

Hong Kong Family Welfare Society

Impact of Co-parenting Approaches on Children's Well-Being in Post-Divorce Families in Hong Kong

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Executive Summary

This study examined the relationships of different post-divorce co-parenting approaches with children's well-being, as well as facilitating factors of cooperative co-parenting. It defined *post-divorce co-parenting* as the ways that parents work together in their roles as parents after divorce in the situation that both parents have continuous involvement with the child/children. Applying that definition, it identified four major dimensions of post-divorce co-parental relationships: co-parental communication, inter-parental support, inter-parental conflict, and triangulation of children in inter-parental conflicts.

Conceptual Framework and Methodology

In an ecological systems framework, post-divorce families are conceptualized as “binuclear families” in which the dynamics and functioning of parental alliance that impact parent–child relationships, and the children's involvement in those dynamics—for instance, being triangulated in inter-parental conflicts, continues to heavily influence children's well-being.

Following a mixed-methods approach, the first phase of the study was a quantitative cross-sectional survey addressing co-parenting approaches in post-divorce families in Hong Kong, after which the second phase entailed in-depth interviews with parents and children in those families. Data collection yielded 142 valid questionnaires from 107 resident parents, 28 valid questionnaires from 20 nonresident parents, and 84 questionnaires from children, as well as qualitative data from semi-structured, in-depth interviews with five resident parents, five nonresident parents, and 11 children at least 8 years old.

Participants

Families with children with special needs as well as emotional and behavioral difficulties were over-represented in the sample, and the percentage of families that have encountered physical violence in the separation and divorce process was high. At the time of the study, most parents continued to struggle with forgiving their former spouses. In general, the families faced multiple challenges, and parents were in the early stages of divorce recovery.

Results

Integrating the quantitative and qualitative results, findings confirmed the study's two hypotheses:

1. A cooperative co-parenting pattern high in mutual support, low in conflict, and low in the triangulation of children in inter-parental conflicts positively contributes to children's well-being; and

2. An antagonistic co-parenting pattern low in mutual support, high in conflict, and high in the triangulation of children in inter-parental conflicts negatively contributes to children's well-being.

Parallel parenting with low parental communication, inter-parental support, and inter-parental conflict was the most prevalent post-divorce co-parenting pattern among parents in this study. Due to unresolved grievances, some parents reported even totally disengaging with each other. By contrast, for parents with greater communication, mixed co-parenting characterized by parental communication, inter-parental support, and some conflict was the major pattern. With the positive impact of inter-parental support and negative impact of inter-parental conflict, that pattern tended to be a mixed blessing for children's well-being.

Conforming to social expectations for post-divorce co-parenting without any genuine resolution of relational difficulties and grievances was a driving force of parents' mixed co-parenting. Another driving force was the challenges in co-parenting children with special needs children, which generated both the support of resident parents from nonresident parents and inter-parental conflict.

The significant association of both physical violence before divorce or separation and one-way support from resident parents to nonresident parents, as well as this one-way support and inter-parental conflict, suggested that physical violence before the divorce or separation increases the likelihood of both an unequal give-and-take in the co-parental relationship and conflict later on. Without adequate, effective communication between parents, both conflicted and disengaged co-parenting pose a risk of triangulating children in unresolved parental conflicts. Both the quantitative and qualitative data indicated that many parents are unaware of the degree of triangulation and loyalty conflicts that their children experience.

Special attention has to be given to children with special needs, who are at greater risk of encountering emotional and behavioral difficulties. The added stress of challenges in their care poses a greater risk of their being harmed due to the increased likelihood of exposure to post-divorce inter-parental conflict. At the same time, the results consistently indicated that post-divorce co-parenting is a demanding, taxing approach for parents. In that light, it was encouraging to find that parents who experienced conflicted co-parenting directly after their divorce had developed more amicable relationships at the time of the interviews.

Facilitating factors of amicable co-parenting include personal recovery of parents from divorce trauma, a belief in children's right to have relationships with both parents, adequate and appropriate support services to facilitate personal recovery and post-divorce co-parenting, and a clear court order stipulating an effective enforcement mechanism and parenting coordination.

Recommendations

- Adequate support of parents in facilitating their personal recovery and capacity for co-parenting
- Education and parental support to facilitate workable post-divorce co-parenting.
- Address the power issues in post-divorce co-parenting situations and interventions should aim to improve relational justice between parents in post-divorce families.
- Parallel parenting with assisted parental communication for parents experiencing unresolved grievances and conflicts
- A contact center for families experiencing violence and concerns for safety. Instead of being standalone facilities, each of these centers should be part of an integrated, holistic service project for post-divorce families.
- Stronger support services for children and their voices in the policymaking process
- Promoting post-divorce co-parenting without reinforcing the ‘nuclear family ideology’

Chapter 1: Rationale and Literature Review

Divorce and Post-Divorce Families in Hong Kong

In recent decades, the divorce rate in Hong Kong has increased sharply. Whereas the crude divorce rate increased from 0.4 to 3.1 per 1,000 people from 1981 to 2013. By extension, the proportion of children affected by divorce in Hong Kong increased from 4% in 2001 to 7% in 2011 (University of Hong Kong, 2014).

In Hong Kong, post-divorce families have long been conceptualized as single-parent families, which subtly assumes the absence of a nonresident parent in the family system. It furthermore overlooks the possibility that contact between nonresident parents and children occurs continually and the inter-parental contact inherent in the continuous involvement of both parents in these children's lives (Lau, 2014). Following a worldwide trend in family law from sole to joint parental responsibility subsequent to divorce and separation, the Law Reform Commission of Hong Kong (2005) recommended the joint parental responsibility model for Hong Kong's family law in 2005. After prolonged consideration of the results of public consultation, Hong Kong's Labour and Welfare Bureau announced its decision to pursue a legislative route toward implementing the parental responsibilities model in its submission to the legislative council in July 2013 (LC Paper no. CB(2)1483/12-13 (2)). Consultation on the proposed legislation was launched in November 2015 and ended on March 25, 2016 (Labour and Welfare Bureau, 2015).

By and large, the reform represents a shift from notions of parental rights to an emphasis on both parents' responsibility for children that should not wane after separation or divorce, as well as on the rights of children to maintain relationships with both parents following divorce (Labour and Welfare Bureau, 2015). Such emphasis on continued parental responsibility necessitates not only the continuous contact of both parents with children, but continuous co-parenting in post-divorce families as well.

Defining Post-Divorce Co-parenting

Co-parenting is generally defined as "the ways that parents work together in their roles as parents" (Feinberg, 2003, p. 149) that occurs when at least two individuals have joint responsibility for rearing particular children by mutual agreement, societal norms, or legal obligation (van Egeren & Hawkins, 2004). Co-parenting suggests both a dyadic relationship between parenting partners, as well as a triadic or polyadic construct involving the guidance and upbringing of one or more children for whom the parents share responsibility. In a family with more than one child, it is impossible to characterize a co-parental alliance as cooperative or antagonistic without reference to which child is being co-parented (McHale, Kuersten-Hogan, & Rao, 2004).

Adopting the above conceptualization of co-parenting, *post-divorce co-parenting* refers to the ways that parents work together in their roles as parents after divorce in the situation that both parents have continuous involvement with the child or children. In literature addressing divorce, the same construct has been presented in other terms, including *post-divorce parental alliances* (Whitehead, 1998), *parenting partnerships after divorce* (Durst, Wedemeyer, & Zurcher, 1985), and *post-divorce co-parental relationships* (Ahrons & Wallisch, 1987; Bohannon, 1971). A literature search using those keywords and review of relevant work found several proposed typologies of post-divorce parental alliance.

Typologies of Post-Divorce Co-parenting and Co-parental Alliance

Most typologies of post-divorce co-parenting and co-parental alliance encompass the spectrum of parental relationships, from cooperative, indifferent, or disengaged to conflicting (Ahrons & Wallisch, 1987; Baum, 2004; Furstenberg, Jr., 1988; Maccoby, Depner, & Mnookin, 1990). Ahrons and Wallisch (1987), for instance, proposed a typology of five patterns: perfect pals (i.e., parents who get along well and cooperate in all aspects of their lives), cooperative colleagues (i.e., parents who cooperate but have limited contact and conflict in their parental and personal interactions), angry associates (i.e., parents who often experience conflict but nevertheless attempt to co-parent cooperatively), fiery foes (i.e., parents who often experience conflict and are antagonistic in their co-parenting interactions), and dissolved duos (i.e., parents who entirely disengage from contact). Focusing on the pattern of parental involvement and cooperation of divorced parents, Furstenberg, Jr. (1988) suggested a two-pattern typology consisting of co-parenting and parallel parenting. In that framework, *co-parenting* means that parents continue to discuss matters concerning children and share childrearing decisions; whereas *parallel parenting* means that the parents operate in tandem and segregate their activities as much as possible.

Maccoby et al. (1990) proposed the most widely adopted typology of four post-divorce co-parenting patterns found empirically: conflicted (i.e., approximately a third of their sample), cooperative (i.e., approximately a fourth of their sample), parallel (i.e., approximately a third of their sample), and mixed (i.e., approximately a twelfth of their sample). Whereas cooperative co-parenting is characterized by regular, cooperative communication about children with minimal conflict and an absence of undermining the other parent, conflicted co-parenting is described by a regularity of parents' communication characterized by high levels of conflict, hostility, criticism, and competition. In parallel co-parenting, parents are disengaged from each other in their involvement with their children and show no concerted involvement. Lastly, mixed co-parenting is characterized by the coexistence of parental effort in educational coordination and communication due to concerns for children's welfare and high levels of inter-parental conflict.

In assessing co-parenting patterns and the quality of post-divorce parental alliance, levels of inter-parental conflict and cooperation are the most common assessment criteria (Ahrons, 1981; Baum, 2004; Camara & Resnick, 1988; Furstenberg, Jr., 1988; Maccoby & Mnookin, 1992). Expanding the concept from a dyadic to a triadic or polyadic construct, scholars proposed that triangulation in inter-parental conflicts is an additional dimension of post-divorce parental interaction that has considerable relevance to children's well-being (Buchanan, Maccoby, & Dornbusch, 1991; Mullett & Stolberg, 1999). Triangulation takes place when parents are unwilling to directly communicate with each other, which refers to the process of diverting the conflicts between parents to children (Bornstein, 2002). Parents may compete for the affection and loyalty of their children, bad-mouth their ex-spouse in front of their children and try to ally with the child against the other parent, creating a cross-generational coalition of the child with one parent and the alienation of the other parent (Grych, 2005).

In Hong Kong, few studies have addressed the post-divorce contact and post-divorce alliance of divorced parents (Cheung, 2004; Lau, 2007, 2008). Nevertheless, as both Cheung (2004) and Lau (2007) have found, mutual avoidance characterizes the interaction patterns of divorced Chinese parents in Hong Kong. Among the other results of those studies, to reduce conflicts triggered in the course of resolving differences and disagreement, divorced parents seldom work out their differences in disciplining children (Cheung, 2004). According to the level of mutual support between parents, inter-parental conflict, and the sharing of authority, Lau (2007b) showed that disengaged parallel parenting, characterized by high avoidance, poor sharing of authority, and low mutual support and conflict, is the most common co-parenting approach among the participating parents in the survey (32.3%), followed by supportive parallel parenting with conflict (25.8%) involving limited sharing of authority and moderate to high mutual support, avoidance, and conflict, and antagonistic conflicting co-parenting (21.0%), with low levels of sharing authority, avoidance, and mutual support as well as high conflict. By the same token, parents who continue to share parental authority in a supportive, nonaggressive way clearly constitute a minority (11.3%), though the least prevalent pattern (4.8%) enmeshed co-parenting characterized by moderate to high sharing of authority, mutual support, and conflict.

Post-Divorce Co-parenting Patterns and Children's Well-Being

The continued involvement of both parents in children's lives following their divorce is a double-edged sword (Lee, 1997). On the one hand, findings have consistently shown the negative association of post-divorce inter-parental conflict with children's well-being (Amato, 2010; Kelly, 2012). Focusing on the family process from a systemic perspective, scholars have also identified that unresolved inter-parental conflicts negatively influence children through their adverse effects on the quality of parent-child relationships, as well as by exposing children to disadvantages due to both decreased parental resources brought upon by the reduced

involvement of nonresident parents and the negative effects of parents' antagonistic relationships (Fischer, de Graaf, & Kalmijn, 2005; Whiteside, 1998).

On the other hand, cooperative parental alliance maximizes the possibility that children have two good parents (Fischer et al., 2005; King & Heard, 1999; Sobolewski & King, 2005) and is least likely to pit a child between parents (Buchanan et al., 1991). Cooperative parental alliance furthermore promotes resilience in children in light of the parents' ability to resolve differences (Kelly, 2007, p. 8), and some scholars have even found the level of parental cooperation to be a stronger predictor of children's well-being than inter-parental conflict (Camara & Resnick, 1988); Sobolewski & King, 2005), all of which are associated with more positive child adjustment (Kelly, 2012).

Mounting evidence also suggests that parallel parenting has no negative impact on children's well-being. In fact, children thrive in conflict-free parallel parenting relationships as long as both parents have adequate parenting in each home as well as concrete parenting agreements and rules specifying contact arrangements and feasible decision-making mechanisms have been put in place (Kelly, 2007, 2012). In a meta-analysis, Whiteside (1998) concluded that children in post-divorce families with high parental cooperation and low inter-parental conflict show the best adjustment, that children in families in which both parents maintain contact but with a high level of conflict show the most problems, and that children subject to parallel parenting score between those two groups in terms of adjustment.

In Hong Kong, Lau's (2007) study represents the only research on the relationships of different patterns of post-divorce parental alliance and children's well-being. Among its results, and consistent with findings in literature addressing divorce, conflicting parenting was negatively associated with children's self-evaluation of their behavioral conduct. Interestingly, harmonious co-parenting, in which parents avoid conflict by cultivating a high level of mutual avoidance and by being supportive and accommodating of the other, is negatively associated with children's self-evaluation of their athletic competence. This result is of particular concern, since children in Hong Kong tend to be entirely occupied with their studies and homework on weekdays, and athletic involvement is usually a part of their leisure or extracurricular activities on the weekends, though children in post-divorce families usually have to spend their weekends or public holidays with nonresident parents. Lau's (2007) qualitative data analysis explained that with a mutually avoidant but accommodating co-parenting pattern, both parents are free to maximize their time and involvement with their children, which could leave little time for children to pursue their own interests, including athletic involvement. Another finding indicated that children's voices are usually overlooked in contact arrangements, which implies a possible cultural or contextual difference in Hong Kong versus other countries in terms of how different patterns of post-divorce co-parenting affect children's well-being.

The above review indicates the need to give more voice to children in post-divorce co-parenting strategies, as well as that their perceptions and opinions of parents' co-parenting and

the extent to which they have a voice in co-parental decisions about childcare and contact arrangements need to be further explored. On top of that, studies in Hong Kong have generally neglected to take into account the effect of children's triangulation in inter-parental conflicts on their well-being.

Factors Contributing to Quality Post-Divorce Co-parenting

Along with concern for children's well-being, another area meriting further research is that addressing the facilitating factors of quality post-divorce co-parenting. Indeed, the literature review identified very few studies on that topic in other countries and none in Hong Kong. Among them, Ehrenberg (1996) found that histories of domestic violence were less likely among cooperating parents than disagreeing ones, while Bonach (2005) demonstrated that satisfaction with financial child support arrangements, less hostile divorce proceedings, and forgiveness were the strongest predictors of quality co-parenting. Forgiveness involves recognizing the injustice and pain the individual has suffered and reclaiming freedom from being controlled by negative feelings towards the ex-spouse and letting go of desire for revenge or punishment in response to the perceived wrong-doings of the ex-spouse, as well as the emergence of benevolence or goodwill (Bonach & Sales, 2002, Rye, et al., 2005). Fisher et al. (2005) reported that couples with children have more frequent friendly contact as time since the divorce passes, and the liberal value that former spouses can still be friends was also found to facilitate friendly contact between former spouses. Later, Markham, Ganong, and Coleman (2007) found that perceived expectations of and commitment to co-parenting increase the likelihood of cooperative co-parenting, while Adamson and Pasley (2006) revealed that parents' supportive relationship before divorce, mediated divorce processes, the arrangement of joint custody, and time since divorce can all facilitate cooperative parental interactions.

In response to the knowledge gaps identified, this study examined the relationships among different post-divorce co-parenting approaches, children's well-being, and facilitating factors of cooperative co-parenting.

Chapter 2: Conceptual Framework and Methodology

An Ecological Systems Framework

A family systems perspective (Ahrons, 1994; Goldsmith, 1982; Robinson, 1993) was adopted to better capture the complex interactions among family members and their interdependence in post-divorce adjustment. From a systemic perspective on the family, the co-parental unit or parental subsystem is the executive subsystem of the family (Minuchin, 1974), whose effective functioning provides children with a sense of stability and security (Marsanic & Kusmic, 2013). Over the course of the family life cycle, coparents have to adjust to several possible transitions, of which divorce and the inevitable family reorganization rank among the most challenge. As the dissolution of the marital subsystem but not the parental subsystem, divorce transforms a nuclear family system into a binuclear one, in which parents live in separate homes. In that systemic model, divorce influences child development by significantly affecting family processes (Simons, Lin, Gordon, Conger, & Lorenz, 1999; Whiteside, 1998). As a result, the dynamics and functioning of parental alliance, their impacts on parent–child relationships, and the children’s involvement in those dynamics, including being triangulated in inter-parental conflicts, continue to exert tremendous impacts on children’s well-being. Also from an ecological perspective (Bronfenbrenner, 1979), Feinberg (2003) posited that co-parenting is influenced by contextual influences (e.g., social expectations of post-divorce co-parenting and the availability of support and services in facilitating post-divorce co-parenting), the quality of parental relationships, and individual characteristics such as parents’ belief in and commitment to co-parenting, each parent’s recovery from divorce trauma, and developmental stage of the children.

With reference to the abovementioned ecological systems framework and the findings of previous studies, two hypotheses regarding the relationship of co-parenting approaches and children’s well-being were formulated. However, given the possibility of cultural difference, no hypothesis concerning disengaged parallel parenting was formulated, nor was a hypothesis about contributing factors of quality post-divorce co-parenting relationships, owing to the limited number of previous studies and empirical findings. The two hypotheses are:

1. A cooperative co-parenting pattern high in mutual support, low in conflict, and low in the triangulation of children in inter-parental conflicts positively contributes to children’s well-being; and
2. An antagonistic co-parenting pattern low in mutual support, high in conflict, and high in the triangulation of children in inter-parental conflicts negatively affects children’s well-being.

Research Design, Measurements, and Procedures

Following a mixed-methods approach, the first phase of this study was a quantitative cross-sectional survey about co-parenting approaches in post-divorce families in Hong Kong, after which a second phase entailed in-depth interviews with parents and children in those families.

Cross-sectional survey

Although the anticipated sample size for the survey was 100 post-divorce families, ultimately respondents from 114 families participated. Since target groups for the survey included resident parents and their children, purposive sampling with three criteria was used: parents in the family had to be separated or divorced, the family had to have children less than 18 years old, and the nonresident parent had to have engaged parental involvement (e.g., financial support of children or contact with children) in the past year before the survey or interview. Families and participants meeting those criteria were recruited with the help of social workers from the Hong Kong Family Welfare Society (HKFWS). An invitation letter explaining the purpose of the study and content of the questionnaire was extended to each potential participant through the social workers, and all participants had to provide written consent for their children's and their own participation in the survey (Appendix 1). Questionnaires were administered with the help of social workers or during home visits by the research assistant of the research team.

Structured questionnaires were used for data collection (Appendixes 2 - 6). Each questionnaire focuses on parents' co-parenting contact and alliance for a specific child and their assessment of the child's behavioral and emotional adjustment. In families with more than one child, parents could opt to provide either a completed questionnaire addressing a specific child or questionnaire for each child. If the child chosen was more than 8 years old, then he or she was invited to participate in the survey as well. For families with younger children, data were collected from parents only. To incentivize families to participate in the survey, a supermarket voucher of HKD \$50 was awarded for each completed questionnaire from parents and children. Assistance with completing the questionnaire was provided to respondents when necessary. Due to difficulties in recruiting nonresident parents, families in which only the resident parent participated were accepted. The measurement of variables and the content of the questionnaire were as follows.

Children's well-being

Children's self-esteem was measured using the Rosenberg Self-Esteem Scale (Rosenberg, 1965), one of the most widely used assessment tools for global self-esteem. The reliability (Cronbach's alpha) of the scale was found to be .70–.90 (Sinclair et al., 2010) and was .83 in this study.

Children's emotional and behavioral adjustment was measured by the Strengths and Difficulties Questionnaire (Goodman, 2001), a 25-item scale that assesses children's difficulties and strengths with their emotions, behavior, and relationships. Chinese versions of the questionnaire were administered to resident parents, nonresident parents, and children. The questionnaire has five dimensions: conduct problems, emotional symptoms, hyperactivity, peer problems, and prosocial behavior. In this study, the reliability of the hyperactivity, emotional symptoms, and prosocial behavior subscales were within acceptable ranges (.66–.81). By deleting the item "Generally obedient, usually does what adults request," the reliability of the conduct problems subscale ranged from .64 to .71. Since the peer problems scale showed poor reliability (.41–.52), it was excluded from data analyses.

Parents' post-divorce co-parenting

Co-parental communication was measured using the Content of Co-parental Interaction Scale (Ahrons, 1981), a 10-item scale that assesses the content and frequency of interactions concerned with childrearing obligations and responsibilities. The scale's reliability ranged from .92 to .93 for women (Ahrons, 1981; Ahrons, 1981; Mullett & Stolberg, 1999). It was used in parents' questionnaires in this study and found to have good reliability (.96 for resident parents, .94 for nonresident parents).

Levels of conflict and mutual support between parents were measured by the Co-parenting Communication Scale (Ahrons, 1981), consisting of a 4-item subscale used to measure levels of conflict and a 6-item subscale used to measure levels of support. The reliability of the conflict subscale ranged from .88 to .89 (Ahrons, 1981; Mullett & Stolberg, 1999), whereas that of the support subscale ranged from .74 to .89 (Ahrons & Wallisch, 1987; Christensen & Rettig, 1995; Mullett & Stolberg, 1999). In this study, the reliability of the conflict subscale was .94 for resident parents and .88 for nonresident parents, whereas the reliability of the support subscale was .77 for resident parents and .69 for nonresident ones. It was found in the analyses process that resident parents' support of nonresident parents, and nonresident parents' support of resident parents had differential impact on children's well-being, as well as having different facilitating factors. The index of mutual support was recomputed into two indexes—resident parents' support of nonresident parents and nonresident parents' support of resident parents—and results of analyses with these two indexes are reported in the following chapter.

Triangulation of children in inter-parental conflicts was measured using the Caught Between Parents Scale (Buchanan et al., 1991) in children's questionnaires and the triangulation subscale of the Co-parenting Questionnaire (Margolin, Gordis, & John, 2001) in parents' questionnaires. The Caught Between Parents Scale is a 7-item scale that assesses the extent to which parents triangulate children in their conflicts. An additional item on the extent to which the children feel that parents have conflict for them was added. Cronbach's alpha of

the original scale ranged from .64 to .88 (Buchanan et al., 1991; Mullett & Stolberg, 1999). The reliability of the 8-item scale was .76 in this study. Meanwhile, the triangulation subscale of the Co-parenting Questionnaire is a 4-item scale, to which revisions were made to make items inclusive for both parents. Cronbach's alpha of the original subscale ranged from .73 to .84; its reliability was .74 for resident parents and .84 for nonresident ones in this study.

Facilitative factors of quality post-divorce co-parenting

Forgiveness was measured with the Forgiveness Scale (Rye, Loiacono, & Folck, 2001), a 15-item, 5-point Likert-type scale (1 = *Strongly agree*, 5 = *Strongly disagree*) with two subscales: the absence of negative thoughts, feelings, and behavior toward wrongdoers subscale and the presence of positive thoughts, feelings, and behavior toward wrongdoers subscale. Cronbach's alpha was .87 for the entire scale, .76 for the absence of negative thoughts subscale, and .80 for the presence of positive thoughts subscale. The reliabilities of the overall scale were .90 for resident parents and .89 for nonresident ones. Only overall ratings were used in this study.

Personal expectations and commitment to post-divorce co-parenting were measured with Markham et al.'s (2007) 3-item scale on self-expectations of co-parenting and 2-item scale on commitment to co-parenting identity. To align with the general format of scales, all items were rated on a 5-point Likert-type scale (1 = *Strongly disagree*, 5 = *Strongly agree*). Though the reliability of the original self-expectation subscale was .78, no information on the reliability of the commitment subscale was available. In this study, the reliability of the overall subscale was .85 for resident parents and .86 for nonresident ones. Only the overall scale was used in analysis.

Social expectations of post-divorce co-parenting were measured with Markham et al.'s (2007) scale on social expectations of co-parenting, which exhibited a reliability of .78. In this study, the scale showed an acceptable reliability of .69 for resident parents, but a very poor reliability of .26 for nonresident parents.

Degree of conflict violence before and during divorce or separation was assessed with three items: "What was the degree of conflict in the divorce or separation process?" "Was there any verbal violence before the divorce or separation?" and "Was there any physical violence before the divorce or separation?" The answers were rated with a 4-point Likert-type scale (1 = *Never*, 4 = *Often*).

Use of support services assessed whether the couple has used cooperation-facilitating support services, as measured with a single item: "Did you use the following services in order to facilitate a workable co-parenting alliance with your ex-spouse?" The services included mediation, parenting coordination, family services, and others.

Duration since divorce was indicated by the number of years since the spouses legally divorced.

Satisfaction with financial child support arrangements was measured with a single item: “How satisfied are you with the child support payment?”

Control variables

Demographic characteristics of the children and parents, as well as parent–child intimacy, quality parenting of each parent and children’s voice in the care and visitation arrangement, were the control variables in the survey. On the parents’ questionnaire, **quality parenting** by both parents and **parent–child intimacy** of the child with both parents were measured by a scale modified from Stewart’s (2003) Relationship Quality Scale, which consists of three items addressing nonresident parents’ participation in leisure and recreational activities, five items addressing parental involvement in authoritative parenting, and one item addressing parent–child closeness. The three items addressing parents’ participation in leisure and recreational activities were integrated into one item (i.e., “In the past 4 weeks, how often did your father or mother participate in enjoyable leisure and recreational activities with you?”). Together with the other five items, a six-item scale on quality parenting was adopted in the questionnaires for resident parents, nonresident parents, and children that showed robust reliability (.84–.95). The item on parent-child closeness was expanded into two items to measure the parent-child intimacy: “How close do you feel with the child?” and “How close is the child with his or her mother or father?” On the children’s questionnaire, the two items were “How close do you feel with your resident parent?” and “How close do you feel with your nonresident parent?”

Children’s voice in the care and visitation arrangements was measured with a three-item self-constructed scale. A sample item is: “To what extent that your parents take your opinion into consideration when making decisions related to your contacts with the nonresident parents?” Its reliability was .71 in this study

In-depth interviews

Semi-structured, in-depth interviews were conducted with five resident parents, five nonresident parents, and 11 children more than 8 years old. Parents with different co-parenting patterns were recruited from survey respondents who indicated their willingness to attend the follow-up interview on their consent forms. Children were recruited through their parents and with the referral of social workers at HKFWS. Interviews were held from December 2015 to March 2016 and focused on parents’ opinions about facilitating factors, their practical wisdom for achieving a workable co-parenting relationship, their observations of the impact of parental relationships on children, and children’s experiences with different co-parenting patterns (Appendix 7.1-7.2).

To express our gratitude for his or her participation, each participant in the in-depth interviews received a supermarket voucher for HKD \$50. Following the written consent of adult participants and parents' consent for their children to participate (Appendix 8.1-8.2), all interviews were taped, transcribed verbatim, and used for thematic analyses (Braun & Clarke, 2006). Peer checking (Creswell, 2006) was performed to ensure the trustworthiness of analyses and the themes developed. The principal investigator and a research assistant conducted independent analyses of the data, which ultimately showed strong consistency regarding the primary themes identified.

Chapter 3: Results and Findings of the Survey

All participants were recruited from people served at HKFWS. In all, information about 156 children from 114 families was collected. There were 142 valid questionnaires from 107 resident parents, 28 valid questionnaires from 20 nonresident parents, and 84 questionnaires from children, as details in Table 1 show.

Table 1. Number of participants and valid questionnaires collected

Families involved	114
Children involved	156
Resident parent survey participants	107
Nonresident parent survey participants	20
Children survey participants	84
Total survey participants	210
Questionnaires for resident parents	142
Questionnaires for nonresident parents	28
Questionnaires for children	84
Total valid questionnaires	254

Demographic Characteristics of Children and Parents

Among the 156 children who involved in the survey, there were equal numbers of boys and girls, whose ages ranged from 4 to 17 years old ($M = 10.52$ years). In terms of children in the household, most families had one or two children (74.4%, $n = 116$). More than half of parents (55.8%, $n = 87$) had been divorced or separated for 2–5 years, and only 12.5% of them ($n = 9$) were divorced or separated for less than 2 years. A considerable percentage of children (26.3%, $n = 41$) were reported to have special needs, meaning that such children were over-represented in the sample. Table 2 summarizes the figures.

Most resident parents were women (73.7%, $n = 115$) and aged 36–45 years (53.8%, $n = 84$). Only 5.1% of parents ($n = 8$) reported having new partners. In terms of education, 41.7% of resident parents ($n = 65$) reported graduating from junior high school and another 28.8% ($n = 45$) reported graduating from senior high. More than half of resident parents (50.7%, $n = 72$) were either receiving Comprehensive Social Security Assistance (CSSA) or earning less than HKD \$5,000, while another 20.4% ($n = 29$) were earning less than HKD \$10,000, which indicates that most resident parents were from the low-income population.

Given the limited number of participating nonresident parents in the survey, demographic information about the 156 children's nonresident parents was inadequate. Details about the information of parents appear in Table 3, and additional analyses were based on resident parents' and children's data.

Table 2. Demographic characteristics of participating children ($n = 156$)

Gender	Boy Girl	50% (78) 50% (78)	
Age (in years)	4–7 8–12 13–17	24.4% (38) 39.2% (61) 36.6% (57)	$M = 10.52$ $SD = 3.831$
Number of siblings	0–1 2 or more Missing	74.4% (116) 23.1% (36) 2.6% (4)	$M = 1.05$ $SD = 1.233$
Years since parents' separation or divorce	<2 2–5 >5 Missing	12.5% (9) 55.8% (87) 29.1% (56) 2.6% (4)	$M = 5.4$ $SD = 3.155$
Child with special needs?	Yes No Missing	26.3% (41) 65.4% (102) 8.3% (13)	

Table 3. Demographic characteristics of participating parents

	Resident parents ($n = 142$)	Nonresident parents ($n = 28$)
Gender		
Man	17.3% (27)	9.6% (15)
Woman	73.7% (115)	8.3% (13)
Missing	9.0% (14)	82.1% (128)
Age (in years)		
26–35	15.4% (24)	3.8% (6)
36–45	53.8% (84)	12.8% (20)
46–55	19.9% (31)	1.3% (2)
56–70	1.9% (3)	0.0% (0)
Missing	9.0% (14)	82.1% (128)
Marital status		
Single	85.9% (134)	16.0% (25)
Remarried	5.1% (8)	1.9% (3)
Missing	9.0% (14)	82.1% (128)
Highest level of education attained		
Primary school or less	10.9% (17)	3.8% (6)
Junior high school	28.8% (45)	4.5% (7)
Senior high school	41.7% (65)	5.1% (8)
Tertiary education	9.6% (15)	4.5% (7)
Missing	9.0% (14)	82.1% (128)
Mean monthly income*		
Receiving CSSA	35.2% (55)	3.8% (6)
\$5,000 or less	10.9% (17)	3.2% (5)
\$5,001–10,000	18.6% (29)	3.2% (5)
\$10,001–15,000	13.5% (21)	3.8% (6)
\$15,001–30,000	9.0% (14)	1.9% (3)
\$30,001 or more	3.8% (6)	1.9% (3)
Missing	9.0% (14)	82.1% (128)

*In HKD; CSSA = Comprehensive Social Security Assistance

Degree of Conflict in the Divorce or Separation Process

Although 53.5% ($n = 76$) of resident parents reported that the separation or divorce process was characterized by conflict, 46.5% ($n = 66$) reported that it was amicable. Before their divorce or separation, verbal violence was common; 85.2% ($n = 121$) reported verbal violence either sometimes or always, 38.7% ($n = 55$) reported physical violence sometimes, and 7.0% ($n = 10$) reported frequent physical violence before the divorce or separation.

Table 4. Perceived degree of conflict in divorce or separation process among resident parents ($n = 142$)

Degree of conflict in divorce or separation	
Amicable	46.5% (66)
Conflicting	53.5% (76)
Verbal violence before divorce or separation	
Never	14.8% (21)
Sometimes	40.1% (57)
Frequently	45.1% (64)
Physical violence before divorce or separation	
Never	53.5% (76)
Sometimes	38.7% (55)
Frequently	7.0% (10)

Post-Divorce Parental Relationships

Post-divorce co-parental communication, mutual support, inter-parental conflict, and triangulation of children in inter-parental conflicts

Table 5 summarizes the co-parental relationships of parents. A low level of post-divorce co-parental communication emerged, for 77.5% of resident parents ($n = 110$) had never or seldom communicated with nonresident parents. Over sixty percent of resident parents (64.8%, $n = 92$) reported that nonresident parents never or seldom provided support to them, and only 8.4% ($n = 12$) reported frequent support from nonresident parents. In contrast, over half of resident parents (58.7%, $n = 83$) sometimes or frequently provided support to nonresident parents. In brief, there were either a low mutual support between the parents or a one-way support from resident parents of nonresident parents according to resident parents' perspective. For inter-parental conflict, 54.2% of resident parents ($n = 77$) reported some or frequent conflict.

Most resident parents (77.5%, $n = 110$) reported that they and their ex-spouses never or seldom triangulated their children in their conflicts. A higher percentage of children perceived that their parents triangulated them within their conflicts sometimes or frequently (36.9%, $n = 31$). Given the different measurement scales addressing triangulation for children and for parents, no direct comparison of their means could be performed. Correlation analyses conducted to examine their relationship showed that parents' reported degree of triangulation did not correlate with children's reports. The results indicate that resident parents and children might have different perception on the triangulation of children in the co-parenting process.

Concerning children's voice in visitation arrangements, 80.9% of children ($n = 68$) reported having a voice in the decision-making process.

Table 5. Triangulation of children in inter-parental conflicts and autonomy of children in visitation arrangements

Co-parental communication (n =142) Never or seldom (10–23) Sometimes (24–36) Often or always (37–50) Mean	77.5% (110) 19.7% (28) 1.7% (4) 17.23 (SD = 8.124)
Resident parents' support of nonresident parents (n = 142) Never or seldom (2-5) Sometimes (6-7) Often or always (8-10) Mean	41.5% (59) 25.6% (36) 33.1% (47) 6.07(SD = 2.434)
Nonresident parents' support of resident parents (n = 142) Never or seldom (4-9) Sometimes (10-14) Often or always (15-20) Missing Mean	64.8% (92) 26.1% (37) 8.4% (12) 0.7% 8.29 (SD =3.520)
Parental conflicts Never or seldom (4–9) Sometimes (10–14) Often or always (15–20) Mean	45.8% (65) 36.6% (52) 17.6% (25) 10.18 (SD = 5.102)
Resident parent's perception of children's triangulation in inter-parental conflicts (n = 142) Never or seldom (4–9) Sometimes (10–14) Often or always (15–20) Mean	77.5% (110) 21.5% (30) 1.4 % (2) 7.53 (SD = 2.863)
Child's perception of their triangulation in inter-parental conflicts (n = 84) Never or seldom (8–18) Sometimes (18–28) Often or always (29 – 40) Mean	63.1% (53) 32.1% (27) 4.8% (4) 17.48 (SD = 6.053)
Child's voice in care and visitation arrangements (n = 84) Never or seldom (3–7) Sometimes (8–11) Often or always (12–15) Mean	19.1% (16) 46.4% (39) 34.5% (29) 10.10 (SD =2.655)

Parents' expectations of post-divorce co-parenting and forgiveness of ex-spouses

More than half of resident parents reported an ambivalent or mixed attitude toward their self-expectations in terms of post-divorce co-parenting. Only 29.5% ($n = 42$) showed high levels self-expectation and commitment, and only 9.9% ($n = 14$) perceived high external social expectations for post-divorce co-parenting.

Concerning degree of forgiveness, 36.6% ($n = 52$) of resident parents reported that they had forgiven the other party, whereas 9.2% ($n = 13$) of resident parents clearly expressed

difficulties in forgiving their former spouses. More than half of parents remained ambivalent about forgiving the other party.

Table 6. Social and self-expectations of post-divorce co-parenting among resident parents ($n = 142$)

Self-expectations of and commitment to post-divorce co-parenting	
Low (5–11)	14.8% (21)
Ambivalent or mixed (12–18)	55.0% (78)
High (19–25)	29.5% (42)
Missing	0.7% (1)
Mean	15.35 (SD = 3.83)
Social expectations of post-divorce co-parenting	
Low (3–7)	45.8% (65)
Ambivalent or mixed (8–11)	42.3% (60)
High (12–15)	9.9% (14)
Missing	12.0% (17)
Mean	7.88 (SD = 2.714)
Forgiveness of the other party	
Low (15–34)	9.2% (13)
Some or ambivalent (35–55)	52.8% (75)
High (56–75)	36.6% (52)
Missing	1.4% (2)
Mean	50.85 (SD = 10.800)

Parents' Post-Divorce Involvement and Parent–Child Intimacy

Post-divorce parental involvement

According to resident parents, 66.2% of nonresident parents ($n = 94$) do not provide parental maintenance for their children. More than half of resident parents (58.5%, $n = 83$) did not feel satisfied with the parental maintenance arrangement, while only 8.4% ($n = 13$) felt satisfied.

Table 7. Perception of parental maintenance provided among resident parents ($n = 142$)

Provision of maintenance from nonresident parents	
Yes	33.8% (48)
No	66.2% (94)
Satisfaction with parental maintenance arrangement	
Strongly satisfied or satisfied	8.4% (13)
Neutral	28.2% (40)
Strongly dissatisfied or dissatisfied	58.5% (83)
Missing	9.1% (13)
Mean	2.38 (SD = 1.038)

Regarding quality parenting, 45.1% ($n = 64$) of resident parents reported that they had frequent involvement with their children, whereas only 28.5% ($n = 24$) of children reported the

frequent involvement of the resident parents, thereby indicating a significant difference between resident parents' self-evaluation and children's perception ($M = 2.18$, $SD = 4.572$, $t = 4.210$, $p < .05$). Consistently, the majority of resident parents (71.1%, $n = 101$) and children (75%, $n = 63$) reported that nonresident parents were seldom involved in quality parenting.

Table 8. Perceptions of parental involvement in quality parenting among children ($n = 84$) and resident parents ($n = 142$)

	Resident parents	Children
Resident parent's involvement in quality parenting		
Never or seldom (6–14)	5.6% (8)	15.5% (13)
Sometimes (15–22)	47.9% (68)	56.0% (47)
Often or always (23–30)	45.1% (64)	28.5% (24)
Missing	1.4% (2)	0% (0)
Mean	22.05 ($SD = 4.57$)	19.50 ($SD = 5.11$)
Nonresident parent's involvement in quality parenting		
Never or seldom (6–14)	71.1% (101)	75% (63)
Sometimes (15–22)	21.8% (31)	21.4% (18)
Often or always (23–30)	3.5% (5)	2.4% (2)
Missing	3.5% (5)	1.2% (1)
Mean	11.58 ($SD = 5.35$)	11.81 ($SD = 4.77$)

Parent–child intimacy

An overwhelming proportion of both resident parents (80.3%, $n = 114$) and children (75.0%, $n = 63$) reported a high level of intimacy between children and resident parents. By contrast, both groups reported a far lower level of intimacy between nonresident parents and children. In fact, only 15.5% of resident parents ($n = 22$) perceived the nonresident parents and children to be intimate, although only 26.2% of children ($n = 22$) agreed. A significant difference between children and resident parents thus emerged ($M = 0.35$, $SD = 1.098$, $t = -2.868$, $p < .05$), which reflects resident parents' undervaluation of the level of intimacy between children and their nonresident parents.

Table 9. Perceptions of parent–child intimacy among resident parents ($n = 142$) and children ($n = 84$)

	Resident parents	Children
Resident parent–child intimacy		
Not intimate (1–2)	4.9% (7)	7.1% (6)
Average (3)	14.8% (21)	17.9% (15)
Intimate (4–5)	80.3% (114)	75.0% (63)
Mean	4.25 ($SD = 0.932$)	4.12 ($SD = 2.70$)
Nonresident parent–child intimacy		
Not intimate (1–2)	53.6% (76)	44.0% (37)
Average (3)	30.3% (43)	29.8% (25)
Intimate (4–5)	15.5% (22)	26.2% (22)
Missing	0.7% (1)	0.0% (0)
Mean	2.40 ($SD = 1.158$)	0.982 ($SD = 1.128$)

Children's Well-Being

Children's self-esteem

Slightly more than half of all 84 children (51.2%, $n = 43$) demonstrated mixed self-esteem involving both negative and positive self-appraisals; 45.2% ($n = 38$) exhibited positive self-esteem, and very few (3.6%, $n = 3$) demonstrated obvious negative self-esteem.

Table 10. Children's self-esteem ($n = 84$)

Negative (10–23)	3.6% (3)
Mixed (24–36)	51.2% (43)
Positive (37–50)	45.2% (38)
Mean	35.56 ($SD = 6.530$)

Children's behavioral and emotional adjustment

According to data from resident parents and children, more than half of children had achieved positive adjustment by showing few or no conduct or emotional problems coupled with some, if not a great deal of, prosocial behavior. The most problematic aspect of children's adjustment was hyperactivity; 67.6% ($n = 96$) of resident parents reported that their children had moderate to high levels of hyperactivity, and 52.4% ($n = 44$) of children made similar reports. Despite the significant difference between resident parents' and children's reports ($M = 0.75$, $SD = 2.925$, $t = 2.260$, $p < .05$), both figures underscore the behavioral difficulties of children in the families that participated in the survey.

Table 11. Children's behavioral and emotional adjustment according to resident parents ($n = 142$) and children ($n = 84$)

	Resident parents	Children
Hyperactivity		
None or mild (0–3)	32.4% (46)	45.2% (38)
Moderate (4–7)	47.2% (67)	46.4% (39)
Severe (8–10)	20.4% (29)	6.0% (5)
Missing	0% (0)	2.4% (2)
Mean	4.97 ($SD = 2.752$)	3.89 ($SD = 2.217$)
Emotional symptoms		
None or few (0–3)	51.4% (73)	54.8% (46)
Some (4–7)	43.7% (62)	37.0% (31)
Many (8–10)	4.2% (6)	8.2% (7)
Missing	0.7% (1)	0% (0)
Mean	3.52 ($SD = 2.270$)	3.46 ($SD = 2.356$)
Conduct problems		
None or few (0–2)	66.2% (94)	59.5% (50)
Some (3–5)	26.8% (38)	33.3% (28)
Many (6–8)	6.3% (9)	6.0% (5)
Missing	0.7% (1)	1.2% (1)
Mean	1.96 ($SD = 1.796$)	2.198 ($SD = 1.811$)
Prosocial behaviors		
None or little (0–3)	3.5% (5)	2.4% (2)
Some (4–7)	46.5% (66)	52.4% (44)
Much (8–10)	50% (71)	44.0% (37)
Missing	0% (0)	1.2% (1)
Mean	7.18 ($SD = 2.179$)	7.169 ($SD = 2.106$)

Summary of Demographic Characteristics and Situations of Participants

Post-divorce families with children with special needs, as well as emotional and behavioral difficulties, were over-represented in the sample, as were resident parents belonging to low-income populations. The percentage of families that have encountered physical violence in the divorce process was also high. During the study, most parents continued to struggle with forgiving their ex-spouses, and both parties tended to avoid contact. There were either low levels of mutual support or resident parents' one-way support of nonresident parents and some degree of continuous conflict among parents. Most children reported that, to a certain extent, they had been triangulated in parents' conflicts, even though their resident parents seemed to be unaware of the degree of triangulation. In that sense, the results are more applicable to families experiencing multiple challenges and to parents in the early stages of divorce recovery.

Parents' Co-parental Relationships and Children's Well-being

Results of correlational analyses

To inform the regression analyses, correlational analyses were conducted to identify significantly correlated variables regarding children's well-being. Table 12 presents the results of analyses based on resident parents' data. Table 13 presents the results of analyses based on children's data.

Table 12. Correlational analyses of resident parents' data ($n = 142$)

	Hyper-activity	Emotional symptoms	Conduct problems	Prosocial Behavior
Post-divorce co-parental communication	.035	.165	.075	-.064
RP's support of NP	-.62	-.091	-.064	.115
NP's support of RP	-.105	-.045	-.018	-.051
Post-divorce inter-parental conflicts	.210*	.127	.164	-.063
Triangulation of children	.031	.021	.225**	-.004
Resident parent's involvement in quality parenting	-.125	-.090	-.173*	.171*
Nonresident parent's involvement in quality parenting	.080	.128	.086	-.045
Resident parent-child intimacy	-.089	-.016	-.262**	.208*
Nonresident parent-child intimacy	.085	.137	.119	-.140
Special needs of children	.359**	.304**	.223**	-.059
Number of children in the family	-.037	.110	.083	.077
Child's age	-.034	.072	.008	-.241**
Child's gender (0 = M, 1 = F)	-.164	.014	-.071	.069
Resident parent's gender (0 = M, 1 = F)	-.005	.021	-.073	.033
Resident parent's age	.027	.089	.112	.010
Resident parent's educational level	-.006	.025	.146	.050
Duration since separation or divorce	.024	.110	-.065	.046

* $p < .05$, ** $p < .01$, *** $p < .001$

Table 13. Results of correlational analysis of children's data ($n = 84$)

	Hyper-activity	Emotional symptoms	Conduct problems	Prosocial behavior	Self-Esteem
Co-parental communication	-.056	.240*	-.116	.057	-.086
RP's support of NP	-.311**	-.018	-.049	.035	.067
NP's support of RP	-.133	.071	-.096	-.002	.011
Post-divorce inter-parental conflict	.146	.160	.244*	.005	-.076
Triangulation of children in inter-parental conflicts	.211	.285**	.146	.053	-.409**
Resident parent's involvement in quality parenting	-.144	-.033	-.039	.320**	.275*
Nonresident parent's involvement in quality parenting	-.017	.070	.159	.139	-.045
Resident parent-child intimacy	-.096	-.123	-.165	.314**	.134
Nonresident parent-child intimacy	-.081	.039	.004	.056	-.146
Child's autonomy in the visitation arrangement	-.142	-.088	-.283**	.168	.204
Special needs of children	.283*	.186	.234*	.098	-.012
Number of children in the family	.137	.138	.041	.056	.011
Child's age	.008	.085	.0046	-.279*	-.052
Child's gender (0 = M, 1 = F)	-.176	.085	.009	.264*	-.123
Resident parent's gender (0 = M, 1 = F)	.054	-.028	-.013	.146	.184
Resident parent's age	.078	.121	.126	.043	-.003
Resident parent's educational level	-.018	-.018	.101	.216	-.082
Time since separation or divorce	.156	.293**	.129	.050	.066

* $p < .05$, ** $p < .01$, *** $p < .001$

Results of regression analysis of resident parents' data

Owing to the excess of independent variables and small sample size, only control variables significantly correlated with dimensions of children's well-being were used in regression analyses. Nonresident parent's involvement in quality parenting, nonresident parents' intimacy with the children, and number of children in the family, resident parents' gender, age, educational level and income were excluded from the analyses, since they demonstrated no correlational significance. The results of which according to resident parents' data are summarized in Table 14.

The special needs of children were found to be a common risk factor for children's hyperactivity ($\beta = .337$, $p < .001$), emotional symptoms ($\beta = .324$, $p < .001$), and conduct problems ($\beta = .275$, $p < .01$). A higher level of inter-parental conflict was associated with more hyperactivity among children ($\beta = .283$, $p < .01$), while post-divorce co-parental communication had only a marginally significant association with hyperactivity ($\beta = .229$, $p = .051$). Co-parental communication was significantly associated with more emotional symptoms among children ($\beta = .459$, $p < .001$), whereas nonresident parents' support of resident parents was associated with fewer ($\beta = -.346$, $p < .05$). Girls demonstrated more emotional symptoms than boys ($\beta = .175$, $p < .05$). A higher level of resident parent-child

intimacy and a longer duration since the divorce were both negatively associated with conduct problems among children ($\beta = -.320, p < .01$; $\beta = -.181, p < .05$, respectively). Again, post-divorce co-parental communication exhibited a marginally significant association with conduct problems ($\beta = .222, p < .053$). For children, post-divorce inter-parental conflict and being older was associated with lower levels of prosocial behavior ($\beta = -.254, p < .05$; $\beta = -.296, p < .01$, respectively), while more support by resident parents of nonresident parents and a longer duration since divorce were associated with higher levels ($\beta = .254, p < .05$; $\beta = .220, p < .01$, respectively).

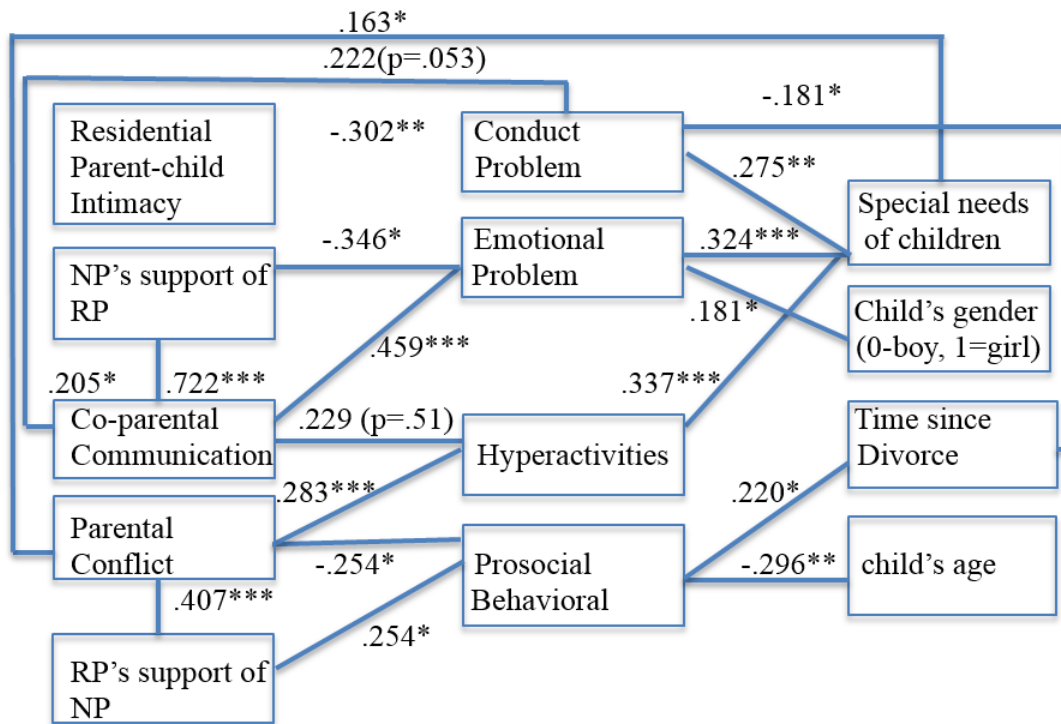
Table 14. Standardized regression coefficients on children's well-being per resident parents' data

	Hyperactivity	Emotional symptoms	Conduct problems	Prosocial Behavior
Post-divorce co-parental communication	.229 ($p = .051$)	.459***	.222 ($p = .053$)	-.094
RP's support of NP	-.106	-.127	-.086	.254*
NP's support of RP	-.199	-.346*	-.175	-.105
Post-divorce inter-parental conflicts	.283**	.176	.082	-.254*
Triangulation of children	-.132	-.051	.120	.210
Resident parent's involvement in quality parenting	-.083	-.066	-.064	.095
Resident parent-child intimacy	-.163	.016	-.302**	.092
Special needs of children	.337***	.324***	.275**	-.048
Child's age	-.091	.088	-.108	-.296**
Child's gender (0 = M, 1 = F)	-.026	.181*	.014	-.042
Time since divorce	-.111	-.021	-.181*	.220*
Adjusted R^2	.180***	.171***	.161***	.115**
<i>n</i>	136	135	135	136

* $p < .05$, ** $p < .01$, *** $p < .001$

Additional path analyses were conducted to elucidate relationships among variables significantly affecting different aspects of children's well-being. For children's hyperactivity, post-divorce inter-parental conflict was regressed on the special needs of children and co-parental communication, which showed that more co-parental communication and the special needs of children increased the risk of inter-parental conflict ($\beta = .205, p < .05$; $\beta = .163, p < .05$, respectively). For children's emotional symptoms, co-parental communication was regressed on nonresident parents' support of resident parents and children's special needs, the results of which indicated that a higher level of support by nonresident parents of resident parents was associated with more co-parental communication ($\beta = .722, p < .001$). However, no significant relationship was identified among significant variables of children's conduct problems. For children's prosocial behavior, resident parents' support of nonresident parents was regressed on post-divorce inter-parental conflict and children's age, which revealed a significant association between such support and post-divorce inter-parental conflict ($\beta = .407, p < .001$). Figure 1 presents the path diagram of the results.

Figure 1. Path diagram of the impact of the different dimensions of co-parental alliance on children's well-being (Resident parents' data)



Results of regression analyses of children's data

Results of analysis show that the regression model for children's prosocial behavior based on children's data was invalid. Accordingly, only the results concerning children's hyperactivity, emotional symptoms, conduct problems, and self-esteem are reported here.

Similar to results from resident parents' data, children's special needs constituted a common risk factor for children's hyperactivity ($\beta = .256, p < .05$), emotional symptoms ($\beta = .258, p < .05$), and conduct problems ($\beta = .332, p < .01$). More co-parental communication was associated with more emotional problems ($\beta = .432, p < .05$), and girls reported significantly more emotional problems than boys ($\beta = .286, p < .05$).

At the same time, more support by resident parents of nonresident parents significantly reduced children's hyperactivity ($\beta = -.351, p < .05$), whereas inter-parental conflict was associated with more conduct problems ($\beta = .253, p < .05$). Interestingly, girls reported a higher level of conduct problems than boys did ($\beta = .276, p < .05$). Allowing children more voice in decision-making about care and visitation arrangements was associated with fewer conduct problems ($\beta = -.349, p < .01$). For children, quality parenting by resident parents was significantly associated with higher levels of self-esteem ($\beta = .338, p < .05$), while triangulating children in inter-parental conflicts was associated with lower levels ($\beta = -.458, p < .001$). No

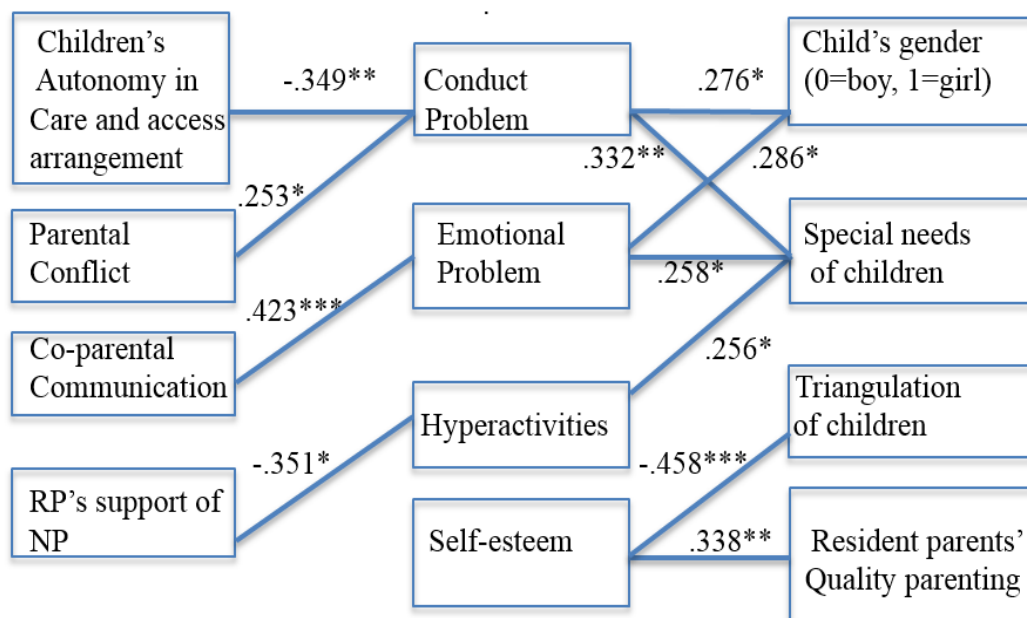
other indirect paths of the influence of co-parental relationships were found with the children's data. Table 15 summarizes the results. Figure 2 presents the path diagram.

Table 15. Standardized regression coefficients on children's well-being with children's data

	Hyper-activity	Emotional symptoms	Conduct problems	Self-esteem
Post-divorce co-parental communication	.062	.423*	-.051	-.209
RP's support of NP	-.351*	-.012	-.038	.128
NP's support of RP	-.040	-.324	-.129	.129
Post-divorce inter-parental conflicts	.153	.107	.253*	-.007
Triangulation of children	.191	.193	.000	-.458***
Resident parent's involvement in quality parenting	-.125	-.016	.108	.338*
Resident parent-child intimacy	-.002	-.175	-.090	.013
Child's autonomy in care and visitation arrangements	.015	-.003	-.349**	.070
Special needs of children	.256*	.258*	.332**	-.058
Child's age	-.004	.123	.144	-.072
Child's gender (0 = M, 1 = F)	.009	.286*	.276*	-.211
Time since divorce	.040	.164	-.003	.174
Adjusted R ²	.146*	.199**	.204**	.252**
<i>n</i>	73	75	74	75

* $p < .05$, ** $p < .01$, *** $p < .001$

Figure 2. Path diagram of the impact of the different dimensions of co-parental alliance on children's well-being (Children's data)



Summary of Results and Discussion

The above findings were drawn primarily from results based on resident parents' data. With a far smaller sample size, children provided data for consistent results that supplement those findings. In accordance with the hypotheses, inter-parental conflict was associated with more adjustment problems for children, while support between parents was associated with less behavioral and emotional adjustment problems. Special attention should be paid to post-divorce or post-separation families with children with special needs, who are obviously at greater risk of experiencing emotional and behavioral difficulties. Analyses based on children's data revealed that being triangulated in inter-parental conflicts causes much more significant harm to children's self-esteem. In reference to significant differences in perceived triangulation, parents should be aware of even the subtle triangulation of their children in their covert or overt inter-parental conflicts.

Interestingly, more co-parental communication was associated with more emotional symptoms among children as well as showed marginal significance for both hyperactivity and conduct problems. An ecological systems perspective suggests a reciprocal relationship between co-parental communication and children's adjustment problems. Children's adjustment problems might necessitate more communication between parents. A higher level of post-divorce co-parental communication indeed activates a higher level of support by nonresident parents to resident parents, which reduces children's hyperactivity and activates reciprocal support from resident parents. Unfortunately, it also activates a higher level of inter-parental conflict, which increases children's emotional and behavioral difficulties. The association of resident parents' one-way support of resident parents and inter-parental conflict is also alarming.

From the results, it seems that time can heal post-divorce relationships. Children's conduct problems tended to wane and their prosocial behavior increase as time since their parents' divorce or separation passed. However, because this study was not longitudinal, there is no statistical evidence to imply causation in that relationship. Children's autonomy and having a voice in care and visitation arrangements related to a better evaluation of their conduct, which possibly reflects a systemic reciprocal relationship. Parents may allow children with better conduct more autonomy in decision-making about care and visitation arrangements, although, at the same time, parents who extend trust and opportunities to children to administer autonomy might boost children's self-discipline and self-regard, which in turn influences their conduct.

Regardless of parents' stage of recovery from divorce, an intimate relationship between resident parents and their children protects the children from developing conduct problems, while resident parents' quality parenting enhances children's self-esteem as well. Those results point to the importance of supporting the resident parent-child relationship and resident parents' individual and parental functioning as a means to safeguard the well-being of the children.

Factors Affecting Parents' Post-Divorce Co-parental Relationships

Results of correlational analyses

To inform the regression analyses, correlational analyses using split indexes of inter-parental support were conducted to identify significantly correlated variables regarding parents' post-divorce co-parental relationships. With reference to the significance of children's reported degree of triangulation on their well-being, it was adopted in place of resident parents' perceived degree of triangulation of children. The variables of resident parent's gender and time since divorce or separation were excluded from the regression analyses, since they demonstrated no correlational significance. Table 16 summarizes the results.

Table 16. Correlating factors of co-parental relationships among parents ($n = 142$)

	Co-parental communication	Mutual support	Parental conflicts	Triangulation of children
Forgiveness of the ex-spouse	.166*	.312**	-.042	-.034
Self-expectations of post-divorce co-parenting	.473**	.469**	.102	.120
Social expectations of post-divorce co-parenting	.446**	.432**	.193*	.079
Satisfaction with financial child support arrangements	.183*	.240**	.066	.118
Degree of conflict in separation or divorce process	-.169*	-.118	.348**	-.009
Degree of physical violence before the divorce or separation	-.048	-.069	.208*	-.064
Use of support services	.022	.013	.293**	-.062
Special needs of children	.024	.045	.168*	.105
Child's age	.077	.096	-.038	-.068
Child's gender (0 = M, 1 = F)	-.059	.038	-.144	.039
Resident parent's gender (0 = M, 1 = F)	-.028	.006	.013	.119
Resident parent's age	.186*	.218**	.127	-.117
Resident parent has a new partner	.148	-.022	.160	.233*
Resident parent's education level	-.043	.013	.018	.103
Time since separation or divorce	.061	.905	-.039	.053

* $p < .05$, ** $p < .01$, *** $p < .001$

Regression analyses on risks and facilitating factors of quality post-divorce co-parenting

Results showed that the regression model on triangulation of children was an invalid model. It was thus excluded from the report here. For inter-parental support and communication, forgiveness of resident parents of nonresident ones facilitated a two-way inter-parental support ($\beta = .230$, $p < .05$; $\beta = .184$, $p < .05$ respectively). Having a new partner on the part of resident parents increased inter-parental communication ($\beta = .194$, $p < .05$). Self-expectation of post-divorce co-parenting held by resident parents was a common facilitating factor of inter-parental communication and resident parents' support of nonresident parents ($\beta = .233$, $p < .05$; $\beta = .259$, $p < .05$ respectively). Older age of resident parents was another significant facilitating factor of the support ($\beta = .244$, $p < .05$) and satisfaction with the financial child support arrangement

had a marginal facilitating effect on resident parents' support of nonresident parents ($\beta = .259$, $p = .053$). Interestingly, physical violence before divorce or separation emerged as significantly associated with resident parents' support of nonresident parents ($\beta = .234$, $p < .05$), though not vice versa. Given index items' content, the finding indicates that when physical violence occurred before the divorce or separation, resident parents afforded nonresident parents more flexibility in the care and visitation of the children.

Older children was associated with increased support by nonresident parents of resident parents ($\beta = .273$, $p < .05$). Perceived social expectations of post-divorce co-parenting was a common facilitating factor of nonresident parents' support of resident parents ($\beta = .379$, $p < .001$) and post-divorce co-parental communication ($\beta = .333$, $p < .001$), and interestingly, increased inter-parental conflict as well ($\beta = .229$, $p < .05$). In addition to social expectations of post-divorce co-parenting, other risks factors associated with post-divorce inter-parental conflict included conflict in the divorce process ($\beta = .237$, $p < .05$), older age of resident parents ($\beta = .192$, $p < .05$) and use of support services ($\beta = .277$, $p < .001$), especially when the children were boys ($\beta = .165$, $p < .05$). Table 17 offers a full illustration of the results.

Table 17. Standardized regression coefficients on the dimensions of post-divorce co-parenting derived from data of resident parents ($n = 142$)

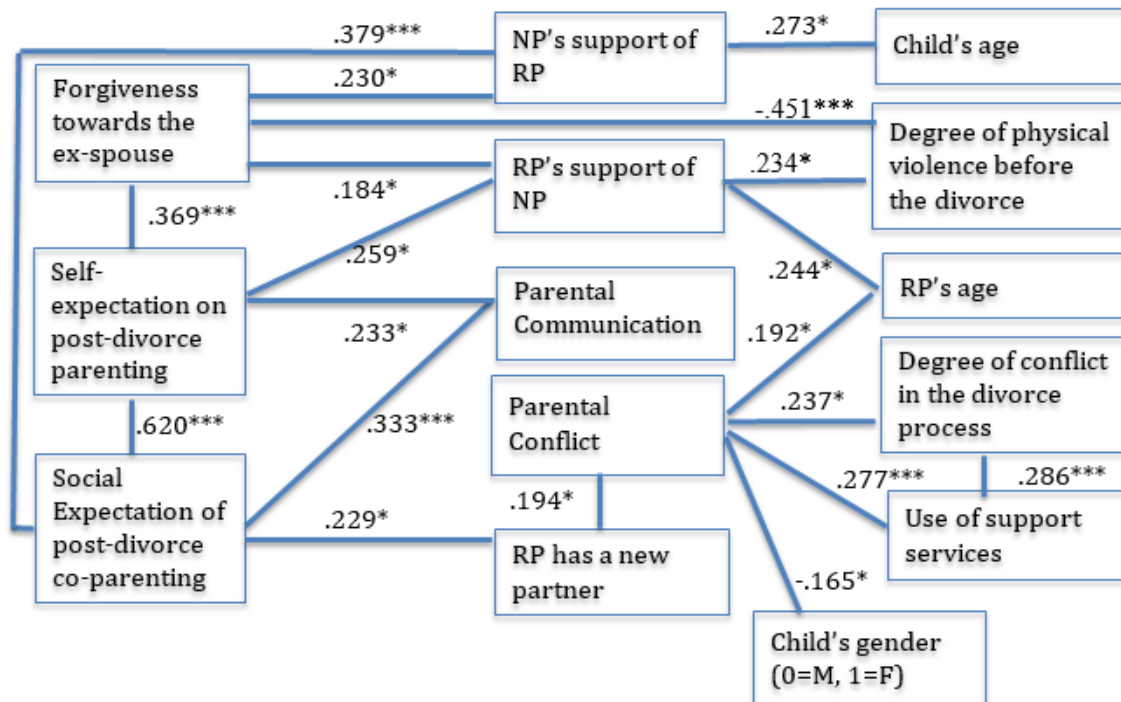
	Co-parental communication	RP's support of NP	NP's support of RP	Inter- parental conflict
Forgiveness towards the ex-spouse	-.007	.230*	.184*	.041
Self-expectation and commitment on post-divorce co-parenting	.233*	.259*	.116	.039
Social expectation on post-divorce co-parenting	.333***	.070	.379***	.229*
Satisfaction with financial child support arrangements	.085	.160 ($p=.053$)	.114	.042
Conflict in the separation/divorce process	-.128	.088	.032	.237*
Verbal violence before divorce	.017	-.102	-.192	.020
Physical violence before divorce	.003	.234*	.106	.102
Making use of supportive services	.103	.090	.106	.277***
Special needs of the children	.031	.081	.105	.148
The child's age	.091	-.064	.273*	-.102
The child's gender (0=male, 1=female)	-.056	.038	.110	-.165*
Resident parent's age	.162	.244*	.046	.192*
Resident parent has new partner	.194*	-.079	.118	.084
Adjusted R2	.298	.214	.327	.264
N	127	127	126	127

* $p < .05$, ** $p < .01$, *** $p < .001$

Further path analyses found that conflict during the divorce process increased the usage of support services ($\beta = .286$, $p < .001$). Resident parents' forgiveness of nonresident parents facilitated their self-expectation of and commitment to post-divorce co-parenting ($\beta = .369$, $p < .001$), which was associated with higher perceived social expectation of post-divorce co-parenting ($\beta = .620$, $p < .001$). However, physical violence before the divorce hindered resident

parents' forgiveness of their former partners ($\beta = -.451, p < .001$). Figure 3 presents the path diagram.

Figure 3. Path diagram of facilitative factors of quality post-divorce co-parenting



Summary of Results and Discussion

The above results reveal that resident parents' forgiveness of their former partner facilitated mutual support between the parents. Social expectations of post-divorce co-parenting have a mixed impact on parental alliance of the parents. The expectations facilitate parental communication and nonresident parents' support of resident parents. At the same time, the same social expectations do not enhance resident parents' support of nonresident ones and increase the risk of inter-parental conflict. Taken together, social expectations by themselves do not facilitate peaceful, cooperative post-divorce co-parenting. The different responses of parents concerning social expectations of post-divorce co-parenting suggest that those expectations might motivate nonresident parents yet oppress resident ones, meaning that the blind imposition of or deference to such expectations is dangerous. By comparison, self-expectations of post-divorce co-parenting exert a less complicated effect on parents' co-parental relationships involving increased co-parental communication and resident parents' support of nonresident parents without increasing the risk of parental conflict. However, the burden between parents remains unequal if the expectations are only unilateral. To facilitate

parents' genuine mutual support, nonresident parents' self-expectation of and commitment to post-divorce co-parenting is desirable.

The association of physical violence before the divorce or separation and higher levels of one-way support by resident to nonresident parents warrants special attention, for it suggests that experiences with physical violence before the divorce or separation increase the likelihood of an unequal give-and-take co-parental relationship later. It might be that resident parents' accommodate nonresident parents in the care and visitation of the children in order to prevent further violence. Although such action could benefit children by contributing a higher level of inter-parental support, it would also necessarily sustain the power imbalance and inequality of burden between the parents. The results thereby stress the importance of addressing power issues in post-divorce co-parenting situations and that interventions should aim to improve relational justice between parents in post-divorce families.

With regard to the association of the use of support services and inter-parental conflict, the results of path analyses showed that unresolved conflict drove parents to use support services and partially explained the significant association. With reference to the discussion about the mixed effect of social expectations, the result also suggests that interventions can encourage post-divorce co-parenting and parental cooperation without effectively engendering the parents' genuine willingness, meaning that otherwise effective conflict resolution interventions might increase inter-parental conflict.

An older age of resident parents is a facilitating factor of their one-way support of nonresident parents and a risks factor of inter-parental conflict, especially at the context of a conflicted divorce and when child is a boy. Making reference to previous findings on the persistent patriarchal system in post-divorce families in Hong Kong (Lau, 2004), older age resident parents in the survey and their ex-spouses might be more traditional in their family beliefs than their younger counterparts. They might place a higher value on sons than girls. A more frequent contact with the sons and a higher parental involvement of the nonresident parents may necessitate more accommodation and flexibility of the resident parents on access and care arrangements. In the context of unresolved grievances at least on the part of resident parents, it increases the risks of inter-parental conflicts at the same time.

The association of older age children and higher level of nonresident parents' support of resident parents indicated the impact of the child's developmental stage on post-divorce co-parenting and nonresidential parenting. As most nonresident parents were fathers, they might have felt more competent and comfortable in the care of older children. This suggests the parental support needs of nonresident parents with regard to young children.

The relationship between resident parents' having a new partner and a higher level of inter-parental communication needs further examination and qualitative inquiries. Findings from previous studies in other countries suggest a competitive relationship between nonresident parents and resident parents' new partners. Keshet (1980) suggested that resident

parent's new relationship may cause the nonresident parent to increase his or her demands for access to the child as well as child-related information in response to increased competition for the child's affection and the parental role. It thus increases parental communication.

Chapter 4: Results and Findings of Qualitative Interviews

In-Depth Interview Participants

Parents and children who participated in in-depth interviews came from 14 families. The interviews took place 4–8 months after their participation in the survey. All 10 parents were recruited owing to the different co-parenting patterns they demonstrated in the survey questionnaires. Only two parents reported some or frequent communication with their ex-spouses, and half of the parents reported some mutual support, whereas the rest of parents reported little. On the whole, the group showed various degrees of post-divorce inter-parental conflict, yet was over-represented by co-parenting parents who exhibited high levels of such conflict.

There were four resident mothers, one resident father, three nonresident mothers, and two nonresident fathers. One nonresident father (NP1) was a resident father at the time of the survey; with the mutual consent of his wife achieved through mediation, he shifted the custody of his 10-year-old son to the mother. The child was in residential care due to suspected physical abuse of the father after the completion of mediation. At the time of his interview, NP1 continued to wait for the decree absolute of divorce. All other parents were legally divorced.

Mostly in their late 30s or early 40s, parents interviewed varied in terms of socioeconomic background, and their highest level of education attained ranged from primary school to graduate school (i.e., master's coursework). University graduates were over-representative among nonresident parents. Regarding income, two parents were receiving CSSA, the other four were of low-income status, while one nonresident father had an income exceeding HKD \$60,000. Many of the former marriages represented were cross-border marriages; three resident parents, one nonresident parent, and the former spouses of two nonresident parents were migrants from mainland China. Table 19 shows the background information of the parents interviewed.

Of the 11 participating children, six were boys, and five were girls. The youngest child (C10) was 8 years old and the oldest (C5) had just turned 18 at the time of interview. C1, C2, C3, and C10 participated in interviews with their parents. While C2 and C3 were brothers, C6, C7, C8, and C9 were all siblings whose family had split custody, meaning that the three younger children (C7, C8, and C9) lived with the mother while C6 lived with the father, who had recently passed away. Altogether, 10 children were students, and one (C5) had dropped out of school for 2 years without engaging in meaningful employment. Three children had special needs—namely, ADHD, dyslexia, and eczema. Table 20 summarizes the background information of the children interviewed.

Table 19. Background information of resident parents interviewed

	Interview date	Gender and education	Age	Child age and sex	Average monthly income*	Remark	Co-parenting pattern at survey
RP1	12/17/15	Woman, tertiary	41–45	10/M	On CSSA	Migrant from China	Often communicate, low conflict and some mutual support
RP2	12/30/15	Woman, bachelor's degree	36–40	5/M	30,001–35,000		low communication, high conflict and low mutual support
RP3	1/22/16	Woman, senior high	41–45	15/M	10,001–15,000	C1's mother, Migrant from China	Little communication, conflict and mutual support
RP4	1/30/16	Woman, senior high	46–50	15/M 16/M	25,001–30,000	C2 and C3's mother	Some communication, conflict and mutual support
RP5	2/21/16	Man, primary	41–45	8/F 13/M	10,001–15,000	C10's father, Migrant from China	Little communication, some conflict and little mutual support
NP1	1/6/16	Man, university	41–45	10/M	5,001–10,000	resident father at the time of survey, ex-spouse was migrant from China	Little communication, high conflict, little mutual support
NP2	12/12/15	Woman, junior high	36–40	9/M	10,001–15,000	Migrant from China	Little communication, high conflict, mutual support sometimes
NP3	12/29/15	Man, master's degree	36–40	4/M 2/M	60,000 or more		Little communication, some conflict, mutual support sometimes
NP4	1/16/16	Woman, junior high	36–40	8/M 4/M	On CSSA	Both parties were migrants from China	Little communication, conflict and mutual support sometimes
NP5	1/16/16	Woman, university	41–45	10/F 7/M	15,001–20,000		Low communication, high conflict, little mutual support

*HKD; CSSA = Comprehensive Social Security Assistance

Table 20. Background information of participating children

	Interview date	Gender	Age	Special needs	Lives with	Remarks
C1	1/22/16	Boy	15	None	Mother	Son of RP3
C2	1/30/16	Boy	15	None	Mother	Younger son of RP4
C3	2/5/16	Boy	16	None	Mother	Older son of RP4
C4	3/1/16	Boy	9	None	Mother	None
C5	3/5/16	Boy	18	None	Father	Dropped out of school
C6	3/6/16	Boy	10	ADHD	Mother	Sibling of C7, C8, and C9; father recently passed away
C7	3/6/16	Girl	17	Dyslexia	Father	Sibling of C6, C8, and C9; father recently passed away
C8	3/6/16	Girl	16	None	Mother	Sibling of C6, C7, and C9; father recently passed away
C9	3/6/16	Girl	14	Eczema	Mother	Sibling of C6, C7, and C8; father recently passed away
C10	2/21/16	Girl	8	None	Father	Daughter of RP5
C11	3/11/16	Girl	12	None	Father	Mother lives in mainland China

Children's opinions on parents' divorce

Children interviewed expressed diverse opinions about their parents' divorce. The five children who opted against their parents' divorce reported having a good relationship with the nonresident parents, who were characterized as having shown good parental involvement before the divorce.

It was my dad who usually played with me It was joyful. (C4)

It was my mom who took care of me [before she left home]. (C10)

Q: What was your relationship with your father before your parents' divorce?

A: Good. (C6, C7, and C8)

He [My dad] sent me to school every day when I was in kindergarten. (C7)

He [My dad] cares very much about my sibling and me, even after the divorce. (C8)

He [My dad] always brought me cup noodles. (C6)

He [My dad] used to play with him [C6] and send him to school. (C8)

The children expressed experiencing clear losses due to parental divorce, including the loss of important relationships, of their established life routines, of mutual care by parents, and of their identity as part of a normal, complete family.

[Despite my dad's harsh discipline and corporal punishment of us sometimes] I didn't want my parents to divorce Life is boring after parental divorce. . . . There is only

one parent at home My mom is too busy to play with me [I have to live apart with my grandmother]. There were more people to chat with before my parents' divorce. It was lively and fun. (C4)

If they [my parents] hadn't gotten divorced, at least there would have been someone to take care of them if necessaryMy dad's death might partly be due to the situation after the divorce when there was no one to remind him about the medical appointments [which deteriorated his already poor health]. (C7)

[Though my parents had really serious arguments and conflicts before divorcing] I didn't actually want them to divorce. It was hard to let other people know that my parents had gotten divorced. There is discrimination against post-divorce families. (C8)

Our dad had to take care of us all by himself. It's tiring for him He easily loses his temper whenever we do something wrong because he's so tired. . . . He apologizes to us after he's calmed down. (C10)

By comparison, C9 was more indifferent to her parents' divorce and relationship than her siblings (C6, C7, and C8). There seemed to be standing rivalry between her and C6 for their parents' love, especially their mother's. The only son of his parents, C6 had ADHD and seemed to consume much of the parents' attention and energy. C9 had received institutional care for behavioral problems when she was younger. She mildly supported her mother's divorce decision, albeit with great indifference.

I didn't care about their divorce I cared more about food and Korean movies. . . . My dad didn't disappear. He still lived in the neighborhood. (C9)

Despite their different opinions, C6, C7, C8, and C9 consistently considered that splitting households between parents and having another living space was the greatest gain for the family due to their parents' divorce. It considerably relieved the family's congested living environment and thereby reduced conflict among family members. In that sense, their parents' divorce was a double-edged sword for them.

The impacts go both ways. On the plus side, there are fewer arguments. On the negative side, our elderly father received poorer care. (C7)

Three children expressly acknowledged that divorce was the best way out for their parents in consideration to their unresolved relationship problems. It was also a relief to them as children, since two of them (C2 and C3) were from the same family whose father was described as being strict and authoritarian.

In my opinion, divorce is a better way out for them [my parents]. I saw them arguing with each other every day and about everything. It was better that they stopped fighting. (C2)

Now, there's no more daily conflict. . . .I also have more freedom. . . .[If a parents' relationship is really bad and they can't resolve their conflict, then it's better for them to get divorced.] The child will feel relieved as well. (C3)

They [My parents] no longer quarrel every day. They quarreled about everything before their divorce. (C5)

The remaining two children made no comment about their parents' decision to divorce, but instead accepted it as a matter of fact. C1 told us how he came to terms with his parents' living separately, thereby suggesting that a gradual transition process seems to help:

In the first few years after my mom left home with me, my dad came to our house sometimes. I thought that he was merely away for work a lot. I found out that they were divorced when I was much older. I think that at the time, the most difficult adjustment and transitional period had already passed. (C1)

With somewhat similar results, C11's parents divorced early in her life—in fact, when she was an infant—and she received good, stable care from her paternal grandmother, aunt, and uncle. Her mother maintained infrequent, but persistent contact with her, and she had accepted the divorce arrangement fairly well.

My parents' divorce has been okay for me. . . .I've gotten used to the arrangement already. (C11)

Interestingly, children who accepted their parents' divorce did not assume a stigmatized identity. Although some children were aware of the negative social discourse about post-divorce and single-parent families, it did not seem to affect them significantly, for they did not encounter much discrimination in their personal experiences or else refused to internalize the discourse as part of their identity. In that sense, a child's stigmatized identity is not necessarily a consequence of his or her parents' divorce.

People might think that children from single-parent families are naughty and mischievous. . . .However, I don't experience that kind of perception in my relationship with peers. More than half of my classmates are from a single-parent background. It's very common nowadays. (C1)

Q: Does your parents' divorce affect the way you perceive yourself?

A: No, not at all. I don't really care. (C2)

A: My schoolmates are happy for me. They know what kind of person my dad is. (C3)

Q: You told them about your family and your parents' divorce?

A: Yes. (C3)

Q: In your perspective, how do your teachers and peers perceive post-divorce families?

A: As nothing special . . . There's no negative perception. (C3)

A: It [My parents' divorce] has had no impact on me . . . I really don't care what people think. (C11)

Children's expectations of parents' post-divorce relationships

Age seems to have made an obvious difference in children's expectations of their parents' post-divorce relationship. The 8-year-old C10 and 9-year-old C4 wished that their parents could reconcile. In response to the question, if your parents cannot reconcile, then what is your wish for their relationship? both C4 and C10 said that they wanted them to be friendly to each other.

I still wish they [my parents] would get along with each other, even though they're divorced. (C4)

I want them [my parents] to be friends. (C10)

Though having no wish for parents' reconciliation, older children did want their parents to have a workable parental relationship to some extent. C2 and C3 perceived that their parents' direct communication in a controlled, civilized manner was desirable, and C11 expressed satisfaction with the infrequent, but direct contact of her parents in her visitation arrangement.

It's up to my mom if she wants to give 'face' to my dad [and she does]. . . . I think that it's normal for divorced parents to be civilized to each other. . . . They're not enemies. (C2)

[I appreciate that my parents get along with each other now.] At least they don't argue at the very beginning of every conversation They can finish what they want to say, and that's it—no more arguments. (C3)

My mom uses WhatsApp to contact my dad when she comes to Hong Kong. I have dinner with her together with him or go shopping with her by myself. It's okay for me. . . . I see no embarrassment on the part of my mom or dad. (C11)

However, if there is a risk of conflict, then a disengaged pattern is preferred.

I'm not sure how they [my parents] see each other and how they would like to relate with each other. It's safer to maintain the status quo. . . . I don't want them to have any conflict that will further deteriorate their relationship. . . . I'm afraid that my mom won't allow me to see my dad. (C1)

Conflicts in the divorce process

Despite parents' various patterns of post-divorce parental alliance at the time of their interviews, most of them had experienced a conflicted divorce. Among the most intense cases, RP5, NP1, NP2, and NP3 revealed that the police had become involved due to their unresolved disputes. In NP3's conflict with his ex-wife, the wife's family also got involved.

My wife had an extramarital affair, but she didn't think that it was a problem. . . . She wanted to come home. . . . She once took the knife and threatened to hurt me. She insisted on entering the house, so I called to the police to prevent her from coming home. (RP5)

[My ex-wife was very unpredictable throughout the process.] All of a sudden, she came home at one o'clock in the morning to get my son and then went to Shenzhen with him. . . . She never cared if he had finished his homework. . . . Ultimately, I couldn't stand it. I called the police. (NP1, resident parent at the time of interview)

I was once trapped by my ex-father-in-law. My sons had a school activity at the airport. I found my ex-wife had lied and not informed me about the activity [but I managed to find out and joined the activity]. I warned her with a letter from my lawyer. She didn't reply to the letter. Her father told her to accuse me of using violence against her at the airport. Though the police found that it actually hadn't happened and there were no witnesses, he instructed my ex-wife to report the alleged violence to the police again, with the support of his lawyer. . . . They changed the statements five times until the police warned them [to stop]. (NP3)

When we [my ex-husband and I] were still in the divorce process and just after the granting of child custody, he was so demanding. He asked me to supervise our daughter while she completed revisions for dictation. She was studying Primary One at that time. I saw her only once a week, and she had done no revision at all before coming to me. Her dictation results depended entirely on her revision under my supervision. So, we had a lot of arguments. (NP4)

Of course, not all divorces prompted such intense conflict. For example, RP4's husband initiated their divorce due to his prolonged extramarital affair, and she accepted the divorce, which she perceived as an end to their suffering, largely caused by his harsh, demanding behavior. There was no conflict in the decision to divorce or child custody, but there were arguments about parental maintenance.

There were arguments at the very beginning. We argued for a long time. Finally, we sought the help of a mediator. Yes, there were arguments; he [the father] tried to reduce the amount of maintenance. (RP4)

It is also important to note that not all parents reported a conflicted divorce. RP1 divorced her husband 10 years ago after discovering that he was heavily in debt for gambling. Both left home to escape the lenders and subsequently divorced, and there was no serious conflict either before or after the divorce. In another case, RP3 left home with her son (C1) due to relationship problems with her mother-in-law, and similarly to RP1's experience, there was only low conflict in the divorce. RP3 perceived that since her ex-husband was at a loss about what to do with the in-law problem, he let her divorce him as a way out for both parties.

Post-separation or post-divorce parental alliance

Throughout the development of post-divorce parental alliances over time, conflicts from the divorce process often persisted well after the divorce. Conflicted co-parenting was observed to have possibly evolved into more civilized or totally disengaged co-parenting patterns over time. For divorces with little conflict, the parents' co-parental alliance was also observed to have possibly evolved into cooperative co-parenting or disengaged parenting.

Amicable cooperative co-parenting

After NP2 and ex-husband fiercely disputed access to their child following their divorce, the former couple sought out the services of the Beam of Hope project as a means to resolve their differences. Reporting in the survey that she had developed a parental alliance characterized with high conflict, in the interview NP2 eagerly expressed her gratitude to the project for enabling her and her husband to shift from a conflicting co-parenting to an amicable, cooperative co-parenting routine:

I went to the Hong Kong Family Welfare Society project because, after the divorce, it was difficult for us [my husband and I] to arrange access to our son. There were also a lot of conflicts that were incredibly hurtful to us and our son. We even called the police over our disputes. . . . The program taught us about the influence of inter-parental conflict on children and skills for managing conflict. . . . It aimed to teach us how to relate with each other in a way that promotes the child's welfare. . . . At times

we honestly admitted what we had done was harmful to our son. . . . I realized that because I really hated his father. I badmouthed his father a lot in front of him. . . . After joining the program, my son's father changed a lot. . . . He no longer badmouthed me or objected to me seeing our son. We have much fewer quarrels. We once even went ice-skating together with our son and split lunch. (NP2)

Though arguments continued just after her divorce, RP3 and her two sons, C2 and C3, consistently reported that the inter-parental conflict had subsided and that the parents had formed a friendly, cooperative parental alliance:

My parents have been divorced for half a year. So far, their relationship has been okay. They can communicate at least. . . . They had some arguments just after divorce. Now they have few. My mom is willing to listen to my dad's opinion on how to discipline my younger brother. (C3)

It's important for parents to collaborate with child discipline. Sometimes I have to work the night shift, and my younger son might be late coming home. When my older son can't find him, I might have to call their dad to get him. He's cooperative. It helps my younger son to know that even if his mom has to work at night, his dad will supervise him. (RP3)

RP1 has experienced a divorce with little conflict. Her ex-husband keeps contacts with their son in the 10 years since their divorce, and RP1 has even increased her communication with him on important issues concerning their son over time.

As our son grows older, I tell his father more about his life—about his relationships with classmates or his going to secondary school next year. Whatever I think is important, I want him to know. . . . Since he is older now, I think that I should let him know his father to prevent him from feeling deprived of something important. (RP1)

Cautious but civilized co-parenting evolved from conflicting parenting

NP3 was interviewed 3 months after his divorce had been settled. He had had an intense, conflicting relationship with his ex-wife and her family during the divorce process, and on the questionnaire, he expressed a great deal of co-parental conflict. At the time of his interview, he revealed that the relationship had become much more peaceful since the completion of the divorce proceedings. There was a regular, stable visitation arrangement and had been gradual improvement in their communication. However, he and his son remained cautious in how they behaved to avoid triggering the mother's resistance and anger:

To some extent, we [my ex-wife and I] can talk with each other about issues such as our son's school activities She talks to me. There's been more progress this month, though I'm a little afraid that it's a trick. . . . My son knows that we have to accommodate his mom's expectations about activities. We avoid doing things that she disapproves of. We're afraid of her emotional outbursts. (NP3)

Court-ordered, professionally assisted parallel co-parenting

Once divorced, both NP5 and RP2 went through several retrials with their ex-husbands over access to their children:

My son got eczema 2 years after our divorce. . . . His father told him it was me who caused his eczema . . . I believe his father had told him not to see me. I think he was under a lot of pressure at the time. Eczema can be related to emotional stress. . . . There was a lot of conflict at the time. He prevented my access to my son. Though he drove my son to my house, my son would refuse to leave the car. Finally, I applied for a supervision order from the court. (NP5)

There were a lot of disputes about access. We ultimately had to apply for court proceedings to settle the dispute. . . . He wanted an equal share of time with the kids. . . . He lives in Choi Wan, and I live in Aberdeen . . . The judge ordered our son to stay with me from Monday to Friday and be with his father on the weekends. I didn't think that the arrangement worked because there was a problem with the supervision of homework, and the stay-over visitation arrangement fully occupies his time on weekend and there is no time for extracurricular activities. (RP2)

With the effective coordination of a social worker to enforce the supervision order and with counseling extended to him from HKFWS staff, NP5's ex-husband refrained from making excessive requests of his ex-wife. Ultimately, their parental alliance evolved from an entangled, conflicting one to one characterized by parallel parenting. Instead of engaging in direct contact and arguing over the childcare arrangements, both parties made independent decisions about their own parenting. They learned to negotiate through the social worker who enforces the court order and whose effective parenting coordination helped them to settle their disputes over their son's eczema.

In his [my ex-husband's] old way, he would directly cut my access time short. Now he wouldn't dare. He has to issue his request through the social worker and get my opinion first. Recently, he asked the social worker if he could have more time with the children. . . . The social worker encouraged him to consider whether he had arranged

too many extracurricular activities for the children, all of which compete for their time. (NP5)

The social worker instructed me to cook with ingredients from my ex-husband's list of foods, and she even ate the food with us. It proved that my son's eczema was not caused by the food that I cooked. (NP5)

RP2 stated that a court order in 2014 helped to settle her disputes about visitation with her ex-husband and eventually induced a parallel co-parenting routine that reduced their conflict:

The first [court] order was vague. We [my ex-husband and I] had a lot of disputes. So the judge made a very detailed arrangement in the second order. We just have to follow the details in full. There's no gray area to cause disputes . . . we just have to follow the order, to follow the time schedule ordered. (RP2)

Conflicted co-parenting

After leaving home alone 5 years ago when her husband was physically violent with her, NP4 applied for divorce while living at a shelter for battered women. She finalized the divorce 3 years ago and, at the time of the survey, reported having developed a parental alliance with a low level of communication and conflict with some mutual support. During her interview, however, she revealed a conflicting, volatile co-parenting routine with her ex-husband due to her significantly constrained access to her two sons:

According to the court order, the time for access is 10 am to 5 pm. . . . Most of the time, my younger son says he just wants to go home. So, they [he and his brother] go home. My contact with the sons takes about 3 or 4 minutes. . . . Their father or stepmom brings them to the lobby of the building where they live. Sometimes, it's their relatives or someone I don't know . . . When I ask my sons where they want to go, the older one always says that he doesn't want to go anywhere. Sometimes the sons say: Let's get something to eat. After eating, they [my sons] always say they want to go home. It lasts for about 15–20 minutes. . . . All of the adults who bring my kids follow me to keep an eye on me in this process. (NP4)

NP4's access resumed after her intervention with Beam of Hope worker, at which time she participated in the survey. However, the father's growing resistance to NP4's access to her sons caused conflicts, and her ex-husband's use of violence re-emerged. Due to his physical and verbal threats, NP4 completely lost all bargaining power in the access arrangement. Although she made great concessions to the arrangement, she nevertheless failed to gain access:

After the social worker from the Beam of Hope project talked to him [my ex-husband], I was able to access my sons. However, he started to express his disapproval of the children's contact with me soon afterward. I heard him threaten my oldest son over the phone: "If you want your mother, you lose me." My son denied it in order to protect his father. . . . Last year, I went to see my sons with the social worker from the project, who told my ex-husband to leave, and he did. I took my sons to my house. The social worker stayed with us for half a day and left. I sent them back to their father at 5 o'clock according to the court order. He threw his usual tantrum and told them not to follow him. He told them to pack up and leave him. He started to hit my face when I told him to stop. I said I would call the police. He threatened to cause trouble for my mom and my siblings. It frightened me. . . . It's really difficult to see them [my sons]. I don't care if there has to be someone to keep me under surveillance, even if the person is a stranger. I just want to see my children, even if only a glimpse. (NP4)

Due to her disputes over access with her ex-husband, NP4 has sought retrial, and the next court hearing is in July 2016. She has been desperate to win the trust of the social worker responsible for the report to the court, who previously refused her request to arrange supervised access, possibly because there was no order for such access:

The social worker said she tried her best to encourage my ex-husband to let me see my sons. She couldn't help because he wouldn't listen. He said it's my sons who don't want to see me. . . . The social worker said that it's my sons who don't want to see me . . . She doesn't believe me because their father threatens them. . . . I once asked to see them in her office, and she refused to arrange it. She told me to contact their father through WhatsApp. I did as she said, to let her to know what kind of person my ex-husband is. He threatens to call the police if I keep contacting him. (NP4)

Disengaged co-parenting

At the other extreme, RP5 and NP1 reported cutting all contact with their ex-wives during their interviews. Both were observed to be in the early stage of recovery from relational trauma.

I've had no contact with their [my children's] mother since all of the legal documents were finalized. . . . I don't want to see her. (RP5)

Whenever I hear her name, I feel like my whole person gets out of control. . . . I have no interest in caring about anything about her. (NP1)

With a divorce characterized by low conflict, RP3 revealed that her ex-husband gradually dropped all contact with her as the years passed and that they have mutually withdrawn from each other.

I tried to contact him [my ex-husband] about our son's problems, but I failed to reach him. . . . He simply didn't reply me. . . . Our contact died naturally. I found no point in contacting him . . . Now, only our son can reach him. (RP3)

Impact of Parents' Co-parental Relationships on Children

Children's fear of and helplessness in parents' conflicts and sorrow over parents' total disengagement

Regardless of age, the children expressed sorrow over their parents' disengagement with each other and their feelings of helplessness and fear about their parents' conflict:

Their relationship is in a deadlock. . . . They're total strangers. . . . They have no contact at all. . . . I'm very uncomfortable about it. They were once a couple. Now, they've gone to this extreme. I'm disappointed to see it like this. (C1)

Q: Do your parents' quarrels have any influence on you?

A: I feel very sad.

Q: What makes you so sad?

A: I worry that they will shun each other. I'll be very sad.

Q: If zero is no sadness at all and 10 is extremely sad, then where are you?

A: Ten. (C10, who began to cry bitterly, at which point the research assistant embraced and comforted her. C10 later revealed that her older brother was unhappy as well, but thought that there was no way to change their parents' conflicting relationship)

Q: What was your reaction when you saw your parents quarreling so loudly?

A: I felt frightened. . . . My little brother felt frightened, too. He wanted to escape.

Q: How did you cope with the situation?

A: I hid in my room and played computer games. (C4)

Q: Did your parents' conflict have any influence on you?

A: I could only smile in silence. It was a helpless smile . . . I don't really like going home. (C2)

Children's triangulation and conflicts of loyalty: Common risks of conflicted and disengaged co-parenting

Without adequate or effective communication between parents, both conflicted co-parenting and disengaged co-parenting share the risk that children will become triangulated in unresolved inter-parental conflict and complicated relational dynamics with their parents.

His [my son's] father badmouthed me. Because my son lived with him, he was hesitant to get close to me. . . . He was angry at me at the very beginning. I worked hard to regain his trust. Later, he took the initiative to tell me that when his dad comes to get him, he doesn't hold my hand and isn't very intimate with me. It's difficult. (NP2)

In front of his mother, he [my son] had to act according to her expectations. He had to scold me for at least 5 minutes and say, "I hate you, Daddy. Go away, Daddy. You're a liar." To a great extent, I believe it came from his brainwashing by her family. Understanding that, I just let him finish his scolding. (NP3)

Every time he [my son] used foul language, he burst into tears and started hitting himself. . . . I asked him, "Why did you use that language?" He said that his father used foul language when talking to others on the phone. His grandma also uses it. They didn't mean to teach him to use bad words. I said, "You shouldn't follow their lead" and told him that I would warn them the next time I saw them. (RP2)

The above scenarios demonstrate how children in post-divorce families experience conflicts of loyalty to parents. They also show that subtle triangulation of children can occur even without inter-parental conflict or disagreement.

Because of my intense anger about my ex-wife, our children's contacts with her easily trigger my emotions. . . . I usually put it on my daughter. (RP5)

Q: Did your father get angry after your contact with your mother?

A: Yes, it happened last week. . . . I was late getting home after seeing my mom. . . . It was my fault. I was too happy and forgot about the time. . . . My father scolded me. . . . He told me he was sorry later. (C10)

In C10's case, it was her mother's responsibility to obtain her father's permission or to apologize for C10's returning home late. However, when her parents failed to communicate with each other, both the responsibility and blame was shifted to C10. RP3 provided another example of subtle, unintentional triangulation:

There were hundreds of dollars in my son's wallet. My first thought was that he stole money from home, though he never did. He refused to tell me where did the money came from despite my repeated asking. In anger, I beat him bitterly. He finally told me that his father had given him the money but told him to keep it a secret from me. (RP3, whose social worker became involved after this case of suspected child abuse)

In addition to triangulation, distrust in the resident parent–child relationship and RP3's negative parenting style both contributed to the negative outcome. Perceiving that his mother disapproved of his relationship with his father, RP3's 15-year-old son (C1) restrained himself from more contact with him.

A: I prefer to keep the existing relationship with my dad instead of getting closer to him. My mother doesn't want me to be so close to my dad.

Q: If the factor related to your mother were gone, then would you want more contact with him?

A: Yes, I'd like to see him more. (C1)

Interestingly, his mother, RP3, did not know about C1's loyalty conflict or his perception of her disapproval. To her, C1 did not make frequent contact with his father because he did not care to:

I encourage him [my son] to call his father, to show him some concern. He just isn't eager to do that. (RP3)

A similar perception gap emerged between RP5 and his daughter, C10, who seemed to conceal some of her contact with her mother from her father, which suggests that her father might underestimate C10's attachment to her mother:

She's [C10] free to call her mother, but she never does. (RP5)

After my grandpa has scolded me, I would sometimes call my mom. . . . She would comfort me. I felt better after talking to her. (C10)

The positive impact of an amicable, peaceful parental alliance

In addition to the positive impact of parental collaboration on child discipline as shown in RP4's experience, an amicable parental alliance frees children from the emotional stress of triangulation and loyalty conflicts. NP2 and NP3 had experiences similar to their children's due to positive changes in their co-parental relationships with their ex-spouses. C11, whose parents divorced when she was an infant and who maintain a friendly relationship, share her sense of satisfaction with their family and her feeling of well-being.

Gradually, my son has gotten happier and happier. . . . He's made a big change this year. (NP2)

A: Now, when he sees me, he tells me he missed me.

Q: Even in the presence of his mother?

A: Yes, even in the presence of his mother. (NP3)

My family is good enough. Why should I expect more? . . . I'm happy. (C11)

Parents' experiences with post-divorce parental contact: Reluctance and weariness

Although an amicable relationship with direct communication between parents seems to benefit children in post-divorce families most and is highly preferable from the children's perspective, many parents reported it as being an emotionally taxing task requiring the effort and motivation of both parents. All participating parents expressed reluctance in making contact with their ex-spouses and tried to minimize contact, regardless of their co-parenting patterns.

It [Having an amicable relationship with an ex-spouse] is taxing and difficult, at least in the very beginning. We have a lot of emotions. Our contact is mainly in response to our child's problems. It's difficult to relate with each other. It's a long adjustment process. . . . It requires great persistence and perseverance. It's painful. (NP2)

I've struggled a lot. It's been painful. I don't want to see him [my ex-husband] at all. However, for the sake of our son, I have to see him. I'm very unhappy every time I see him. (RP1)

As the above cases illustrate, some parents in post-divorce families contact each other only for the sake of their children. Most contact is motivated by problems, especially those concerning older children, as both children and parents expressed in their interviews:

My parents contact each other mainly for the sake of my younger brother . . . he's mischievous. (C3)

My parents contact each other about our [my brother's and my] problems, especially my brother's. . . . He stole money at school and is involved in gang activity. . . . As for me, they're concerned about my failure to get a job. (C5)

Unless there's a major issue, we [my ex-spouse and I] don't contact each other. (RP4)

I see my ex-wife because I have to access my children through her. I can do nothing but compromise. (NP3)

Consistent with the results of the survey, many parents gave their children, especially their older children, autonomy in their contact with nonresident parents in order to minimize their contact with their ex-spouses.

Since my son is older, I let him arrange visitations with his father directly and see his father without my presence. (RP1)

Polarized social expectations and blame of parents for their unresolved conflicts

In light of the actual difficulties with post-divorce co-parenting that they have experienced, parents facing prolonged entanglement with their ex-spouses commented that society at large lacks adequate understanding about their difficulties and that the general public either was indifferent or resigned about post-divorce alliance or held unrealistic expectations. Some parents detected other people's annoyance when listening to them relate their unresolved conflicts and grievances, and a resident mother even received the scorn of a judge who blamed her for the family's several retrials. However, parents expressed being blamed for their own suffering and reported needing additional help:

People in Hong Kong . . . do not really care. They only care about money. Many people have even asked me to not mention my wife to them anymore. They just don't want to listen. (NP1)

Unless it's someone you know, people just don't care. It's none of their business. (RP3)

Some people have a very naïve perception. It might be because they have good marriages. They think that after getting divorced, you can see your children without any problem. That's my colleagues' perception. I don't acknowledge that perception. Honestly, it's not easy to explain to them. They might not even understand why a divorcee has no communication at all with his or her former spouse . . . why a person would be reluctant to inform the other party or fail to reach an agreement. (NP5)

I tried to negotiate with him [my ex-husband], but it ended disastrously. Reluctantly, I went back to court and saw the same judge. He scorned us, saying, "Do you find it so fun, so amusing to come to court? You treat this court like it's your playground." His irritated attitude really frustrated me. (RP2)

Facilitating Factors of Peaceful Post-Divorce Parental Alliance and of Support Needed

Despite the taxing nature of post-divorce co-parenting, most parents interviewed had made progress in the parental alliance to some extent, as the followings findings on the facilitating factors of an amicable parental alliance reveal.

Personal recovery and self-care to facilitate a focus on children's welfare

All parents emphasized the significance of personal recovery, which enables them to focus on the needs, welfare, and pain of their children.

After I gradually overcame my emotional pain, I began to see the pain of my child more than my own pain. . . . In order to take good care of a child, you have to take care of yourself first. (NP2)

It [Caring for children] requires your own recovery in order to let go . . . [and understand that] letting go is actually an act of self-care. . . . No matter the extent to which you refuse to reconcile, you're only hurting yourself. (RP2)

Self-care is important. If you don't take good care of yourself, then how can you take good care of your children? (RP5)

Receiving individual counseling, joining support groups, and expanding supportive networks were frequently mentioned resources for personal recovery. Interestingly, all of the fathers and one mother mentioned the healing effect of religion as well:

First of all, I have to properly manage my own pain and trauma. I'm fortunate enough to have a supportive faith community to walk with me through the process. I sought counseling from the Integrated Family Service Center to relieve my emotional stress. I also sought help from a women's organization and the volunteers there. They helped me to face divorce. It was invaluable support. (NP5)

I experienced healing in my faith community. I found companions among the brothers there. . . . With the power of faith, I've learned to forgive: to forgive myself and forgive others. . . . I can now admit that I have to bear part of the responsibility for the problems in my relationship with my ex-wife. (RP5)

Religion does help. If not, then I would have killed myself already. . . . Seeing a social worker is useful. She usually gives me encouragement and boosts my faith in carrying on no matter how hard the challenges. (NP3)

A belief in children's right to have relationships with both parents and a commitment to co-parenting

Closely related with a focus on children's needs and welfare, a belief in children's right to have relationships with both parents was reported to facilitate commitment to co-parenting:

I'm a Buddhist. I know my son needs his father. . . . I want him to know that he has a father who loves him and not to think that he's being deprived of something. (RP1)

I have no obligation to answer my ex-husband's calls since our divorce. However, if he contacts me as my children's father in a reasonable, constructive way, then I have an obligation to reply to him. (RP4)

I don't want to hurt my son. So I make concessions and avoid trouble. (NP1)

Children have the right to have a good relationship with both parents. If you love them, then you should not deprive them of their rights. (NP2)

Interestingly, the belief that children need both parents sometimes emerged alongside a belief that single-parent families are deficient, incomplete families that makes children less healthy—an idea that echoed the social stigma reported by some children.

I can't give my son a complete family. Single-parent family is an incomplete family. There's a lack of role models for some roles. There's a deficiency. (RP1)

The usefulness of support services for post-divorce co-parenting

Like a road without map, post-divorce co-parenting adequate support and guidance, along with individual recovery and commitment. Most parents interviewed found support services such as mediation, education, and those that facilitated child-centered post-divorce co-parenting (e.g., the Beam of Hope project) useful. For parents, such services facilitated a post-divorce parental alliance by affecting conceptual changes and enhancing the civilized communication between parents. Appropriate mediation by police and clergy also helped.

The Beam of Hope project equipped me with concepts on how to face my ex-husband, how to manage our contacts, what attitude should I use when I contact him with WhatsApp, what kind of wording I should use, and other skills in relating with him. It's really useful. I assume a kind heart and treat him as a business party. (RP2)

Concepts are really useful. . . . Understanding the meaning of my son's behavior helped me to survive his scolding out of loyalty conflict. . . . Though I'm not eager to cooperate with his mother, I know I have to relate with her for the sake of our child. (NP3)

During mediation, she [my ex-wife] suddenly stood up and apologized to me with a bow. . . . Mediation is useful. There's a third party to help the parties not fixate their focus on past experiences . . . The police also talked to her about her suddenly coming to take our son to Shenzhen late at night. . . . You know, Chinese people respect the police. The officer asked her to return the keys to me . . . My pastor talked to her during a home visit. . . . He told me later that she was also a victim of our relationship problem,

not just me. . . . She finally realized that our son really needs to finish his homework first before going to Shenzhen with her. (NP1)

From social work services, I received mediation. My now ex-husband once hit me when we were still married. I called the police, and we received counseling from a social worker. Bit by bit, they [the services] boosted my positive energy [for co-parenting]. (RP4)

However, not every parent was receptive of support services. NP3's ex-spouse refused to accept the services, which she reportedly perceived were for people of low class.

I gave her [my ex-wife] the service pamphlets. She didn't consider the services at all. From her perspective, those services are for poor people, not for highly educated people like her. (NP3)

RP2's ex-husband was not responsive to education on post-divorce co-parenting. However, RP2 thought that the court order to get him involved in the service was an appropriate attempt nonetheless. She also hinted at the difficulties of people in the middle class with knowing about and accessing services due to the stigma of seeking counseling help from social service agencies.

It's impossible to induce change over only a few days. The service has gradual imperceptible influence. . . . At least the court order got my son's father in touch with those support services. . . . Honestly, I didn't know where to find the appropriate services. Furthermore, there were hard feelings. You feel debased when seeking help from the Social Welfare Department and when you have to seek help from social workers. . . . If you have to seek counseling, it means that you have problem. . . . There's also a general impression that those services are for lower-class people. (RP2)

Clear, detailed court orders about visitation for parents in high-conflict relationships

For parents experiencing fierce disputes and conflict, legal authority and court orders are needed to settle the disputes.

The first [court] order was vague. We [my ex-husband and I] had a lot of disputes. So the judge made a very detailed arrangement in the second order. We just have to follow the details in full. There's no gray area to cause disputes . . . we just have to follow the order, to follow the time schedule ordered. (RP2)

I requested a detailed, concrete order on access. Why? I knew that without those details in the order, “reasonable access” would mean “no access” according to my ex-wife and her family. (NP3)

My ex-husband has a doctorate. He’s very insistent in doing things his own way and is not receptive to others’ opinions. It was through court procedures and the court order that he realized that he could not impose his ways on me. He has to give me regular access to the children without his presence during access. The judge firmly told him that it would be a legal offense if he doesn’t obey the order. (NP5)

Both NP3 and NP5 also pointed out that a court order alone is not enough, but that enforcing the order requires effective parenting coordination by people in authority. Furthermore, knowledge and concepts about parental responsibilities with a focus on child welfare also helps to facilitate cooperative parental alliances, which recommends a package of support services with coordinated legal, educational, counseling, and supervision intervention.

A court order only is not enough. It [A cooperative parental alliance] needs the close coordination of a social worker. . . . The social worker at Family and Child Protection Services Unit takes the role of an authoritative figure to enforce the supervision order. The social worker at the Hong Kong Family Welfare Society serves as an educator to teach us how to communicate in a peaceful way. The two services have different but complementary functions. (NP5)

Summary of Findings

Though participating children expressed diverse opinions on their parents’ divorces, they shared a common wish for an amicable post-divorce parental relationship. For some parents, conflict was common in the divorce process, and a parental alliance with some level of conflict was prevalent in the early stage of divorce. When tracing the development and changes of the post-divorce parental alliance over time, conflicted co-parenting can evolve into more civilized co-parenting patterns or totally disengaged ones. For divorces with little conflict, the parents’ co-parental alliance might also evolve into cooperative co-parenting or disengaged co-parenting. At the same time, the possible deterioration of the parental alliance into a conflicting one should not be overlooked.

During interviews, children concretely expressed their fear and helplessness regarding their parents’ conflict, as well as their sorrow over parents’ total disengagement. Without effective communication and coordination between the parents, both conflicting co-parenting and disengaged co-parenting risk triangulating children in complicated parental relational dynamics. Although an amicable parental alliance with civilized, child-focused communication seems to be most beneficial for children in post-divorce families, achieving such

communication is a demanding task for parents. To facilitate workable post-divorce alliances, the personal recovery of parents from divorce trauma, a belief in children's right to have relationships with both parents, adequate and appropriate support services to facilitate personal recovery and post-divorce co-parenting, and a clear court order with an effective enforcement mechanism and plan for parental coordination are critical. Although social workers play a major role in those support services, police and clergy also offered valuable help to some families in this study's sample.

Chapter 5: Discussion and Recommendations

With reference to the demographic data, the findings of this study are most applicable to parents divorced less than 5 years who still struggle with both personal recovering from the divorce and forgiving their ex-spouses. Many parents in the sample also struggled with the difficult task of managing conflicts with their ex-spouses.

Confirmation of Hypotheses

The results of both the survey and in-depth interviews consistently indicated that inter-parental conflicts and the triangulation of children therein deteriorate children's well-being and that mutual support is positively associated with children's well-being. The results thus confirmed the two hypotheses of the study:

1. A cooperative co-parenting pattern high in mutual support, low in conflict, and low in the triangulation of children in inter-parental conflicts positively contributes to children's well-being; and
2. An antagonistic co-parenting pattern low in mutual support, high in conflict, and high in the triangulation of children in inter-parental conflicts negatively contributes to children's well-being.

Parallel Parenting: The Most Prevalent Post-Divorce Co-parenting Pattern

Consistent with previous studies in Hong Kong (Cheung, 2004; Lau, 2007b), parallel parenting characterized by low levels of parental communication, mutual support, and inter-parental conflict was the most prevalent co-parenting pattern in the sample. To spare parents from having to communicate with each other, children demonstrated autonomy in decision making about visitation arrangements. This co-parenting pattern likewise spared children the potential harm of their parents' conflicted communication, yet failed to afford them the mutual support of their parents. In terms of direct effects, the pattern did not harm children in general, and as Western literature has shown, is good enough for post-divorce parenting (Sullivan, 2013).

However, if parents go to the extreme of disengaged co-parenting, then they could harm their children by way of subtly triangulating them in inter-parental conflicts due to inadequate coordination. The results of this study echoed the findings of earlier research showing that disengaged parents seldom reconcile their differences in child discipline (Cheung, 2004) and that unregulated or uncoordinated financial provision from nonresident parents to children can harm children's well-being (Lau, 2004b). The results thus stress the need for parents to coordinate their involvement with a minimal degree of communication instead of no contact whatsoever. However, regarding the early stages of divorce recovery and given the prevalence of parents' unresolved grievances and conflicts, results also showed that co-parental contact

could give rise to a mixed pattern of co-parenting and highly complicated dynamics among parents and children.

A mixed pattern of co-parenting among communicating parents

A vital finding of the study involves significant associations among parents' post-divorce co-parental communication, mutual support, and conflict, all of which indicate a mixed co-parenting characterized by parental communication, inter-parental support, and conflict (Maccoby et al., 1990). The results of the survey show that perceived social expectations of post-divorce co-parenting were a driving force of mixed co-parenting, which facilitated parents' communication and mutual support, yet also increased inter-parental conflict. Significant associations between co-parental communication and children's emotional and behavioral difficulties suggest a problem-driven communication pattern of parents, whose reluctance in contacting each other sometimes yields to children's adjustment problems that make their contact necessary. Qualitative results of the in-depth interviews offer evidence of that pattern and that it activates both the support of resident parents by nonresident parents and increased inter-parental conflict.

Findings regarding the significant association of physical violence pre-divorce or separation and one-way support by resident parents of nonresident parents suggest another path toward mixed co-parenting, one reflecting coerced co-parenting with a power imbalance and unequal of burden of responsibility between parents. It also hints at the association of inter-parental conflict and unilateral support by resident parents of nonresident ones in the care and access of their children. An ecological systems perspective suggests a reciprocal relationship between the coerced support and inter-parental conflicts, for conflict could be a tactic to overpower the other party, due to which one parent is coerced to make concessions in child-related arrangements. For one, NP4's concession to her ex-spouse in the access arrangement due the latter's verbal and physical threats exemplifies that dynamic quite well. As a result, coerced parental alliance is volatile, and conflict easily arises with any action toward achieving equal, genuinely mutual support. Moreover, power tactics can be extended to both resident and nonresident parents. The present findings thus echo Hardesty and Ganong's (2006) results regarding divorced women whose abusive ex-husbands continued to exert control over them via their co-parental involvement post-divorce: "As a result, the women managed co-parenting conflicts and set boundaries while resisting their former husbands' control" (p. 558).

According to survey results, mixed co-parenting is a double-edged sword for children's well-being. Inter-parental support relieves children's emotional and behavioral problems, whereas inter-parental conflict intensifies their problems with adjusting. Co-parental communication alone does not benefit children's well-being, but depends on the family dynamics. To truly benefit their children, divorced parents need to enhance their mutual support, reduce their conflict, and develop a parental alliance that prioritizes equality. Promoting post-

divorce co-parenting should always accompany effective interventions in conflict resolution and address power-related issues.

Addressing complicated family dynamics in post-divorce co-parenting

Defined *post-divorce co-parenting* as the ways that parents work together in their roles as parents after divorce in the situation that both parents have continuous involvement with the child/children, it was demonstrated by results to be a demanding task for parents. In reference to the early stage of parents' divorce recovery, the prevalence of conflict in their separation or divorce process and of continuity among conflicts in post-divorce relationships illustrates that parents' continual involvement with their children often yields complicated family dynamics that harm instead of benefit their children. Findings of the in-depth interviews vividly demonstrate the children's conflicting loyalty between parents in both conflicted co-parenting and disengaged parallel parenting. In high-conflict co-parenting, as in NP4's case, the involvement of both parents was clearly not a blessing for the children.

Both the quantitative and qualitative data indicate that many parents are unaware of the degree of triangulation and loyalty conflicts that their children have experienced. For instance, they might have misread their children's behavior and underestimated their perceived bonding with nonresident parents. As the in-depth interviews revealed, child-focused education seems to help parents to achieve a better understanding of their children's loyalty conflicts and behavior due to such conflicts.

Cooperative co-parenting: Difficult but possible

The evolution of conflicted co-parenting to more amicable parenting and the obvious deterioration of the parenting alliance both show that the quality of co-parenting relationships is not static but gradually changes following separation (Hardesty et al., 2012). Achieving cooperative co-parenting is therefore difficult but possible. In this study's sample, amicable parental alliances ranged from cautious yet civilized to cooperative and child-focused. Both patterns require great tolerance and perseverance, as well as a personal belief in the right of children to have relationships with both parents and a commitment to post-divorce co-parenting. Without self-expectations to ensure post-divorce co-parenting, social expectations of post-divorce co-parenting through public education or even a court order are most likely to end with mixed co-parenting instead of cooperative co-parenting. At the same time, personal commitment and perseverance are far from adequate for a workable post-divorce alliance. All parents in the in-depth interviews stated the importance of strong counseling and spiritual support to facilitate personal recovery, of educational support for the needs of children, of skills in minimizing conflict and managing co-parental communication, and of continuous guidance and support to facilitate child-focused parental involvement and alliance.

The importance of resident parents' individual and parental functioning

In addition to a strong focus on parents' post-divorce alliance, the results of the study point to the importance of supporting resident parents' individual and parental functioning, as well as resident parent-child relationships. Consistent with findings in Western literature on children's adjustment to divorce (Kelly, 2012), the results of this study show that an intimate resident parent-child relationship and quality parenting by resident parents are significant protective factors of children's behavioral adjustment and self-esteem. Though children's bonding and relationships with nonresident parents should be recognized, the noncompetitive involvement of nonresident parents should be facilitated as well as in order to safeguard the children's well-being. Promoting post-divorce co-parenting should not be done at the expense of the resident parent-child relationship or the resident parent's individual functioning. As Elster (1987) has suggested, "It is important to take the parents', especially the primary caretaking parent's, needs and welfare into account, particularly to the extent that they are bound up with the child's" (p. 46).

Special guidance for families with children with special needs

Survey results indicate that children with special needs are at greater risk of encountering emotional and behavioral difficulties due to divorce, which can further harm children by exposing them to a greater risk of post-divorce inter-parental conflict. In her in-depth interview, NP5 shared how her son's eczema fueled a battle between the parents and that disagreement about the proper care of the child intensified already complex family dynamics. To reduce those risks, parenting coordination should include guidance on how to address the unique challenges and added stress of caring for children with special needs in the context of post-divorce families. In that sense, NP5's social worker did a wonderful job during the parenting coordination process.

Recommendations

Adequate support of parents to facilitate their personal recovery and capacity for co-parenting

Parents' individual functioning and capacity for co-parenting is fundamental to a workable co-parental alliance and to safeguarding children's well-being. Existing support services have made valuable contributions to the personal recovery of some parents in the sample. However, not all parents were receptive or could easily access those services, sometimes due to stigma and class bias. To increase the accessibility of support services for separated and divorced parents, as well as to reduce the stigma related to those services, a community-based multidisciplinary approach is suggested. Services might also be made available in the real-life settings of parents, such as at church and in the workplace, which can be actualized with the outreach of social services practitioners or by sharing expertise with

clergy and employee-assistance officers in training. Repackaging the services is also necessary to make them class inclusive.

Education and parental support to facilitate workable post-divorce co-parenting

Child-focused co-parenting education helps parents to understand children's behavior that indicates loyalty conflicts and the impact of family dynamics (e.g., triangulation) on children. It also motivates parents' personal commitment to post-divorce co-parenting. In that light, an expansion of current services is highly recommended—for example, in the form of a specialized parent education program for post-separation and post-divorce families or as sessions integrated into general parent education programs to address inter-parental conflict within and across households—to enhance the accessibility of services to parents in post-divorce families. Another purpose of the education program should be to encourage parents in need to seek help, to inform them about available resources, and to teach them that all family dynamics are affected by inter-parental conflicts.

Specialized services should be expanded and extended to divorced or separated parents in need of additional guidance or assistance with navigating the special challenges of post-divorce households and difficulties in post-divorce parental relationships. Specialized services are also advised for divorced parents with children with special needs. In any case, the services should include additional educational support, multifamily groups, mediation, and parenting coordination. In doing so, it should be born in mind that coordination across households needs clear, but flexible boundaries, as well as the tactful management of conflicts (Hardesty et al., 2012).

Parallel parenting with assisted parental communication for parents with unresolved grievances, conflicts and power issues

For parents with a high level of unresolved conflicts and power issues, parallel parenting is suggested as a stepping stone. As NP5's experience demonstrated, professional, court-ordered assisted parallel parenting helps to disengage conflicted parents by way of detailed parenting plans, in which a social worker acts as a functional link between parents. Such a strategy safeguards children's well-being from the risk of inadequate parental coordination. The teamwork of social workers with different expertise and counseling roles can facilitate the effectiveness of parenting coordination interventions.

Also regarding NP5's experience, as Montiel (2015) has pointed out, the effective enforcement of court orders and parenting coordination requires an appropriate delegation of court authority to parenting coordinators. Parenting coordination is designed to facilitate the compliance of an existing court order, not to replace the court's decision-making authority (Sullivan, 2013). In light of this study's findings, detailed court orders for child arrangements are necessary. Parenting coordinators should assist the parties in resolving their conflicts,

counseling them along the way, and, if they cannot resolve the conflict mutually, then also in making a decision in line with the court order (Montiel, 2015). Without the appropriate enforcement authority, the order enforcement process may not have the “teeth” that many parents need (Coates, 2010).

Contact center for families experiencing violence and concerns for safety

For highly contested parental alliance with violence between parents, as in NP4’s case, the direct contact of parents while accessing their children risks further violence. To avoid such conflicts, a contact center is recommended to facilitate the continuity of access in a safe, homelike environment for both the children and parents. It can also serve as a center for nurturing parent–child relationships and enhancing the parenting capability of parents in needs. Proper parental guidance can be delivered to parents through onsite observations of parent–child interactions and in vivo practice during the access process. Such centers can also be gateways for engaging parents reluctant to contact social service agencies. Abovementioned holistic support services should be available in these centers as well. Accordingly, instead of being standalone facilities, each of these centers should be part of an integrated, holistic service project for post-divorce families.

Strengthening support services for children and their voices in policymaking

In addition to benefiting children through the effective support of parents in their individual functioning and co-parental capability, age-appropriate support services for children are equally important. These support services include guidance on effective coping with parents’ triangulating efforts, educational support to help them to understand that they are not to blame for parental conflict, and counseling support to mitigate fear, sorrow, and any sense of helplessness, as well as to facilitate their communication and negotiation with parents. A peer-support or multifamily group can also be arranged to help them to overcome the social stigma of post-divorce families and reconstruct their identities. Though children’s welfare and best interests are the overriding principles of recent law reform and services development in Hong Kong, children’s voices have not been expressly protected in the reform or the policymaking process (Lau, 2014). Further efforts to give them voice are therefore necessary.

Promoting post-divorce co-parenting without reinforcing the nuclear family ideology

Lastly, commitment to co-parenting might be motivated by a deficient perspective on single parenthood in the nuclear family ideology, which “assumes that the nuclear family is the optimal family environment for children and other family forms are thought to be inferior” (Hardesty & Ganong, 2012, p. 559). As Hardesty and Ganong (2012) pointed out, that ideology reinforces the belief that children fare better with the involvement of both parents, regardless of the quality of parenting or parental relationship. That ideology’s right-of-way prompts battered spouses who have escaped domestic violence through divorce to experience guilt and

advises them to accept abusive partners as coparents after divorce or separation. Findings in the present study also reflect that the nuclear family ideology accommodates inequality in co-parenting relationships. In all, the nuclear family ideology should not be reinforced when promoting post-divorce co-parenting.

Limitations

Since this study was not longitudinal, relationships identified among co-parenting patterns and children's well-being are associations and not causal. Although recruitment efforts were extended to nonresident parents, the number of participating nonresident parents in the survey was inadequate to providing a meaningful analysis from their perspective. The overall sample size was also too small for regression analyses including more variables. Lastly, since the findings are based on the experiences of parents and children served by Hong Kong Family Welfare Society and represent the situations of families facing difficulties, they should not be generalized to all post-divorce families.

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Appendix 1
香港家庭福利會
「香港離異父母共親職模式對子女的影響」研究
邀請及參與同意書

研究簡介:

離婚是婚姻關係的解除，而非父母關係的終結，因此離異父母仍是親職伙伴，「共親職」(co-parenting)是指離異的父母就其父母的角色及責任所需作出的溝通、彼此分工及支援、以及在孩子成長過程中的持續參與。但離異後的親職合作和協調卻不是容易的事情，和所有家庭一樣，離異父母的關係和相處是融洽抑或緊張都難免會影響孩子。

香港家庭福利會一直關注離異家庭的福祉，因此特別委託香港中文大學社會工作學系研究本港離異父母共親職的狀況及模式對孩子所構成的影響，以及探討有關促進父母親職合作的因素。研究成果將有助社會了解離異父母的經驗和智慧，亦共期望進一步完善為離異家庭提供的支援服務的。

現誠意邀請你參與是次問卷調查，為研究提供寶貴的資料，我們會為每份問卷送上港幣 50 元的禮卷。調查會以不記名方式進行，你所提供的個人資料會得到保密，在作研究報告時，會以集體數據形式呈現，絕不會洩露任何受訪者的個人私隱。你亦有權隨時退出研究，你所提供的資料會被刪除。

若你同意參與問卷調查，請提供閣下的聯絡電話，讓我們可以和你聯絡，安排填寫問卷和送上禮卷。如有任何查詢，請與香港中文大學社會工作學系專業顧問劉玉琮博士聯絡，聯絡電話:39437552 或電郵: yklau@cuhk.edu.hk。

經香港家庭福利會社工_____ (姑娘/先生)(單位:_____)邀請及介紹，本人同意參與是次研究，亦同意小兒/小女*_____參與是次研究，並同意向中文大學的研究團隊提供本人的聯絡方法**，以便研究團隊安排時間進行問卷調查。本人明白研究的目的及資料保密的原則，也明白本人及小兒/小女隨時有權退出研究，而所提供的數據，亦會被刪除。

參加者簽名:_____

參加者姓名:_____

日期: _____

聯絡電話: _____

*如果只願意單獨參加是次研究，請刪去此句

**如果選擇由家福會同工協助填寫問卷，請刪去此句

是否願意讓研究團隊因研究第二階段的深入訪談再次跟他/她聯絡? ☐是 ☐否

Appendix 2 香港家庭福利會

「香港離異父母共親職模式對子女的影響」研究(同住父母問卷 4-17)

問卷編號: _____(RP)(C) 填寫日期: _____

以下是有關你和子女相處、你和前配偶在照顧子女方面的相處情況、以及子女的品性，若你與前配偶有多於一名子女，請選定一位子女，並根據該你和前配偶與該名子女的相處，以及就照顧該名子女而作的溝通、合作和衝突情況，按照你的印象回答以下問題。答案無分對錯，你的前配偶和子女也不會知道你的答案，請放心回答。如果可以請為每名子女填寫問卷一份，我們會為每份問卷送上港幣 50 元的禮卷。

1. 受訪者子女數目: _____
2. 若多於一個子女，為本問卷所選子女的排行: (1) ☐ 最大 (2) ☐ 第二 (3) ☐ 其他: _____
3. 上述子女的年齡: _____(以足齡計算，即 15 歲 11 個月仍是 15 歲)
4. 上述子女性別: (0) ☐ 男 (1) ☐ 女
5. 上述子女是否有特殊學習困難或情緒行為方面的困難?
(0) ☐ 否 (1) ☐ 是 (請註明: _____)

第一部份: 父母的親職參與

6. 在過去一年，你有多經常和上述子女	完全沒有	甚少	有時	經常	常常
6.1 一起進行消閑活動?	1	2	3	4	5
6.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
6.3 談及他/她的學業/就業的情況?	1	2	3	4	5
6.4 談及他/她的個人問題?	1	2	3	4	5
6.5 談及他/她的其他生活事宜?	1	2	3	4	5
6.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5
7. 在過去一年，前配偶有多經常和上述子女	完全沒有	甚少	有時	經常	常常
7.1 一起進行消閑活動?	1	2	3	4	5
7.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
7.3 談及他/她的學業/就業的情況?	1	2	3	4	5
7.4 談及他/她的個人問題?	1	2	3	4	5
7.5 談及他/她的其他生活事宜?	1	2	3	4	5
7.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5

8. 你覺得	毫不 親密	不 親密	普通	頗 親密	非常 親密
8.1 你和上述子女有多親密?	1	2	3	4	5
8.2 你的前配偶和上述子女有多親密?	1	2	3	4	5

第二部份：父母就上述子女的溝通情況

9. 你和前配偶有多經常就以下事項作出溝通?	從來 沒有	甚少	有時	經常	常常
9.1 討論上述子女學校或醫療問題	1	2	3	4	5
9.2 討論上述子女的進展及成就	1	2	3	4	5
9.3 討論你在教養上述子女時遇到的問題	1	2	3	4	5
9.4 為上述子女籌劃特別的聚會或活動	1	2	3	4	5
9.5 討論上述子女可能經歷到的個人問題	1	2	3	4	5
9.6 討論與上述子女有關的重大生活決定	1	2	3	4	5
9.7 討論有關照顧上述子女的財政安排	1	2	3	4	5
9.8 討論彼此共同參與親職方面的問題	1	2	3	4	5
9.9 討論與上述子女日常生活有關的決定	1	2	3	4	5
9.10 討論與上述子女對父母離異的適應情況	1	2	3	4	5

第三部份：父母就教養孩子方面互相支援和衝突

	從來 沒有	甚少	有時	經常	常常
10.1 當你和前配偶商討養育上述子女的事宜，有多經常會發生爭拗?	1	2	3	4	5
10.2 商討時的氣氛，有多經常是憤怒和敵意的?	1	2	3	4	5
10.3 有多經常對話是充滿張力和緊張?	1	2	3	4	5
10.4 你和前配偶就養育上述子女的事宜，有基本分歧?	1	2	3	4	5
10.5 當你在與上述子女有關的事情上需要幫忙，你會向前配偶尋求幫助?	1	2	3	4	5
10.6 你認為前配偶是你在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.7 你認為自己是前配偶在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.8 當你的前配偶有需要調動上述子女的探望安排，你願意跟他／她配合?	1	2	3	4	5
10.9 當你有需要調動上述子女的探望安排，你的前配偶願意作出配合?	1	2	3	4	5
10.10 你覺得前配偶明白及支持你作為與孩子同住/非與孩	1	2	3	4	5

子同住的父母的特殊需要？					
10.11 你們在上述子女面前說話傷害或侮辱對方	1	2	3	4	5
10.12 你們利用上述子女來駁斥對方	1	2	3	4	5
10.13 當你們爭拗時，要上述子女表態支持自己	1	2	3	4	5
10.14 你們不直接對話，而是透過上述子女傳話	1	2	3	4	5
10.15 上述子女期望我和前配偶合作	1	2	3	4	5

第四部份:以下是有關現時你對前配偶的感受 (如果你已就另一子女的情況完成了問卷和回答了這部份的問題，請你跳到第五部份)。

	非常 不同意	不 同意	中立	同意	非常 同意
11.1 我沒法停止想起前配偶對我的種種不是	1	2	3	4	5
11.2 我祝願有好的事情發生在前配偶身上	1	2	3	4	5
11.3 我花時間去想怎樣向前配偶報復	1	2	3	4	5
11.4 我對前配偶仍非常忿恨	1	2	3	4	5
11.5 因不要想起前配偶，我會避開某些人和避免到某些地方	1	2	3	4	5
11.6 我願上天保佑前配偶	1	2	3	4	5
11.7 若我碰見我的前配偶，我會感覺平和	1	2	3	4	5
11.8 前配偶對我的傷害使我無法享受人生	1	2	3	4	5
11.9 我已放下對前配偶的忿怒	1	2	3	4	5
11.10 當想起前配偶對我的種種不是時，我會感到沮喪	1	2	3	4	5
11.11 我想許多因前配偶的不是而引致的心靈創傷已經療癒	1	2	3	4	5
11.12 每當想起前配偶就覺得討厭	1	2	3	4	5
11.13 我憐憫我前配偶	1	2	3	4	5
11.14 前配偶對我的傷害摧毀了我的人生	1	2	3	4	5
11.15 我希望前配偶將來能得到別人公平的對待	1	2	3	4	5
12.1 原則上，我想我應該和前配偶在親職方面作出的溝通、彼此分工及支援	1	2	3	4	5
12.2 原則上，我覺得和前配偶在親職方面溝通合作和彼此支援是對的、是應該做的事	1	2	3	4	5
12.3 原則上，和前配偶在親職方面合作使我覺得自己是個好父親/母親	1	2	3	4	5
12.4 原則上，我打算與前配偶繼續分享養育孩子的決定權	1	2	3	4	5

12.5 原則上，我打算繼續與前配偶在親職方面合作及彼此協調	1	2	3	4	5
13.1 普遍而言，大部份對我重要的人都期望我和前配偶合作	1	2	3	4	5
13.2 普遍而言，法庭期望我和前配偶合作	1	2	3	4	5

第五部份: 以下是有關孩子的行為和品性，請根據上述子女在過去半年的情況選出最合適的答案。(4-17 歲的孩子適用)

	不符合	有點符合	完全符合
14.1 能體諒到別人的感受	0	1	2
14.2 不安定、過分活躍、不能長久靜止	0	1	2
14.3 經常抱怨頭痛、肚子痛或身體不舒服	0	1	2
14.4 很樂意與朋輩分享東西(糖果、玩具、筆等等)	0	1	2
14.5 經常發脾氣或大吵大鬧	0	1	2
14.6 頗孤獨，比較多自己玩	0	1	2
*14.7 一般來說比較順從，通常是成年人要求要做的都肯做	0	1	2
14.8 有很多擔憂，經常表現出憂慮	0	1	2
14.9 如果有人受傷、不舒服或是生病，都很樂意提供幫助	0	1	2
14.10 當坐著時，會持續不斷地擺弄手腳或扭動身子	0	1	2
*14.11 至少有一個好朋友	0	1	2
14.12 經常與其他孩子吵架或欺負他們	0	1	2
14.13 經常不高興、情緒低落或哭泣	0	1	2
*14.14 一般來說，受別的小孩所喜歡	0	1	2
14.15 容易分心，注意力不集中	0	1	2
14.16 在新的情況下，會緊張或愛黏人，容易失去信心	0	1	2
14.17 對年紀小的小孩和善	0	1	2
14.18 經常撒謊或欺騙	0	1	2
14.19 受別的小孩作弄或欺負	0	1	2
14.20 經常自願的幫助別人(父母、老師或其他小孩)	0	1	2
*14.21 做事前會想清楚	0	1	2
14.22 會從家裡、學校或其他地方偷東西	0	1	2
14.23 跟成年人相處比跟小孩相處融洽	0	1	2
14.24 對很多事物感到害怕，容易受驚嚇	0	1	2
*14.25 做事情能做到底，注意力持久	0	1	2

第六部分：有關婚姻和離婚安排的資料

15. 你和前配偶分開了多久(包括分居)?：_____年

16. 離婚過程是否平和抑或爭拗激烈?

(1) ☐十分平和 (2) ☐尚算平和 (3) ☐不算平和，時有爭拗 (4) ☐非常多爭拗

17. 離婚前有沒有發生過以下的家庭暴力事件?

17.1 語言暴力： (1) ☐完全沒有 (2) ☐有時 (3) ☐經常

17.2 肢體暴力： (1) ☐完全沒有 (2) ☐有時 (3) ☐經常

18. 離婚過程中及離婚後你是否有接受過以下的支援服務? (可選多項)

(1) ☐調解服務 (2) ☐個人輔導 (3) ☐離婚父母親職協調服務
(4) ☐家庭輔導 (5) ☐其他：_____ (6) ☐沒有接受任何支援服務

19. 前配偶有沒有為子女提供生活費?

(1) ☐有 (2) ☐沒有

20. 你是否滿意前配偶為孩子提供生活費的情況?

(1) ☐非常不滿意 (2) ☐不滿意 (3) ☐普通 (4) ☐滿意 (5) ☐非常滿意

21. 你目前的婚姻狀況： (1) ☐離婚後維持獨身 (2) ☐已有同居伴侶 (3) ☐已再婚

第七部份：受訪者背景資料：

22. 你的性別： (1) ☐男 (2) ☐女

23. 你的宗教信仰： (1) ☐沒有宗教信仰 (2) ☐基督教/天主教 (3) ☐佛教 (4) ☐道教
(5) ☐中國傳統民間宗教 (6) ☐其他：_____

24. 你的年齡：

(1) ☐ 20 歲以下	(2) ☐ 21-25 歲	(3) ☐ 26-30 歲	(4) ☐ 31-35 歲
(5) ☐ 36-40 歲	(6) ☐ 41-45 歲	(7) ☐ 46-50 歲	(8) ☐ 51-55 歲
(9) ☐ 56-60 歲	(10) ☐ 61-65 歲	(11) ☐ 66-70 歲	(12) ☐ 超過 70 歲

25. 你的教育程度：

(1) ☐ 小學或以下	(2) ☐ 中一至中三	(3) ☐ 中四至中五
(4) ☐ 預科	(5) ☐ 大專	(6) ☐ 大學
(7) ☐ 其他(請註明)：_____		

26. 你的個人平均月入

(1) ☐ 5000 元以下	(2) ☐ 5001-10000 元	(3) ☐ 10001-15000 元	(4) ☐ 15001-20000 元
(5) ☐ 20001-25000 元	(6) ☐ 25001-30000 元	(7) ☐ 30001-35000 元	(8) ☐ 35001-40000 元
(9) ☐ 40001-45000 元	(10) ☐ 45001-50000 元	(11) ☐ 50001-55000 元	(12) ☐ 55001-60000 元
(13) ☐ 60001-65000 元	(14) ☐ 65000 元以上	(15) ☐ 領取綜援	(16) ☐ 無收入

問卷完結，謝謝你的參與

Appendix 3
香港家庭福利會
「香港離異父母共親職模式對子女的影響」研究(非同住父母問卷 4-17)

問卷編號: _____(NP)(C) 填寫日期: _____

以下是有關你和子女相處、你和前配偶在照顧子女方面的相處情況、以及子女的品性，若你與前配偶有多於一名子女，請選定一位子女，並根據該你和前配偶與該名子女的相處，以及就照顧該名子女而作的溝通、合作和衝突情況，按照你的印象回答以下問題。答案無分對錯，你的前配偶和子女也不會知道你的答案，請放心回答。如果可以請為每名子女填寫問卷一份，我們會為每份問卷送上港幣 50 元的禮卷。

- 1.受訪者子女數目: _____
- 2.若多於一個子女，為本問卷所選子女的排行: (1) ☐最大 (2) ☐第二 (3) ☐其他: _____
- 3.上述子女的年齡: _____(以足齡計算，即 15 歲 11 個月仍是 15 歲)
- 4.上述子女性別: (0) ☐ 男 (1) ☐ 女
- 5.上述子女是否有特殊學習困難或情緒行為方面的困難?
(0) ☐否 (1) ☐是 (請註明:_____)

第一部份: 父母的親職參與

6.在過去一年，你有多經常和上述子女	完全沒有	甚少	有時	經常	常常
6.1 一起進行消閑活動?	1	2	3	4	5
6.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
6.3 談及他/她的學業/就業的情況?	1	2	3	4	5
6.4 談及他/她的個人問題?	1	2	3	4	5
6.5 談及他/她的其他生活事宜?	1	2	3	4	5
6.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5
7.在過去一年，前配偶有多經常和上述子女	完全沒有	甚少	有時	經常	常常
7.1 一起進行消閑活動?	1	2	3	4	5
7.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
7.3 談及他/她的學業/就業的情況?	1	2	3	4	5
7.4 談及他/她的個人問題?	1	2	3	4	5
7.5 談及他/她的其他生活事宜?	1	2	3	4	5
7.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5

8. 你覺得	毫不 親密	不 親密	普通	頗 親密	非常 親密
8.1 你和上述子女有多親密?	1	2	3	4	5
8.2 你的前配偶和上述子女有多親密?	1	2	3	4	5

第二部份：父母就上述子女的溝通情況

9. 你和前配偶有多經常就以下事項作出溝通?	從來 沒有	甚少	有時	經常	常常
9.1 討論上述子女學校或醫療問題	1	2	3	4	5
9.2 討論上述子女的進展及成就	1	2	3	4	5
9.3 討論你在教養上述子女時遇到的問題	1	2	3	4	5
9.4 為上述子女籌劃特別的聚會或活動	1	2	3	4	5
9.5 討論上述子女可能經歷到的個人問題	1	2	3	4	5
9.6 討論與上述子女有關的重大生活決定	1	2	3	4	5
9.7 討論有關照顧上述子女的財政安排	1	2	3	4	5
9.8 討論彼此共同參與親職方面的問題	1	2	3	4	5
9.9 討論與上述子女日常生活有關的決定	1	2	3	4	5
9.10 討論與上述子女對父母離異的適應情況	1	2	3	4	5

第三部份：父母就教養孩子方面互相支援和衝突

	從來 沒有	甚少	有時	經常	常常
10.1 當你和前配偶商討養育上述子女的事宜，有多經常會發生爭拗?	1	2	3	4	5
10.2 商討時的氣氛，有多經常是憤怒和敵意的?	1	2	3	4	5
10.3 有多經常對話是充滿張力和緊張?	1	2	3	4	5
10.4 你和前配偶就養育上述子女的事宜，有基本分歧?	1	2	3	4	5
10.5 當你在與上述子女有關的事情上需要幫忙，你會向前配偶尋求幫助?	1	2	3	4	5
10.6 你認為前配偶是你在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.7 你認為自己是前配偶在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.8 當你的前配偶有需要調動上述子女的探望安排，你願意跟他／她配合?	1	2	3	4	5
10.9 當你有需要調動上述子女的探望安排，你的前配偶願意作出配合?	1	2	3	4	5

10.10 你覺得前配偶明白及支持你作為「非與孩子同住的父母」的特殊需要？	1	2	3	4	5
10.11 你們在上述子女面前說話傷害或侮辱對方	1	2	3	4	5
10.12 你們利用上述子女來駁斥對方	1	2	3	4	5
10.13 當你們爭拗時，要上述子女表態支持自己	1	2	3	4	5
10.14 你們不直接對話，而是透過上述子女傳話	1	2	3	4	5
10.15 上述子女期望我和前配偶合作	1	2	3	4	5

第四部份:以下是有關現時你對前配偶的感受 (如果你已就另一子女的情況完成了問卷和回答了這部份的問題，請你跳到第五部份。

	非常 不同意	不 同意	中立	同意	非常 同意
11.1 我沒法停止想起前配偶對我的種種不是	1	2	3	4	5
11.2 我祝願有好的事情發生在前配偶身上	1	2	3	4	5
11.3 我花時間去想怎樣向前配偶報復	1	2	3	4	5
11.4 我對前配偶仍非常忿恨	1	2	3	4	5
11.5 因不要想起前配偶，我會避開某些人和避免到某些地方	1	2	3	4	5
11.6 我願上天保佑前配偶	1	2	3	4	5
11.7 若我碰見我的前配偶，我會感覺平和	1	2	3	4	5
11.8 前配偶對我的傷害使我無法享受人生	1	2	3	4	5
11.9 我已放下對前配偶的忿怒	1	2	3	4	5
11.10 當想起前配偶對我的種種不是時，我會感到沮喪	1	2	3	4	5
11.11 我想許多因前配偶的不是而引致的心靈創傷已經療癒	1	2	3	4	5
11.12 每當想起前配偶就覺得討厭	1	2	3	4	5
11.13 我憐憫我前配偶	1	2	3	4	5
11.14 前配偶對我的傷害摧毀了我的人生	1	2	3	4	5
11.15 我希望前配偶將來能得到別人公平的對待	1	2	3	4	5
12.1 原則上，我想我應該和前配偶在親職方面作出的溝通、彼此分工及支援	1	2	3	4	5
12.2 原則上，我覺得和前配偶在親職方面溝通合作和彼此支援是對的、是應該做的事	1	2	3	4	5
12.3 原則上，和前配偶在親職方面合作使我覺得自己是個好父親/母親	1	2	3	4	5
12.4 原則上，我打算與前配偶繼續分享養育孩子的決定權	1	2	3	4	5

12.5 原則上，我打算繼續與前配偶在親職方面合作及彼此協調	1	2	3	4	5
13.1 普遍而言，大部份對我重要的人都期望我和前配偶合作	1	2	3	4	5
13.2 普遍而言，法庭期望我和前配偶合作	1	2	3	4	5

第五部份: 以下是有關孩子的行為和品性，請根據上述子女在過去半年的情況選出最合適的答案。(4-17 歲的孩子適用)

	不符合	有點符合	完全符合
14.1 能體諒到別人的感受	0	1	2
14.2 不安定、過分活躍、不能長久靜止	0	1	2
14.3 經常抱怨頭痛、肚子痛或身體不舒服	0	1	2
14.4 很樂意與朋輩分享東西(糖果、玩具、筆等等)	0	1	2
14.5 經常發脾氣或大吵大鬧	0	1	2
14.6 頗孤獨，比較多自己玩	0	1	2
*14.7 一般來說比較順從，通常是成年人要求要做的都肯做	0	1	2
14.8 有很多擔憂，經常表現出憂慮	0	1	2
14.9 如果有人受傷、不舒服或是生病，都很樂意提供幫助	0	1	2
14.10 當坐著時，會持續不斷地擺弄手腳或扭動身子	0	1	2
*14.11 至少有一個好朋友	0	1	2
14.12 經常與其他孩子吵架或欺負他們	0	1	2
14.13 經常不高興、情緒低落或哭泣	0	1	2
*14.14 一般來說，受別的小孩所喜歡	0	1	2
14.15 容易分心，注意力不集中	0	1	2
14.16 在新的情況下，會緊張或愛黏人，容易失去信心	0	1	2
14.17 對年紀小的小孩和善	0	1	2
14.18 經常撒謊或欺騙	0	1	2
14.19 受別的小孩作弄或欺負	0	1	2
14.20 經常自願的幫助別人(父母、老師或其他小孩)	0	1	2
*14.21 做事前會想清楚	0	1	2
14.22 會從家裡、學校或其他地方偷東西	0	1	2
14.23 跟成年人相處比跟小孩相處融洽	0	1	2
14.24 對很多事物感到害怕，容易受驚嚇	0	1	2
*14.25 做事情能做到底，注意力持久	0	1	2

15. 你和前配偶分開多久 (包括分居)?: _____ 年

(1) ☐十分平和 (2) ☐尚算平和 (3) ☐不算平和，時有爭拗 (4) ☐非常多爭拗

17.1 語言暴力: (1) ☐完全沒有 (2) ☐有時 (3) ☐經常

17.2 肢體暴力: (1) ☐完全沒有 (2) ☐有時 (3) ☐經常

(1) ☐ 調解服務 (2) ☐ 個人輔導 (3) ☐ 離婚父母親職協調服務
(4) ☐ 家庭輔導 (5) ☐ 其他: _____ (6) ☐ 沒有接受任何支援服務

19. 你有沒有為的非同住子女提供生活費? (1) ☐有 (0) ☐沒有

(1) ☐非常不滿意 (2) ☐不滿意 (3) ☐普通 (4) ☐滿意 (5) ☐非常滿意

21. 你目前的婚姻狀況: (1) ☐離婚後維持獨身 (2) ☐已有同居伴侶 (3) ☐已再婚

22. 你的性別: (0) ☐男 (1) ☐女

23. 你的宗教信仰: (1) ☐沒有宗教信仰 (2) ☐基督教/天主教 (3) ☐佛教 (4) ☐道教
(5) ☐中國傳統民間宗教 (6) ☐其他:

(1) ☐ 20 歲以下	(2) ☐ 21-25 歲	(3) ☐ 26-30 歲	(4) ☐ 31-35 歲
(5) ☐ 36-40 歲	(6) ☐ 41-45 歲	(7) ☐ 46-50 歲	(8) ☐ 51-55 歲
(9) ☐ 56-60 歲	(10) ☐ 61-65 歲	(11) ☐ 66-70 歲	(12) ☐ 超過 70 歲

(1) ☐ 小學或以下	(2) ☐ 中一至中三	(3) ☐ 中四至中五
(4) ☐ 預科	(5) ☐ 大專	(6) ☐ 大學
(7) ☐ 其他(請註明):		

26. 你的個人平均月入

(1) ☐ 5000 元以下	(2) ☐ 5001-10000 元	(3) ☐ 10001-15000 元	(4) ☐ 15001-20000 元
(5) ☐ 20001-25000 元	(6) ☐ 25001-30000 元	(7) ☐ 30001-35000 元	(8) ☐ 35001-40000 元
(9) ☐ 40001-45000 元	(10) ☐ 45001-50000 元	(11) ☐ 50001-55000 元	(12) ☐ 55001-60000 元
(13) ☐ 60001-65000 元	(14) ☐ 65000 元以上	(15) ☐ 領取綜援	(16) ☐ 無收入

問卷完結，謝謝你的參與

Appendix 4

香港家庭福利會

「香港離異/已分手的父母共親職模式對子女的影響」研究(同住父母問卷 4-17)

問卷編號: _____(RP)(C)

填寫日期: _____

以下是有關在分居/分手之後，你和孩子的父親/母親在照顧子女方面的相處情況、你和子女相處、以及子女的品性，若你有多於一名子女，請選定一位子女，並根據該你和孩子的父親/母親與該名子女的相處，以及你們分開之後就照顧該名子女而作的溝通、合作和衝突情況，按照你的印象回答以下問題。答案無分對錯，孩子的父親/母親和子女也不會知道你的答案，請放心回答。如果可以請為每名子女填寫問卷一份，我們會為每份問卷送上港幣 50 元的禮卷。

1.受訪者子女數目: _____

2.若多於一個子女，為本問卷所選子女的排行: (1) ☐最大 (2) ☐第二 (3) ☐其他: _____

3.上述子女的年齡: _____(以足齡計算，即 15 歲 11 個月仍是 15 歲)

4.上述子女性別: (0) ☐ 男 (1) ☐ 女

5.上述子女是否有特殊學習困難或情緒行為方面的困難?

(0) ☐否

(1) ☐是 (請註明:_____)

第一部份: 父母的親職參與

6.在過去一年，你有多經常和上述子女	完全沒有	甚少	有時	經常	常常
6.1 一起進行消閑活動?	1	2	3	4	5
6.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
6.3 談及他/她的學業/就業的情況?	1	2	3	4	5
6.4 談及他/她的個人問題?	1	2	3	4	5
6.5 談及他/她的其他生活事宜?	1	2	3	4	5
6.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5
7.在過去一年，孩子的父親/母親有多經常和上述子女	完全沒有	甚少	有時	經常	常常
7.1 一起進行消閑活動?	1	2	3	4	5
7.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
7.3 談及他/她的學業/就業的情況?	1	2	3	4	5
7.4 談及他/她的個人問題?	1	2	3	4	5
7.5 談及他/她的其他生活事宜?	1	2	3	4	5
7.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5

8. 你覺得	毫不 親密	不 親密	普通	頗 親密	非常 親密
8.1 你和上述子女有多親密?	1	2	3	4	5
8.2 孩子的父親/母親和上述子女有多親密?	1	2	3	4	5

第二部份：父母就上述子女的溝通情況

9.你和孩子的父親/母親有多經常就以下事項作出溝通?	從來 沒有	甚少	有時	經常	常常
9.1 討論上述子女學校或醫療問題	1	2	3	4	5
9.2 討論上述子女的進展及成就	1	2	3	4	5
9.3 討論你在教養上述子女時遇到的問題	1	2	3	4	5
9.4 為上述子女籌劃特別的聚會或活動	1	2	3	4	5
9.5 討論上述子女可能經歷到的個人問題	1	2	3	4	5
9.6 討論與上述子女有關的重大生活決定	1	2	3	4	5
9.7 討論有關照顧上述子女的財政安排	1	2	3	4	5
9.8 討論彼此共同參與親職方面的問題	1	2	3	4	5
9.9 討論與上述子女日常生活有關的決定	1	2	3	4	5
9.10 討論與上述子女對父母分開/分居的適應情況	1	2	3	4	5

第三部份：父母就教養孩子方面互相支援和衝突

	從來 沒有	甚少	有時	經常	常常
10.1 當你和孩子的父親/母親商討養育上述子女的事宜，有多經常會發生爭拗?	1	2	3	4	5
10.2 商討時的氣氛，有多經常是憤怒和敵意的?	1	2	3	4	5
10.3 有多經常對話是充滿張力和緊張?	1	2	3	4	5
10.4 你和孩子的父親/母親就養育上述子女的事宜，有基本分歧?	1	2	3	4	5
10.5 當你在與上述子女有關的事情上需要幫忙，你會向孩子的父親/母親尋求幫助?	1	2	3	4	5
10.6 你認為孩子的父親/母親是你在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.7 你認為自己是孩子的父親/母親在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.8 當孩子的父親/母親有需要調動上述子女的探望安排，你願意跟他／她配合?	1	2	3	4	5
10.9 當你有需要調動上述子女的探望安排，孩子的父親/母親願意作出配合?	1	2	3	4	5

10.10 你覺得孩子的父親/母親明白及支持你作為與孩子同住/非與孩子同住的父母的特殊需要？	1	2	3	4	5
10.11 你們在上述子女面前說話傷害或侮辱對方	1	2	3	4	5
10.12 你們利用上述子女來駁斥對方	1	2	3	4	5
10.13 當你們爭拗時，要上述子女表態支持自己	1	2	3	4	5
10.14 你們不直接對話，而是透過上述子女傳話	1	2	3	4	5
10.15 上述子女期望我和他/她父親/母親合作	1	2	3	4	5

第四部份:以下是有關現時你對上述孩子的父親/母親的感受 (如果你已就另一子女的情況完成了問卷和回答了這部份的問題，請你跳到第五部份)。

	非常 不同意	不同 意	中立	同意	非常 同意
11.1 我沒法停止想起孩子的父親/母親對我的種種不是	1	2	3	4	5
11.2 我祝願有好的事情發生在孩子的父親/母親身上	1	2	3	4	5
11.3 我花時間去想怎樣向孩子的父親/母親報復	1	2	3	4	5
11.4 我對孩子的父親/母親仍非常忿恨	1	2	3	4	5
11.5 因不要想起孩子的父親/母親，我會避開某些人和避免到某些地方	1	2	3	4	5
11.6 我願上天保佑孩子的父親/母親	1	2	3	4	5
11.7 若我碰見孩子的父親/母親，我會感覺平和	1	2	3	4	5
11.8 孩子的父親/母親對我的傷害使我無法享受人生	1	2	3	4	5
11.9 我已放下對孩子的父親/母親的忿怒	1	2	3	4	5
11.10 當想起孩子的父親/母親對我的種種不是時，我會感到沮喪	1	2	3	4	5
11.11 我想許多因孩子的父親/母親的不是而引致的心靈創傷已經療癒	1	2	3	4	5
11.12 每當想起孩子的父親/母親就覺得討厭	1	2	3	4	5
11.13 我憐憫我孩子的父親/母親	1	2	3	4	5
11.14 孩子的父親/母親對我的傷害摧毀了我的人生	1	2	3	4	5
11.15 我希望孩子的父親/母親將來能得到別人公平的對待	1	2	3	4	5
12.1 原則上，我想我應該和孩子的父親/母親在親職方面作出的溝通、彼此分工及支援	1	2	3	4	5
12.2 原則上，我覺得和孩子的父親/母親在親職方面溝通合作和彼此支援是對的、是應該做的事	1	2	3	4	5
12.3 原則上，和孩子的父親/母親在親職方面合作使我覺得自己是個好父親/母親	1	2	3	4	5

12.4 原則上，我打算與孩子的父親/母親繼續分享養育孩子的決定權	1	2	3	4	5
12.5 原則上，我打算繼續與孩子的父親/母親在親職方面合作及彼此協調	1	2	3	4	5
13.1 普遍而言，大部份對我重要的人都期望我和孩子的父親/母親合作	1	2	3	4	5
13.2 普遍而言，法庭期望我和孩子的父親/母親合作	1	2	3	4	5

第五部份：以下是有關孩子的行為和品性，請根據上述子女在過去半年的情況選出最合適的答案。(4-17 歲的孩子適用)

	不符合	有點符合	完全符合
14.1 能體諒到別人的感受	0	1	2
14.2 不安定、過分活躍、不能長久靜止	0	1	2
14.3 經常抱怨頭痛、肚子痛或身體不舒服	0	1	2
14.4 很樂意與朋輩分享東西(糖果、玩具、筆等等)	0	1	2
14.5 經常發脾氣或大吵大鬧	0	1	2
14.6 頗孤獨，比較多自己玩	0	1	2
*14.7 一般來說比較順從，通常是成年人要求要做的都肯做	0	1	2
14.8 有很多擔憂，經常表現出憂慮	0	1	2
14.9 如果有人受傷、不舒服或是生病，都很樂意提供幫助	0	1	2
14.10 當坐著時，會持續不斷地擺弄手腳或扭動身子	0	1	2
*14.11 至少有一個好朋友	0	1	2
14.12 經常與其他孩子吵架或欺負他們	0	1	2
14.13 經常不高興、情緒低落或哭泣	0	1	2
*14.14 一般來說，受別的小孩所喜歡	0	1	2
14.15 容易分心，注意力不集中	0	1	2
14.16 在新的情況下，會緊張或愛黏人，容易失去信心	0	1	2
14.17 對年紀小的小孩和善	0	1	2
14.18 經常撒謊或欺騙	0	1	2
14.19 受別的小孩作弄或欺負	0	1	2
14.20 經常自願的幫助別人(父母、老師或其他小孩)	0	1	2
*14.21 做事前會想清楚	0	1	2
14.22 會從家裡、學校或其他地方偷東西	0	1	2
14.23 跟成年人相處比跟小孩相處融洽	0	1	2
14.24 對很多事物感到害怕，容易受驚嚇	0	1	2
*14.25 做事情能做到底，注意力持久	0	1	2

第六部分：有關婚姻和分居安排的資料

15. 你和孩子的父親/母親分開/分居了多久? _____ 年

16. 分開/分居過程是否平和抑或爭拗激烈?

- (1) ☐ 十分平和 (2) ☐ 尚算平和 (3) ☐ 不算平和，時有爭拗 (4) ☐ 非常多爭拗

17. 分開/分居前有沒有發生過以下的家庭暴力事件?

17.1 語言暴力: (1) ☐ 完全沒有 (2) ☐ 有時 (3) ☐ 經常

17.2 肢體暴力: (1) ☐ 完全沒有 (2) ☐ 有時 (3) ☐ 經常

18. 分開/分居過程中及分開後你是否有接受過以下的支援服務? (可選多項)

- (1) ☐ 調解服務 (2) ☐ 個人輔導 (3) ☐ 離異/分居父母親職協調服務
(4) ☐ 家庭輔導 (5) ☐ 其他: _____ (6) ☐ 沒有接受任何支援服務

19. 孩子的父親/母親有沒有為子女提供生活費?

- (1) ☐ 有 (2) ☐ 沒有

20. 你是否滿意孩子的父親/母親為孩子提供生活費的情況?

- (1) ☐ 非常不滿意 (2) ☐ 不滿意 (3) ☐ 普通 (4) ☐ 滿意 (5) ☐ 非常滿意

21. 你的婚姻狀況:

- (1) ☐ 曾同居，但已分居並維持單身 (2) ☐ 曾同居，但已分居，現已有新的同居伴侶
(3) ☐ 從未結婚或同居，現時是獨身 (4) ☐ 從未結婚，但現已有同居伴侶
(5) ☐ 其他(請註明): _____

第七部份：受訪者背景資料:

22. 你的性別: (1) ☐ 男 (2) ☐ 女

23. 你的宗教信仰: (1) ☐ 沒有宗教信仰 (2) ☐ 基督教/天主教 (3) ☐ 佛教 (4) ☐ 道教
(5) ☐ 中國傳統民間宗教 (6) ☐ 其他: _____

24. 你的年齡:

(1) ☐ 20 歲以下	(2) ☐ 21-25 歲	(3) ☐ 26-30 歲	(4) ☐ 31-35 歲
(5) ☐ 36-40 歲	(6) ☐ 41-45 歲	(7) ☐ 46-50 歲	(8) ☐ 51-55 歲
(9) ☐ 56-60 歲	(10) ☐ 61-65 歲	(11) ☐ 66-70 歲	(12) ☐ 超過 70 歲

25. 你的教育程度:

(1) ☐ 小學或以下	(2) ☐ 中一至中三	(3) ☐ 中四至中五
(4) ☐ 預科	(5) ☐ 大專	(6) ☐ 大學
(7) ☐ 其他(請註明): _____		

26. 你的個人平均月入

(1) ☐ 5000 元以下	(2) ☐ 5001-10000 元	(3) ☐ 10001-15000 元	(4) ☐ 15001-20000 元
(5) ☐ 20001-25000 元	(6) ☐ 25001-30000 元	(7) ☐ 30001-35000 元	(8) ☐ 35001-40000 元
(9) ☐ 40001-45000 元	(10) ☐ 45001-50000 元	(11) ☐ 50001-55000 元	(12) ☐ 55001-60000 元
(13) ☐ 60001-65000 元	(14) ☐ 65000 元以上	(15) ☐ 領取綜援	(16) ☐ 無收入

問卷完結，謝謝你的參與

Appendix 5

香港家庭福利會

「香港離異/已分手的父母共親職模式對子女的影響」研究(非同住父母問卷 4-17)

問卷編號: _____(NP)(C) 填寫日期: _____

以下是有關在分居/分手之後，你和孩子的父親/母親在照顧子女方面的相處情況、你和子女相處、以及子女的品性，若你有多於一名子女，請選定一位子女，並根據你和孩子的父親/母親與該名子女的相處，以及你們分開之後就照顧該名子女而作的溝通、合作和衝突情況，按照你的印象回答以下問題。答案無分對錯，孩子的父親/母親和子女也不會知道你的答案，請放心回答。如果可以請為每名子女填寫問卷一份，我們會為每份問卷送上港幣 50 元的禮卷。

1. 受訪者子女數目: _____
2. 若多於一個子女，為本問卷所選子女的排行: (1) ☐ 最大 (2) ☐ 第二 (3) ☐ 其他: _____
3. 上述子女的年齡: _____(以足齡計算，即 15 歲 11 個月仍是 15 歲)
4. 上述子女性別: (0) ☐ 男 (1) ☐ 女
5. 上述子女是否有特殊學習困難或情緒行為方面的困難?
(0) ☐ 否 (1) ☐ 是 (請註明: _____)

第一部份: 父母的親職參與

6. 在過去一年，你有多經常和上述子女	完全沒有	甚少	有時	經常	常常
6.1 一起進行消閑活動?	1	2	3	4	5
6.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
6.3 談及他/她的學業/就業的情況?	1	2	3	4	5
6.4 談及他/她的個人問題?	1	2	3	4	5
6.5 談及他/她的其他生活事宜?	1	2	3	4	5
6.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5
7. 在過去一年，孩子的父親/母親有多經常和上述子女	完全沒有	甚少	有時	經常	常常
7.1 一起進行消閑活動?	1	2	3	4	5
7.2 談及他/她的約會對象或與朋友的聚會?	1	2	3	4	5
7.3 談及他/她的學業/就業的情況?	1	2	3	4	5
7.4 談及他/她的個人問題?	1	2	3	4	5
7.5 談及他/她的其他生活事宜?	1	2	3	4	5
7.6 協助他/她處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5

8. 你覺得	毫不 親密	不 親密	普通	頗 親密	非常 親密
8.1 你和上述子女有多親密?	1	2	3	4	5
8.2 孩子的父親/母親和上述子女有多親密?	1	2	3	4	5

第二部份：父母就上述子女的溝通情況

9.你和孩子的父親/母親有多經常就以下事項作出溝通?	從來 沒有	甚少	有時	經常	常常
9.1 討論上述子女學校或醫療問題	1	2	3	4	5
9.2 討論上述子女的進展及成就	1	2	3	4	5
9.3 討論你在教養上述子女時遇到的問題	1	2	3	4	5
9.4 為上述子女籌劃特別的聚會或活動	1	2	3	4	5
9.5 討論上述子女可能經歷到的個人問題	1	2	3	4	5
9.6 討論與上述子女有關的重大生活決定	1	2	3	4	5
9.7 討論有關照顧上述子女的財政安排	1	2	3	4	5
9.8 討論彼此共同參與親職方面的問題	1	2	3	4	5
9.9 討論與上述子女日常生活有關的決定	1	2	3	4	5
9.10 討論與上述子女對父母分開/分居的適應情況	1	2	3	4	5

第三部份：父母就教養孩子方面互相支援和衝突

	從來 沒有	甚少	有時	經常	常常
10.1 當你和孩子的父親/母親商討養育上述子女的事宜，有多經常會發生爭拗?	1	2	3	4	5
10.2 商討時的氣氛，有多經常是憤怒和敵意的?	1	2	3	4	5
10.3 有多經常對話是充滿張力和緊張?	1	2	3	4	5
10.4 你和孩子的父親/母親就養育上述子女的事宜，有基本分歧?	1	2	3	4	5
10.5 當你在與上述子女有關的事情上需要幫忙，你會向孩子的父親/母親尋求幫助?	1	2	3	4	5
10.6 你認為孩子的父親/母親是你在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.7 你認為自己是孩子的父親/母親在養育上述孩子方面的一個幫助和資源?	1	2	3	4	5
10.8 當孩子的父親/母親有需要調動上述子女的探望安排，你願意跟他／她配合?	1	2	3	4	5
10.9 當你有需要調動上述子女的探望安排，孩子的父親/母親願意作出配合?	1	2	3	4	5

10.10 你覺得孩子的父親/母親明白及支持你作為「非與孩子同住的父母」的特殊需要？	1	2	3	4	5
10.11 你們在上述子女面前說話傷害或侮辱對方	1	2	3	4	5
10.12 你們利用上述子女來駁斥對方	1	2	3	4	5
10.13 當你們爭拗時，要上述子女表態支持自己	1	2	3	4	5
10.14 你們不直接對話，而是透過上述子女傳話	1	2	3	4	5
10.15 上述子女期望我和他/她父親/母親合作	1	2	3	4	5

第四部份:以下是有關現時你對孩子的父親/母親的感受 (如果你已就另一子女的情況完成了問卷和回答了這部份的問題，請你跳到第五部份。

	非常 不同意	不 同意	中立	同意	非常 同意
11.1 我沒法停止想起孩子的父親/母親對我的種種不是	1	2	3	4	5
11.2 我祝願有好的事情發生在孩子的父親/母親身上	1	2	3	4	5
11.3 我花時間去想怎樣向孩子的父親/母親報復	1	2	3	4	5
11.4 我對孩子的父親/母親仍非常忿恨	1	2	3	4	5
11.5 因不要想起孩子的父親/母親，我會避開某些人和避免到某些地方	1	2	3	4	5
11.6 我願上天保佑孩子的父親/母親	1	2	3	4	5
11.7 若我碰見我的孩子的父親/母親，我會感覺平和	1	2	3	4	5
11.8 孩子的父親/母親對我的傷害使我無法享受人生	1	2	3	4	5
11.9 我已放下對孩子的父親/母親的忿怒	1	2	3	4	5
11.10 當想起孩子的父親/母親對我的種種不是時，我會感到沮喪	1	2	3	4	5
11.11 我想許多因孩子的父親/母親的不是而引致的心靈創傷已經療癒	1	2	3	4	5
11.12 每當想起孩子的父親/母親就覺得討厭	1	2	3	4	5
11.13 我憐憫我孩子的父親/母親	1	2	3	4	5
11.14 孩子的父親/母親對我的傷害摧毀了我的人生	1	2	3	4	5
11.15 我希望孩子的父親/母親將來能得到別人公平的對待	1	2	3	4	5
12.1 原則上，我想我應該和孩子的父親/母親在親職方面作出的溝通、彼此分工及支援	1	2	3	4	5
12.2 原則上，我覺得和孩子的父親/母親在親職方面溝通合作和彼此支援是對的、是應該做的事	1	2	3	4	5
12.3 原則上，和孩子的父親/母親在親職方面合作使我覺得自己是個好父親/母親	1	2	3	4	5

12.4 原則上，我打算與孩子的父親/母親繼續分享養育孩子的決定權	1	2	3	4	5
12.5 原則上，我打算繼續與孩子的父親/母親在親職方面合作及彼此協調	1	2	3	4	5
13.1 普遍而言，大部份對我重要的人都期望我和孩子的父親/母親合作	1	2	3	4	5
13.2 普遍而言，法庭期望我和孩子的父親/母親合作	1	2	3	4	5

第五部份: 以下是有關孩子的行為和品性，請根據上述子女在過去半年的情況選出最合適的答案。(4-17 歲的孩子適用)

	不符合	有點符合	完全符合
14.1 能體諒到別人的感受	0	1	2
14.2 不安定、過分活躍、不能長久靜止	0	1	2
14.3 經常抱怨頭痛、肚子痛或身體不舒服	0	1	2
14.4 很樂意與朋輩分享東西(糖果、玩具、筆等等)	0	1	2
14.5 經常發脾氣或大吵大鬧	0	1	2
14.6 頗孤獨，比較多自己玩	0	1	2
*14.7 一般來說比較順從，通常是成年人要求要做的都肯做	0	1	2
14.8 有很多擔憂，經常表現出憂慮	0	1	2
14.9 如果有人受傷、不舒服或是生病，都很樂意提供幫助	0	1	2
14.10 當坐著時，會持續不斷地擺弄手腳或扭動身子	0	1	2
*14.11 至少有一個好朋友	0	1	2
14.12 經常與其他孩子吵架或欺負他們	0	1	2
14.13 經常不高興、情緒低落或哭泣	0	1	2
*14.14 一般來說，受別的小孩所喜歡	0	1	2
14.15 容易分心，注意力不集中	0	1	2
14.16 在新的情況下，會緊張或愛黏人，容易失去信心	0	1	2
14.17 對年紀小的小孩和善	0	1	2
14.18 經常撒謊或欺騙	0	1	2
14.19 受別的小孩作弄或欺負	0	1	2
14.20 經常自願的幫助別人(父母、老師或其他小孩)	0	1	2
*14.21 做事前會想清楚	0	1	2
14.22 會從家裡、學校或其他地方偷東西	0	1	2
14.23 跟成年人相處比跟小孩相處融洽	0	1	2
14.24 對很多事物感到害怕，容易受驚嚇	0	1	2
*14.25 做事情能做到底，注意力持久	0	1	2

第六部分：有關婚姻和分居安排的資料

15. 你和孩子的父親/母親分開/分居了多久? _____ 年

16. 分開/分居的過程是否平和抑或爭拗激烈?

- (1) ☐十分平和 (2) ☐尚算平和 (3) ☐不算平和，時有爭拗 (4) ☐非常多爭拗

17. 分開/分居前有沒有發生過以下的家庭暴力事件?

- 17.1 語言暴力: (1) ☐完全沒有 (2) ☐有時 (3) ☐經常

- 17.2 肢體暴力: (1) ☐完全沒有 (2) ☐有時 (3) ☐經常

18. 分開/分居過程中及分開後你是否有接受過以下的支援服務? (可選多項)

- (1) ☐ 調解服務 (2) ☐ 個人輔導 (3) ☐ 離婚/分居父母親職協調服務
(4) ☐ 家庭輔導 (5) ☐ 其他: _____ (6) ☐ 沒有接受任何支援服務

19. 你有沒有為的非同住子女提供生活費? (1) ☐有 (0) ☐沒有

20. 你是否滿意有關孩子生活費的安排?

- (1) ☐非常不滿意 (2) ☐不滿意 (3) ☐普通 (4) ☐滿意 (5) ☐非常滿意

21. 你的婚姻狀況:

- (1) ☐ 曾同居，但已分居並維持單身
- (2) ☐ 曾同居，但已分居，現已有新的同居伴侶
- (3) ☐ 從未結婚或同居，現時是獨身
- (4) ☐ 從未結婚，但現已有同居伴侶
- (5) ☐ 其他(請註明)：

第七部份：受訪者背景資料：

22. 你的性別: (0) ☐男 (1) ☐女

23. 你的宗教信仰: (1) ☐沒有宗教信仰 (2) ☐基督教/天主教 (3) ☐佛教 (4) ☐道教
(5) ☐中國傳統民間宗教 (6) ☐其他:

24. 你的年齡:

(1) ☐ 20 歲以下	(2) ☐ 21-25 歲	(3) ☐ 26-30 歲	(4) ☐ 31-35 歲
(5) ☐ 36-40 歲	(6) ☐ 41-45 歲	(7) ☐ 46-50 歲	(8) ☐ 51-55 歲
(9) ☐ 56-60 歲	(10) ☐ 61-65 歲	(11) ☐ 66-70 歲	(12) ☐ 超過 70 歲

25. 你的教育程度:

(1) ☐ 小學或以下	(2) ☐ 中一至中三	(3) ☐ 中四至中五
(4) ☐ 預科	(5) ☐ 大專	(6) ☐ 大學
(7) ☐ 其他(請註明):		

26. 你的個人平均月入

(1) ☐ 5000 元以下	(2) ☐ 5001-10000 元	(3) ☐ 10001-15000 元	(4) ☐ 15001-20000 元
(5) ☐ 20001-25000 元	(6) ☐ 25001-30000 元	(7) ☐ 30001-35000 元	(8) ☐ 35001-40000 元
(9) ☐ 40001-45000 元	(10) ☐ 45001-50000 元	(11) ☐ 50001-55000 元	(12) ☐ 55001-60000 元
(13) ☐ 60001-65000 元	(14) ☐ 65000 元以上	(15) ☐ 領取綜援	(16) ☐ 無收入

問卷完結，謝謝你的參與

Appendix 6 香港家庭福利會

「香港離異/已分手的父母共親職模式對子女的影響」研究(子女問卷)

問卷編號: _____(C)

填寫日期: _____

這份問卷的內容是關於你和父母的相處、你對父母的相處方式的觀感、以及你對自己的評價，答案沒有對錯之分，我們不會將你的答案告訴你的父母，你的答案將有助我們了解離異/已分手的父母的相處方式對孩子的影響。

*「同住父母」是指現時大部份時間和你一起居住的父/母

「非同住父母」是指沒有和你一起居住的那位父/母

第一部份: 父母的親職參與和親子關係

在過去一年，你有多經常和「同住父母」	完全沒有	甚少	有時	經常	常常
1 一起進行消閑活動?	1	2	3	4	5
2 談及你的約會對象或與朋友的聚會?	1	2	3	4	5
3 談及你的學業/就業的情況?	1	2	3	4	5
4 談及你的個人問題?	1	2	3	4	5
5 談及你其他的生活事宜?	1	2	3	4	5
6 協助你處理重要的生活任務/抉擇 (例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5
在過去一年，你有多經常和「非同住父母」	完全沒有	甚少	有時	經常	常常
7 一起進行消閑活動?	1	2	3	4	5
8 談及你的約會對象或與朋友的聚會?	1	2	3	4	5
9 談及你的學業/工作的情况?	1	2	3	4	5
10 談及你的個人問題?	1	2	3	4	5
11 談及你其他的生活事宜?	1	2	3	4	5
12 協助你處理重要的生活任務/抉擇(例如學校的功課、升學就業的抉擇、人際關係或工作有關的難題?)	1	2	3	4	5
你覺和以下的父母有多親密?	毫不親密	不親密	普通	頗親密	非常親密
13 「同住父母」	1	2	3	4	5
14 「非同住父母」	1	2	3	4	5
在你和父母之間有多經常發生以下情況?	從來沒有	甚少	有時	經常	常常
15 有關教養和照顧你的安排，父母會考慮你的意願。	1	2	3	4	5
16 就著你和「非同住父母」見面的安排，父母會考慮你的意願。	1	2	3	4	5

17 就著和你有關的安排，你覺得可以向父母表達意見。	1	2	3	4	5
18 你有多經常覺得夾在父母中間	1	2	3	4	5
19 母親有多經常要求你有替她向父親傳遞訊息？	1	2	3	4	5
20 父親有多經常要求你有替她向母親傳遞訊息？	1	2	3	4	5
21 母親是否會問你一些有關父親而你覺得她不應該向你打聽的問題？	1	2	3	4	5
22 父親是否會問你一些有關母親而你覺得她不應該向你打聽的問題？	1	2	3	4	5
23 要在母親面前提起父親，你有多經常會感到遲疑？	1	2	3	4	5
24 要在父親面前提起母親，你有多經常會感到遲疑？	1	2	3	4	5
25 父母有多經常為你的事情發生爭執	1	2	3	4	5

第二部分：孩子的自尊感

請按著你對於以下句子的感覺，在該句子後面圈上你認為最能夠代表你的感受的答案。

	完全 不同意	不 同意	中立	同意	非常 同意
1 總括來說，我對自己感到滿意。	1	2	3	4	5
2 有些時候，我會覺得自己是一無是處。	1	2	3	4	5
3 我感到自己是有一些優點。	1	2	3	4	5
4 我能夠把事情做得和其他人一樣好。	1	2	3	4	5
5 我覺得自己沒有什麼可以值得引以自豪的。	1	2	3	4	5
6 有些時候，我確實地感到自己是一無是處。	1	2	3	4	5
7 我感到自己是一個有價值的人，而我的價值起碼不比別人低。	1	2	3	4	5
8 我希望能夠有更多對自己的尊重。	1	2	3	4	5
9 總括來說，我傾向於感到自己是失敗的。	1	2	3	4	5
10 我抱著積極的態度面對自己。	1	2	3	4	5

第三部份：以下題目是有關你的品性，請依據你過去六個月內的經驗與事實，回答以下各題，請從題目右邊的三個選項 — 「不符合」、「有點符合」、或「完全符合」中，圈選你覺得合適的答案。請不要遺漏任何一題，即使你對某些題目並不是十分確定。

	不符合	有點符合	完全符合
1 我嘗試對別人友善，並關心他們的感受	0	1	2
2 我不能安定，不能長時間保持靜止	0	1	2
3 我經常頭痛、肚子痛或是身體不舒服	0	1	2
4 我常與他人分享(食物、遊戲、筆等等)	0	1	2

5 我容易覺得很憤怒, 並常發脾氣	0	1	2
6 我經常靠自己, 通常也是獨自玩耍或不與人來往	0	1	2
*7 我通常依照吩咐做事	0	1	2
8 我有很多擔憂	0	1	2
9 如有人受傷、難過或感到不適, 我都樂意幫忙	0	1	2
10 當坐著時, 我持續不斷地擺弄手腳或扭動身子	0	1	2
*11 我有一個或幾個好朋友	0	1	2
12 我經常與別人爭執, 使別人依我想法行事	0	1	2
13 我經常不快樂、心情沉重或流淚	0	1	2
*14 其他與我年齡相近的一般都喜歡我	0	1	2
15 我容易分心, 我覺得難於集中精神	0	1	2
16 我在新的環境中會感到緊張, 很容易失去自信	0	1	2
17 我會仁慈地對待比我年紀小的孩子	0	1	2
18 我常被指撒謊或不老實	0	1	2
19 其他小孩或青少年常針對或欺負我	0	1	2
20 我常自願幫助別人(父母、老師、同學)	0	1	2
*21 我做事前會先想清楚	0	1	2
22 我會從家中、學校、或別處拿取不屬於我的物件	0	1	2
23 我與成年人相處較與同年紀的人相處融洽	0	1	2
24 我心中有許多恐懼, 我很易受驚嚇	0	1	2
*25 我總能把手頭上的事情辦妥, 我的注意力良好	0	1	2

第四部分：受訪者個人背景資料

- 性別: (0) ☐男 (1) ☐女
- 年齡: _____
- 就讀級別: _____ (98) ☐不適用
- 同住父母性別: (0) ☐男 (1) ☐女

問卷完結，謝謝你的參與

Appendix 7.1
香港家庭福利會
「香港離異父母共親職模式對子女的影響」研究
父母訪談指引

1. 可否簡略介紹一下離婚之後，你和前配偶在照顧孩子方面的分工和溝通合作的情況？
2. 以上的安排是怎樣商討出來的/怎樣形成的？
3. 你在過程中有什麼經歷？
4. 當遇到困難和挑戰時，你是用什麼方法去處理？
5. 以你的經驗，有什麼方法/因素可以促進你和前配偶的合作和相處？
6. 又有什麼因素會破壞或削弱父母之間的合作和溝通？
7. 在過程中，你需要什麼的支援？
8. 你覺得在香港，社會是否期望離異父母要為著孩子的福祉，彼此合作？
 - 若是，你是否認同這種想法？
 - 若否，你覺得香港社會對異離父母的親職合作持抱著什麼想法和信念？
 - 這些想法對你有什麼影響？
 - 你自己又是否同意離異父母要彼此合作？為什麼？
9. 根據你的觀察，你和孩子父/母親相處的情況對孩子有沒有影響？
 - 如果有，是怎樣的影響？你怎樣覺察到這些影響？
 - 覺察到這些影響，對你怎樣和孩子的父/母親相處的想法和實際的方式有沒有影響？
 - 如果沒有，你如何知道沒有影響，你有什麼具體觀察？

Appendix 7.2
香港家庭福利會
「香港離異父母共親職模式對子女的影響」研究
子女訪談指引

1. 可否簡略介紹一下父母離婚之後，你的生活安排以及父母在照顧你方面的分工和溝通合作的情況? (例如誰人照顧你的起居飲食，功課及溫書由誰來督導，通常和誰人一起進行家庭活動)
2. 有需要時，你通常會先找媽媽抑或先找爸爸幫忙? 為什麼?
3. 父母在處理你的事情時，會不會彼此商量? 是否會彼此爭拗?
4. 他/她們通常會怎樣和對方溝通相處?
5. 你喜不喜歡他/她們的相處方式? 這些方式有沒有影響你? (例如有沒有把你變成夾心人或他/她們的傳話人，或令你覺得輕鬆或覺得煩擾)
6. 你在過程中有什麼經歷?
7. 當遇到困難和挑戰時，你是用什麼方法去處理?
8. 有沒有一些方法你覺得有用? 有用的地方在那裏?
9. 有沒有一些經歷、想法和感受、希望父母能夠知道?
10. 如果可以，你希望父母怎樣相處?
11. 如果有其他小朋友或年青人遇上父母離婚的情況，你有沒有一些忠告或提議給他/她們?

Appendix 8.1
香港家庭福利會
「香港離異父母共親職模式對子女的影響」研究
訪談及錄音同意書

本人同意參與上述研究之訪談，就離異父母在照顧孩子方面的相處、合作的親身經驗、當中經歷到的困難和解決方法向負責是次研究的香港中文大學社會工作學系研究團隊提供意見，並同意研究團隊將訪談內容錄音及作出謄寫，以作研究分析、撰寫研究報告、及發報研究結果之用。本人明白本人之個人資料將會獲得保密，所有錄音內容的謄本將會刪去本人的名字，而轉為以代號作記錄，訪談錄音亦會於文字轉錄完成後被銷毀。而在訪談過程中，本人有權隨時退出訪談，訪談完成後，本人亦有權隨時取消有關的同意，有關同意書、錄音及謄稿會被銷毀。本人明白若在這過程中，研究團隊發現有需要作出輔導跟進的事項，研究團隊會作出適當的跟進。

參加者姓名: _____

參加者簽名: _____

日 期 : _____

Appendix 8.2
香港家庭福利會
「香港離異父母共親職模式對子女的影響」研究
訪談及錄音家長同意書

本人同意小兒/小女_____參與上述研究之訪談，就其對父母離異之後與他／她的相處、父母之間的合作和相處情況、他／她在當中的經歷和感受，向負責是次研究的香港中文大學社會工作學系研究團組提供意見，並同意研究團隊將訪談內容錄音及作出謄寫，以作研究分析、撰寫研究報告、及發報研究結果之用。本人明白小兒/小女之個人資料將會獲得保密，所有錄音內容的謄本將會刪去小兒/小女的名字，而轉為以代號作記錄，訪談錄音亦會於文字轉錄完成後被銷毀。而在訪談過程中，小兒/小女有權隨時退出訪談，訪談完成後，本人亦有權隨時取消有關的同意，有關同意書、錄音及謄稿會被銷毀。本人明白若在這過程中，研究團隊發現有需要作出輔導跟進的事項，研究團隊會作出適當的跟進。

參加者姓名: _____

參加者簽名: _____

日 期 : _____