

Mediating Role of Hope and Resilience in the Association Between Parenting Stress and Psychological Well-Being Among Turkish Foster Parents

Osman Hatun, Fazilet Yavuz Birben & Ahmet Emin Baysal

To cite this article: Osman Hatun, Fazilet Yavuz Birben & Ahmet Emin Baysal (2025) Mediating Role of Hope and Resilience in the Association Between Parenting Stress and Psychological Well-Being Among Turkish Foster Parents, Marriage & Family Review, 61:6, 575-597, DOI: [10.1080/01494929.2025.2502917](https://doi.org/10.1080/01494929.2025.2502917)

To link to this article: <https://doi.org/10.1080/01494929.2025.2502917>



Published online: 22 May 2025.



Submit your article to this journal [↗](#)



Article views: 185



View related articles [↗](#)



View Crossmark data [↗](#)



Mediating Role of Hope and Resilience in the Association Between Parenting Stress and Psychological Well-Being Among Turkish Foster Parents

Osman Hatun^a , Fazilet Yavuz Birben^b  and Ahmet Emin Baysal^c 

^aDepartment of Guidance and Psychological Counseling, Sinop University, Sinop, Turkey; ^bDepartment of Guidance and Psychological Counseling, İstanbul Sabahattin Zaim University, İstanbul, Turkey; ^cDepartment of Foster Care and Adoption, İstanbul Provincial Directorate of Family and Social Services, İstanbul, Turkey

ABSTRACT

Foster parenting provides important support for children who have lost the opportunity to live with their biological parents. This support can be enhanced by better understanding the psychological factors that influence foster parents' well-being. This study aimed to investigate the role of hope and resilience in the relationship between parenting stress and psychological well-being among Turkish foster parents. The participants consisted of a total of 197 foster parents aged between 24 and 70 (Mean = 37.05, $SD=5.66$). Data were analyzed using Pearson correlation, Process Macro, and Bootstrap methods. The results showed that parenting stress was negatively related to hope, resilience, and psychological well-being. In addition, hope, resilience, and psychological well-being were found to be positively related to each other. The results showed that the mediating role of hope and resilience in the relationship between parental stress and psychological well-being were significant. In other words, hope and resilience reduced the negative effects of parenting stress on psychological well-being among foster families. These results can enhance the foster family literature, promote community well-being, and guide practices aimed at improving psychological well-being among foster parents.

KEYWORDS

foster family; hope; parenting stress; psychological well-being; resilience

Introduction

The increasing importance of foster care in Turkey, where children face significant risks due to family instability, necessitates a thorough understanding of its impact on both children and foster families (Abukan, 2020; Yüksel, 2022). According to the latest data from the Turkish Statistical Institute (TSI, 2024), there were 14,435 children in institutional care across Turkey in 2024. The current number of foster families is recorded at 8,164,

CONTACT Osman Hatun  osmanhatun@sinop.edu.tr  Department of Guidance and Psychological Counseling, Sinop University, Sinop, Turkey.

© 2025 Taylor & Francis Group, LLC

with 9,806 children placed in foster care. These children, unable to be cared for by their biological families due to economic, psychological, or other hardships, have been placed with foster families as part of Turkey's evolving social services (Certel, 2024; MFSS, 2024). Although the foster care model was implemented in Turkey since 1961 and the number of foster families has rapidly increased since 2012 (Kalkan, 2022), empirical studies on foster families remain limited. One of the pioneering studies in this area was conducted by Üstüner et al. (2005), which examined the behavioral and emotional difficulties of 39 children in foster care, 62 children in institutional care, and 62 children living with their biological families in Turkey. The results revealed that the prevalence of problematic behaviors was significantly higher among children in institutional care compared to those in foster care and those living with their biological families. However, there was no significant difference between children in foster care and those living with their biological families. Additionally, qualitative studies conducted with foster families have provided valuable insights into the understanding of the Turkish foster care model. For instance, master's theses using a qualitative approach (Erdugan, 2019; Sarıbay, 2020; Yılmaz, 2024) examined the changes in family dynamics and relationships following the inclusion of a foster child into families that also had biological children. Similarly, Kalkan (2022) and Yüksel (2022), in their respective master's theses, conducted qualitative interviews with foster mothers, exploring the transition process into foster motherhood.

Previous qualitative studies reported that Turkish foster parents experienced various stress factors (Erdugan, 2019; Kalkan, 2022; Sarıbay, 2020; Yüksel, 2022). International studies showed that the high levels of parenting stress, caused by challenging stress factors (Bergsund et al., 2020; Lohaus et al., 2018), negatively impacted the well-being of foster parents (Sharda, 2022). However, no studies have yet examined parental stress and psychological well-being among Turkish foster parents. Cultural and social expectations regarding family life and parental roles, as well as the legal obligations associated with foster parenting, can significantly shape the experiences of Turkish foster parents (Kalkan, 2022; Yüksel, 2022). The need for research on foster family care in Turkey has become increasingly urgent due to the lack of empirical data on the dynamics of foster parenting. Therefore, this study aimed to examine the mediating role of hope and psychological resilience in the relationship between parenting stress and psychological well-being among Turkish foster parents.

Context of foster care in Turkey

Foster care in Turkey first emerged in the 1960s and was implemented in 1961 (Karatay, 2017). The concept of foster families is defined by

MFSS (2024) as suitable families or individuals who, under government supervision, share the responsibility for the education, care, and upbringing of children, either temporarily or permanently, on a voluntary basis or for compensation. When legally eligible children in protective care are placed with prospective adoptive families, they gain a family and can avoid the disadvantages of institutional care (Abukan, 2020; Erdal, 2014; Üstüner et al., 2005). However, the majority of children in protective care do not meet the criteria for adoption (Erdal, 2014; Özbesler, 2018). For these children, the foster family model represents their last opportunity to experience a family environment (Abukan, 2020; Üstüner et al., 2005). Under this model, the child remains under state protection but is placed with a suitable foster family as determined by assessments (MFSS, 2024).

The Foster Family Regulation (2012), which came into effect in December 2012, defines four types of foster care models: relative or close-environment foster care, temporary foster care, long-term foster care, and professional foster care. The relative or close environment foster care model includes care provided by relatives or individuals within the child's close environment, such as caregivers or neighbors, who are not the child's legal caregiver but have close connections. These caregivers, if they choose, receive at least basic parental training. Temporary foster care involves providing care for a child in urgent need of protection or without a social service plan. In this model, foster parents are required to undergo training that lasts between a few days and a month. Long-term foster care is designed for children who are not expected to reunite with their biological families in the near future and are not eligible for adoption. Professional foster care involves the care of children with special challenges or needs by experienced foster families who have received specialized training in relevant fields as well as foster care training (MFSS, 2024).

According to the Foster Family Regulation (2012) and MFSS (2024), Turkish citizens who are residents of Turkey, aged between 25 and 65, with at least a primary school education, a stable income, and who are not the biological parents or legal guardians of the foster child—whether married or single, with or without children—are eligible to become foster parent. Individuals who wish to become foster parents must apply to the Provincial Directorate of Family and Social Services in their city. During the evaluation process, it is taken into account that neither the applicants nor the people they live with have any criminal convictions. Additionally, it is assessed whether the applicants have any physical disabilities, mental health issues, or infectious diseases that could harm the child's care, psychosocial development, or education (Foster Family Regulation, 2012; MFSS, 2024).

The process of becoming a foster family is not solely dependent on the family's preference. The suitability of the child for the family and the child's consent are required, along with an evaluation of the family by professional social workers at the institution, who must report on the family's eligibility to become foster parents (Erdal, 2014; MFSS, 2024). This evaluation process includes factors, such as the family's ability to meet the child's needs, the presence of a suitable environment, motivation for the child's development and upbringing, and cooperation with the child's biological family and local foster care agencies (Kalkan, 2022; Özbesler, 2018).

While existing studies have highlighted the subjective experiences of Turkish foster parents and children in foster care (Erdugan, 2019; Kalkan, 2022; Saribay, 2020; Yılmaz, 2024; Yüksel, 2022), there is still a need for empirical data to better understand the Turkish foster care context and how parents can be affected by this process. This understanding could lead to the development of more effective interventions and policies to support foster parents.

Parenting stress and psychological well-being

Parenting stress was defined as the distress and discomfort arising from the responsibilities of being a parent (Deater-Deckard, 1998) and as an imbalance between perceived parenting demands and available resources (Abidin, 1997). The challenges of foster parenting encompass not only those of regular parenting but also additional complexities (Oke et al., 2013). Foster parenting plays a vital role in providing stability and care for children who cannot remain with their biological families (Abukan, 2020). However, the heavy burden of caregiving and the various mental health challenges experienced by foster children can significantly increase parenting stress (Murray et al., 2011; Newquist et al., 2020). Parental stress in foster families is influenced by a variety of factors, including children's traumatic experiences, developmental issues, pre-placement risk factors, and the demands of caregiving (Adkins et al., 2022; Gabler et al., 2014; Goemans et al., 2018; Lohaus et al., 2018; Vasileva & Petermann, 2018).

Qualitative studies conducted on the Turkish population have reported that foster parents face various stress factors, including children's past negative experiences, traumatic histories, behavioral problems, challenges in dealing with biological families, difficulties in integrating foster children into their families, and the need to meet the physical, emotional, psychological, and social needs of foster children (Erdugan, 2019; Kalkan, 2022; Saribay, 2020; Yüksel, 2022). These risk factors can increase parental stress in foster families, potentially leading to mental

health issues. Research on foster families revealed that high levels of parenting stress were associated with negative psychological outcomes, such as anxiety and depression (Arroyo et al., 2024; Morgan & Baron, 2011), and consequently have a detrimental effect on the psychological well-being of both foster parents and children (Goemans et al., 2020; Morgan & Baron, 2011; Sharda, 2022). This relationship highlights the importance of promoting well-being to improve mental health and enhance quality of life.

Psychological well-being is a multifaceted concept that encompasses emotional, psychological, and social dimensions, playing a significant role in an individual's overall quality of life (Keyes, 2002; Ryff, 1989). Ryff's (1989) model of psychological well-being suggests that well-being is not merely the absence of mental illness but the presence of dimensions, such as self-acceptance, positive relationships, personal growth, purpose in life, autonomy, and environmental mastery, all of which contribute to a holistic sense of wellness. According to this model, individuals with high levels of psychological well-being are capable of managing stress, maintaining satisfying relationships, and experiencing positive emotions while effectively handling life's challenges. Seligman's (2011) well-being model, known as PERMA (Positive emotions, Engagement, Relationships, Meaning, Accomplishment), emphasizes the importance of positive experiences and personal strengths in achieving a fulfilling life. It advocates for interventions that promote these elements to enhance individual well-being. These theories have contributed to a broader understanding of well-being and have informed interventions aimed at improving mental health and quality of life.

Hope and psychological resilience as mediators

The relationship between parenting stress and well-being in foster families can be complex and multifaceted (Arroyo et al., 2024; Garcia et al., 2022; Sharda, 2022). Therefore, exploring how parenting stress affects the well-being of foster parents and the role of mediating factors, such as hope and psychological resilience may yield important insights for supporting the mental health of foster families. Hope has been generally regarded as a cognitive and emotional resource that can influence how individuals develop resilience against stress (Snyder, 1995; Snyder et al., 1991). Snyder's (1995) hope theory posits that hope consists of two fundamental components: agency and pathways. Agency refers to the belief in one's ability to initiate and sustain actions toward achieving goals, while pathways denote the capacity to create routes to reach those goals.

Research conducted across various populations, including parents of children with chronic illnesses and individuals facing significant life

challenges, has demonstrated that hope is associated with positive psychological outcomes. For instance, higher hope was related to lower levels of burnout and psychological distress among parents caring for children with cancer (Hullmann et al., 2014), was associated with lower parenting stress (Garcia et al., 2022), and served as a protective factor, buffering the relationship between parenting stress and life satisfaction among at-risk parents (Hellman et al., 2018). In the context of foster care, the role of hope may become even more critical for parents providing care to children with various emotional and behavioral needs, as they encounter unique stressors throughout this process (Kardaś-Grodzicka, 2024).

Psychological resilience has been defined as an individual's ability to cope with, adapt to, and recover from difficult, stressful, or traumatic events (APA, 2022). It involves adaptive responses to hardship and stressful events (Masten, 2001), emphasizes recovery from stressors rather than avoidance (Bonanno, 2004), and is viewed as a normal developmental process (Masten, 2014). Psychological resilience is also considered a dynamic process influenced by the interaction between risk factors (e.g., stress, trauma) and protective factors (e.g., self-esteem, family support) (Luthar et al., 2000). Psychological resilience is increasingly recognized as a critical factor in maintaining mental health and promoting long-term well-being. For instance, longitudinal studies across various samples have shown that psychological resilience, as a mediator, buffers the negative effects of stressors on mental health problems, such as depression and anxiety (Lau, 2022), and significantly predicts positive health outcomes (Lee et al., 2013; Meule et al., 2023).

In the context of foster families, the family resilience model (Patterson, 2002; Walsh, 1996) emphasizes that psychological resilience plays a significant role in helping families effectively cope with the challenges and stress factors they encounter while also supporting the psychological well-being of family members. The research conducted by Mancinelli et al. (2021) highlighted that psychological resilience acted as a protective factor against escalating stress within foster families. The study also indicated that interventions designed to improve psychological resilience can be advantageous for both individuals and families. Cooley et al. (2020) found that higher psychological resilience was the strongest predictor of reduced parenting stress. Moreover, even when controlling for factors, such as parents' age, duration of foster care, and the number of children in their care, it was still associated with increased satisfaction in the parenting role. In a qualitative study conducted with foster families, Lietz et al. (2016) noted that developing psychological resilience can assist foster parents in maintaining their mental health, which, in turn, positively influences their parenting styles and overall family dynamics.

In conclusion, factors, such as hope (Cheraghian et al., 2023; Garcia et al., 2022; Hellman et al., 2018) and psychological resilience (Cooley et al., 2020; Lau, 2022; Lietz et al., 2016) can be considered important protective factors that help foster parents cope more effectively with the challenges and stressors associated with the foster care process, while also supporting their psychological well-being.

The present study

The primary aim of this study was to investigate the relationship between parenting stress and psychological well-being, and to explore the mediating roles of hope and psychological resilience in this relationship. This study sought to answer the following research questions in alignment with the research objective: *RQ1. What is the relationship between parenting stress and psychological well-being among foster families? RQ2. Does hope mediate the relationship between parenting stress and psychological well-being? RQ3. Does psychological resilience mediate the relationship between parenting stress and psychological well-being? RQ4. Do hope and psychological resilience serially mediate the relationship between parenting stress and psychological well-being?*

The relationships between parenting stress and psychological well-being in foster parents can be complex and multifaceted. Previous studies found that high level of parenting stress among foster parents was associated with lower psychological well-being (Morgan & Baron, 2011; Sharda, 2022) and increased psychological distress, such as depression and anxiety (Arroyo et al., 2024; Morgan & Baron, 2011). However, no empirical studies have yet examined the relationship between parenting stress and psychological well-being or mental health within the population of Turkish foster parents. Therefore, we hypothesized that parenting stress would be negatively and significantly associated with psychological well-being among foster parents (H1).

Studies conducted with various at-risk adult populations highlighted the protective role of hope in buffering the effects of stressors and adverse life conditions, as well as in promoting well-being and mental health (Cheraghian et al., 2023; Garcia et al., 2022; Hellman et al., 2018; Hullmann et al., 2014). High levels of parenting stress may reduce hope, but a strong sense of hope can enable parents to respond to stressful situations in a more proactive and solution-focused manner, thereby mitigating the negative effects of stress on psychological well-being (Cheraghian et al., 2023; Hellman et al., 2018). However, no studies have specifically examined the role of hope among foster parents. Therefore, we hypothesized that hope would mediate the relationship between parenting stress and psychological well-being (H2).

Psychological resilience, an important protective factor, can buffer the negative effects of stress and support the psychological well-being of parents and families (Patterson, 2002; Walsh, 1996). Studies conducted in various populations revealed that resilience predicted positive health outcomes (Lee et al., 2013; Meule et al., 2023; Sharifian et al., 2024) and significantly mediated the relationship between stress factors and mental health issues (Lau, 2022). Research on foster parents indicated that high resilience was associated with lower parenting stress and better mental health (Cooley et al., 2020; Lietz et al., 2016; Mancinelli et al., 2021). Therefore, we hypothesized that psychological resilience would mediate the relationship between parenting stress and psychological well-being (H3).

Furthermore, studies found that hope was an important resource that predicts and promotes psychological resilience (Cheraghian et al., 2023; Ho et al., 2010; Lu et al., 2023; Ong et al., 2006). Hopeful individuals tend to be more resilient in coping with the negative effects of stress. In other words, as hope increases, so does psychological resilience, which can help mitigate the negative impact of parenting stress on psychological well-being. Furthermore, in the limited studies conducted with Turkish foster parents, the roles of hope and resilience have not been explored. Therefore, we hypothesized that hope and psychological resilience would serially mediate the relationship between parenting stress and psychological well-being (H4).

The Turkish context of our study on parental stress, hope, resilience, and psychological well-being among foster parents can be significant for several reasons. Firstly, there is a lack of empirical research in Turkey focusing specifically on the relationship between foster parenting stress and psychological well-being, as well as on various protective and mediating psychological factors. Current studies have focused on social service policies related to foster care practices (Abukan, 2020; Erdal, 2014; Karataş, 2007; Özbesler, 2018), while some qualitative master's theses have explored perceptions of the foster mothering experience (Kalkan, 2022; Yüksel, 2022) and the effects of including the foster child into the family system (Erdugan, 2019; Sarıbay, 2020; Yılmaz, 2024). Our study fills this gap by providing valuable insights into the experiences of Turkish foster parents, which can inform policies and practices related to foster care in Turkey. Secondly, the cultural and societal context in Turkey may influence the experiences of foster families in unique ways. Turkish families often place a strong emphasis on family values and relationships (Kağıtçıbaşı, 1996, 2017), which could impact how foster parents perceive and cope with parenting stress. Furthermore, the Turkish foster care system is still developing, and there is a growing recognition of the importance of providing adequate support for foster families (Abukan, 2020; Yılmaz, 2024).

This research can be important for deepening our understanding of foster parenting in the Turkish context and informing policies and practices that promote the well-being of foster parents. Addressing an important gap in the literature, this study highlights the importance of protective factors, such as hope and psychological resilience. The findings may contribute to the development of preventive and protective programs aimed at reducing parental stress and improving the psychological well-being of foster parents.

Methods

Participant and procedure

The study included 197 Turkish parents with foster family status, identified through purposive sampling. Participants' ages ranged from 24 to 70 years (Mean = 48.13, $SD=7.98$), with 165 (83.76%) females and 32 (16.24%) males. The participants' foster care experience varied from 1 to 20 years. Regarding the number of children fostered, 172 (87.31%) participants fostered one child, 21 (10.66%) fostered two children, and 4 (2.03%) fostered three children. Additionally, 63 (31.98%) of the participants had biological children, while 134 (68.02%) did not. [Table 1](#) presents the demographic information of the participants.

Before data collection, ethical approval was obtained from the Human Research Ethics Committee. Subsequently, the Istanbul Provincial Directorate of Family and Social Services Foster Family Unit was briefed on the study's objectives. Following this, a link to an online data collection form, created using the Google Forms application, was shared in WhatsApp groups comprising foster families. Participation in the study was contingent on being a foster parent to at least one child and volunteering. Informed consent was secured from all participants, detailing the study's purpose, the confidentiality of personal information, the utilization of data solely for research purposes, and the participants' right to withdraw from the study at any point.

Table 1. Demographic characteristics of the participants.

Variables	Group	<i>N</i> (Mean, <i>SD</i>)	% (Range)
Age		48.13 ± 7.98	24–70
Gender	Female	165	83.76
	Male	32	16.24
How long have you been a foster parent?		5.24 ± 3.84	1–20
Number of children in foster care?	1	172	87.31
	2	21	10.66
	3	4	2.03
Do you have any biological children?	Yes	63	31.98
	No	134	68.02

Measures

Parent Stress Scale (PSS)

The PSS developed by Özmen and Özmen (2012) was used to assess the parenting stress. The scale consists of 16 items and one dimension and is scored on a 4-point Likert scale (1 = always, 4 = never). Higher scores indicate higher parenting stress. The scale includes items, such as “I haven’t had time for myself since I had a child.” Confirmatory factor analysis (CFA) revealed that the scale had acceptable fit values ($X^2/SD=2.43$, GFI = .93, CFI = .90, RMSEA = .05, RMS = .04). The Cronbach’s alpha reliability coefficient of the scale was calculated as .85 (Özmen & Özmen, 2012). In this study, the reliability values of the scale were found to be at a good level ($\alpha = .86$, $\omega = .86$).

Dispositional Hope Scale (DHS)

The DHS, developed by Snyder et al. (1991) and adapted into Turkish by Tarhan and Bacanlı (2015), was used to assess the participants’ hope levels. The 12-item (4 items are filler items) and 2-factor (alternative paths thinking, activist thinking) scale is scored on an 8-point Likert scale (1 = definitely false, 8 = definitely true). The scale includes items, such as “I energetically pursue my goals.” Higher scores indicate a higher level of hope. The scale has good validity (GFI = .96, RMR = .08, NNFI = .94, RFI = .90, CFI = .96, RMSEA = .077) and reliability ($\alpha = .86$) among Turkish sample (Tarhan & Bacanlı, 2015). In this study, the reliability coefficient of the DHS was at a good level ($\alpha = .83$, $\omega = .84$).

Brief Resilience Scale (BRS)

The psychological resilience levels of the participants were measured with the BRS developed by Smith et al. (2008) and adapted into Turkish by Doğan (2015). The scale, which consists of a single dimension and 6 items, is scored according to a 5-point Likert scale (1 = not at all appropriate, 5 = completely appropriate). Higher scores indicate a higher level psychological resilience. The scale includes items, such as “I tend to bounce back quickly after hard times.” The BRS has good internal reliability coefficient ($\alpha = .83$) and construct validity (RMSEA = .05, SRMR = .03, NFI = .99, CFI = .99, IFI = .99, RFI = .97, GFI = .99). In this study, the reliability coefficients of the scale were acceptable ($\alpha = .78$, $\omega = .78$).

Psychological Well-Being Scale (PWB)

The PWB developed by Diener et al. (2010) and adapted into Turkish by Telef (2013) was used to assess the psychological well-being levels of the participants. The scale consists of 8 items and one dimension and is answered on a 7-point Likert scale (1 = strongly disagree, 7 = strongly agree).

Higher scores indicate a higher level psychological resilience. The scale includes items, such as “I lead a purposeful and meaningful life.” The fit indices of the scale (RMSEA = 0.08, SRMR = 0.04, GFI = 0.96, NFI = 0.94, RFI = 0.92, CFI = 0.95, and IFI = 0.95) and internal consistency coefficient ($\alpha = .80$) are at a good level (Telef, 2013). In the current study, the reliability coefficient of the PWB was at a good level ($\alpha = .87$, $\omega = .88$).

Data analysis

For the preliminary analyses, we first calculated the mean and standard deviation (SD) for each variable. To assess the normality assumptions, we computed the skewness and kurtosis values. Skewness values within the ± 3 range and kurtosis values within the ± 10 range are considered acceptable for a normal distribution (Browne & Cudeck, 1992; Kline, 2015). To evaluate the reliability of the variables, we calculated Cronbach's alpha (α) and McDonald's omega (ω) coefficients. Additionally, correlation analysis was conducted to examine the relationships between the variables.

The mediation model was used to answer the research questions (RQ1–4). The mediating roles of hope and psychological resilience in the relationship between parenting stress and psychological well-being were analyzed using the PROCESS macro serial mediation model (Model 6; Hayes, 2018). The serial mediation model is a method that examines the relationship between an independent variable (parenting stress) and a dependent variable (psychological well-being) through multiple mediators (hope and resilience). This model (e.g., chain mediation from hope to resilience in the relationship between stress and well-being) not only facilitates a better understanding of complex relationships but also provides the opportunity to assess the effect of each mediator separately (Hayes, 2018). Following the recommendations of Cohen et al. (2003), the hypothesized mediation model controlled for variables, such as the foster parent's age and gender. These variables were controlled to ensure that the observed relationships between the key variables were not confounded by gender and age factors, allowing for a more accurate and unbiased estimation of the mediation effects.

To determine the significance of direct and indirect effects in the hypothesized model, bootstrapping analysis with a 95% confidence interval and 5,000 resamples was conducted. In bootstrapping analysis, indirect and direct effects are deemed significant when confidence intervals do not include zero (Hayes, 2018; Preacher & Hayes, 2008).

Results

Preliminary analysis

Descriptive statistics are presented in Table 2. Preliminary analysis revealed that the skewness values of the variables ranged from -1.46 to 0.91 , and

kurtosis values ranged from -0.14 to 8.06 . These values indicated a normal distribution of the data (Browne & Cudeck, 1992; Kline, 2015). The Cronbach's α internal consistency coefficients (ranging from .78 to .87) and McDonald's ω coefficients (ranging from .78 to .88) of the variables were found to be at a good level (Tabachnick & Fidell, 2013).

Correlation analysis revealed that parental stress was significantly and negatively associated with hope ($r = -.34, p < .01$), psychological resilience ($r = -.37, p < .01$), and psychological well-being ($r = -.44, p < .01$). Moreover, hope scores exhibited significant positive correlations with psychological resilience ($r = .480, p < .001$) and psychological well-being ($r = .734, p < .001$). Additionally, psychological resilience scores were positively and significantly correlated with psychological well-being ($r = .481, p < .001$).

Mediation model

The study investigated the mediating roles of hope and resilience in the relationship between parental stress and psychological well-being, with results summarized in Figure 1 and Table 3. The findings revealed significant negative associations between parental stress and both hope ($\beta = -.342, p < .001$) and resilience ($\beta = -.235, p < .01$). Furthermore, parental stress had a significant negative total effect ($\beta = -.435, p < .001$) and direct effect ($\beta = -.179, p < .01$) on psychological well-being. Hope showed significant positive relationships with both resilience ($\beta = .400, p < .001$) and psychological well-being ($\beta = .612, p < .001$). Additionally, resilience was positively associated with psychological well-being ($\beta = .127, p < .05$). Together, parental stress, hope, and resilience accounted for 61% of the variance in psychological well-being.

The bootstrap analysis revealed that even after controlling for variables, such as the foster parent's age and gender, the direct and indirect relationships between the variables in the hypothesized model remained significant. Specifically, the mediating role of hope and resilience in the relationship between parental stress and psychological well-being was found to be significant. This means that the indirect effects of parental stress on psychological well-being through hope and resilience were significant. In other words, high parenting stress leads to lower hope and psychological resilience in foster parents, which ultimately negatively affects their psychological

Table 2. Descriptive statistics, correlations, and reliability values.

Variables	Mean	SD	Skewness	Kurtosis	α	ω	1	2	3
1. PSS	24.25	5.47	0.91	0.52	.857	.860	—		
2. DHS	56.64	6.41	-1.46	3.47	.833	.837	-.343*	—	
3. BRS	23.22	4.09	-0.25	-0.14	.775	.781	-.368*	.480*	—
4. PWB	50.36	5.21	-1.91	8.06	.872	.875	-.443*	.734*	.481*

PSS: parent stress scale; DHS: dispositional hope; BRS: brief resilience scale; PWB: psychological well-being; SD: standard deviation; α : Cronbach's alpha; ω : McDonald's omega.

Note. * $p < .001$.

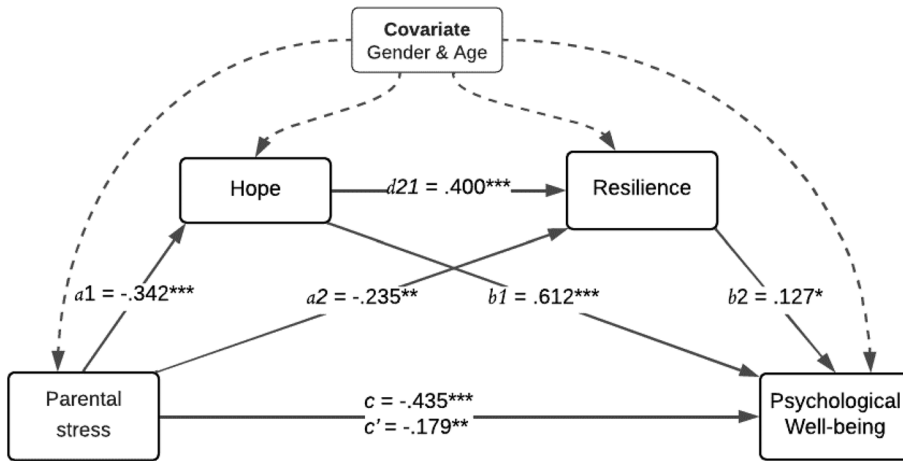


Figure 1. Standardized values for the mediating role of hope and resilience in the relationship between parental stress and psychological well-being.

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

Table 3. Bootstrapping analysis results for the unstandardized direct and indirect effects.

Paths	Coefficient	CI 95%	
		LL	UL
Direct effects			
Parental stress → Hope	-.400	-.557	-.244
Parental stress → Resilience	-.175	-.272	-.079
Parental stress → PWB	-.170	-.263	-.077
Hope → Resilience	.255	.173	.337
Hope → PWB	.497	.412	.581
Resilience → PWB	.161	.028	.295
Indirect effects			
Parental stress → Hope → PWB	-.199	-.368	-.074
Parental stress → Resilience → PWB	-.028	-.060	-.002
Parental stress → Hope → Resilience → PWB	-.017	-.041	-.001

PWB: psychological well-being; CI: confidence interval; LL: lower limit; UL: upper limit.

well-being. In practical terms, this indicates that foster parents facing greater parental stress tend to report lower psychological well-being unless they also possess higher levels of hope and resilience. Hope and resilience may act as protective factors, helping foster parents to cope with stress and maintain their psychological well-being. Consequently, interventions aimed to enhance hope and resilience could be beneficial for foster parents struggling with high levels of stress. Table 3 presents the unstandardized direct and indirect effects, as well as the 95% bias-corrected confidence interval values predicting psychological well-being.

Discussion

This study aimed to explore the complex relationship between parenting stress and psychological well-being among Turkish foster parents, with a

focus on examining the mediating roles of hope and psychological resilience. Preliminary analyses indicated that parenting stress was negatively associated with hope, psychological resilience, and psychological well-being. In contrast, hope and psychological resilience were positively correlated with each other and with psychological well-being. The results supported the study's hypotheses. Specifically, the study found that parenting stress was a significant predictor of psychological well-being (H1), and that both hope (H2) and psychological resilience (H3) significantly mediated the relationship between parenting stress and psychological well-being. Moreover, the results demonstrated that hope and psychological resilience played a significant serial mediating role in this relationship (H4). These findings suggested that hope and resilience can act as protective factors, helping foster parents maintain their psychological well-being even in the face of significant stress.

The negative association between parental stress and psychological well-being found in this study was consistent with findings from international research, which consistently showed that higher foster parenting stress was linked to increased negative psychological outcomes, such as anxiety and depression (Arroyo et al., 2024; Morgan & Baron, 2011) and lower well-being (Morgan & Baron, 2011; Sharda, 2022). McKeough et al. (2017) noted that foster parenting has its own unique stress factors. Bergsund et al. (2020) found that foster parents experienced higher stress compared to biological parents. Qualitative studies conducted in Turkey (Erdugan, 2019; Kalkan, 2022; Yüksel, 2022) reported that foster parents frequently experienced various stress factors, such as the behavioral challenges of children in care, past traumas, the extensive demands of foster caregiving, and adjustment difficulties within the family. In addition, Yüksel (2022) reported that Turkish mothers had difficulty adapting to the role of foster parent and did not receive adequate support from their spouses. Kalkan (2022) emphasized that mothers experience anxiety due to various stressors and need psychological support.

While previous research in Turkey predominantly discussed the link between parenting stress and well-being in general populations (Aktu, 2024; Çınar et al., 2021; Kılıç et al., 2024; Yagmurlu et al., 2015), this study provided the first empirical investigation of this relationship in the context of Turkish foster parents. This can be important because cultural factors may play a significant role in shaping how foster parents in Turkey experience and cope with stress. For example, the strong emphasis on family and parenting values in Turkish society (Kağıtçıbaşı, 1996, 2017) may increase the expectations placed on foster parents, thus intensifying the stress they experience. This contextual difference could contribute to the heightened levels of stress and challenges that Turkish foster parents face, as suggested by qualitative studies (Kalkan, 2022; Sarıbay, 2020;

Yilmaz, 2024). The present study confirms that parenting stress can reduce foster parents' psychological well-being, thus contributing to both international and national literature.

Our study highlighted the role of hope as a mediator between parental stress and psychological well-being. This result was consistent with previous research across different groups, which indicated hope as a buffer against stress and a significant predictor of improved mental health outcomes (Garcia et al., 2022; Hellman et al., 2018). Although these studies were not conducted with foster parents, they offer valuable insights into the role of hope. Snyder's hope theory (1995) suggests that individuals with higher levels of hope possess greater agency and the ability to create pathways to overcome challenges, which may explain how hope mitigates the negative impact of stress in foster parents. In the context of foster care, where parents face unique and intense challenges, hope can serve as a crucial psychological resource, helping parents maintain a positive outlook and engage in proactive coping strategies. Interestingly, while prior research established the significant role of hope in fostering resilience (Cheraghian et al., 2023; Ho et al., 2010), no studies have specifically investigated its role in foster parents. Our findings may contribute significantly by highlighting how hope can serve as a mediating factor for foster parents coping with stress.

Additionally, we found that psychological resilience mediated the relationship between parental stress and psychological well-being. This finding is consistent with previous research. Studies conducted in various populations highlighted the significant predictive role of resilience in promoting positive health outcomes (Lee et al., 2013; Meule et al., 2023; Sharifian et al., 2024) and indicated that resilience significantly mediated the link between stress and mental health issues (Lau, 2022). Research on foster parents also revealed that higher resilience was associated with lower parenting stress and improved mental health (Cooley et al., 2020; Lietz et al., 2016; Mancinelli et al., 2021). Individuals with higher resilience are more capable of adapting to stress and bouncing back from adversity (Patterson, 2002; Smith et al., 2008), highlighting the importance of fostering resilience in Turkish foster parents to enhance their well-being. This study aligns with the family resilience model (Patterson, 2002; Walsh, 1996), which emphasizes resilience as crucial for managing the challenges of parenting in high-stress environments. Foster parents with greater resilience may be better prepared to handle the stresses of caregiving, thereby improving their overall mental health and well-being. Although the role of psychological resilience was supported by international studies, this study is new in the context of Turkish foster parents. Given the lack of empirical research examining resilience among the Turkish foster parent population, the contribution of this study to the literature may be significant.

One of the important novel aspects of this study could be exploring the serial mediating roles of hope and resilience in buffering the effects of parental stress on psychological well-being. The results revealed that hope not only directly influenced well-being but also enhanced resilience, which, in turn, contributed to increased psychological well-being. These findings highlighted the dynamic interaction between hope and resilience, which can significantly mitigate the negative effects of parenting stress on well-being. While not specifically involving foster parents, research conducted with various populations (Cheraghian et al., 2023; Çiçek, 2021; Ho et al., 2010; Ong et al., 2006; Wu et al., 2021) demonstrated that hope is a key factor in enhancing and predicting psychological resilience, which is consistent with our findings. These results that hope can promote resilience, which in turn enhances psychological well-being, could have significant implications for developing interventions aimed at supporting foster parents.

Implications

The results of this study have significant practical implications for supporting Turkish foster parents. Given the negative impact of parenting stress on psychological well-being, it is essential to implement programs that enhance hope and resilience among foster parents. Establishing support groups or workshops can facilitate the sharing of experiences and the development of effective coping strategies for managing stress. Additionally, it is crucial to train mental health professionals to recognize the unique stressors faced by foster families and to revise their interventions accordingly.

This study emphasizes the need for targeted family counseling practices and psychoeducational programs aimed at increasing hope and resilience among foster parents. Developing and providing hope- and resilience-focused counseling practices can help parents reframe their challenges, improve their parenting attitudes and problem-solving skills, and ultimately increase their capacity to cope with stress while supporting their overall well-being.

In the current foster care model in Turkey, individuals who wish to become foster parents are provided with training to prepare them for foster care. However, policymakers should consider integrating mental health support services into the care system to provide ongoing support to foster families. Establishing policies that provide adequate training for foster families in coping strategies and resilience-building techniques can be critical in reducing the effects of parenting stress and improving well-being.

Furthermore, this study underscores the necessity of policies that support the mental health of foster parents. Current foster care practices involve training prospective parents during the identification and preparation processes for fostering. However, policymakers should consider integrating mental health support services into the care system to provide continuous support for foster families. Establishing policies that ensure adequate training on coping strategies and resilience-building techniques for foster parents could be critical in reducing the effects of parenting stress and enhancing well-being.

Limitations and future research

The present study has several limitations that should be considered. The cross-sectional nature of this study limits the ability to make causal inferences. Future research should employ longitudinal designs to examine the temporal relationships between parenting stress, hope, resilience, and psychological well-being. This would allow for a better understanding of how these factors influence one another over time. Additionally, future research can achieve more comprehensive and valid results by using a mixed-methods design or experimental design.

Data were collected through online self-report instruments, which may be subject to biases, such as social desirability and inaccurate self-assessment. Future studies could also incorporate multiple methods of data collection, such as observational techniques and qualitative interviews, to provide a more comprehensive understanding of the experiences of foster parents. Furthermore, the data were collected exclusively from foster parents, excluding other family members, such as biological children or foster children. Future studies could adopt a more holistic approach by including the perspectives of other family members involved in the foster care process, allowing for a better understanding of the existing dynamics.

The study did not include participants from diverse cultural backgrounds, which may limit the generalizability of the findings. Future research should aim to include a more diverse sample to explore how cultural factors influence parenting stress and psychological well-being among foster parents. Additionally, this study focused solely on foster parents, making it difficult to compare the results with other parental populations. Future research could comparatively examine the mediating roles of hope and resilience in the link between parenting stress and well-being across different parent populations (e.g., foster parents, biological parents, adoptive parents, parents of children with disabilities). This would allow for more comprehensive conclusions regarding parenting dynamics.

The study primarily focused on hope and resilience, excluding other potentially influential variables, such as social support, self-efficacy, personality traits, tolerance for uncertainty, and parenting attitudes. Future research should expand the range of variables examined to provide a more nuanced understanding of the factors that affect the well-being of foster parents. In conclusion, while this study provides valuable insights into the psychological well-being of Turkish foster parents, addressing these limitations in future research can lead to more comprehensive and valid results, thereby establishing a strong foundation for developing more effective support interventions.

Ethical approval

The study protocol has been approved by the Human Research Ethics Committee of Sinop University (No: 2024/1, Date: 30.01.2024). Informed consent was obtained from all participants for being included in the study.

Author contributions

O. Hatun: data collection, conceptualization, methodology, formal analysis, investigation, visualization, writing—original draft, writing—review and editing. F. Yavuz Birben: data collection, writing—original draft, writing—review and editing. A. E. Baysal: data collection. All authors have approved the final article.

Disclosure statement

No potential conflict of interest was reported by the author(s).

Funding

The author(s) reported there is no funding associated with the work featured in this article.

ORCID

Osman Hatun  <http://orcid.org/0000-0001-8408-7286>

Fazilet Yavuz Birben  <http://orcid.org/0000-0002-1763-0338>

Ahmet Emin Baysal  <http://orcid.org/0009-0000-1901-4574>

References

- Abidin, R. R. (1997). Parenting stress index: A measure of the parent–child system. In C. P. Zalaquett & R. J. Wood (Eds.), *Evaluating stress: A book of resources* (pp. 277–291). Scarecrow Education.
- Abukan, B. (2020). Çocukluk çağı travmalarının koruyucu aile içinde sağaltımı üzerine bir değerlendirme [An assessment of the treatment of childhood traumas in foster care]. *Toplum ve Sosyal Hizmet*, 31(1), 241–260. <https://doi.org/10.33417/tsh.681890>

- Adkins, T., Reisz, S., Hasdemir, D., & Fonagy, P. (2022). Family minds: A randomized controlled trial of a group intervention to improve foster parents' reflective functioning. *Development and Psychopathology*, 34(3), 1177–1191. <https://doi.org/10.1017/s095457942000214x>
- Aktu, Y. (2024). The role of parenting stress on parenting self-efficacy and parental burn-out among Turkish parents: A moderated mediation model. *BMC Psychology*, 12(1), 475. <https://doi.org/10.1186/s40359-024-01980-7>
- American Psychological Association (2022). Resilience. *APA dictionary of psychology*. <https://dictionary.apa.org/resilience>
- Arroyo, A., Richardson, E. W., Hargrove, C. M., & Futris, T. G. (2024). Foster caregivers' depressive symptoms and parenting stress: Applying the theory of resilience and relational load. *Family Relations*, 73(2), 1438–1454. <https://doi.org/10.1111/fare.12908>
- Bergsund, H. B., Wentzel-Larsen, T., & Jacobsen, H. (2020). Parenting stress in long-term foster carers: A longitudinal study. *Child & Family Social Work*, 25(S1), 53–62. <https://doi.org/10.1111/cfs.12713>
- Bonanno, G. A. (2004). Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? *The American Psychologist*, 59(1), 20–28. <https://doi.org/10.1037/0003-066X.59.1.20>
- Browne, M. W., & Cudeck, R. (1992). Alternative ways of assessing model fit. *Sociological Methods & Research*, 21(2), 230–258. <https://doi.org/10.1177/0049124192021002005>
- Certel, N. (2024). Koruyucu Aile Modeli Uygulamalarında Biyolojik Ailelerin Yeri ve Önemi. *Toplum ve Sosyal Hizmet*, 35(2), 349–364. <https://doi.org/10.33417/tsh.1355646>
- Cheraghian, H., Moradian, K., & Nouri, T. (2023). Structural model of resilience based on parental support: The mediating role of hope and active coping. *BMC Psychiatry*, 23(1), 260. <https://doi.org/10.1186/s12888-023-04678-z>
- Cohen, J., Cohen, P., West, S. G., & Aiken, L. S. (2003). *Applied multiple correlation/regression analysis for the behavioral sciences*. Taylor & Francis.
- Cooley, M., Womack, B., Rush, J., & Slinsky, K. (2020). Adverse childhood experiences among foster parents: Prevalence and association with resilience, coping, satisfaction as a foster parent, and intent to continue fostering. *Children and Youth Services Review*, 109, 104679. <https://doi.org/10.1016/j.childyouth.2019.104679>
- Çınar, S., Boztepe, H., Ay, A., Yılmaz, P., Güllü, H., Karadavut, B., Burhanogulları, D., Solmaz, M., & Akyüz, C. (2021). Predictors of parenting stress in parents of children with cancer. *European Journal of Oncology Nursing*, 54, 102022. <https://doi.org/10.1016/j.ejon.2021.102022>
- Çiçek, İ. (2021). Effect of hope on resilience in adolescents: Social support and social connectedness as mediators. *Journal of Positive School Psychology*, 5(2), 136–147. <https://doi.org/10.47602/jpsp.v5i2.283>
- Deater-Deckard, K. (1998). Parenting stress and child adjustment: Some old hypotheses and new questions. *Clinical Psychology: Science and Practice*, 5(3), 314–332. <https://doi.org/10.1111/j.1468-2850.1998.tb00152.x>
- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143–156. <https://doi.org/10.1007/s11205-009-9493-y>
- Doğan, T. (2015). Adaptation of the Brief Resilience Scale into Turkish: A validity and reliability study. *The Journal of Happiness & Well-Being*, 3(1), 93–102.
- Erdal, L. (2014). Türkiye'de sosyal politika ve koruyucu aile hizmet modeli [Social policy and foster family care model in Turkey]. *Sosyoekonomi*, 22(22), 171–192. <https://doi.org/10.17233/se.27202>

- Erdugan, S. (2019). *Koruyucu aile modelinde aile yaşam deneyimleri: Aile sistemleri teorisi temelinde niteliksel bir araştırma [Family life experiences in foster care model: A qualitative research based on family systems theory]* [Master thesis]. Hacettepe University.
- Foster Family Regulation (2012, December 14). T. C. Resmi Gazete (No. 28497). <https://www.resmigazete.gov.tr/eskiler/2012/12/20121214-2.htm>
- Gabler, S., Bovenschen, I., Lang, K., Zimmermann, J., Nowacki, K., Kliewer, J., & Spangler, G. (2014). Foster children's attachment security and behavior problems in the first six months of placement: Associations with foster parents' stress and sensitivity. *Attachment & Human Development*, 16(5), 479–498. <https://doi.org/10.1080/14616734.2014.911757>
- Garcia, A. S., Born, S. L., Carotta, C. L., Lavender-Stott, E. S., & Liu, H. L. (2022). Hope and self-compassion to alleviate parenting stress in the context of the COVID-19 pandemic. *Family Journal*, 30(2), 164–173. <https://doi.org/10.1177/10664807211040836>
- Goemans, A., Buisman, R., Geel, M., & Vedder, P. (2020). Foster parent stress as key factor relating to foster children's mental health: A 1-year prospective longitudinal study. *Child & Youth Care Forum*, 49(5), 661–686. <https://doi.org/10.1007/s10566-020-09547-4>
- Goemans, A., van Geel, M., & Vedder, P. (2018). Foster children's behavioral development and foster parent stress: Testing a transactional model. *Journal of Child and Family Studies*, 27(3), 990–1001. <https://doi.org/10.1007/s10826-017-0941-z>
- Hayes, A. F. (2018). *Introduction to mediation, moderation, and conditional process Analysis: A regression-based approach*. Guilford Press.
- Hellman, C., Robinson-Keilig, R., Dubriwny, N., Hamill, C., & Kraft, A. (2018). Hope as a coping resource among parents at risk for child maltreatment. *Journal of Family Social Work*, 21(4–5), 365–380. <https://doi.org/10.1080/10522158.2018.1469559>
- Ho, S., Ho, J., Bonanno, G., Chu, A., & Chan, E. (2010). Hopefulness predicts resilience after hereditary colorectal cancer genetic testing: A prospective outcome trajectories study. *BMC Cancer*, 10(1), 279. <https://doi.org/10.1186/1471-2407-10-279>
- Hullmann, S., Fedele, D., Molzon, E., Mayes, S., & Mullins, L. (2014). Posttraumatic growth and hope in parents of children with cancer. *Journal of Psychosocial Oncology*, 32(6), 696–707. <https://doi.org/10.1080/07347332.2014.955241>
- Kağitçibaşı, Ç. (1996). *Family and human development across cultures: A view from the other side*. Lawrence Erlbaum Associates.
- Kağitçibaşı, Ç. (2017). *Family, self, and human development across cultures: Theory and applications*. Routledge.
- Kalkan, G. (2022). *Foster motherhood experience in Turkey: Intensive and precarious motherhood* [Master thesis]. Middle East Technical University.
- Karataş, K. (2007). Türkiye'de çocuk koruma sistemi ve koruyucu aile uygulamaları üzerine bir değerlendirme [An evaluation on child protection system and foster family practices in Turkey]. *Toplum ve Sosyal Hizmet*, 18(2), 7–20.
- Karatay, A. (2017). Türkiye'de Koruyucu Aile: Kökenleri, Gelişimi ve Bugünü. *Üsküdar Üniversitesi Sosyal Bilimler Dergisi*, 3(5), 389–427. <https://doi.org/10.32739/uskudarsbd.3.5.30>
- Kardaś-Grodzicka, E. (2024). Foster parenting in old age as a crisis. baseline hope, generalised self-efficacy, and positive orientation of foster parents in late adulthood. *Kwartalnik Naukowy Fides et Ratio*, 57(1), 67–75. <https://doi.org/10.34766/fetr.v57i1.1257>
- Keyes, C. L. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207–222. <https://doi.org/10.2307/3090197>
- Kılıç, C., Yüksel Doğan, R., & Metin, E. N. (2024). Exploring the relationship between Turkish mothers' parenting and psychological well-being in early childhood: The role of child emotion regulation and dysregulation. *Behavioral Sciences*, 14(6), 426. <https://doi.org/10.1186/s40359-024-01980-7>

- Kline, R. B. (2015). *Principles and practice of structural equation modeling*. Guilford Publications.
- Lau, W. (2022). The role of resilience in depression and anxiety symptoms: A three-wave cross-lagged study. *Stress and Health, 38*(4), 804–812. <https://doi.org/10.1002/smi.3136>
- Lee, J., Sudom, K., & Zamorski, M. (2013). Longitudinal analysis of psychological resilience and mental health in canadian military personnel returning from overseas deployment. *Journal of Occupational Health Psychology, 18*(3), 327–337. <https://doi.org/10.1037/a0033059>
- Lietz, C., Julien-Chinn, F., Geiger, J., & Piel, M. (2016). Cultivating resilience in families who foster: Understanding how families cope and adapt over time. *Family Process, 55*(4), 660–672. <https://doi.org/10.1111/famp.12239>
- Lohaus, A., Kerkhoff, D., Chodura, S., Möller, C., Symanzik, T., Rueth, J., Ehrenberg, D., Job, A., Reindl, V., Konrad, K., & Heinrichs, N. (2018). Longitudinal relationships between foster children's mental health problems and parental stress in foster mothers and fathers. *European Journal of Health Psychology, 25*(2), 33–42. <https://doi.org/10.1027/2512-8442/a000007>
- Lu, C., Huang, Z., He, H., & Yiting, E. (2023). Teacher-student relationships and hope among rural adolescents: A moderated mediation model. *Asia Pacific Journal of Education*. <https://doi.org/10.1080/02188791.2023.2286199>
- Luthar, S. S., Cicchetti, D., & Becker, B. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child Development, 71*(3), 543–562. <https://doi.org/10.1111/1467-8624.00164>
- Mancinelli, E., Dell'Arciprete, G., & Salcuni, S. (2021). A systematic review on foster parents' psychological adjustment and parenting style—An evaluation of foster parents and foster children variables. *International Journal of Environmental Research and Public Health, 18*(20), 10916. <https://doi.org/10.3390/ijerph182010916>
- Masten, A. S. (2001). Ordinary magic: Resilience processes in development. *The American Psychologist, 56*(3), 227–238. <https://doi.org/10.1037/0003-066x.56.3.227>
- Masten, A. S. (2014). *Ordinary magic: Resilience in development*. Guilford Publications.
- McKeough, A., Bear, K., Jones, C., Thompson, D., Kelly, P. J., & Campbell, L. E. (2017). Foster carer stress and satisfaction: An investigation of organisational, psychological and placement factors. *Children and Youth Services Review, 76*, 10–19. <https://doi.org/10.1016/j.chilyouth.2017.02.002>
- Meule, A., Lieb, K., Chmitorz, A., & Voderholzer, U. (2023). Resilience and depressive symptoms in inpatients with depression: A cross-lagged panel model. *Clinical Psychology & Psychotherapy, 31*(1), e2926. <https://doi.org/10.1002/cpp.2926>
- Ministry of Family and Social Services (2024). Foster Family Service. <https://www.aile.gov.tr/ss/cocuk-hizmetleri-genel-mudurlugu/koruyucu-aile-hizmeti>
- Morgan, K., & Baron, R. (2011). Challenging behaviour in looked after young people, feelings of parental self-efficacy and psychological well-being in foster carers. *Adoption & Fostering, 35*(1), 18–32. <https://doi.org/10.1177/030857591103500104>
- Murray, L., Tarren-Sweeney, M., & France, K. (2011). Foster carer perceptions of support and training in the context of high burden of care. *Child & Family Social Work, 16*(2), 149–158. <https://doi.org/10.1111/j.1365-2206.2010.00722.x>
- Newquist, J., Ladd, L. D., & Cooley, M. E. (2020). Processing the removal and managing the moves or removals of foster children: A qualitative exploration of foster parents' experiences. *Child & Adolescent Social Work Journal, 37*(5), 537–545. <https://doi.org/10.1007/s10560-020-00652-w>

- Oke, N., Rostill-Brookes, H., & Larkin, M. (2013). Against the odds: Foster carers' perceptions of family, commitment and belonging in successful placements. *Clinical Child Psychology and Psychiatry*, 18(1), 7–24. <https://doi.org/10.1177/1359104511426398>
- Ong, A. D., Edwards, L. M., & Bergeman, C. S. (2006). Hope as a source of resilience in later adulthood. *Personality and Individual Differences*, 41(7), 1263–1273. <https://doi.org/10.1016/j.paid.2006.03.028>
- Özbesler, C. (2018). Koruyucu aile bakımı ve korunmaya muhtaç çocuklar. *Koruyucu aile olmak içinde* [Foster family care and children in need of protection]. TDV Yayınları.
- Özmen, S. K., & Özmen, A. (2012). Anne baba stres ölçeğinin geliştirilmesi [Parent stress scale development]. *Milli Eğitim Dergisi*, 42(196), 20–35.
- Patterson, J. M. (2002). Integrating family resilience and family stress theory. *Journal of Marriage and Family*, 64(2), 349–360. <https://doi.org/10.1111/j.1741-3737.2002.00349.x>
- Preacher, K. J., & Hayes, A. F. (2008). Asymptotic and resampling strategies for assessing and comparing indirect effects in multiple mediator models. *Behavior Research Methods*, 40(3), 879–891. <https://doi.org/10.3758/BRM.40.3.879>
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>
- Sarıbay, A. (2020). *Motivations, experiences and needs of foster parents in Turkey* [Unpublished MA thesis]. İstanbul Bilgi University.
- Seligman, M. E. (2011). *Flourish: A visionary new understanding of happiness and well-being*. Free Press.
- Sharda, E. (2022). Parenting stress and well-being among foster parents: The moderating effect of social support. *Child and Adolescent Social Work Journal*, 39(5), 547–559. <https://doi.org/10.1007/s10560-022-00836-6>
- Sharifian, P., Kuchaki, Z., & Shoghi, M. (2024). Effect of resilience training on stress, hope and psychological toughness of mothers living with mentally and physically disabled children. *BMC Pediatrics*, 24(1), 354. <https://doi.org/10.1186/s12887-024-04828-6>
- Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: Assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 15(3), 194–200. <https://doi.org/10.1080/10705500802222972>
- Snyder, C. (1995). Conceptualizing, measuring, and nurturing hope. *Journal of Counseling & Development*, 73(3), 355–360. <https://doi.org/10.1002/j.1556-6676.1995.tb01764.x>
- Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., Yoshinobu, L., Gibb, J., Langelle, C., & Harney, P. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60(4), 570–585. <https://doi.org/10.1037/0022-3514.60.4.570>
- Tabachnick, B. G., & Fidell, L. S. (2013). *Using multivariate statistics* (6th ed.). Pearson.
- Tarhan, S., & Bacanlı, H. (2015). Sürekli Umut Ölçeği'nin Türkçeye uyarlanması: Geçerlik ve güvenilirlik çalışması [Adaptation of dispositional hope scale into turkish: Validity and reliability study]. *The Journal of Happiness & Well-Being*, 3(1), 1–14.
- Telif, B. B. (2013). Psikolojik İyi Oluş Ölçeği (PİOO): Türkçeye uyarlama, geçerlik ve güvenilirlik çalışması [The adaptation of psychological well-being into turkish: A validity and reliability study]. *Hacettepe Eğitim Fakültesi Dergisi*, 28(3), 374–384.
- Turkish Statistical Institute (2024). İstatistiklerle Çocuk, 2023 [Children with Statistics, 2023]. <https://data.tuik.gov.tr/Bulten/Index?p=Istatistiklerle-Cocuk-2023-53679>
- Üstüner, S., Erol, N., & Şimşek, Z. (2005). Koruyucu aile bakımı altındaki çocukların davranış ve duygusal sorunları. *Çocuk ve Gençlik Ruh Sağlığı Dergisi*, 12(3), S130–S140.

- Vasileva, M., & Petermann, F. (2018). Attachment, development, and mental health in abused and neglected preschool children in foster care: A meta-analysis. *Trauma, Violence & Abuse, 19*(4), 443–458. <https://doi.org/10.1177/1524838016669503>
- Walsh, F. (1996). The concept of family resilience: Crisis and challenge. *Family Process, 35*(3), 261–281. <https://doi.org/10.1111/j.1545-5300.1996.00261.x>
- Wu, X., Xu, H., Zhang, X., Han, S., Ge, L., Li, X., & Zhang, X. (2021). Self-efficacy, hope as mediators between positive coping and resilience among patients with gastric cancer before the first chemotherapy. *Cancer Nursing, 44*(1), 79–85. <https://doi.org/10.1097/NCC.0000000000000753>
- Yagmurcu, B., Yavuz, H. M., & Sen, H. (2015). Well-being of mothers of children with orthopedic disabilities in a disadvantaged context: Findings from Turkey. *Journal of Child and Family Studies, 24*(4), 948–956. <https://doi.org/10.1007/s10826-014-9905-8>
- Yılmaz, N. S. (2024). *Biyolojik çocuğu olan koruyucu ailelerin aile içindeki ilişki değişim deneyimleri: Ekolojik kuram odaklı sosyal grup çalışması [The experiences of foster families with biological children on relationship change within the family: Ecological theory-oriented social group work]* [Master's thesis]. İstanbul Sabahattin Zaim Üniversitesi.
- Yüksel, S. (2022). *Transition into foster mothering* [Master thesis]. Bogaziçi University.