

Parental Stress in International Migration Processes: A Meta-Synthesis

El estrés parental en los procesos migratorios internacionales: una meta-síntesis

Carolina da Silva Peixoto,¹ Pedro Henrique Conte Gil,² Joice Cadore Sonogo,³
Adolfo Pizzinato,⁴ & Cesar Augusto Piccinini⁵

ABSTRACT

This qualitative meta-synthesis seeks to analyze scientific articles that address the parental stress of those who experienced international migration processes with their children. Seven databases were accessed—Scopus, Web of Science, PsycInfo, VHL Portal, MEDLINE/CINAHL, EMBASE, and Cochrane Library—, considering the years of publication (2012-2024). Firstly, 2931 documents were found, of which only 24 articles were analyzed according to their objectives, methodological aspects, and main results. The critical assessment of the studies indicates high methodological quality. The parental stress results show that low socioeconomic conditions and cultural disparities of migrant parents tend to increase feelings of parental stress. Social support was referred to as a protective factor against parental stress, while ethnic and religious issues were reported as possible and effective coping mechanisms. Culturally sensitive public policies are essential to mitigate parental stress.

Keywords: 1. parental stress, 2. qualitative meta-synthesis, 3. family migration, 4. protective factors, 5. child migration.

RESUMEN

Esta meta-síntesis cualitativa busca analizar artículos científicos donde se aborda el estrés parental de quienes experimentaron procesos de migración internacional con sus hijos. Se accedió a siete bases de datos—Scopus, Web of Science, PsycInfo, BVS Portal, MEDLINE/CINAHL, EMBASE y Cochrane Library—, considerando el año de la publicación (2012-2024), y se encontraron 2931 documentos, de los cuales solo 24 fueron analizados según sus objetivos, aspectos metodológicos y principales resultados. La valoración crítica de los artículos indica una alta calidad metodológica. Los resultados muestran que las condiciones socioeconómicas bajas y las disparidades culturales de los padres inmigrantes tienden a aumentar los sentimientos de tensión física o emocional. El apoyo social se menciona como un factor protector contra el estrés parental, mientras que los aspectos étnicos y religiosos se reportan como mecanismos posibles y efectivos de afrontamiento. Las políticas públicas culturalmente sensibles son esenciales para mitigar el estrés parental.

Palabras clave: 1. estrés parental, 2. meta-síntesis cualitativa, 3. migración familiar, 4. factores protectores, 5. migración infantil.

Date received: December 21, 2023

Date accepted: February 20, 2025

Published online: July 15, 2025

¹ Universidade Federal do Rio Grande do Sul, Brazil, carol_speixoto@hotmail.com, <https://orcid.org/0000-0003-0844-8275>

² Universidade Federal do Rio Grande do Sul, Brazil, pedrohcontegil@gmail.com, <https://orcid.org/0000-0003-1158-8199>

³ Centro Universitário da Serra Gaúcha, Brazil, joicesonogo@gmail.com, <https://orcid.org/0000-0002-6785-1921>

⁴ Universidade Federal do Rio Grande do Sul, Brazil, adolfofopizzinato@hotmail.com, <https://orcid.org/0000-0002-1777-5860>

⁵ Universidade Federal do Rio Grande do Sul, Brazil, piccesesar@gmail.com, <https://orcid.org/0000-0002-4313-3247>



INTRODUCTION

International migration has been intensely increasing in recent decades. The International Organization for Migration (IOM), leading intergovernmental organization in the field of migration, published an official report indicating that the number of people in all categories of migratory processes had reached of 281 million in 2020, 3.6% of the global population (McAuliffe & Triandafyllidou, 2021).

There are many categories to characterize and distinguish people who were displaced to other countries or territories: migrants, immigrants, refugees, and asylum seekers, among others (Santinho, 2016). In this paper, the term “migrant” is chosen to refer to any person in an international migratory process. Even though this concept is not defined by international law, it is considered a generalist definition that covers the eminent fluidity of international displacements (McAuliffe & Triandafyllidou, 2021). Additionally, it embraces the legal conditions of refugee or asylum seekers status (Cogo & Badet, 2013).

Moving to another country or territory is considered a total phenomenon as it affects all the existential dimensions of people: political, economic, health, psychological, social, and religious (Sayad, 1998). Thus, international migratory processes can inflict several multifactorial vulnerabilities on migrant populations, mainly in cases of forced displacement, due to several human rights violations (Granada et al., 2017). From the very beginning of the geographic mobility process, people can suffer from stressful factors, such as physical and psychological violence, extortion, human trafficking, and insecurities related to the host country’s public policies. When migrants arrive in a new country or territory, they also frequently face low socioeconomic conditions, lack of social support, cultural inadaptation, linguistic barriers, and other types of marginalization (Prado & Araújo, 2019).

The migration process for parents with children is particularly challenging, mainly because childcare implies specific and potentially stressful demands (Arakelyan & Ager, 2020; Ünver et al., 2021). In this context, the concept of parental stress helps to understand the dynamics and difficulties faced by parents who experienced international migration processes with their children. It is conceptualized as the stress arising from situations related to parenting, particularly those related to how much they feel capable of fulfilling their parental role to address their children’s needs (Lee & Jeon, 2021). This is also an important marker that is related to other psychological health conditions that arise from stressful events, such as migration conditions (Murphy et al., 2017; Ponguta et al., 2020). Moreover, parents’ beliefs and values are determinants in parenting practices, which means that the stress experienced in the context of parenting can influence the way parents perceive and act upon their role in rearing children, and may get in conflict with cultural values present in their new allocation (Abidin, 1992).

Currently, instruments adapted and validated in different cultures have been used to assess levels of the quantitative parental stress construct (Louie et al., 2017). In cases of forced displaced people, the available evidence indicates that high levels of parental stress are related to an increase of anxiety, depression, PTSD, feelings of isolation and ineffectiveness in the parenting role, difficulty adapting to the new country, and greater family conflicts (Murphy et al., 2017). Additionally, high levels of

parental stress are more common in families with low socioeconomic status and low social support (Eltanamy et al., 2021).

The quantitative data about parental stress in the same context has already been analyzed (Conte Gil et al., 2023). In that systematic review, 21 articles were included (English, Spanish, and Portuguese) published between 2012 and 2021 that investigated quantitatively the relationship between parental stress and other variables, such as social support, acculturative orientations, parent-child relationship, and the mental health of caregivers. The results of that systematic review mainly showed the importance of social support in the host country for families in an international migration process. Furthermore, studies involving interventions presented an important reduction in parental stress and an increase in the social well-being of families who participated in the intervention programs. In this context, social support and welcoming actions for families show the most promising mechanism for reducing parental stress associated with migration (Conte Gil et al., 2023).

However, parental stress is a broad concept that affects families of the most different kinds and contexts, which may be difficult to comprehend solely through quantitative approaches (Brito & Faro, 2016). To better understand these phenomena, it is important to develop studies that assess not only the stressors quantitatively but also the way parents and caregivers experience and perceive parental stress (Lim & Ogawa, 2014). In particular, the phenomenon of immigration, especially involving families with children, is extremely complex and multifactorial.

Therefore, understanding the particularities of the phenomenon involving ethnic, racial, socio-economic, and religious aspects is fundamental when considering reception strategies for the migrant population (Granada et al., 2017). Accordingly, qualitative studies that focus on subjective processes and experiences are essential to address the lack of this kind of evidence in the field. It is understood that qualitative studies can provide more in-depth and detailed data on these demands, mainly to contribute to the understanding of the current scenario and the development of broad public policies.

The growing movement of qualitative research has been gaining strength (Levitt et al., 2020), especially in the field of mental health. These qualitative publications require a comprehensive understanding of their findings, so a meta-synthesis approach is a way to systematize and integrate these qualitative findings (Lachal et al., 2017). It also offers valuable contributions by bringing together in-depth information about participants' experiences and perspectives, while indicating possible gaps and relevant evidence for the implementation of assertive and relevant public policies (Tong et al., 2012). Considering the above, this meta-synthesis aims to analyze articles with a qualitative focus (2012-2024) on the parental stress of those who experienced international migration processes with their children.

METHODOLOGY

This meta-synthesis followed the systematic recommendations proposed by two different protocols: the Preferred Reporting Items for Systematic Reviews and Meta-Analyses – PRISMA (Page et al., 2021) for selection and inclusion of the studies, and Lachal et al. (2017) guidelines

for analysis and synthesis of the reported findings. Searches were carried out in seven international databases: Scopus, Web of Science, PsycInfo, VHL Portal, MEDLINE/CINAHL, EMBASE, and Cochrane Library, using the following descriptors in English: [migra* and parental stress], [immigra* and parental stress], and [refug* and parental stress].

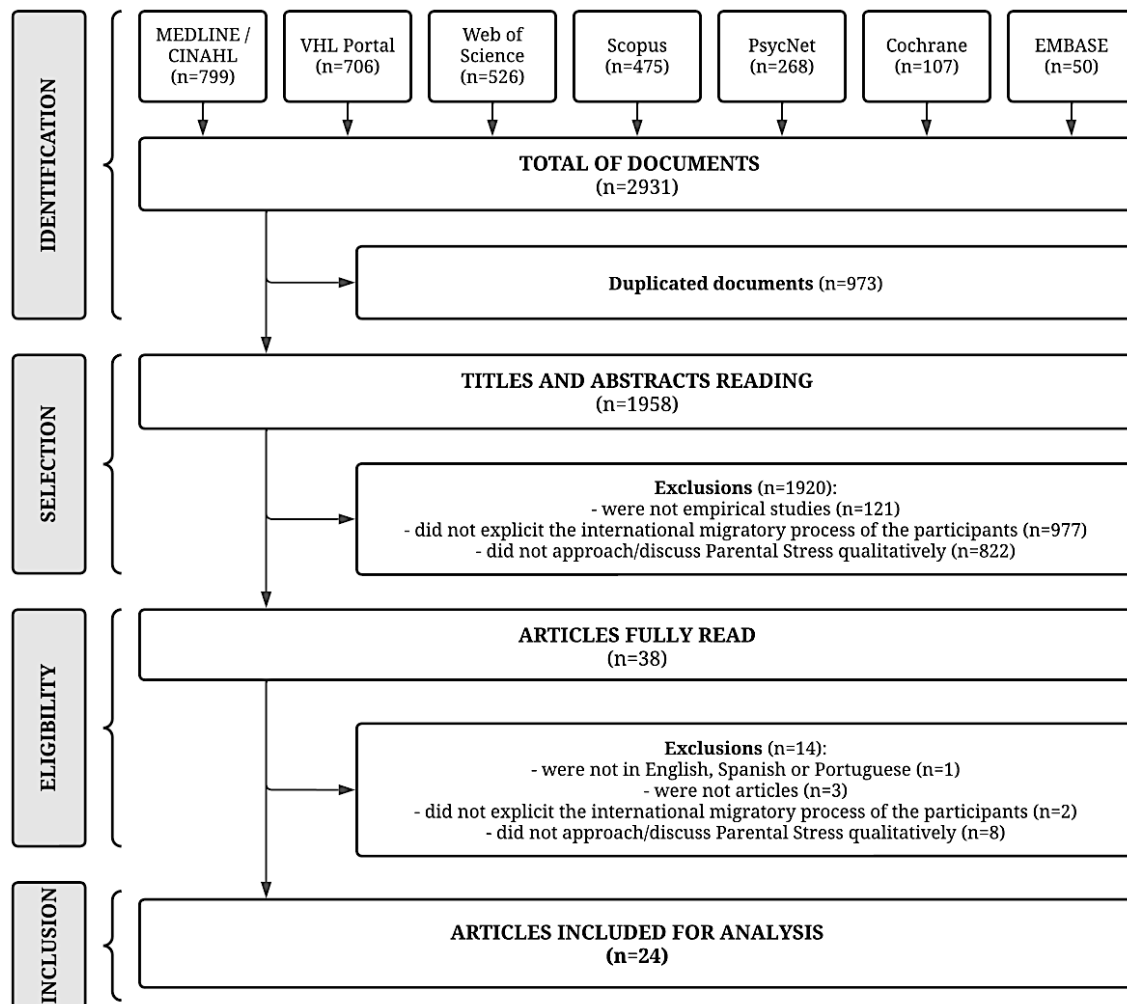
The search was limited to articles published in English, Spanish, and Portuguese from 2012 to October 2024. The first draft of this meta-synthesis was completed in 2022, which included papers from 2012 to 2021. The reason for the selection of this period was to cover the ten-year publication of the articles on the subject, which is a criterion commonly used in review articles. However, from an update of the paper, the years 2022, 2023, and 2024 (until October) were included to cover all available literature previous to the publication of this manuscript.

The articles included in this review met the following criteria: 1) focused on parents' stress of those who experienced migration processes with their children; 2) empirical qualitative studies; and 3) made explicit the international migration context of the participants. In the Selection stage, articles were categorized through the Rayyan software. After excluding duplicates, the first and second authors of the present article read the titles and abstracts and made an initial selection of articles based on the inclusion criteria. Disagreements among decisions were solved by a third author (Leclerc et al., 2014). In the Eligibility stage, the articles were fully read and included for analysis, considering the same criteria previously described.

Initially, 2931 documents were found. After the steps taken, 24 articles were included for analysis. The details of this process, considering the stages of Identification, Selection, Eligibility, and Inclusion are available in Figure 1.

After the Inclusion stage, three authors evaluated each article independently. Firstly, the quality of the articles was assessed based on the criteria of the Critical Appraisal Skills Programme (CASP) for meta-synthesis (Lachal et al., 2017). Secondly, the articles were analyzed according to their objectives, methodological aspects, and main results regarding parental stress.

Figure 1. Flowchart of the Inclusion of Articles



Source: Own elaboration.

RESULTS

Critical Appraisal of the Articles

Table 1 shows the evaluation of the quality of the 24 studies included in this meta-synthesis, according to the CASP (Lachal et al. (2017). Considering the 10 recommended criteria, each criterion was classified on a three-point score scale: Totally met = 2; Partially met = 1; and Not met = 0. The categories range from Very Low: 0-5 score, to Low: 6-10 and Moderate: 11-15, concluding with High: 16-20.

The overall scores went from 10 to 20. Most studies (n=19) had High quality, while four were Moderate, and only one was Low. The most “Not met” or “Partially met” criteria were given to

the studies that adequately considered the relationship between researcher and participants (criterion 6) and those where ethical issues were taken into consideration (criterion 7).

Table 1. Critical Appraisal of the Articles

Authors (Year)	Critical Appraisal Skills Program (CASP)										Total	Quality
	1	2	3	4	5	6	7	8	9	10		
1. Ko & Kim (2024)	2	2	2	2	2	0	2	2	2	2	18	High
2. McKimmy et al. (2024)	2	1	2	2	2	0	0	2	1	2	14	Moderate
3. Taylor et al. (2024)	2	2	2	1	2	1	1	2	2	2	17	High
4. Vaillancourt et al. (2024)	2	2	2	2	2	2	2	2	2	2	19	High
5. Fong et al. (2023)	1	1	1	2	2	2	2	2	2	2	17	High
6. Sim et al. (2023)	2	2	2	2	2	2	2	2	2	2	20	High
7. Sousa et al. (2023)	2	2	2	2	2	0	1	2	2	2	17	High
8. González-Falcón et al. (2022)	2	2	2	2	2	2	2	2	2	2	20	High
9. Lindén et al. (2022)	2	2	1	2	2	2	2	2	2	2	19	High
10. Luo et al. (2022)	2	2	2	2	2	2	2	2	2	2	20	High
11. Mwanri et al. (2022)	2	2	2	2	2	2	2	2	2	2	20	High
12. Eltanamly et al. (2021)	2	2	2	2	2	2	2	2	2	2	20	High
13. Arenliu et al. (2020)	2	2	2	2	2	2	2	2	2	2	20	High
14. Kim (2019)	2	2	2	1	1	1	1	2	2	1	15	Moderate
15. Mitchell et al. (2019)	2	1	2	2	2	1	0	1	1	2	14	Moderate
16. Non et al. (2019)	2	2	2	2	2	0	1	2	2	2	17	High
17. Cohen & Miguel (2018)	2	2	2	2	2	0	0	2	2	2	16	High
18. Sim et al. (2018)	2	2	2	2	2	0	2	2	2	2	18	High
19. Habib et al. (2017)	2	2	2	2	2	2	2	2	2	2	20	High
20. Kwong & Yu (2017)	2	2	2	1	2	2	2	2	2	2	19	High
21. Lecompte et al. (2017)	1	1	1	2	1	0	0	1	2	1	10	Low
22. Park et al. (2016)	1	2	1	1	0	1	2	1	2	1	12	Moderate
23. Stewart et al. (2015)	2	2	2	2	2	0	2	2	2	2	18	High
24. Lim & Ogawa (2014)	2	2	2	2	2	1	1	2	2	2	18	High

Criteria evaluation: Totally met (2); Partially met (1); Not met (0).

Criteria: 1. Was there a clear statement of the aims of the research? 2. Is a qualitative methodology appropriate?

3. Was the research design appropriate to address the aims of the research? 4. Was the recruitment strategy appropriate to the aims of the research? 5. Were the data collected in a way that addressed the research issue? 6. Has the relationship between the researcher and participants been adequately considered? 7. Have ethical issues been taken into consideration? 8. Was the data analysis sufficiently rigorous? 9. Is there a clear statement of findings?

10. Is the research valuable?

Quality: Very low (0-5); Low (6-10); Moderate (11-15); High (16-20).

Source: Own elaboration based on Lachal et al. (2017).

Characterization of the Articles

Table 2 presents the characterization of the studies according to their 1) publication year and objectives; 2) methodological characteristics (study design, participants, and instruments); and 3) main results regarding parental stress of those who experienced international migration processes with their children.

Table 2. Characterization of the Included Articles (n=24)

Authors (Year)	Aim	Method			Main findings/ Parental stress
		Design	Sample/age (Host country)	Instruments	
1. Ko & Kim (2024)	Investigate the experiential meaning of child-rearing for marriage immigrant women in Korea in the context of the coronavirus disease 2019 (COVID-19) pandemic.	Phenomenology research	10 marriage immigrant women rearing preschool and school-age children (29-39y) (Korea)	Semi-structured interviews	Marriage immigrant women encountered heightened challenges in managing their children's health and well-being during the COVID-19 pandemic due to linguistic and cultural barriers limiting access to healthcare and information. They experienced considerable emotional stress from perceived inadequacies in providing a holistic social and developmental environment for their children.
2. McKimmy et al. (2024)	A pilot-trial aimed to evaluate the feasibility and effectiveness of Escuela de Madres y Padres (EMP; "School for Mothers and Fathers").	Mixed-methods (quantitative and qualitative)	10 participants (seven women and three men) (mean age 35.5y) (United States)	Eight DBT sessions	The EMP program was associated with high satisfaction, adequate feasibility, significant decreases in perceived stress, significant increases in emotion regulation, significant increases in mindfulness in parenting, and significantly decreased child behavioral difficulties.
3. Taylor et al. (2024)	Understand the impact of culturally relevant experiences on family stress processes in rural, immigrant Latino families in the U.S. Midwest.	Mixed-methods (quantitative and qualitative)	307 Latino families with a child (10-15y) (United States)	Semi-structured interviews	Insights into how structural risks contributed to economic strain, distress, conflict, and maladjustment within the family system with five themes emerging: structural and economic pressures contribute to mother distress, family separation contributes to maternal distress, pressures influencing interparental conflict, youth awareness of parent stressors and distress, and stress impacts parenting in positive ways.

(continues)

(continuation)

4. Vaillancourt et al. (2024)	Investigate first and second-generation immigrant parents' lived experiences of social stressors and facilitators of perinatal psychological well-being.	Qualitative	16 women and 10 men from various ethnic backgrounds (mean age 34y) (Canada)	Semi-structured interviews	First-generation immigrant parents reported greater acculturative stress and ethnic discrimination concerns related to their distress. Among men, barriers include feeling as though the paternal role was devalued by society and not receiving consideration by health care.
5. Fong et al. (2023)	Compare coping strategies used by families who reported high versus low quality of life.	Case studies*	12 Korean immigrant parents of autistic children (30-59y) (Canada)	Interviews	Parents from the low family quality of life group frequently mentioned experiencing other stressors around the time their child received a diagnosis, such as divorce, family separation, and issues with immigration contributing to adjustment difficulties and delays in reaching acceptance. These cumulative negative events impacted the family's well-being and adjustment capacities creating elevated stress.
6. Sim et al. (2023)	Investigate refugee parents' experiences of resettlement stressors and mental health, perceived impacts of resettlement stressors on individual and family indicators of well-being, and refugee parents' coping strategies and resources.	Mixed-methods (quantitative and qualitative)	40 government-Assisted refugee parents (mean age 43.3y) (Canada)	Semi-structured interviews	Difficulties with learning and communicating in English and the lack of affordable and safe housing were described as major challenges by almost all parents. Parents described various coping strategies such as positive reframing, problem-solving, planning, and turning to religion. Participants highlight the importance of family as a source of strength and resilience.
7. Sousa et al. (2023)	Collect and analyze the perspectives of service providers about how refugee parents continue to support their children's wellbeing, even as the family experiences the stressors of the pre-flight, flight, and resettlement phases of the refugee experience.	Qualitative	12 refugee service providers (United States)	Semi-structured interviews and two focus groups	Service providers described refugee parents who faced considerable trauma in their home country and during flight. Providers described multiple problems their clients face during resettlement, including cultural adaptation, economic precarity, changing family dynamics, xenophobia, and racism.

(continues)

(continuation)

8. González-Falcón et al. (2022)	Analyses the functions that immigrant parents carry out in the new school context to favor the educational inclusion of their children.	Ethnographic	Three fathers and seven mothers (eight families) from Morocco, Algeria, Lithuania, Poland, Romania, and Ecuador (mean age 34.5y) (Spain)	Semi-structured interviews	The results point to the great fragility and difficulty experienced by these parents in exercising their parental functions in the new context. Women, especially from Poland, Lithuania, and Romania, compared to their husbands or partners, seem to suffer greater stress due to their dual role as guarantors of the culture of origin and facilitators of the host culture.
9. Lindén et al. (2022)	Examine parenting challenges and needs among immigrant mothers of teenagers living in disadvantaged neighborhoods in Sweden.	Case studies*	14 mothers (seven from Somalia, three from Turkey, two from Syria, and one each from Morocco and Pakistan) (mean age 42y) (Sweden)	Semi-structured interview	Substantial distress among immigrant mothers about their parenting skills and their desire to protect their children. Despite several obstacles to successful parenting and feeling confident as a parent, mothers were highly engaged in parenting and expressed motivation and desire to improve their parenting skills through social support.
10. Luo et al. (2022)	Explore the parenting and mental health promotion needs of Chinese women living in Japan and provide recommendations to guide interventions.	Qualitative	15 Chinese women who were pregnant or rearing a child younger than 6 years old (28-39y) (Japan)	Semi-structured interviews	Information provision and social network building should be emphasized as practical social support mechanisms to improve mental health. Support from the community is essential for participants, particularly during the COVID-19 pandemic.
11. Mwanri et al. (2022)	Explore mental health stressors, access to mental health services, and how to improve mental health services for African migrant populations.	Qualitative	20 African migrants and ten service providers (mean age 39y) (South Australia)	Online semi-structured interviews	The findings indicate that some female participants experienced heavier burdens and mental health challenges resulting from a combination of stressors, such as separation from spouses, difficulties in dividing time between children and work, and financial hardship.
12. Eltanamly et al. (2021)	Investigate how the different phases of refuge and resettlement shape parents' perceptions of their parenting.	Grounded theory	27 Syrian refugee parents (27-53y) (16 families) (Netherlands)	Semi-structured interviews	Stressors such as money shortage, co-housing, role strain, family separations, and loss of status seemed to influence all parenting in rather similar ways. Families generally show a certain degree of resilience despite adversity. War and refuge-induced stressors increased families' sense of compassion for their children, increased their appreciation of life, made them rely more on faith as a source of support, and redefined their parenting priorities.

(continues)

(continuation)

13. Arenliu et al. (2020)	Understand war and displacement stressors and coping mechanisms among urban refugee families from Syria living in Istanbul.	Grounded theory	30 Syrian refugee families (23-46y) (Turkey)	Semi-structured interviews	Participants reported experiencing serious family stressors but also demonstrated important family coping mechanisms, including flexible and reciprocal family organization, hopeful family beliefs and communication, staying connected with family in Syria, and making the best of living in a new country. All the families reported poor family finances more than any other stressor. However, reading the Koran and praying gave them strength and relaxation, and they tried to enjoy positive moments with their family.
14. Kim (2019)	Examine the parenthood experiences of immigrant women married to Korean men.	Qualitative	Eight participants (23-46y) (Korea)	Focus group	Married immigrant women have difficulty raising their children due to cultural differences in child-rearing practices. Married immigrant women's husbands do not have a particular interest or get directly involved in their children's education. In this poor environment, the weight on married immigrant women in playing the role of parent is heavy.
15. Mitchell et al. (2019)	Investigate midlife/late life parental transitions to retirement and the nexus of young adults' transitions to adulthood.	Mixed method (quantitative and qualitative)	588 parents aged 50+ with at least one adult child (19-35y) (Canada)	Semi-structured interviews	Higher parental stress was found among Persians/Iranians and Chinese parents (compared to British), those with greater intergenerational conflict, those with unemployed children, lower education of parents, fewer years lived in Canada, and those with lower income satisfaction.
16. Non et al. (2019)	Investigate the range of psychosocial stress exposures and coping mechanisms of Mexican immigrant mothers, and implications for the health of their U.S.-born children.	Qualitative	32 Mexican-born immigrant mothers (18-54y) (United States)	Focus groups (10 meetings)	Mothers reported engagement in a range of coping mechanisms, including the creation of new social networks, seeking support in religion, and seeking help from community resources.
17. Cohen & Miguel (2018)	Explore immigrant parents' perceptions of autism spectrum disorders (ASD) and its causes.	Mixed method (quantitative and qualitative)	25 parents (mean age 36.2y) first generation Mexican heritage immigrants with a son with ASD (United States)	Focus groups (six meetings)	Parents reported they felt emotional stress, anxiety, and frustration about their child's ASD diagnosis. Mothers also reported stress when discussing the challenging behavior exhibited by their children, the barriers to securing services for their children, or the challenges they faced in communicating with them.

(continues)

(continuation)

18. Sim et al. (2018)	Investigate the mechanisms through which parenting is impacted by exposure to mass conflict; specifically, examine the perceived effects of war and displacement on parenting and family functioning in Syrian refugee parents.	Grounded theory	39 Syrian parents (18-60y) and 15 children (08-12y) (Lebanon)	Four focus groups conducted with 29 parents and two focus groups with 15 children. 10 additional parents participate in individual interviews, and three had a follow-up interview	Greater economic resources and social support emerged as potential protective factors for maintaining positive parenting despite exposure to war and displacement-related adversity.
19. Habib et al. (2017)	Explore the parental experiences of Pakistani mothers living in Ireland who have a child with autism spectrum disorder (ASD).	Case studies*	Seven Pakistani mothers who have children with ASD (4-18y) (Ireland)	Semi-structured interviews	The positive experiences are related to mothers' positive experiences of schools, effective communication, and the positive impact of parenting a child with ASD. The challenges faced by mothers highlight additional concerns revealed by immigrant mothers including the impact on their role within the family and their lives in the wider community.
20. Kwong & Yu (2017)	Explore the lived experiences of Chinese immigrant parents in New York City who went through prolonged separation and faced challenges after reunification in the United States.	Case studies*	18 Chinese immigrant families (mean age 38.8y) (United States)	Semi-structured interviews	In addition to financial hardship, the participants felt stressed and physically exhausted from taking care of their children and were overwhelmed by childcare responsibilities. The participants noted their lack of freedom, short temper, and constant worries. The high level of parental stress resulted in greater parent-child conflicts, leading to harsher disciplinary measures.
21. Lecompte et al. (2017)	Investigate the psychological distress and social isolation that migrant women may experience during pregnancy.	Case study	One Indian woman (20y) (Canada)	Socio-demographic questionnaire and field diary	This case presents an immigrant pregnant woman experiencing high levels of stress related to migration, including low social support and poverty.
22. Park et al. (2016)	Investigate Korean immigrant mothers' experiences with parenting and raising their children in the United States.	Focus group	20 Korean mothers (29-44y) with at least one child (02-05y) (United States)	Focus group (four meetings)	Korean immigrant mothers acknowledged the difficulties with familial support. First, it is difficult to parent with grandparents. Second, parenting with less overall familial support is extremely difficult. This is especially true due to the noted imbalances of responsibility in child-rearing between men and women. Moreover, the cultural gap

(continues)

(continuation)

23. Stewart et al. (2015)	Examine challenges faced by refugee new parents from Africa in Canada.	Mixed-methods (quantitative and qualitative)	36 Zimbabwe and 36 Sudan refugee parents (31-40y) (Canada)	Individual interviews (72 parents) and four follow-up group interviews (30 parents)	between the mothers and their children was associated with worry and seemed to be a source of stress for these mothers. Participants reported isolation, loneliness, and stress linked to migration and new parenthood. New gender roles evoked marital discord. Barriers to health-related services included language. Compounding challenges included discrimination, time restrictions for financial support, prolonged immigration and family reunification processes, uncoordinated government services, and culturally insensitive policies.
24. Lim & Ogawa (2014)	Examine the effect of Child-Parent Relationship Therapy (CPRT) on a Sudanese refugee family.	Case study	One Sudanese family: a father (40y) and a son (6y) (United States)	Videotapes and transcriptions of CPRT sessions and reflexive memos and observational notes	The case study shows the effectiveness of CPRT in reducing parental stress and reducing a child's externalizing behaviors with a refugee family. A critical factor in achieving these outcomes is the family's ability to navigate significant and profound loss.

*Design not mentioned by the authors. It was classified as "Case studies" based on the criteria from Robson and McCartan (2016).

Source: Own elaboration.

Objectives

The included studies investigated multiple psychosocial aspects associated with parental stress. Parenthood experiences in different migration contexts have been highlighted in several studies [1, 10, 14, 19, 20, 22]⁶ involving the experiences of pregnant women or rearing young children; married migrant women; migrant mothers with children with special needs; or even prolonged separation between parents and their children during the migration process. One study [1] aimed to investigate the migration experience in the context of the Coronavirus disease 2019 (COVID-19) pandemic. Other studies investigated the parent's perceptions about their parenting [12], such as how the different phases of refuge and resettlement shaped parents' perceptions or beliefs about autism spectrum disorders (ASD) [5, 17].

In four articles [5,6,13,16], coping mechanisms were investigated. These strategies included creating new social networks, flexible family organization, hopeful family beliefs and communication, staying connected with family from their country of origin, making the best of living in a new country, seeking support in religion, and seeking help from community resources for dealing with parent demands. Challenges of parenting [23], the impact of social and culturally relevant experiences on family stress processes [3, 4, 6, 8, 11], psychological distress and social isolation [21], midlife parental transitions [15], and perceived effects of war and displacement on parenting [18] were also investigated. One study [2] aimed to evaluate the feasibility and effectiveness of the “*Escuela de Madres y Padres*” (School for Mothers and Fathers) which employs a program based on dialectical behavior therapy (DBT) skills. Lastly, one study [24] aimed to assess the perceived effect of a therapeutic approach on a father and son dyad.

Methodological Aspects

Most of the studies (n=12) were primarily qualitative studies [1, 4, 7, 8, 10, 11, 12, 13, 14, 16, 18, 22]. Six were mixed methods involving qualitative and quantitative approaches [2, 3, 6, 15, 17, 23], five designs included case studies [5, 9, 19, 20, 24] and one case report [21]. Some authors did not mention the study design, something that demanded our classification and may indicate their low level of methodological clearness.

In relation to the study participants, there was a predominance of articles (n=14) that assessed mothers and fathers jointly [2, 3, 4, 5, 6, 8, 11, 12, 13, 15, 17, 18, 20, 23], while eight others involved only mothers [1, 9, 10, 14, 16, 19, 21, 22], and one article included only the father [24]. Through an indirect approach, one research [7] explored the service providers' perspectives on stressors encountered by refugee parents.

Most of the studies' participants were from South-Global origin countries (Mexico, El Salvador, Honduras, Guatemala, Ecuador, Philippines, Vietnam, Cambodia, Syria, Iran, Iraq, Bhutan, Myanmar, Japan, China, Pakistan, Turkey, India, Korea, Morocco, Somalia, Kenya,

⁶ Numbers represent their corresponding article listed in Table 2.

Liberia, Sierra Leone, Democratic Republic of Congo, Burundi, Ethiopia, Zimbabwe, and Sudan), while in one study [8], participants from the North-Global were also included (Poland, Algeria, Romania, and Lithuania). About the host countries, most of them (n=19) involved countries from the North-Global [2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 15, 16, 17, 19, 20, 21, 22, 23, 24] (The Netherlands, Ireland, Spain, Sweden, Australia, Canada, and United States), followed by migrations to South-Global countries [1, 10, 13, 14, 18] (Turkey, Korea, Japan, and Lebanon).

Regarding the instruments to collect data, some articles (n=11) used only interviews [1, 4, 8, 9, 10, 11, 12, 13, 19, 20, 23], five used scales and interviews [2, 3, 5, 6, 15], three carried out focus groups [16, 17, 22], and three others used different approaches, mixing focus groups and interviews [7, 14, 18]. One study used several psychological scales (assessing social support, anxiety, and depression) to build a case report [21], while another investigated the effect of a therapy program using transcriptions, observational notes, reflexive memos, videotaped sessions, and standardized assessments [24].

Main Findings on Parental Stress

The main results indicate that the vulnerable socioeconomic conditions of migrant parents tend to increase parental stress [3, 6, 10, 12, 13, 15, 18, 20, 21, 23], especially when families struggle to cover basic needs. The combination of the high cost of living in the host country, insufficient government income support, and challenges in securing employment led to severe financial strain and stress. The unavailability of safe and affordable housing emerged as a significant issue, impacting both the parent's physical and mental health, as well as that of their families [3, 6, 10]. The lack of social support appeared to be another factor that reinforced stressful situations for migrant parents [1, 8, 10, 16, 21, 22], along with loneliness, discrimination from the local community, and ineffective or culturally insensitive government policies and practices [4, 10, 23]. On the other hand, staying connected with family in the country of origin [12] and creating new social networks [5, 10, 15] were referred to as protective and preventive factors against parental stress.

Two studies [16, 22] reported the difficulties experienced mainly by migrant mothers in raising children away from their extended families, showing how the reduction of the support network can lead to deep feelings of isolation, inadequacy, and failure in the parental role. Challenges related to the lack of fluency in the language of the host country, the anguish felt by mothers for not having someone to leave their children with while they work or even the short time, they dedicated to the family due to the high workload to financially subsidize the new life [3, 8, 16, 21, 22, 23], were other aspects reported regarding the lack of social support. Social isolation and longing for their family in the country of origin were also mentioned [3, 21, 22].

In addition, studies from recent years [1, 3, 6, 10] show that for many refugee parents, the COVID-19 pandemic and associated lockdowns added new obstacles to their adjustment process, limiting chances for social engagement, language learning, and understanding the cultural and societal norms of their new surroundings. Being confined at home triggered stress and family

conflicts. The disappointment and unfulfilled expectations of their resettlement journey only exacerbated the tension. Additionally, job loss was a factor mentioned in one study [11].

The lack of social support for migrant parents also involves levels of prejudice and discrimination experiences. One study [23] discussed that some ethnic groups (e.g., Arabs) may present mental health problems due to changes in their social status and intense discrimination. Therefore, they experience greater levels of stress due to weaker community embeddedness, a lack of social inclusion, and problematic settlement [23]. In addition, another study [22] also found that Mexican migrant families in the US that tend to live in suburban neighborhoods, have less community support, and experience more situations of racism and xenophobia. Joining the parent support group at an immigrant community center was reported as a way to deal with discrimination in the context [22]. Another study [7] with refugee service providers demonstrates that employees identify many issues and challenges addressed by immigrant parents in other studies, including cultural adaptation, economic precarity, changing family dynamics, xenophobia, and racism.

Evidence also showed that cultural disparities seemed to worsen parental stress feelings. Among the reported reasons, some studies [4, 6, 8, 23] highlighted language adaptation for migrant parents and their children, differences in child-rearing practices compared to those used in the host country [22], cultural gap between mothers and their children inserted in the new culture [14], children's adaptation in school [12], and marital disagreements due to the changing of gender roles demanded by the new culture [14, 23]. Studies revealed that rearing a child in a new culture can be challenging for parents and caregivers, since cultural disparities seem to bring up more parent-child conflicts [19], leading to harsh parenting practices [18, 20]. As for language difficulties, parents described struggles with learning and communicating as significantly hindering their ability to carry out critical tasks, including accessing healthcare, finding jobs, managing government benefits, and building social relationships [4, 6].

Also, studies showed that migrant parents may often use some coping mechanisms to relieve parental stress. Most of them were related to religious or spiritual matters, such as reading sacred books and praying [12], seeking support in religious communities [16], or just relying on faith [6, 13]. Although parental stress can be a source of family conflict, one study [6] showed how the family can be the main source of support when parents promote dynamics and interactions guided by mutual respect, empathy, emotional support, tolerance, effective communication, constructive conflict management, and a strong sense of friendship between them and their children.

One of the studies [24] showed that father-child psychotherapy decreased parental stress rates since it provided a safe space for them to better emotionally connect during the wife/mother grieving process in the migration context. Based on this approach, which was described as effective, psychological group interventions can be considered beneficial for parents and their children dealing with the stress of life in the host country.

In addition to migration and parental stress, parents of children with ASD diagnosis reported a more complex and intersectional context with additional stress, anxiety, and frustration due to parenting responsibilities related to the children's condition [17, 19]. Moreover, the impacts on the

role of parents within their family and lives in the wider community, whose values and cultural specificities were additional concerns [19].

DISCUSSION

The objective of this meta-synthesis was to analyze scientific articles on parental stress within international migration processes. The migration of families with children is a growing issue that will demand even more from researchers to carry out studies in various contexts, cultures, and life realities, especially to approach parents' experiences deeply from a qualitative perspective (Brito & Faro, 2016). Several factors involved in this process have already been highlighted in the studies' focus on the present review.

Additionally, a significant increase in papers published on the subject from 2022 onwards was observed. It is conjectured that this is primarily associated with the closing of borders during the COVID-19 pandemic in 2020 (United Nations High Commissioner for Refugees [UNHCR], 2020) and the outbreak of geopolitical conflicts in the West, such as the war between Ukraine and Russia (World Economic Forum [WEF], 2022), as well as the current genocide of the Palestinian people (Jamshidi, 2024) and related conflicts. All these global broadcast situations may have directed greater interest among researchers in the issues surrounding international migration processes.

Initially, it is emphasized that qualitative studies analyze aspects that are not possible to explore through quantitative methods, mainly due to the standardized instruments used in data collection (Günther, 2006). In perspective, the present meta-synthesis focused on qualitative studies, several of which investigated parenthood experiences and perceptions, transitions, impacts, and challenges through interviews and focus groups—both widely used instruments in qualitative study designs (Turato, 2005).

The psychological aspects assessed in the studies were diverse, indicating the complexity of the research issues in this area. The analyzed studies encompassed a range of objectives related to psychosocial factors and their impacts. For instance, war and displacement stressors, coping mechanisms among refugee families, psychological distress, and social isolation in a migrant pregnant woman. Their results demonstrate the complexity of migration experiences, mainly regarding parental stress, which can present itself in many ways and levels (Murphy et al., 2017).

Regarding the methodological aspects of the included studies, the criteria adopted for this meta-synthesis (Lachal et al., 2017) considered that the quality of the articles was high. The gaps recurrently found in the papers are related firstly to clarifying ethical issues, and secondly, to considering the relationship between the researcher and participants, which is an intrinsic issue for qualitative research. Consequently, ethical considerations are essential, especially those related to the impact of the research on participants in studies that investigate sensitive topics such as forced displacement. There is a need to emphasize the importance of considering the possible negative impacts of evoking vulnerable populations' suffering and traumatic memories without a clear plan

of action to help them address possible migration effects still present in their lives (Taquette & Souza, 2022).

Furthermore, cultural issues, language, nationality, or religion are factors that affect the experiences of the participants and researchers, and can only be considered from a qualitative perspective. Thus, the data collected in this study design are developed through the bond established between the researcher-participant relationship (Tillman, 2002). Although this is essential to be considered, only one study from this review [19] included information about the researcher who carried out the interviews. In this case, researchers and participants shared the same ethnic, cultural, and religious background as the participants. According to the authors, this allowed a more culturally sensitive approach, providing a better understanding of the experiences reported by the participants. For future studies, this is an important aspect to consider as the identification between researcher-participants may not only influence data collection but data analyses as well (Tillman, 2002).

Among the participants, this meta-synthesis shows, on the one hand, that nearly all the studies reviewed included solely mothers. This demonstrates how the maternal role remains predominant in access aspects related to family and parental care of children (Valiquette-Tessie et al., 2019). While, on the other hand, only one study [24] focused on the presence of the father, including a widowed father. These results may indicate an attempt to more expressively include the father's role in parental care and family dynamics. Despite this, more than half of the studies consider families where the parents (mother and father) are together. For future research, assessing the perceptions of other caregivers (e.g., only fathers and grandparents) may be important to understand if and how they experience parental stress compared to the mothers' perspective.

Regarding the migratory flow, most of the participants' countries of origin (such as Syria, Sudan, Zimbabwe, Pakistan, and India) faced a war context, political instability, extreme poverty, and high social vulnerability problems. Historically, the South-North migratory flow was more common and occurred on a larger scale, mainly due to the better living standards, and economic and structural conditions of the seeking countries. However, nowadays most migration flows are South-South (UNHCR, 2020). In addition, another factor related to South-South migration is the cultural similarities shared between the country of origin and the host country. Although this may be related to their colony/colonized history, it is possible to think that this provides certain feelings of belonging for migrants, something that may work as a coping mechanism against stressful situations (Leal & Harder, 2021).

Examining the overall characteristics of the migrant families, several of those who indicated experiencing parental stress also presented low socioeconomic levels. There is consensus in the literature that socioeconomic status is a critical predictor of a range of lower health and illness conditions (Baum et al., 1999), negatively impacting levels of general stress, mental health problems (Algren et al., 2018), and distress related to parenting (Nagy et al., 2022). In cases of migrant parents, who are frequently under several vulnerabilities and acculturation processes from the resettlement itself (Prado & Araújo, 2019), the experience of parental stress is even more

intense when they have low socioeconomic status (Yan, 2022). This reinforces the importance of creating public policies, especially for families that have experienced more vulnerable situations in their countries of origin, that might provide opportunities for them to reduce financial struggles and promote better living conditions in the host country.

The results also revealed that cultural disparities usually worsen parental stress feelings. Dealing with a new culture leads to acculturative processes, which can cause different stressors for parents (Berry, 1986). Parents may attempt to maintain their cultural identity through their children, teaching them their values and living practices (Roubeni et al., 2015). In this context, children can identify closely with their parental cultural orientations (Vietze et al., 2020). However, acculturation gaps may still be rising between parents and children (Berry, 1986; Telzer, 2010). In cases where children absorb more values from the host culture rather than the native one, parents might be concerned about their children losing their cultural heritage, which can potentially increase parent-child conflict (Deng & Marlowe, 2013).

Moreover, children can behave as cultural and language translators for their parents and caregivers, which can make parents feel that their authority is threatened due to a certain parent-child role reversal (Timshel et al., 2017). This could lead to further conflicts and harsh parenting practices, as parents attempt to regain control (Rasmi et al., 2017). As seen in two studies [18, 20] included in this meta-synthesis, this may be one of the core reasons why parents find it hard to rear a child in a different culture. This challenge may be reduced through a close follow-up of families' experiences by mental health services, to make them diminish these relationship's asymmetries.

Social support was another factor that was recurrently associated with parental stress. There is a consensus that social support is a protective factor for families in situations of forced displacement (Kim, 2018; Liu et al., 2020). The studies reviewed revealed the potential role of social support in mitigating stress impacts on migrant parents, especially during the early years of resettlement. Creating or expanding social networks is crucial to reduce migrant families' psychological suffering and burden, while improving parent-children relationships and the general well-being of the family during the critical period of readaptation (Kim, 2018; Stewart et al., 2008). Additionally, these networks may also help to insert migrant populations into social structures and programs, including schools and government services (Liu et al., 2020).

Investigating the coping mechanisms and strategies adopted by migrants to mitigate feelings of stress is an important issue, which was targeted in four studies included in this meta-synthesis [5, 6, 13, 16]. A fifth one [12] addressed the different phases of the migratory process and also stated the use of these mechanisms in migrants to face problems related to international migratory processes. Most of the strategies reported were of a religious and spiritual nature. Regardless of nationality, ethnicity, or religion, the results converge to the importance of spirituality and religiosity as a way of diminishing the difficulties faced in the host country, whether through belief and contact with a transcendental being, sacred readings, and prayers, or even the support received by religious communities.

The literature recognizes the use of religious beliefs and behaviors to face difficult life situations (Vitorino et al., 2018). People in vulnerable situations can turn to faith to cope with physical, psychological, and socioeconomic hardships, or even to seek explanations and make sense of their problems (Gil et al., 2020). There is strong evidence indicating that religious involvement and spiritual practices are related to better health rates (Page et al., 2020), including populations undergoing international migration processes (Maier et al., 2022; Pandya, 2018). Therefore, when proposing public hosting policies, it is essential to consider migrants' health strategies because it can recognize and strengthen the religious and spiritual dimensions of their worldviews and practices.

Lastly, two studies focused [17, 19] on the specificities of the children with ASD diagnosis and parenting in the international migration context. Both indicated that ASD is another potential stressor in parenting and family lives. Regional evidence indicates that lower economic and social resources migrants can jeopardize the access to diagnosis and treatment of ASD (Magaña et al. 2013; Zamora et al. 2016). Ethnic and cultural backgrounds must be considered for effective social support interventions in migrant families (Stewart et al., 2015). Getting to know the culture, motivations for migration, and real demands of international migration people are aspects to consider before planning public policies for these populations. With so many aspects involved in the migration process, taking into account the intersectionality of factors impacting this process is mandatory to have a smoother transition for the families.

CONCLUSION

Based on the results of the present meta-synthesis, it is possible to conclude that it is essential for host countries to develop public policies to address parental stress, mainly due to the high levels of tension present in those families. Parental stress in this context is more complex than for natives as it involves the responsibility of parental care during a challenging and highly stressful time in their lives. Therefore, when creating support programs, the first step should be understanding the issues involved in the experience of migrant families.

Regarding the limitations of the present study, one of them is the challenge to define parental stress qualitatively, which may have been reflected in the number of articles found in the database searches. Even so, it is believed that it is essential to systematically gather qualitative data about the stress experienced by parents during an international migration process, especially to comprehend better how they experience it and also understand the complex network of its psychosocial effects.

Another limitation is that this paper focused on synthesizing the findings on parental stress from the perspective of caregivers only. It would be highly recommended for future studies to analyze the literature on parental stress or maybe harsh parenting from the perspective of children and adolescents under international migratory processes, including those who stayed at the country of origin and their caregivers. Accordingly, it is also highly recommended that other psychosocial concepts, such as depression, anxiety, post-traumatic stress disorders, and their relationship with

international migration processes should also be reviewed, from both parental and children's perspectives.

For future empirical studies, it is suggested that South-South migrations should also be addressed, as only one investigation with such scope was found that could be included in this review. For instance, Haiti and Venezuela are currently experiencing migratory flows, where families are moving to Latin American countries. Apart from some language and cultural similarities, parents are also probably facing challenges regarding their parenting responsibilities.

The number of forced displaced people has risen in the past decades. These rates may keep increasing exponentially, either as a result of natural disasters and predictable climate change, or even as a result of humanitarian crises and war conflicts (WEF, 2022). Another example is the actual invasion of Ukraine by Russia of 2022, which has caused the most fast-moving population migration in Europe in the last 30 years (Sacchi, 2022). Data shows that around 6.5 million people have already left the country. Most Ukrainian migrants who fled were women and children since men were forced to integrate the country's defense forces. Another example is the Palestine genocide, which may involve other countries like Syria, Lebanon, and Israel (Jamshidi, 2024), which is demanding parents and children to flee from their territory under terrorism threats (Baldin & Ramos, 2023). In any of the cited cases, parents and caregivers under these circumstances may experience an intensification of parental stress and other psychosocial aspects related to parenting responsibilities.

Other kinds of forced displacement are increasing. For instance, global income inequality, impoverishment of vulnerable populations, and religious or nationalist-ethnic conflicts will drive millions of people to move to other territories in the next few years (WEF, 2022). This should make host countries prepare in advance to receive these forcibly displaced people. The importance for mental health professionals, academics, and researchers to pay attention to these problems and populations is highlighted.

Carrying out research and reviewing available literature about parenting psychosocial aspects in this context are essential for helping families in the migration process. This meta-synthesis aimed to call attention to and address the need to map the current qualitative evidence about parental stress, one of several issues associated with the psychological aspects of the migration process. This may provide a basis for the development of future public policy strategies to cope with and mitigate parental stress, with the potential to impact children's development.

REFERENCES

- Abidin, R. R. (1992). The determinants of parenting behavior. *Journal of Clinical Child Psychology*, 21(4), 407-412. https://doi.org/10.1207/s15374424jccp2104_12
- Algren, M. H., Ekholm, O., Nielsen, L., Ersbøll, A. K., Bak, C. K., & Andersen, P. T. (2018). Associations between perceived stress, socioeconomic status, and health-risk behaviour in deprived neighbourhoods in Denmark: A cross-sectional study. *BMC Public Health*, 18(250), 1-12. <https://doi.org/10.1186/s12889-018-5170-x>
- Arakelyan, S. & Ager, A. (2020). Annual research review: A multilevel bioecological analysis of factors influencing the mental health and psychosocial well-being of refugee children. *Journal of Child Psychology and Psychiatry*, 62(5), 484-509. <https://doi.org/10.1111/jcpp.13355>
- [13] Arenliu, A., Bertelsen, N., Saad, R., Abdulaziz, H., & Weine, S. M. (2020). War and displacement stressors and coping mechanisms of Syrian urban refugee families living in Istanbul. *Journal of Family Psychology*, 34(4), 392-401. <https://doi.org/10.1037/fam0000603>
- Baum, A., Garofalo, J. P., & Yali, A. M. (1999). Socioeconomic status and chronic stress. Does stress account for SES effects on health? *Annals of the New York Academy of Sciences*, 896(1), 131-144. <https://doi.org/10.1111/j.1749-6632.1999.tb08111.x>
- Berry, J. W. (1986). The acculturation process and refugee behavior. In C. L. Williams, & J. Westermeyer (Eds.), *Refugee mental health in resettlement countries* (pp. 25-37). Hemisphere.
- Brito, A., & Faro, A. (2016). Estresse parental: revisão sistemática de estudos empíricos. *Psicologia em Pesquisa*, 10(1), 64-75. <https://periodicos.ufjf.br/index.php/psicologiaempesquisa/article/view/23347>
- Cogo, D., & Badet, M. (2013). *Guia das migrações transnacionais e diversidade cultural para comunicadores: Migrantes no Brasil*. Unisinos.
- [17] Cohen, S. R., & Miguel, J. (2018). Amor and social stigma: ASD beliefs among immigrant Mexican parents. *Journal of Autism and Developmental Disorders*, 48, 1995-2009. <https://doi.org/10.1007/s10803-017-3457-x>
- Conte Gil, P. H., Da Silva Peixoto, C., Piccinini, C. A., & Pizzinato, A. (2023). Parental stress associated with international migration processes: A systematic review. *Universitas Psychologica*, 22, 1-14. <https://doi.org/10.11144/Javeriana.upsy22.psai>
- Deng, S. A., & Marlowe, J. M. (2013). Refugee resettlement and parenting in a different context. *Journal of Immigrant & Refugee Studies*, 11(4), 416-430. <https://doi.org/10.1080/15562948.2013.793441>
- [12] Eltanamly, H., Leijten, P., van Rooij, F., & Overbeek, G. (2022). Parenting in times of refuge: A qualitative investigation. *Family Process*, 61(3), 1248-1263. <https://doi.org/10.1111/famp.12717>
- [5] Fong, V. C., Shim, J., Yoon, A., Lee, B. S., & Iarocci, G. (2022). A preliminary exploration of different coping strategies used by Korean immigrant parents of autistic children in high versus low family quality of life ratings. *Autism*, 27(5), 1307-1319. <https://doi.org/10.1177/13623613221133961>

- Gil, P., Sonogo, J., Alves, C., & Rudnicki, T. (2020). Espiritualidade e qualidade de vida em praticantes da religião protestante. *Psicologia, Saúde & Doenças*, 21(2), 287-296. <https://dx.doi.org/10.15309/20psd210205>
- [8] González-Falcón, I., Arroyo-González, M. J., Berzosa-Ramos, I., & Dusi, P. (2022). I do the best I can: The role of immigrant parents in their children's educational inclusion. *Frontiers in Education*, 7, 1-15. <https://doi.org/10.3389/feduc.2022.1006026>
- Granada, D., Carreno, I., Ramos, N., & Ramos, M. C. P. (2017). Debating health and migrations in a context of intense human mobility. *Interface*, 21(61), 285-296. <https://doi.org/10.1590/1807-57622016.0626>
- Günther, H. (2006). Pesquisa qualitativa versus pesquisa quantitativa: esta é a questão? *Psicologia: Teoria e Pesquisa*, 22(2), 201-210. <https://doi.org/10.1590/S0102-37722006000200010>
- [19] Habib, S., Prendeville, P., Abdussabur, A., & Kinsella, W. (2017). Pakistani mother's experiences of parenting a child with autism spectrum disorder (ASD) in Ireland. *Educational & Child Psychology*, 34(2), 67-79. <https://doi.org/10.53841/bpsecp.2017.34.2.67>
- Jamshidi, M. (2024). Genocide and Resistance in Palestine under law's shadow. *Journal of Genocide Research*, 1-35. <https://doi.org/10.1080/14623528.2024.2348377>
- [14] Kim, B. Y. (2019). Parenthood experiences of immigrant women married to Korean men: A qualitative study. *Indian Journal of Public Health Research & Development*, 10(8), 2021-2025. <https://doi.org/10.5958/0976-5506.2019.02151.X>
- Kim, J. (2018). Social support, acculturation stress, and parenting stress among marriage-migrant women. *Archives of Psychiatric Nursing*, 32(6), 809-814. <https://doi.org/10.1016/j.apnu.2018.06.004>
- [1] Ko, E., & Kim, H. K. (2024). Parenting experiences of marriage immigrant women in South Korea during the COVID-19 pandemic: A descriptive phenomenological study. *Women's Health Nursing*, 30(2), 153-163. <https://doi.org/10.4069/whn.2024.05.13>
- [20] Kwong, K. & Yu, Q. Y. (2017). Prolonged separation and reunification among Chinese immigrant children and families: An exploratory study. *Journal of Child and Family Studies*, 26, 2426-2437. <https://doi.org/10.1007/s10826-017-0745-1>
- Lachal, J., Revah-Levy, A., Orri, M., & Moro, M. R. (2017). Metasynthesis: An original method to synthesize qualitative literature in psychiatry. *Frontiers in Psychiatry*, 8(269). <https://doi.org/10.3389/fpsy.2017.00269>
- Leal, D. F. & Harder, N. L. (2021). Global dynamics of international migration systems across South-South, North-North, and North-South flows, 1990-2015. *Applied Network Science*, 6(8), 1-27. <https://doi.org/10.1007/s41109-020-00322-x>
- Leclère, C., Viaux, S., Avril, M., Achard, C., Chetouani, M., Missonnier, S., & Cohen, D. (2014). Why synchrony matters during mother-child interact: A systematic review. *PLoS ONE*, 9(12), e113571. <https://doi.org/10.1371/journal.pone.0113571>

- [21] Lecompte, V., Richard-Fortier, Z., & Rousseau, C. (2017). Adverse effect of high migration stress on mental health during pregnancy: a case report. *Archives of Women's Mental Health*, 20(1), 233-235. <https://doi.org/10.1007/s00737-016-0671-z>
- Lee, I. & Jeon, J. (2021). Influence of parenting efficacy, parenting stress, and acculturation stress on parent-child relations among North Korean refugee mothers. *Child Health Nursing Research*, 27(2), 171-180. <https://doi.org/10.4094/chnr.2021.27.2.171>
- Levitt, H. M., Bamberg, M., Creswell, J. W., Frost, D. M., Josselson, R., & Suárez-Orozco, C. (2018). Journal article reporting standards for qualitative primary, qualitative meta-analytic, and mixed methods research in psychology: The APA publications and communications board task force report. *American Psychologist*, 73(1), 26-46. <http://doi.org/10.1037/amp0000151>
- [24] Lim, S.L., & Ogawa, Y. (2014). "Once I had kids, now I am raising kids": Child-parent relationship therapy (CPRT) with a Sudanese refugee family—A case study. *International Journal of Play Therapy*, 23(2), 70-89. <https://doi.org/10.1037/a0036362>
- [9] Lindén, C., Skoog, T., & Kapetanovic, S. (2022). Raising teenage children in disadvantaged neighbourhoods: the experiences and challenges of immigrant mothers in Sweden. *Journal of Family Studies*, 29(4), 1523-1545. <https://doi.org/10.1080/13229400.2022.2054721>
- Liu, S., Zhai, F., & Gao, Q. (2020). Parental stress and parenting in Chinese immigrant families: The mediating role of social support. *Child & Family Social Work*, 25(S1), 135-148. <https://doi.org/10.1111/cfs.12734>
- Louie, A. D., Cromer, L. D., & Berry, J. O. (2018). Assessing parenting stress: Review of the use and interpretation of the parental stress scale. *The Family Journal*, 25(4), 359-367. <https://doi.org/10.1177/1066480717731347>
- [10] Luo, Y., Sato, Y., Zhai, T., Kagamiyama, H., & Ebina, Y. (2022). Promotion of parenting and mental health needs among Chinese women living in Japan: A qualitative study. *International Journal of Environmental Research and Public Health*, 19(20), 13538. <https://doi.org/10.3390/ijerph192013538>
- Magaña, S., Lopez, K., Aguinaga, A., & Morton, H. (2013). Access to diagnosis and treatment services among Latino children with autism spectrum disorders. *Intellectual and Developmental Disabilities*, 51(3), 141-53. <https://doi.org/10.1352/1934-9556-51.3.141>
- Maier, K., Konaszewski, K., Skalski, S. B., Büssing, A., & Surzykiewicz, J. (2022). Spiritual needs, religious coping and mental wellbeing: A cross-sectional study among migrants and refugees in Germany. *International Journal of Environmental Research and Public Health*, 19(6), 3415. <https://doi.org/10.3390/ijerph19063415>
- McAuliffe, M., & Triandafyllidou, A. (Eds.). (2021). *World Migration Report 2022*. International Organization for Migration (IOM). https://brazil.iom.int/sites/g/files/tmzbd11496/files/documents/wmr-2022-en_1.pdf
- [2] McKimmy, C., Vanderkruik, R., Carol, E., Shedro, M., Zigarelli, J., Aranda, E., Santiago, J., & Dimidjian, S. (2024). Culturally adapted dialectical behavior therapy skills training for Latinx

caregivers. *Cognitive and Behavioral Practice*, 31(2), 121-135.
<https://doi.org/10.1016/j.cbpra.2023.02.003>

- [15] Mitchell, B. A., Wister, A. V., & Zdaniuk, B. (2019). Are the parents all right? Parental stress, ethnic culture and intergenerational relations in aging families. *Journal of Comparative Family Studies*, 50(1), 51-74. <https://www.jstor.org/stable/26740045>
- Murphy, K. M., Rodrigues, K., Costigan, J., & Annan, J. (2017). Raising children in conflict: An integrative model of parenting in war. *Peace and Conflict: Journal of Peace Psychology*, 23(1), 46-57. <https://doi.org/10.1037/pac0000195>
- [11] Mwanri, L., Fauk, N. K., Ziersch, A., Gesesew, H. A., Asa, G. A., & Ward, P. R. (2022) Post-migration stressors and mental health for African migrants in South Australia: A Qualitative Study. *International Journal of Environmental Research and Public Health*, 19(13), 7914. <https://doi.org/10.3390/ijerph19137914>
- Nagy, E., Moore, S., Silveira, P. P., Meaney, M. J., Levitan, R. D., & Dubé, L. (2020). Low socioeconomic status, parental stress, depression, and the buffering role of network social capital in mothers. *Journal of Mental Health*, 31(3), 340-347. <https://doi.org/10.1080/09638237.2020.1793118>
- [16] Non, A. L., León-Pérez, G., Glass, H., Kelly, E., & Garrison, N. A. (2017). Stress across generations: A qualitative study of stress, coping, and caregiving among Mexican immigrant mothers. *Ethnicity & Health*, 24(4), 378-394. <https://doi.org/10.1080/13557858.2017.1346184>
- Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., Shamseer, L., Tetzlaff, J. M., Akl, E. A., Brenna, S. E., Chou, R., Glanville, J., Grimshaw, J. M., Hróbjartsson, A., Lalu, M. M., Li, T., Loder, E. W., Mayo-Wilson, E., McDonald, S., McGuinness, L. A., Stewart, L. A., Thomas, J. ... & Moher, D. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *BMJ*, 372(71), 1-9. <https://doi.org/10.1136/bmj.n71>
- Page, R. L., Peltzer, J. N., Burdette, A. M., & Hill, T. D. (2018). Religiosity and health: A holistic biopsychosocial perspective. *Journal of Holistic Nursing*, 38(1), 89-101. <https://doi.org/10.1177/0898010118783502>
- Pandya, S. P. (2018). Spirituality for Mental Health and Well-Being of Adult Refugees in Europe. *Journal of Immigrant and Minority Health*, 20, 1396-1403. <https://doi.org/10.1007/s10903-018-0717-6>
- [22] Park, S. H., Patil, C. L., & Norr, K. F. (2016). Korean immigrant motherhood child-rearing and child weight. *Family & Community Health*, 39(1), 3-12. <https://doi.org/10.1097/FCH.0000000000000084>
- Paschoal Baldin, V. & Osvald Ramos, D. (2023). Reflexões sobre as relações entre mídia noticiosa e conflito permanente entre palestinos e israelenses. *Comunicação & Informação*, 26, 299-315. <https://doi.org/10.5216/ci.v26.76297>

- Ponguta, L. A., Issa, G., Aoudeh, L., Maalouf, C., Hein, S. D., Zonderman, A. L., Katsoyich, L., Khoshnood, K., Bick, J., Awar, A., Nourallah, S., Householder, S., Moore, C. C., Salah, R., Britto, P., & Leckman, J. F. (2020). Effects of the mother-child education program on parenting stress and disciplinary practices among refugee and other marginalized communities in Lebanon: A pilot randomized controlled trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59(6), 727-738. <https://doi.org/10.1016/j.jaac.2019.12.010>
- Prado, M. A. M., & Araújo, S. A. (2019). Políticas de atendimento a migrantes e refugiados no Brasil e aproximações da psicologia. *Revista Psicologia Política*, 19(46), 570-583. http://pepsic.bvsalud.org/scielo.php?script=sci_abstract&pid=S1519-549X2019000300014&lng=pt&nrm=iso
- Rasmi, S., Chuang, S. S., & Hennig, K. (2017). Seeing eye to eye in Arab Canadian families: Emerging adult perspectives. *Journal of Adolescent Research*, 32(3), 263-290. <https://doi.org/10.1177/0743558416630814>
- Robson, C., & McCartan, K. (2016). *Real world research: A resource for users of social research methods in applied settings*. John Wiley & Sons.
- Roubeni, S., De Haene, L., Keatley, E., Shah, N., & Rasmussen, A. (2015). “If we can’t do it, our children will do it one day”: A qualitative study of West African immigrant parents’ losses and educational aspirations for their children. *American Educational Research Journal*, 52(2), 275-305. <https://doi.org/10.3102/0002831215574576>
- Sacchi, C. (2022). Correspondence: Protection of perinatal mental health during the war in Ukraine. *The Lancet Regional Health–Europe*, 15(100362). <https://doi.org/10.1016/j.lanepe.2022.100362>
- Santinho, C. (2016). *Refugiados e requerentes de asilo em Portugal: contornos políticos no campo da saúde*. Alto-Comissariado para as Migrações.
- Sayad, A. (1998). *A imigração ou os paradoxos da alteridade*. EDUSP.
- ^[18]Sim, A., Fazel, M., Bowes, L., & Gardner, F. (2018). Pathways linking war and displacement to parenting and child adjustment: A qualitative study with Syrian refugees in Lebanon. *Social Science & Medicine*, 200, 19-26. <https://doi.org/10.1016/j.socscimed.2018.01.009>
- ^[6]Sim, A., Puffer, E., Ahmad, A., Hammad, L., & Georgiades, K. (2023). Resettlement, mental health, and coping: A mixed methods survey with recently resettled refugee parents in Canada. *BMC Public Health*, 23(386). <https://doi.org/10.1186/s12889-023-15300-y>
- ^[7]Sousa, C., Stein, A., Shapiro, J., Shanfeld, G., Cristaudo, K., Siddiqi, M., Haffield, M., & Reddy, H. (2023). “Life becomes about survival”: Resettlement, integration, and social services among refugee parents. *Children and Youth Services Review*, 155, 107191. <https://doi.org/10.1016/j.childyouth.2023.107191>
- Stewart, M., Anderson, J., Beiser, M., Mwakarimba, E., Neufeld, A., Simich, L., & Spitzer, D. (2008). Multicultural meanings of social support among immigrants and refugees. *International Migration*, 46(3), 123-59. <https://doi.org/10.1111/j.1468-2435.2008.00464.x>

- [23] Stewart, M., Dennis, C. L., Kariwo, M., Kushner, K. E., Letourneau, N., Makumbe, K., Makwarimba, E., & Shizha, E. (2015). Challenges faced by refugee new parents from Africa in Canada. *Journal of Immigrant Minority Health*, 17(4), 1146-1156. <https://doi.org/10.1007/s10903-014-0062-3>
- Taquette, S. L. & Borges da Matta Souza, L. M. (2022). Ethical dilemmas in qualitative research: A critical literature review. *International Journal of Qualitative Methods*, 21. <https://doi.org/10.1177/16094069221078731>
- [3] Taylor, Z. E., Carrizales, A., Moffitt, A., & Ruiz, Y. (2024). Structural risks and family adjustment in midwestern Latine immigrant families: Extending the family stress model. *Cultural Diversity & Ethnic Minority Psychology*, 30(4), 815-828. <https://doi.org/10.1037/cdp0000668>
- Telzer, E. H. (2010). Expanding the acculturation gap-distress model: An integrative review of research. *Human Development*, 53(6), 313-340. <https://doi.org/10.1159/000322476>
- Tillman, L. C. (2002). Culturally sensitive research approaches: An African-American perspective. *Educational Researcher*, 31(9), 3-12. <https://doi.org/10.3102/0013189X031009003>
- Timshel, I., Montgomery, E., & Dalgaard, N. T. (2017). A systematic review of risk and protective factors associated with family related violence in refugee families. *Child Abuse & Neglect*, 70, 315-330. <https://doi.org/10.1016/j.chiabu.2017.06.023>
- Tong, A., Flemming, K., McInnes, E., Oliver, S., & Craig, J. (2012). Enhancing transparency in reporting the synthesis of qualitative research: ENTREQ. *BMC Medical Research Methodology*, 12(181), 1-8. <https://doi.org/10.1186/1471-2288-12-181>
- Turato, E. R. (2005). Métodos qualitativos e quantitativos na área da saúde: definições, diferenças e seus objetos de pesquisa. *Revista de Saúde Pública*, 39(3), 507-514. <https://doi.org/10.1590/S0034-89102005000300025>
- United Nations High Commissioner for Refugees (UNHCR). (2020). *Global trends: Forced displacement in 2020*. <https://www.unhcr.org/refugee-statistics/>
- Ünver, H., Çeri, V., & Fis, N. P. (2021). An overview of the mental and physical health status and post-migration psychosocial stressors of refugee toddlers and preschoolers. *Journal of Child and Adolescent Psychiatric Nursing*, 34(4), 335-342. <https://doi.org/10.1111/jcap.12340>
- [4] Vaillancourt, M., Deville-Stoetzel, J. B., DeMontigny, F., Dubeau, D., Gervais, C., Meunier, S., Pierce, T., Ditto, B., & Da Costa, D. (2024). A qualitative study exploring the perinatal experiences of social stress among first- and second-generation immigrant parents in Quebec, Canada. *BMC Pregnancy Childbirth*, 24(1), 575. <https://doi.org/10.1186/s12884-024-06768-6>
- Valiquette-Tessier, S. C., Gosselin, J., Young, M., & Thomassin, K. (2018). A literature review of cultural stereotypes associated with motherhood and fatherhood. *Marriage & Family Review*, 55(4), 299-329. <https://doi.org/10.1080/01494929.2018.1469567>
- Vietze, J., Schachner, M. K., Juang, L., Van de Vijver, F. J., & Noack, P. (2020). Juggling between parental and school expectations: The development of domain-specific acculturation orientations in early adolescence. *Journal of Research on Adolescence*, 30(3), 616-632. <https://doi.org/10.1111/jora.12547>

- Vitorino, L. M., Chiaradia, R., Low, G., Cruz, J. P., Pargament, K. I., Lucchetti, A. L., & Lucchetti, G. (2018). Association of spiritual/religious coping with depressive symptoms in high-and low-risk pregnant women. *Journal of Clinical Nursing*, 27, e635-e642. <https://doi.org/10.1111/jocn.14113>
- World Economic Forum (WEF). (2022). *The Global Risks Report 2022* (17th Ed.). <https://www.weforum.org/reports/global-risks-report-2022>
- Yan, H. X. (2022). Race, socioeconomic status, and mothers' parental stress. *Society and Mental Health*, 12(2), 99-118. <https://doi.org/10.1177/21568693221091690>
- Zamora, I., Williams, M. E., Higareda, M., Wheeler, B. Y., & Levitt, P. (2016). Brief report: Recruitment and retention of minority children for autism research. *Journal of Autism and Developmental Disorders*, 46, 698-703. <https://doi.org/10.1007/s10803-015-2603-6>