



# Ajuste psicológico en cuidadores familiares de adolescentes: un análisis longitudinal durante el confinamiento por la COVID-19 en España [

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Analítica

Due to the confinement by COVID-19, Spanish families had to adapt to new situations and routines. The objective was to know which variables explained the psychological adjustment of family caregivers of adolescents to the COVID-19, through a longitudinal study (first evaluation 2-3 weeks after the beginning of the alarm state and second one after 8 weeks of its establishment in Spain). Thirty-two parents of adolescents participated. After accepting to participate, the following were evaluated: family climate, life satisfaction, emotional regulation, resilience and psychopathology. Models of qualitative comparative analysis of fuzzy sets (fsQCA) were carried out. Our data reflect that the combination of previous psychopathology and deficient emotional regulation strategies explained the somatization clinic; and resilience, emotional skills and positive family climate, predicted life satisfaction. Were pointed out the importance of addressing risk and protective factors for parent adjustment

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