from: <https://doi.org/10.1111/j.1741-3729.2008.00533.x>.
- [46] Nikolina N. Divided parents, shared children. Legal aspects of (residential) co-parenting in England, the Netherlands and Belgium. [Dissertation]. Intersentia. Cambridge, UK. 2015
- [47] Salem P, Sandler I, Wolchik S. Taking stock of parent education in the family courts: envisioning a public health model. *Fam Court Rev* 2013; 51(1): 131-148.
- [48] LaGriff MR, Stolz HE, Brandon DJ. Longitudinal program evaluation of "Parenting Apart: Effective Co-Parenting". *J Divorce Remarriage* 2015; 56(2): 117-136. Available from: <https://doi.org/10.1080/10502556.2014.996044>
- [49] Cookston JT, Braver SL, Griffin WA, De Luse SR, Miles JC. Effects of the dads for life interventions on interparental conflict and coparenting in the two years after divorce. *Fam Process* 2007; 46(1): 123-137. Available from: <https://doi.org/10.1111/j.1545-5300.2006.00196.x>
- [50] Becher EH, Cronin S, McCann E, Olson KA, Powell S, Marczak MS. Parents forever: evaluation of an online divorce education program. *J Divorce Remarriage* 2015; 56(4): 261-276. Doi: 10.1080/10502556.2015.1025900.
- [51] Choi J, Hatton-Bowers H, Brand G, Poppe LM, Foged J. Co-parenting for successful kids: impacts and implications. *Journal of Ext* 2017; 55(6):Article N°6RIB1.
- [52] Rotter A. A model for developing a coparenting relationship after protracted litigation: the case of Antonia, a 14-year-old caught in the crossfire. *J Clin Psychol* 2016; 72(5): 484-497. Doi: 10.1002/jclp.22263
- [53] Ferraro AJ, Oehme K, Bruker M, Arpan L, Opel A. The impact of training videos on attitudes about parenting after divorce. *J Divorce Remarriage* 2018; 59(7): 590-600. Doi: 10.1080/10502556.2018.1466253.
- [54] Grych JH. Interparental conflict as a risk factor for child maladjustment: Implications for the development of prevention programs. *Fam Court Rev* 2005, 43(1), 97-108. Available from: <https://doi.org/10.1111/j.1744-1617.2005.00010.x>
- [55] Merino L, Iriarte L, Aguado V, Corral S, Cormenzana S, Martínez-Pampliega A. A psycho-educational group program for divorced parents in Spain: a pilot study. *Contemp Fam Ther* 2017; 39: 230-238. Doi: 10.1007/s10591-017-9419-9
- [56] Sullivan ADW, Parent J, Forehand R, Compas BE. Does interparental conflict decrease following changes in observed parenting from a preventive intervention program?. *Behav ResTher* 2018; 106: 64-70. Doi:10.1016/j.brat.2018.05.006.

- [57] Fackrell TA, Hawkins AJ, Kay NM. How effective are court-affiliated divorcing parents education programs? A meta-analytic study. *Fam Court Rev* 2011; 49(1): 107–119. Available from: <https://doi.org/10.1111/j.1744-1617.2010.01356.x>
- [58] Beckmeyer JJ, Markham MS, Troilo J. Postdivorce coparenting relationships and parent–youth relationships: are repartnership and parent–youth contact moderators?. *J Fam Issues* 2019; 40(5): 613–636. Doi:10.1177/0192513X1821395 journals.sagepub.com/home/jfi
- [59] Ferraro AJ, Davis TR, Petren RE, Pasley K. Postdivorce parenting: a study of recently divorced mothers and fathers. *J Divorce Remarriage* 2016; 57(7): 485-503. Available from: <http://dx.doi.org/10.1080/10502556.2016.1220302>
- [60] Lamela D, Figueiredo B. Coparenting after marital dissolution and children’s mental health: a systematic review. *J Pediatr* 2016; 92(4): 331-342.

DOI: <https://doi.org/10.15379/ijmst.v10i5.2544>

This is an open access article licensed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/3.0/>), which permits unrestricted, non-commercial use, distribution and reproduction in any medium, provided the work is properly cited.