

**THE IMPORTANCE OF FAMILY SUPPORT PROFILES IN THE WELLBEING OF  
PARENTS OF AN INFANT: LONELINESS AND POSITIVE AFFECT.  
PRELIMINARY ANALYSIS**

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**INTRODUCTION**

Assuming the role of a parent and beginning the process of parenting is often described as a source of well-being (Nelson et al., 2013). However, this part of life is also linked to several life changes, which can be a source of stress (Nomaguchi & Milkie, 2020). The scientific literature shows that parenting-related stress levels become especially relevant during the preschool period (around 5 years, with ranges from 3 to 7 years; Rizzo et al., 2013), after which they begin to decrease, increasing again during the adolescent phases (Meier et al., 2018). These high levels of stress are associated with negative consequences for parents' mental health (i.e., higher levels of depressive symptoms, Evenson & Simon, 2005).

Previous studies have pointed out some variables that seem to be protective against negative psychological health consequences for parents (e.g., leisure; Roeters et al., 2016; coparenting; Yu & Xiao, 2021). One of the variables that seems to play a relevant role is family support (e.g., Lutz et al., 2012), defined as the informal emotional or instrumental help and assistance from a partner, a close relative and/or extended family members (Kamaryati & Malathum; 2020). The important role of perceived family connectedness, low family conflict and functional family environment or functioning in mental health have been highlighted as potential modifiable factors that represent therapeutic targets in parenting literature (Cobhamet al., 2016). For example, Lu et al (2018), found that social support mediates and moderates the relationship between stress and life satisfaction in parents of children with autism (Lu et al., 2018). In the same direction, Zhao et al (2021), found that family support mediated the relation between parental stress and resiliency in parents of a disabled child. Likewise, in another study, three months after participating in an intervention focused on improving family support, mothers reported feeling less isolated and less stressed than mothers in the control group (Telleen et al., 1989).

Family support has been extensively analyzed in the general population, and the results consistently show that it's associated with lower emotional distress, for