

**QUANTITATIVE RESEARCH REGARDING PARENTAL ALIENATION
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This document was developed by members of the Parental Alienation Study Group (www.pasg.info), including: Amy J. L. Baker, Ph.D., William Bernet, M.D., Jennifer J. Harman, Ph.D., Clara Jennings, LLB student, Mark Sheppard, and Joan T. Kloth-Zanard, MFT.

In qualitative research, data are collected in the form of descriptions from systematic observations, from which conclusions are drawn. In quantitative research, data are collected in the form of numerical values and analysed statistically, from which conclusions are drawn. Both approaches are acceptable methods of conducting research, each with their respective advantages and disadvantages.

This annotated bibliography pertains primarily—but not completely—to quantitative research regarding parental alienation. Most of these articles were published in peer-reviewed journals. A few were doctoral level dissertations, which is another form of peer review. The articles are organized and grouped based on the general topic that was being addressed.

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ALIENATED CHILDREN MANIFEST SPECIFIC BEHAVIORAL SYMPTOMS

Baker, Amy J. L., & Douglas C. Darnall (2007). A Construct Study of the Eight Symptoms of Severe Parental Alienation Syndrome. *Journal of Divorce & Remarriage*, 47(1-2), 55–75. Sixty-eight parents were surveyed about the behaviors of their children from whom they reported to be alienated. Results revealed general support for the presence of the eight behavioral manifestations of alienation as well as windows of opportunity when even the most alienated children demonstrate “cracks in the armour,” pointing toward avenues for intervention.

Weir, Kirk (2011). High-Conflict Contact Disputes: Evidence of The Extreme Unreliability of Some Children’s Ascertainable Wishes and Feelings. *Family Court Review*, 49(4), 788–795. This article challenges an expanding orthodoxy with respect to the weight which courts may put upon the expressed perspectives of children in high-conflict contact disputes. The author found that children in those circumstances frequently misrepresented historical events. He concluded that courts should practice caution while assessing the views of children and youngsters in those situations and underlined that assessors should consider at least one observation of the child at a delayed visit to the non-residential parent.

SOME PARENTS ENGAGE IN PSYCHOLOGICAL CONTROL THROUGH VARIOUS FORMS OF ALIENATING BEHAVIORS

- Barber, Brian K. (1996). Parental Psychological Control: Revisiting a Neglected Construct. *Child Development*, 67(6), 3296–3319. This article addresses the necessity for research regarding psychological abuse through coercive control and what it means for children's lives, how they internalize it, and how it prompts other behavioral issues. It addresses the drawn-out effects that are found in a few studies and research projects.
- Barber, Brian K., Heidi E. Stolz, Joseph A. Olsen, W. Andrew Collins, & Margaret Burchinal (2005). Parental Support, Psychological Control, and Behavioral Control: Assessing Relevance across Time, Culture, and Method. *Monographs of the Society for Research in Child Development*, 70(4), 1–147. This study describes the parenting styles associated with support, psychological control, and behavioral control related to raising children and specifically adolescents. The study found that parents who were more supportive of their children raised more solid adults, whereas control prompted depression in the children and behavioral control prompted antisocial behavior.
- Baker, Amy J. L., & Jaclyn Chambers (2011). Adult Recall of Childhood Exposure to Parental Conflict: Unpacking the Black Box of Parental Alienation. *Journal of Divorce & Remarriage*, 52(1), 55–76. One hundred and five undergraduate or graduate students completed a survey regarding their recollections of exposure to parental alienation behaviors by a parent during their childhood. Results revealed that 80% of the sample reported some exposure and those whose parents were divorced reporting statistically significant higher levels of exposure.
- Baker, Amy J. L., & Douglas Darnall (2006). Behaviors and Strategies Employed in Parental Alienation. *Journal of Divorce & Remarriage*, 45(1-2), 97–124. Ninety-seven self-reported targeted parents completed a survey about the actions and attitudes of the other parent. Over 1,300 specific behaviors were mentioned which were independently coded by the two authors, which were reduced to eleven categories of parental alienation behaviors.
- Baker, Amy J. L., & Amy Eichler (2014). College Student Childhood Exposure to Parental Loyalty Conflicts. *Families in Society: The Journal of Contemporary Social Services*, 95(1), 59–66. One hundred and fifty-seven college students completed a survey about their recollections of childhood exposure to alienating behaviors by their parents. Those whose parents were separated/divorced reported higher levels as did those who reported that their parents' marriage was poor quality. The higher the rate of exposure, the greater the report of psychological maltreatment.
- Hands, Aaron J., & Richard A. Warshak (2011). Parental Alienation Among College Students. *American Journal of Family Therapy*, 39(5), 431–443. The authors used a questionnaire

provided to college students and found that children of divorce were more likely to encounter alienation from a parent than children from an intact family. The conclusion stated that this information is not ordinary and ought to be further researched and studied.

Harman, Jennifer J., Zeynep Biringen, Ellen M. Ratajack, Pearl L. Outland, & Allyson Kraus (2016). Parents Behaving Badly: Gender Biases in the Perception of Parental Alienating Behaviors. *Journal of Family Psychology*, 30(7), 866–874. Results showed that 21–30% of parents reported being on the receiving end of parental alienating behaviors. Mothers who were described as doing parental alienating behaviors were rated more acceptable than fathers or those labelled as a generic parent.

Harman, Jennifer J., Demosthenes Lorandos, Zeynep Biringen, & Caitlyn Grubb (2019). Gender Differences in the Use of Parental Alienating Behaviors. *Journal of Family Violence*, 35, 459–469. Mothers used twice as many indirect than direct aggression behaviors and fathers did not use more direct aggression than mothers. These findings indicate that there may be gender biases in the assessment of families affected by parental alienation because indirect behaviors are more difficult to identify and observe.

Lopez, Teresa J., Victoria E. N. Iglesias, & Paula F. Garcia (2014). Parental Alienation Gradient: Strategies for a Syndrome. *American Journal of Family Therapy*, 42(3), 217–231. This study, which involved 72 divorced couples, related to who had custody, the mother or the father. Results showed that the parent with custody had a higher incidence of alienating tactics and that the gender of that person only mattered as to the types of alienating behaviors used.

ALIENATING BEHAVIORS (BY THE PARENT) CAUSE SYMPTOMS OF PARENTAL ALIENATION (IN THE CHILD)

Baker, Amy J. L., & Amy Eichler (2016). The Linkage Between Parental Alienation Behaviors and Child Alienation. *Journal of Divorce & Remarriage*, 57(7), 475–484. One hundred and nine college students completed a survey about their recollections of childhood exposure to alienating behaviors by their parents and their recollection of their own behaviors toward their parents. Results revealed statistically significant associations between parental alienation behaviors and the behaviors of the child. That is, a parent's alienating behaviors affected the child's negative behaviors toward the other parent, over and above that parent's own parenting capacity.

Burrill, Janelle (2001). *Parental Alienation Syndrome in Court Referred Custody Cases* (pp. 1–25) [Dissertation]. Northcentral University, Prescott Valley, Arizona. The research described 30 court involved custody cases that were evaluated using Richard Gardner's definitions, scoring them from mild to moderate to severe. The information affirmed the

observations and meanings of parental alienation including mild cases having less negative behaviors versus severe cases being more prolific. Burrill affirmed that parental alienation is a type of child abuse found in high-conflict custody cases.

PARENTING TIME AND PARENTAL ALIENATION

Smith, Amy, Zeynep Biringen, & Jennifer J. Harman (2018). Parenting Time and Child Coping: The Context of Parental Alienation. *Family Science Review*, 22(4), 118–140. Parents who experienced less parenting time than what was ordered by the court were more likely to report that their children were having unhealthy coping behaviors than did those parents who had the same parenting time as what was ordered. Therefore, the amount of parenting time a targeted parent had with their child was positively associated with healthy child coping, even after controlling for other contributing factors to the statistical model such as age and gender of the child.

PSYCHOLOGICAL TESTS FOR ALIENATED FAMILIES

Researchers have published peer-reviewed articles regarding several psychological tests that relate in some way to the identification of parental alienation (PA). Some of the tests or questionnaires involve parents; some are administered to children who are being evaluated for the possibility of PA. These tests are not intended to be used in isolation to identify or diagnose PA. They are intended to be part of a comprehensive evaluation of the family, which includes: interviews of the family members; information from collateral sources; reviewing therapy, medical, and legal records; and psychological testing.

Baker, Amy J. L., Barbara Burkhard, & Jane Albertson-Kelly (2012). Differentiating Alienated from Not Alienated Children: A Pilot Study. *Journal of Divorce & Remarriage*, 53(3), 178–193. The Baker Alienation Questionnaire (BAQ) is intended to identify alienated children using a paper-and-pencil measure that is short, easy to administer, and easy to score objectively. The authors found that the BAQ discriminated between alienated and nonalienated children at a 96% accuracy rate.

Baker, Amy J. L., & Jaclyn Chambers (2011). Adult Recall of Childhood Exposure to Parental Conflict: Unpacking the Black Box of Parental Alienation. *Journal of Divorce & Remarriage*, 52(1), 55–76. The Baker Strategies Questionnaire (BSQ) is a standardized measure that can be used to collect reliable and valid information about the specific alienating behaviors that a child had been exposed to and/or a parent was currently engaging in. The BSQ measures 17 primary alienating behaviors.

- Bernet, William, Nilgun Gregory, Kathleen M. Reay, & Ronald P. Rohner (2017). An Objective Measure of Splitting in Parental Alienation: The Parental Acceptance-Rejection Questionnaire. *Journal of Forensic Sciences*, 63(3), 776–783. This study evaluated the usefulness of the Parental Acceptance-Rejection Questionnaire (PARQ) in recognizing and measuring the level of splitting, which may help with diagnosing parental alienation. Results demonstrated that seriously alienated children manifested a higher degree of splitting by seeing the favored parent in very positive terms and the rejected parent in incredibly negative terms.
- Bernet, William, Nilgun Gregory, Ronald P. Rohner, & Kathleen M. Reay (2020). Measuring the Difference Between Parental Alienation and Parental Estrangement: The PARQ-Gap. *Journal of Forensic Sciences*, 65(4), 1225–1234. The theory of this research was that a psychological test—the Parental Acceptance–Rejection Questionnaire (PARQ)—will assist with distinguishing seriously alienated from nonalienated children. The authors tested 45 severely alienated children and 71 nonalienated children. The PARQ Gap (the absolute difference between the child’s PARQ: Mother and PARQ: Father scores) was 99% accurate in distinguishing alienated from nonalienated children.
- Blagg, Nigel, & Eva Godfrey (2018). Exploring Parent–Child Relationships in Alienated Versus Neglected/Emotionally Abused Children Using the Bene–Anthony Family Relations Test. *Child Abuse Review* 27, 486–496. The authors administered the Bene–Anthony Family Relations Test (BAFRT) to children in the United Kingdom. They concluded that children in the alienated group who had not been abused or neglected by their target parent expressed almost exclusively negative feelings toward them, while also expressing almost exclusively positive feelings toward their preferred parent.
- Braver, Sanford L., Diana Coatsworth, & Kelly Peralta (2006). Alienating Behavior within Divorced and Intact Families: Matched Parents’ and Now-Young Adult Children’s Reports. Presentation, International Conference on Children and Divorce, Norwich, UK. The authors described and tested the Parental Alienating Behaviors Scale (PABS), which consists of 6 items. It was administered to mothers, fathers, and adult children to determine the presence of parental alienating behaviors.
- Bricklin, Barry, & Michael H. Halbert (2004). Can Child Custody Data be Generated Scientifically? Part I. *American Journal of Family Therapy*, 32(2), 119–138. This article studied data using the Bricklin Perceptual Scales and Perception-of-Relationships Test from 3,880 cases and found satisfactory reliability and validity. The BPS test shows alienated children are likely to see the preferred parent as totally good and the rejected parent as totally bad.
- Gomide, Paula I. C., Everline B. Camargo, & Marcia G. Fernandes (2016). Analysis of the Psychometric Properties of a Parental Alienation Scale. *Paidéia*, 26(65), 291–298. The

authors developed the Parental Alienation Scale (PAS), a questionnaire to be completed by evaluators familiar with the family. The questions pertain to both the parents' and the child's activities and behaviors. This test distinguished alienating parents from target parents and alienated children from nonalienated children.

- Gordon, Robert M, Ronald W. Stoffey, & Jennifer J. Bottinelli (2008). MMPI-2 Findings of Primitive Defences in Alienating Parents. *American Journal of Family Therapy*, 36(3), 211–228. The authors found that parents who induced alienation in their children manifested higher scores (in the clinical range) on the Minnesota Multiphasic Personality Inventory–2 (MMPI-2) than control mothers and fathers (scores in the normal range), indicating primitive defences such as splitting and projective identification. The scores of targeted parents were similar to the scores of control parents.
- Laughrea, Kathleen (2002). Alienated Family Relationship Scale: Validation with Young Adults. *Journal of College Student Psychotherapy*, 17(1), 37–48. The author developed the Alienated Family Relationship Scale (AFRS), which is administered to children. A factor analysis and reliability analysis confirmed that the two alienation scales (father alienating against mother and mother alienating against father) were reliable. Scores on this scale were related to other measures in a theoretically consistent manner indicating good validity of the measure.
- Rowlands, Gina A. (2018). Parental Alienation: A Measurement Tool. *Journal of Divorce & Remarriage*, 60(4), 316–331. The Rowlands' Parental Alienation Scale (RPAS) is a questionnaire for parents designed to capture the manifestations of parental alienation in their children. Six significant factors were extracted representing the eight traditional behavioral symptoms of parental alienation.
- Siegel, Jeffrey C., & Joseph S. Langford (1998). MMPI-2 Validity Scales and Suspected Parental Alienation Syndrome. *American Journal of Forensic Psychology*, 16(4), 5–14. The authors found that alienating mothers were more likely to complete MMPI-2 questions in a defensive manner, striving to appear as flawless as possible.
- Sîrbu, Alina Georgeta, Mona Vintilă, Luca Tisu, Adelina Mihaela Ștefănuț, Otilia Ioana Tudorel, Beatrice Măguran, & Roxana Andreea Toma (2021). Parental Alienation – Development and Validation of a Behavioral Anchor Scale. *Sustainability*, 13(316), 1–18. The authors developed a scale (Parental Alienation Questionnaire) consisting of 24 items, which reflect the eight typical behavioral symptoms of parental alienation. The PAQ, which is designed to be completed by evaluators, “seems to be a promising tool not only for clinical and judicial practice, but also for research.”
- Zacavo Martinez, Nelson, Ricardo Rey Clericus, & Luciano Ponce (2021). ZICAP II Scale: Parental Alienation Assessment in 9 to 15 Years-Old Children of Separated Parents in

Chile. *Ciencias Psicológicas*, 15(1), e-2159, 1–15. The ZICAP is a 29-item questionnaire completed by children. The questions relate to both the parent's alienating behaviors and the symptoms of parental alienation in the child. The test scores classified the children as Absence of PA, Mild PA, Moderate PA, and Severe PA.

PREVALENCE OF PARENTAL ALIENATION AND ALIENATING BEHAVIORS

Bow, James N., Jonathan W. Gould, & James R. Flens (2009). Examining Parental Alienation in Child Custody Cases: A Survey of Mental Health and Legal Professionals. *Journal of Family Therapy*, 37(2), 127–145. Using the internet, a survey of mental and legal professionals was performed. While it revealed that most had some knowledge of parental alienation, it also found that more research was needed as many did not support or fully understand the concept.

Harman, Jennifer J., Sadie Leder-Elder, & Zeynep Biringen (2016). Prevalence of Parental Alienation Drawn from A Representative Poll. *Children and Youth Services Review* 66: 62–66. This was the first known representative poll of adults aimed at determining the prevalence of parental alienation, i.e., actions that a parent takes to intentionally or unintentionally distance a child from the other parent. Results revealed that 13.4% of parents (or 9.03% of the entire sample) have experienced alienating behaviors.

Harman, Jennifer J., Sadie Leder-Elder, & Zeynep Biringen (2019). Prevalence of Adults Who Are the Targets of Parental Alienating Behaviors and Their Impact. *Children and Youth Services Review* 106 (104471), 1–13. The authors reported on three nationally representative on-line survey panels from United States and Canada to determine the mental health impact of parental alienating behaviors. Results from the first two polls indicate that the prevalence of parents who feel they are being alienated from their children is higher than originally estimated: 35.5% (of 273) in the U.S. and 32% (of 397) in Canada. Using another means of assessment for the third poll, 39.1% (of 594) of parents in the U.S. are the non-reciprocating targets of parental alienating behaviors, which is over 22 million parents.

PREVENTION OF PARENTAL ALIENATION AND EARLY INTERVENTION

Birnbaum, Rachel, & Helen Radovanovic (1999). Brief Intervention Model for Access-Based Postseparation Disputes: Family and Court Outcomes. *Family and Conciliation Courts Review*, 37(4), 504–513. This article describes a brief intervention for disputes over parenting time schedules. It focuses on the here-and-now, not on the past histories of the parents or the family. It may be useful in cases of early or mild parental alienation, but not for more severe cases or situations involving domestic violence.

- Bowers, Jill R., Elissa T. Mitchell, Jennifer L. Hardesty, & Robert Hughes Jr. (2011). A Review of Online Divorce Education Programs. *Family Court Review*, 49(4), 776–787. Basing their work on modern technologies on the internet, the authors created an online divorce education program to meet court mandated educational needs. The program worked well but did show areas of needed improvement in what is taught to parents.
- DeJong, Margaret, & Hilary Davies (2013). Contact Refusal by Children Following Acrimonious Separation: Therapeutic Approaches with Children and Parents. *Clinical Child Psychology & Psychiatry*, 18(2), 185–198. This article discusses the issue of impeded contact between the children and a parent. They found that whether contact was re-established or not, therapy was necessary for the children to move forward in their lives.
- Greenberg, Lyn R., Lynda D. Fick, & Robert A. Schneider (2016). Catching Them Before Too Much Damage is Done: Early Intervention with Resistance-Refusal Dynamics, *Family Court Review*, 54(4), 548–563. This article discusses the need to intervene with children before things escalate out of control because of the delays inherent in the legal system. They found that children’s ability to regulate themselves or function worsened, and thus affected any future interventions. The authors recommended coping-focused, multisystemic child-centered conjoint therapy as a model.
- Jaffe, Peter G., Dan Ashbourne, & Alfred A. Mamo (2010). Early Identification and Prevention of Parent–Child Alienation: A Framework for Balancing Risks and Benefits of Intervention, *Family Court Review*, 48(1), 146–152. This article employs a new approach for dealing with parent–child contact issues in an attempt to prevent alienation. The authors address the court’s significant role to properly screen and assess for alienation as well as guidelines for professionals to direct the most appropriate legal and mental health approaches.
- Kierstead, Shelley (2011). Parent Education Programs in Family Courts: Balancing Autonomy and State Intervention. *Family Court Review*, 49(1), 140–154. The author reviews and considers the legal and mental health ramifications coupled with the present court ordered parent education programs. The author concludes that “basic level” and voluntary “skill-building” programs and information are important factors to successful parent education programs.
- LaGraff, Melissa R., Heidi E. Stolz, & Denise J. Brandon (2015). Longitudinal Program Evaluation of “Parenting Apart: Effective Co-Parenting.” *Journal of Divorce & Remarriage*, 56(2), 117–136. This study evaluated the effectiveness of the parent education program with divorcing parents. A follow-up showed that an increase in knowledge along with behavior changes were evident, but the authors also offer up additional insights to educational needs.

Salem, Peter, Irwin Sandler, & Sharlene Wolchik (2013). Taking Stock of Parent Education in the Family Courts: Envisioning a Public Health Approach. *Family Court Review*, 51(1), 131–148. This article evaluated the present parental education programs used by the family courts. They propose a new conceptual framework for more appropriate parent education programs to meet the growing needs.

Sigal, Amanda, Irwin Sandler, Sharlene Wolchik, & Sanford Braver (2011). Do Parent Education Programs Promote Healthy Postdivorce Parenting? Critical Distinctions and a Review of the Evidence, *Family Court Review*, 49(1), 120–139. This article discusses the pitfalls of the present Parent Education Programs. They point to three important areas that practitioners and researchers should focus on.

INTERVENTIONS FOR MORE SEVERELY ALIENATED FAMILIES

Dunne, John, & Marsha Hedrick (1994). The Parental Alienation Syndrome: An Analysis of Sixteen Selected Cases, *Journal of Divorce & Remarriage*, 21(3-4), 21–38. A study and analysis of 16 cases that met Richard Gardner's eight manifestations of parental alienation syndrome. It was determined that in these cases traditional family therapy was ineffective in stopping the alienating behaviors.

Ellis, Elizabeth M., & Susan Boyan (2010). Intervention Strategies for Parent Coordinators in Parental Alienation Cases. *American Journal of Family Therapy*, 38(3), 218–236. These authors used genograms of five different divorce type cases to demonstrate the inherent problems in creating normal visitation and navigating extended families and to promote interventions for each situation.

Friedlander, Steven, & Marjorie G. Walters (2010). When a Child Rejects a Parent: Tailoring the Intervention to Fit the Problem. *Family Court Review*, 48(1), 104–105. Basing their work on the Multi-Modal Family Interventions, the authors found a clearer understanding of the resistance and refusal by children to have contact with the other parent, which included long-term outcome data. They determined that “highly complex cases” would be best referred to “as families in which a child refuses to spend time with or has rejected a parent, rather than families with an ‘alienated child.’”

Gardner, Richard A. (2001). Should Courts Order PAS Children to Visit/Reside with the Alienated Parent? A Follow-up Study. *American Journal of Forensic Psychology*, 19(3), 61–106. When the alienated child's contact with the rejected parent was increased by the court, alienation was reduced or eliminated in 22 out of 22 cases. When the child's contact with the rejected parent was not increased by the court, alienation was reduced or eliminated in 7 out of 77 cases.

- Johnston, Janet R., Marjorie Walters & Steven Friedlander (2001). Therapeutic Work with Alienated Children and Their Families. *Family Court Review*, 39(3), 316–333. The authors explain goals and strategies using family-focused therapy and counselling methods. They discuss and create alternate strategies for helping the child.
- Reay, Kathleen M. (2015). Family Reflections: A Promising Therapeutic Program Designed to Treat Severely Alienated Children and Their Family System. *American Journal of Family Therapy*, 43(2), 197–207. This article deals with the inherent issues of using traditional family therapy and then presents the Family Reflections Reunification Program, which is designed to treat cases of severe alienation in children. There was a 95% success rate using this program.
- Sullivan, Matthew J., & Joan B. Kelly (2001). Legal and Psychological Management of Cases with an Alienated Child. *Family Court Review*, 39(3), 299–315. Interventions with children who manifest contact refusal must proceed in the face of some uncertainty about allegations of parental misconduct and whether the child's rejection of a parent is based on the behaviors of a parent that alienate a child from the other parent or on the behaviors of the rejected parent that realistically estrange a child from that same parent.
- Sullivan, Matthew J., Peggie A. Ward & Robin M. Deutsch (2010). Overcoming Barriers Family Camp: A Program for High-Conflict Divorced Families Where a Child is Resisting Contact with a Parent. *Family Court Review*, 48(1), 116–135. A program for dealing with the treatment of separating and divorcing families where children resist contact with the other parent. It is a 5-day family camp experience. The article deals with the various approaches and challenges of the program and reunification.
- Walters, Marjorie Gans, & Steven Friedlander (2016). When a Child Rejects a Parent: Working with the Intractable Resist/Refuse Dynamic. *Family Court Review*, 54(3), 424–445. This article examines the guidelines both in and out of court for dealing with resist/refuse dynamics in families. It explains the program of Multi-Modal Family Intervention.
- Warshak, Richard A. (2010). Family Bridges: Using Insights from Social Science to Reconnect Parents and Alienated Children. *Family Court Review*, 48, 48–80. The author explains and describes Family Bridges, a 4-day program of reintegration and reunification of alienated families, including the positive and negatives. It is based on social science research. About 95% of participants reported a good outcome at the conclusion of the 4-day program.
- Warshak, Richard A. (2019). Reclaiming Parent–Child Relationships: Outcomes of Family Bridges with Alienated Children. *Journal of Divorce & Remarriage*, 60, 645–667. The author reported outcomes based on a study of 83 children who went through the Family

Bridges Program. Positive results were reported by 90-95% of parents of the families who engaged in the program.

Warshak, Richard A., & Mark Otis (2010). Helping Alienated Children with Family Bridges: Practice, Research and the Pursuit of “Humbition.” *Family Court Review*, 48(1), 91–97. This was a response to Joan Kelly’s opinions about the Family Bridges program. They promote an educational direction rather than a therapeutic one. Numerous comparisons with other programs and court interventions are discussed.

CONSEQUENCES OF PARENTAL ALIENATION – SHORT TERM

Johnston, Janet R., Marjorie G. Walters & Nancy W. Olesen (2005). The Psychological Functioning of Alienated Children in Custody Disputing Families: An Exploratory Study. *American Journal of Psychology*, 23(3), 39–64. This study used parents’ ratings of the children’s emotional and behavioral issues via the Child Behavior Checklist, which found an increase in these areas with alienated children. Using the Rorschach test, they found that alienated and nonalienated children’s perception and processing of information differed as well as their coping mechanisms. Some unexpected results also were found.

Lampel, Anita K. (1996). Children’s Alignment with Parents in Highly Conflicted Custody Cases. *Family and Conciliation Courts Review*, 34(2), 229–239. This case study found that aligned children were more rigid, blindly defended, and had less emotion than unaligned children. Aligned children seemed less capable of understanding convoluted issues than nonaligned. Nonaligned children seem to be more self-confident.

Johnston, Janet R. (2003). Parental Alignments and Rejection: An Empirical Study of Alienation in Children of Divorce. *Journal of American Academy of Psychiatry & Law*, 31, 158–170. The study analysed rejection of a parent in the child–parent alignments and how they fit together. Findings found that children’s beliefs or attitudes toward a parent ranged from positive to negative depending on their alignment with a parent.

CONSEQUENCES OF PARENTAL ALIENATION – LONG TERM

Baker, Amy J. L., & Maria Cristina Verrocchio (2013). Italian College Student-Reported Childhood Exposure to Parental Alienation: Correlated with Well-Being. *Journal of Divorce & Remarriage*, 54, 609–628. Two hundred and fifty-seven undergraduate students completed a survey about their recollection of their childhood exposure to alienating behaviors by a parent (BSQ) as well as measures of current functioning. Results revealed statistically significant associations between exposure to parental alienation and current self-esteem, depression, alcohol abuse, self-direction, and cooperation.

- Verrocchio, Maria Cristina, Amy J. L. Baker, & William Bernet (2016). Associations between Exposure to Alienating Behaviors, Anxiety, and Depression in an Italian Sample of Adults. *Journal of Forensic Sciences*, 61(3), 692-698. Exposure to alienating behaviors was associated with maltreatment, which was associated with parental bonding, which was associated with each of the three mental health outcomes: depression, state anxiety, and trait anxiety. The authors conclude that exposure to alienating behaviors in childhood represents a risk factor for subsequent poor mental health.
- Verrocchio, Maria Cristina, Amy J. L. Baker, & Daniella Marchetti (2018). Adult Report of Childhood Exposure to Parental Alienation at Different Developmental Time Periods. *Journal of Family Therapy*, 40, 602-618. Five hundred and nine adults in Italy completed a survey of their recollection of childhood exposure to alienating behaviors by a parent (BSQ) and measures of current anxiety and depression. Exposure to alienating behaviors was associated with psychological maltreatment, which was associated with parental bonding, which was associated with the mental health outcomes of depression and anxiety.
- Ami, Naomi Ben, & Amy J. L. Baker (2012). The Long-Term Correlates of Childhood Exposure to Parental Alienation on Adult Self-Sufficiency and Well-Being. *American Journal of Family Therapy*, 40(2), 169-183. One hundred and eighteen adults completed a survey of their recollection of childhood exposure to alienating behaviors by their parents (BSQ) as well as measure of current functioning. Results indicated statistically significant associations between rates of exposure and lower self-sufficiency, higher rates of depression, lower self-esteem, and insecure attachment style.
- Baker, Amy J. L., & Maria Cristina Verrocchio (2013). Italian College Student Childhood Exposure to Parental Alienation: Correlated with Well-Being. *Journal of Divorce & Remarriage*, 54(8), 609-628. Two hundred and fifty-seven undergraduate students completed a survey about their recollection of their childhood exposure to alienating behaviors by a parent (BSQ) as well as measures of current functioning. Results revealed statistically significant associations between exposure to parental alienation and current self-esteem, depression, alcohol abuse, self-direction, and cooperation.
- Bernet, William, Amy J. L. Baker & Maria Cristina Verrocchio (2015). Symptom-Checklist-90-Revised Scores in Adult Children Exposed to Alienating Behaviors: An Italian Sample. *Journal of Forensic Sciences*, 60(2), 357-362. Seven hundred and thirty-nine adults in Italy completed a survey of their recollection of childhood exposure to alienating behaviors by a parent (BSQ) and a survey of their current psychiatric symptomatology. The results revealed strong and statistically significant associations between exposure to parental alienation and reports of current symptoms.

Verrocchio, Maria Cristina, Amy J. L. Baker & William Bernet (2016). Associations between Exposure to Alienating Behaviors, Anxiety, and Depression in an Italian Sample of Adults. *Journal of Forensic Sciences*, 61(3), 692–698. Five hundred and nine adults in Italy completed a survey of their recollection of childhood exposure to alienating behaviors by a parent (BSQ) and measures of current anxiety and depression. Exposure to alienating behaviors was associated with psychological maltreatment, which was associated with parental bonding, which was associated with the mental health outcomes of depression and anxiety.

PARENTAL ALIENATION IS A FORM OF CHILD PSYCHOLOGICAL ABUSE

Baker, Amy J. L. (2010). Adult Recall of Parental Alienation in a Community Sample: Prevalence and Associations with Psychological Maltreatment. *Journal of Divorce & Remarriage*, 51, 16–35. Two hundred and fifty-seven adults working in a New York child welfare agency reported on their recollection of childhood exposure to alienating behaviors by a parent as well as completed six different measures of childhood psychological maltreatment. Exposure to parental alienation by a parent was statistically associated with reports of parental psychological maltreatment.

Baker, Amy J. L., & Naomi Ben Ami (2011). To Turn a Child against a Parent Is to Turn a Child against Himself. *Journal of Divorce & Remarriage*, 52, 472–489. One hundred and eighteen adults completed a survey of their recollection of childhood exposure to alienating behaviors by a parent (BSQ) as well as measures of self-esteem, self-sufficiency, depression, and attachment. Results revealed that there was a strong and statistically significant association between exposure to alienation and experience of being psychologically maltreated.

Baker, Amy J. L., & Maria Cristina Verrocchio (2015). Parental Bonding and Parental Alienation as Correlates of Psychological Maltreatment in Adults in Intact and Non-Intact Families. *Journal of Child & Family Studies* 24(10). Seven hundred and thirty-nine Italian adults completed a survey about their recollection of childhood exposure to alienating behaviors of a parent (BSQ) as well as measures of parenting capacity and experience of psychological maltreatment. Exposure to parental alienation was associated with the experience of psychological maltreatment over and above the perceived parenting capacity of each parent.

Felitti, Vincent J., et al. (1998). Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, 14(4), 245–258. This study measured the adverse effects of childhood experiences on the physical and mental health

of children. This study correlates the untimely or early signs of failed health both physical and mental to negative childhood life experiences.

Spinhoven, Philip, Bernet M. Elzinga, Jacqueline G. F. M. Hovens, Karin Roelofs, Frans G. Zitman, Patricia van Oppen, & Brenda W. J. H. Penninx (2010), The Specificity of Childhood Adversities and Negative Life Events Across the Life Span to Anxiety and Depressive Disorders. *Journal of Affective Disorders*, 126(1/2), 103–112. This study explores further how life adversities and multiple diagnoses affect relationships and lives. It also highlights that children go on to develop ‘lifetime affective disorders’

Spinazzola, Joseph, et al. (2014). Unseen Wounds: The Contribution of Psychological Maltreatment to Child and Adolescent Mental Health and Risk Outcomes. *Psychological Trauma: Theory, Research, Practice, and Policy*, 6(Suppl 1), S18–S28. This study reviews and measured the psychological trauma of children and how it effects their lives. It was compared against sexual and physical abuse, which showed higher levels of behavioral problems, symptoms and disorders in the psychologically abused. This study also discusses these implications in the context of mental health treatment.

ABUSED CHILDREN REMAIN BONDED TO THE ABUSIVE PARENT

These articles reflect one of the counter-intuitive features of parental alienation theory. That is, maltreated children tend to remain ambivalent toward their abusive parent; they frequently express a desire to return home to live with that parent. In contrast, alienated children—who were never abused by the rejected parent—have extremely negative feelings toward that parent and sometimes say they never want to see the alienated parent again.

Baker, Amy J. L., Alyssa Creegan, Alexa Quinones, & Laura Rozelle (2016). Foster Children’s Views of Their Birth Parents: A Review of the Literature. *Children & Youth Services Review* 67(C), 177–183. Twenty-seven published articles about the expressed feelings of children in foster care towards their abusive caregivers were independently coded for four themes. Results revealed that most of the studies reported that children in foster care yearn for their abusive parents, experience fear and anxiety at being separated from them, minimize the impact of the abuse, and yet express relief at being removed from their care.

Blizard, Ruth A. & Ann M. Bluhm (1994). Attachment to the Abuser: Integrating Object-Relations and Trauma Theories in Treatment of Survivors. *Psychotherapy*, 31(3), 383–390. This article combines and looks at the relationship between object-relations and attachment theory and posttraumatic stress disorder and why a victim gravitates to their abuser. The authors address treatment options for this issue.

- Block, Stephanie D., Nikki Baumrind, & Gail S. Goodman (2010). Abused and Neglected Children in Court: Knowledge and Attitudes. *Child Abuse & Neglect* 34(9), 659–670. “[M]ost children wanted to return home.” The interview of maltreated children who had the rare opportunity to be involved in their dependency hearings. Assessment of the children’s knowledge and understanding and attitudes and experiences were used to help inform what role children wanted or did not want in this process. It was found that children did want a greater influence in hearings.
- Cyr, Chantal, Eveline M. Euser, Marian J. Bakersmans-Kranenburg & Marinus H. Van Ijzendoorn (2010). Attachment Security and Disorganization in Maltreating and High-Risk Families: A Series of Meta-Analyses. *Development and Psychopathology*, 22(1), 87–108. This study looked at the maltreatment in relation to socioeconomic factors related to attachment safety and lack thereof. Children in higher risk situations showed less secure attachments and more disorganization than those of lower risk. Generally, it was found that maltreatment had an impact on attachment and ability to be organized but socioeconomic risks also had an impact.
- Dalton, Clare, Susan B. Carbon, & Nancy Olesen (2003). High Conflict Divorce, Violence, and Abuse: Implications for Custody and Visitation Decisions. *Juvenile and Family Court Journal*, Fall 2003, 11–33. “The blunt truth is that no matter how abusive a parent may be, either toward a partner or the child, and no matter how ambivalent a child’s feelings may be about that parent’s behavior, children still love their parents, cling to the hope that a damaged or abusive relationship can become a reciprocally loving one, and will usually fight to maintain connection in order to keep that hope alive.”
- Goldsmith, Douglas F., David Oppenheim, & Janine Wanlass (2004). Separation and Reunification: Using Attachment Theory and Research to Inform Decisions Affecting the Placements of Children in Foster Care. *Juvenile and Family Court Journal*, 55(2), 1–13. “[C]hildren find themselves torn between forming an attachment to their foster parents while simultaneously longing to return to their parents. It may be surprising to some that this longing develops even when there has been a documented history of maltreatment.”
- Rosenblum, Leonard A., & Harry F. Harlow (1963). Approach-Avoidance Conflict in Mother-surrogate Situation. *Psychological Reports* 12, 83–85. In this study, two Rhesus monkeys were provided a negative stimulus during contact with a cloth surrogate, while the four control monkeys were left to enjoy their surrogate. These results contradicted previous theories regarding attachment.

FALSE STATEMENTS, FALSE BELIEFS, AND FALSE MEMORIES

Loftus, Elizabeth F. (1997). Creating False Memories. *Scientific American* 277, March 1997, 70. This article examined a true story of false memories created in a patient and then showed how easily false memories can be created in a person and how damaging they can be.

Loftus, Elizabeth F., & Jacqueline E. Pickrell (1995). The Formation of False Memories. *Psychiatric Annals*, 25(12), 720–725. An in-depth look at memory distortion and how easily it can be obtained, including discussion of how false memory is implanted, its implications, and the resulting need for further research on this issue.

LOYALTY CONFLICTS, PARENTAL DENIGRATION, AND PARENTAL ALIENATION

Baker, Amy J. L. & Marla R. Brassard (2013). Adolescents Caught in Parental Loyalty Conflicts. *Journal of Divorce & Remarriage*, 54(5), 393–413. A group of 220 13-year-old boys completed a survey regarding their exposure to alienating behaviors on the part of their parents (a short-form BSQ) as well as current depression and experience of being psychologically maltreated. Results revealed high rates of exposure to alienation which itself was statistically associated with depression and psychological maltreatment.

Moné, Jennifer G., & Zeynep Biringen (2006). Perceived Parent–Child Alienation: Empirical Assessment of Parent–Child Relationships within Divorced and Intact Families, *Journal of Divorce & Remarriage*, 45 (3-4), 131–156. This study involved college students and examining the effects of “feeling alienated” on perceptions of adult parent–child relationships. Results suggested that feeling alienation is inversely related to the quality of parent–child relationships during childhood and young adulthood. There was some support for the “backfire effect,” i.e., that when a parent badmouths the other parent, the child subsequently has a better relationship with the parent who was the victim of the bad-mouthing.

Rowen, Jenna, & Robert Emery (2014). Examining Parental Denigration Behaviors of Co-Parents as Reported by Young Adults and Their Associations with Parent-Child Closeness. *Couple and Family Psychology Research and Practice*, 3(3), 165–177. The authors reviewed what denigrating and badmouthing the other parent can do to children. They found: while denigration happens infrequently, it happens more often in divorce; it is often perpetrated by both parents; and connections with parent–child relationships are less close. More research is needed to help bring this to the forefront and awareness must be raised to assist those working with these type families to avoid further conflict and harm.

Rowen, Jenna, & Robert Emery (2018). Parental Denigration: A Form of Conflict that Generally Backfires. *Family Court Review*, 56(2), 258–268. Results from previous studies on denigration were used to show that the effects are reliably measurable, reciprocally occurring, cause the distancing between children and their parent, and associated with children's maladjustments. This was followed by a new study that backed up the previous data of damages and harm.

Verrocchio, Maria Cristina, & Amy J. L. Baker (2015). Italian Adults' Recall of Childhood Exposure to Parental Loyalty Conflicts. *Journal of Child & Family Studies*, 24(1), 95–105. The authors found high levels of reported exposure to parental loyalty conflict behaviors. The pattern supports the theory that children's parental loyalty conflict, with elevated results from married parent families, has detrimental effects on their long-term functioning and poses a significant risk factor for adult well-being.

LEGAL ISSUES AND TESTIMONY REGARDING PARENTAL ALIENATION

Bala, Nicholas, Suzanne Hunt, & Carolyn McCarney (2010). Parental Alienation: Canadian Court Cases 1989–2008. *Family Court Review*, 48(1), 164–179. Written when empirical evidence was limited, the authors studied 175 cases of alienation to establish characteristics and information to show a pattern that illuminates the standards for parental alienation. They discuss the need for more research, evaluation, and study into this increasing area of custody issues.

Bradford, R. A. W. (2020). The Language of Deceit, Division and Dominance. *New Male Studies: An International Journal* 9(2). The author explains how father in the UK often face great difficulties maintaining a meaningful involvement in their children's lives after parental separation. Men who are victims of partner abuse face almost universal disbelief and a dearth of provision to help them. Feminists dominate the academic research in these areas and hence control the narrative which shapes Governmental and judicial policy, and this maintains the status quo.

Goldfarb, Deborah, Sidnei Priolo-Filho, Janelle Sampana, Donna Shestowsky, Samara Wolpe, Lucia C. A. Williams, & Gail S. Goodman (2019). International Comparison of Family Court Professionals' Perceptions of Parental Alienation and Child Sexual Abuse Allegations. *International Journal on Child Maltreatment: Research, Policy and Practice*, 2, 323–341. The study compared the attitudes of evaluators in Brazil (where parental alienation is statutorily recognized) and the United States (where it is not). Participants in Brazil were more likely to identify parental alienation in case vignettes, and less likely to refer the case to child protective services.

Harman, Jennifer J., & Demosthenes Lorandos (2021). Allegations of family violence in court: How parental alienation affects judicial outcomes. *Journal of Psychology, Public Policy, and Law*. Online: <http://dx.doi.org/10.1037/law0000301>. These authors tested a set of findings reported by Meier et al. (2019) related to the use of parental alienation as a legal defence in cases in which there are allegations of domestic violence and child abuse. They failed to find any support for the conclusions made by Meier (2019). Their results indicate that the majority of courts carefully weigh allegations of all forms of family violence in their determinations about the best interests of children.

Lorandos, Demosthenes (2020). Parental Alienation in U.S. Courts, 1985 to 2018. *Family Court Review* 58(2), 322–339. This study examined the extent to which courts in the United States found the concept of parental alienation was material, probative, relevant, and admissible. The author identified 1,181 relevant cases in U.S. appellate and trial courts between 1985 and 2018. Results illustrate increasing awareness and admissibility of the concept of parental alienation in family litigation.