

QUANTITATIVE RESEARCH REGARDING PARENTAL ALIENATION  
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This document was developed by members of the Parental Alienation Study Group ([www.pasg.info](http://www.pasg.info)), including: Amy J. L. Baker, Ph.D., William Bernet, M.D., Jennifer J. Harman, Ph.D., 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 analyzed 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 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 COMMON BEHAVIORAL SYMPTOMS

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

Weir, Kirk (2011), High-Conflict Contact Disputes: Evidence of the Extreme Unreliability of Some Children’s Ascertainable Wishes and Feelings, 49 FAM. CT. REV. 788, 795. This article discusses the amount of consideration which courts place the comments and views of children in high-conflict custody disputes. The author concludes that the courts should air on the side of caution and should when considering these views and instead make sure that at least one intensive in-person “observation” of the child be conducted and evaluators need to recognize when a parent is abusing and trying to use the child’s voice to impede.

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

- Barber, Brian K. (1996). Parental Psychological Control: Revisiting a Neglected Construct, 67 *CHILD DEV.* 3296, 3296. This article addresses the need for socialized research related to issues of psychological abuse through coercive control and how it affects children's lives, how they internalize it and how it leads to other behavioral issues. It addresses the long term affects that are seen in several studies and research projects.
- Barber, Brian K., Heidi E. Stolz & Joseph A. Olsen (2005). Parental Support, Psychological Control, and Behavioral Control: Assessing Relevance Across Time, Method, and Culture, 70, No. 4 *MONOGRAPHS OF THE SOC'Y FOR RES. IN CHILD DEV.* This study measured the parenting styles involved in support, psychological control and behavioral control associated with raising children and in particular adolescents. The study found that parents who were more supportive of their children, reared more healthy adults, whereas control led to depression in the children and behavioral control led to antisocial behavior.
- Baker, Amy J. L. & Jaclyn Chambers (2011). Adult Recall of Childhood Exposure to Parental Conflict: Unpacking the Black Box of Parental Alienation, 52 *J. Divorce & Remarriage* 55. 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: A Survey of Parental Experiences, 45 *J. Divorce & Remarriage* 97. 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, into eleven categories of parental alienation behaviors.
- Baker, Amy J. L. & Amy Eichler (2014). College Student Childhood Exposure to Parental Loyalty Conflicts, 95 *Fam. Soc'y* 59. 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 parent's marriage was poor quality. The higher the rate of exposure, the greater the report of psychological maltreatment.
- Hands, Aaron J. & Richard A. Warshak, Parental Alienation among College Students, 39 *Am. J. Fam. Therapy* 431 (2011). Using a questionnaire provided to college students, this article found that children of divorce were more likely to experience alienation from a parent than children from a non-divorced family. They conclude that this data is not normal and should 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 alienation. *Journal of Family Psychology*, 30: 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 labeled as a generic parent.

Harman, Jennifer. J., Demosthenes Lorandos, D., Zeynep Biringen, & Grubb, C. (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.

### **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, *57(7) J. Divorce & Remarriage* 475 (2016). 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 towards their parents. Results revealed statistically significant associations between parental alienation behaviors and the behaviors of the child. That is, one parent's alienating behaviors affected the child's negative behaviors towards the other parent, over and above that parents own parenting capacity.

Burrill, Janelle (2001). *Parental Alienation Syndrome in Court Referred Custody Cases*. Northcentral University, Prescott Valley, AZ. This book is taken from 30 court referred custody cases that were rated using Dr. Richard Gardner's definition, scoring them from mild; to moderate; to severe. The data confirmed the observations and definitions of parental alienation including mild cases having fewer negative behaviors versus severe being more prolific and the more it affected the targeted parent. And confirmed that parental alienation is a form of child abuse found in high conflict custody cases.

### PARENTING TIME AND PARENTAL ALIENATION

Smith, Amy. D., Zeynep Biringen, & Jennifer J. Harman (2018). Parenting time and child coping: The context of parental alienation. *Family Science Review*, 23, 118-140. Parents who experienced less parenting time than what was ordered by the court were more likely to have reported their children was 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* 53:178–193. 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: 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 (2018). An objective measure of splitting in parental alienation: The Parental Acceptance–Rejection Questionnaire. *Journal of Forensic Sciences* 63:776–783. The Parental Acceptance–Rejection Questionnaire (PARQ) is a questionnaire that children complete regarding their perceptions of their mothers’ and fathers’ accepting–rejecting behaviors.

Bernet, William, Nilgun Gregory, Ronald P. Rohner, Kathleen M. Reay (2020). Measuring the difference between alienation and estrangement: The PARQ Gap. *Journal of Forensic Sciences*, 65(4):1225–1234. The PARQ Gap (the absolute different 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 (hostile) feelings towards them, while also expressing almost exclusively positive (affectionate) feelings towards their preferred parent.”
- Braver, Sanford L., Diana Coatsworth, Kelly Peralta (n.d.). Alienating behavior within divorced and intact families: Matched parents’ and now-young adult children’s reports. 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. Data from 3,880 cases using the Bricklin Perceptual Scales and Perception-of-Relationships Test found satisfactory reliability (93 percent stability over 8 months) and validity (90 percent agreement with multiple independent criteria). Estranged children are likely on the BPS to manifest ambivalence toward both parents; alienated children are likely to see the preferred parent as totally good and the rejected parent as totally bad.
- Gerber Mone, Jennifer & Zeynep Biringen (2006). Perceived Parent–Child Alienation: Empirical Assessment of Parent–Child Relationships within Divorced and Intact Families, 45 *J. Divorce & Remarriage* 131 (2006). This study involved college students and examining the effects of “feeling alienated” versus the “effects of alienation” versus the “likelihood of alienation in intact and divorced families”. Conclusions including that Feeling alienated was related to the parent child relationship whether in a divorce or intact family.
- Cunha Gomidem Paula I., Everline B. Camargo, Marcia G. Fernandes (2016). Analysis of the psychometric properties of a parental alienation scale. *Paidéia* 26:291–298. 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 defenses in alienating parents. *American Journal of Family Therapy* 36:211–228. 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 defenses such as splitting and projective identification. The scores of targeted parents were similar to the scores of control parents.

- Lopez, Teresa Junco, Victoria Eugenia Nieves Iglesias & Paula Fernandez Garcia (2014). Parental Alienation Gradient: Strategies for a Syndrome, 42 *Am. J. Fam. Therapy* 217 (2014). This study 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.
- Laughrea, Kathleen (2002). Alienated Family Relationship Scale: Validation with young adults, 17 *Journal of College Student Psychotherapy* 17:37-48. 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* 60:316–331. The Rowlands' Parental Alienation Scale (RPAS) is a questionnaire for parents designed to capture the manifestations of PA in their children. Six significant factors were extracted representing the eight traditional behavioral symptoms of PA.
- Siegel, Jeffrey C, Joseph S. Langford JS (1998). MMPI-2 Validity scales and suspected parental alienation syndrome. *American Journal of Forensic Psychology* 16:5–14. 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.

### 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, 37 *Am. J. Fam. Therapy* 127. 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.
- 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.

### PREVENTION OF PARENTAL ALIENATION AND EARLY INTERVENTION

Bowers, Jill R., Elissa Thomann Mitchell, Jennifer L. Hardesty & Robert Hughes, Jr. (2011). A Review of Online Divorce Education Programs, 49 FAM. CT. REV. 776. 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 showed 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, 18 Clinical Child Psychol. & Psychiatry 185. 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 Doi Fick, & Robert A. Schneider (2016), Catching Them Before Too Much Damage is Done: Early Intervention with Resistance-Refusal Dynamics, 54 Fam. Ct. Rev. 548. This article discusses the need to 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. But recommended Coping-Focused, Multisystemic Child Centered conjoint therapy as a model.

Jaffe, Peter, Dan Ashbourne, & Alfred Mamo (2010). Early Identification and Prevention of Parent-Child Alienation: A Framework for Balancing Risks and Benefits of Intervention, 48 Fam. Ct. Rev. 146. This article employs a new approach for dealing with parent-child contact issues in an attempt to prevent alienation. The authors address the courts 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, 49 FAM. CT. REV. 140. 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

LaGriff, Melissa , Heidi Stolz & Denise Brandon (2015). Longitudinal Program Evaluation of "Parenting Apart: Effective Co-Parenting," 56 J. Div. & Remarriage 56, 117. 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, 51 Fam. Ct. Rev. 131. This article evaluated the present Parental Education programs used by the family

courts. They propose a new “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, 49 FAM. CT. REV. 120. This article discusses the pitfalls of the present Parent Education Programs. They point to three important areas that require focusing on.

### INTERVENTIONS FOR MORE SEVERELY ALIENATED FAMILIES

Dunne, John, & Marsha Hedrick (1994). The Parental Alienation Syndrome: An Analysis of Sixteen Selected Cases, 21 J. Div. & Remarriage 21. A study and analysis of 16 cases that met Dr. Gardner’s 8 manifestations. 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, 38 Am. J. Family Therapy 218, 224. These authors used genograms of 5 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 Gans Walters (2010). When a Child Rejects a Parent: Tailoring the Intervention to Fit the Problem, 48 Fam. Ct. Rev. 98, 104–105. Basing their work on the Multi-Modal Family Interventions, the authors found a clearer understanding 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, 19 Am. J. Forensic Psychol. 61 (2001). 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, 39 Fam. Ct. Rev. 316. The authors explain goals and strategies using Family-focused therapy and counseling 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, 43 Am. J. Fam. Therapy 48. This editorial deals with the inherent issues of using traditional family therapy and then presents the “Family Reflections Reunification Program (FRRP) which is

designed to treat cases of severe alienation in children. There was a 95% success rate using this program.

Sullivan, Matthew J., Peggie A. Ward & Robin Deutsch (2010). Overcoming Barriers Family Camp: A Program for High-Conflict Divorced Families Where a Child is Resisting Contact with a Parent, 48 FAM. CT. REV. 116. 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 program. 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, 54 Fam Ct. Rev. 424, 433–434. This editorial examines the guidelines both in and out of court for dealing with alienation in families. Numerous professionals from various areas took part in the work for this article.

Warshak, Richard A. (2010). Family Bridges: Using Insights from Social Science to Reconnect Parents and Alienated Children, 48 Fam. Ct. Rev. 48. Discussion of the Family Bridges 4-Day Program of reintegration and reunification of alienated families, including the positive and negatives. It is based on social science research.

Warshak, Richard A. (2018). Reclaiming Parent-Child Relationships: Outcomes of Family Bridges with Alienated Children, J. Div. & Remarriage. A peer-reviewed article based on a study of 83 children who went through the Family Bridges Program. Positive results were reported by 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,” 48 Fam. Ct. Rev. 91 (2010). This is a summarized response to Joan Kelly’s opinions about the Family Bridges program. They promote an educational direction rather than 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, 23 AM. J. FORENSIC PSYCHOL. 39. 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 (1996). Child’s Alignment with Parents in Highly Conflicted Custody Cases, 34 FAM. & Conciliation CTs. REV. 229, 232. 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 (2003). Parental Alignments and Rejection: An Empirical Study of Alienation in Children of Divorce, 31 *J. Am. Acad. Psychiatry & Law* 158. The study analyzed 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 Childhood Exposure to Parental Alienation: Correlated with Well-Being, 54 *J. Divorce & Remarriage* 609. 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, 61 *J. Forensic Sci.* 692.

Baker, Amy J. L. Maria Cristina Verrocchio & Daniella Marchetti (2018). Adult Report of Childhood Exposure to Parental Alienation at Different Developmental Time Periods, 40 *J. Fam. Therapy* 602. 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, 40 *Am. J. Fam. Therapy* 169. 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, 54 *J. Divorce & Remarriage* 609. 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, Symptom-Checklist-90-Revised Scores in Adult Children Exposed to Alienating Behaviors: An Italian Sample, 60 *J. Forensic Sci.* 357 (2015). 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. 61 *J. Forensic Sci.* 692. 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, 51 *J. Divorce & Remarriage* 1. 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, 54 *J. Divorce & Remarriage* 203. 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, 23 *J. Child & Fam. Studies*, 3047. 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, 14 *Am. J. Preventive Med.* 245. 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. et al. (2010), The Specificity of Childhood Adversities and Negative Life Events Across the Life Span to Anxiety and Depressive Disorders, 126 *J. Affective Disorders* 103. This study explores further how life adversities and multiple diagnoses affect relationships and lives.

Spinazzola, Joseph, et al. (2014). Unseen Wounds: The Contribution of Psychological Maltreatment to Child and Adolescent Mental Health and Risk Outcomes. 6(S1) *Psychol. Trauma: Theory Res. Prac. & Pol'y* S18. 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**

Baker, Amy J. L., Alyssa Creegan, Alexa Quinones & Laura Rozelle (2016). Foster Children's Views of Their Birth Parents: A Review of the Literature, 67 *Child. & Youth Serv. Rev.* 177. 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 & Ann M. Bluhm (1994). Attachment to the Abuser: Integrating Object-Relations and Trauma Theories in Treatment of Survivors, 31 *Psychotherapy* 383. Combines and looks at the relationship between object-relations and attachment theory and PTSD and why a victim gravitates to their abuser. The authors address therapeutic treatment for this issue.

Block, Stephanie D. et al. (2010). Abused and Neglected Children in Court: Knowledge and Attitudes, 34 *CHILD ABUSE & NEGLECT* 659, 659. (“[M]ost children wanted to return home.”). The interview of maltreated children who got 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.

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, 22 *Dev. & Psychopathology* 87. 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.

Goldsmith, Douglas F. et al. (2004). Separation and Reunification: Using Attachment Theory and Research to Inform Decisions Affecting the Placements of Children in Foster Care, 55 *JUV. & FAM. CT. J.* 1,1 (2004) (“[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, 12 *Psychol. Rep.* 83. Using the study of two Rhesus monkeys to who provided negative stimulus during contact with a cloth surrogate, while the other 4 control monkeys were left to enjoy their surrogate. These results contrast what Neil Miller Proposed putting his theory into question.

### FALSE STATEMENTS, FALSE BELIEFS, AND FALSE MEMORIES

Loftus, Elizabeth F. Creating False Memories, 277 *Sci. Am.*, March 1997, at 70. This article first examines a true story of false memories created in a patient and then shows 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, 25 *Psychiatric Annals* 720. An in-depth look at memory distortion and how easily it can be obtained, including the study of how that 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, 54 *J. Divorce & Remarriage* 393. 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.

Rowen, Jenna & Robert Emery (2014). Examining Parental Denigration Behaviors of Co-Parents as Reported by Young Adults and Their Associations with Parent-Child Closeness, 3 *Couple & Fam. Psychol.: Res. & Prac.* 165. A review of the results of what denigrating and badmouthing the other parent can do to children was reviewed

on several levels showing that while it happens infrequently, it happens more often in divorce, it is perpetrated by both parents often, connected with parent-child relationships that 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, 56 *Fam. Ct. Rev.* 258. 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, 24 *J. Child & Fam. Studies* 95 (2015).

### LEGAL ISSUES AND TESTIMONY REGARDING PARENTAL ALIENATION

Bala, Nicholas, Suzanne Hunt & Carolyn McCarney (2010). Parental Alienation: Canadian Court Cases 1989-2008, 48 *Fam. Ct. Rev.* 164. Written when empirical evidence was limited, the authors study 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.

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.

Lorandos, Demosthenes. (2020). PARENTAL ALIENATION IN U.S. COURTS, 1985 TO 2018. *Family Court Review* 58(2), 322-339.