



Father Involvement and Family Resilience: A Systematic Review of the Past Decade

Triatno Yudho Prabowo^{1*}  , Mohd Azrin Mohd Nasir¹  , Norazlina Zakaria¹  

1. School of Applied Psychology, Social Work and Policy, Universiti Utara Malaysia, Malaysia.

*Corresponding Author: School of Applied Psychology, Social Work and Policy, Universiti Utara Malaysia, Malaysia.
Email: triatnoprabowo@gmail.com

ARTICLE INFO

Article type:
Review Article

Article History:
Received: 22 Dec 2025
Revised: 28 May 2026
Accepted: 29 Jun 2026
Published: 02 Oct 2026

Keywords:
Father Involvement;
Family Psychology;
Family Resilience;
Parenting;
Systematic Review.

ABSTRACT

The objective of this systematic review was to identify, evaluate, and synthesize empirical psychological studies that examined the relationship between father involvement and family resilience. A systematic review design that was guided by PRISMA was implemented. The study population was composed of full-text psychology articles in English that were indexed in PubMed, PsycINFO, Scopus, ScienceDirect, and JSTOR. The literature search was conducted on December 22, 2024, and it encompassed publications from January 2014 to December 2024. Seven eligible studies were selected from 1,140 records through duplicate removal, predefined inclusion and exclusion criteria, full-text eligibility assessment, and methodological quality appraisal. The sample contained these studies. Purposive screening was implemented to identify studies that were pertinent to father involvement, family resilience, and acceptable methodological quality. These instruments comprised Walsh's family resilience framework, the Critical Appraisal Skills Program checklist, and the PRISMA flow framework. Organizational patterns, communication processes, and family belief systems were employed to guide thematic narrative synthesis in the analysis of data. There was no meta-analysis conducted, so statistical software was not employed. The results indicated that father involvement was positively associated with family resilience through adaptive family organization, supportive communication, shared meaning-making, and stability during crises. The review concludes that fathers should be incorporated into family-based interventions, clinical practice, and future psychological research as active relational resources that enhance adaptive functioning across diverse families.

Cite this article: Prabowo, T. Y., Mohd Nasir, M. A. and Zakaria, N. (2026). Father Involvement and Family Resilience: A Systematic Review of the Past Decade. *Journal of Applied Psychological Research*, 17(3), 19-39. doi:10.22059/japr.2026.407170.645459



© Author(s) retain the copyright.

DOI: <https://doi.org/10.22059/japr.2026.407170.645459>

Publisher: University of Tehran Press.

1. Introduction

Family resilience has become a widely studied concept in contemporary family psychology, particularly in understanding how families respond to crises. It is conceptualized as a dynamic and systemic process that develops through regulatory interaction within the family (Macphee et al., 2015; Masten, 2018). In Walsh's framework, resilience is manifested through interactive processes between the family subsystems (Walsh, 2006). Walsh's framework identifies organizational patterns, communication processes, and the family belief systems as dimensions of family resilience. Organizational patterns can be stabilized through quality couple interactions, while parenting practices shape communication and shared meaning within the family. Therefore, examining parental roles is essential for understanding how resilience operates within family systems.

In recent literature, fathers are increasingly recognized as crucial contributors to family resilience. This shift reflects broader changes in social norms over the last few decades, where fathers are expected to participate more actively in family dynamics and child-rearing (Evans & Jakiela, 2025; Lappegård & Kornstad, 2020). Consequently, the active and direct involvement of fathers is considered a standard responsibility rather than merely an added value in family life (Feldman, 2023; Garcia et al., 2022). Father involvement is conceptualized as multidimensional, including engagement, accessibility, and responsibility (Cabrera, 2020; Volling & Palkovitz, 2021). Numerous studies consistently link father involvement to children's positive outcomes, such as improving children's academic achievement, reducing behavioral problems, and increasing attachment (Liu et al., 2025; Pratiwi et al., 2025). A father's calm attitude, clear rules, use of humor, and protective roles may help prevent daily hassles from developing into more serious problems in the family (Garcia et al., 2022). Reports such as UNICEF's *State of the World's Children 2023-2024* highlight the benefit of parental involvement.

Beyond father involvement and its association with child development, father involvement is also linked to broader family processes. A father's presence and involvement can support the family's readiness to face crises, help children overcome problems, and reduce the likelihood of marital conflicts within the family (Han et al., 2025; Mallette et al., 2020). A father's presence in daily life not only contributes to children's temporary happiness but also strengthens family bonds and resilience, which psychologists refer to as a "resilient family system." This aligns with Walsh's core dimensions of family resilience, particularly adaptive organization and effective communication.

However, research on father involvement has predominantly emphasized child developmental outcomes, while studies on family resilience tend to focus on systemic processes without specifically isolating the father's contribution. This pattern may contribute to the underrepresentation of fathers as distinct agents within the resilience framework (Bezrukova & Samoylova, 2023). In addition, over the past decade (2014–2024) research has shifted from focusing simply on fathers' presence to examining their emotional support, active roles in the household, and child-rearing. This shift is also reflected in recent approaches to family resilience, which increasingly emphasize adaptive routines, collaborative problem-solving, and community relationships. Given these developments, a systematic review is necessary to synthesize existing findings, identify emerging trends, and examine points of agreement and disagreement specifically within this decade.

Although several studies have explored father involvement and family resilience as separate constructs, existing reviews have largely focused on child outcomes or general family processes, with limited attention to father involvement as a contributor to family resilience in a psychological framework. Therefore, this review addresses this gap by systematically synthesizing psychology studies published between 2014-2024 on father involvement and family resilience. This review aims to synthesize existing literature, and clarify the relevance of father involvement to family resilience within contemporary psychological research.

Family Resilience and Father Involvement

Recent research emphasizes that resilient families serve as the foundation of society and national resilience. To remain adaptive amidst shifting social dynamics and relationships, resilient families must continue to evolve (Henry et al., 2015; Walsh, 2016). As micro-social systems, families rely on combinations of internal and external resources to address particular stressors at various time points (Lietz et al., 2016). Within the family resilience framework, transformative positive growth is considered a key family strength (Bethell et al., 2019; Walsh, 2006). The involvement of family members and their collective meaning-making from stressful experiences constitutes essential elements of a resilient family system (Mao et al., 2021; Patterson, 2002).

Walsh (2003, 2006) classified these complex systems into three core dimensions: organizational patterns (e.g., tasks, flexibility), communication processes (e.g., clarity, joint problem-solving), and belief systems (e.g., values, spirituality). Resilient families were able to redistribute family tasks without negative reciprocity, while also establishing a clear sense of reality and changing plans when pressure escalated (Walsh, 2016; Yan et al., 2025). This framework positions father involvement as a critical relational resource that strengthens the family's adaptive capacity. Defined as a father's active and extensive participation in their children's lives (Bezrukova & Samoylova, 2024; Opoku et al., 2025), this multifaceted concept encompasses direct interaction, caregiving responsibility, and emotional support (Diniz et al., 2021; Rollè et al., 2019). Structured interventions, such as the Supporting Father Involvement (SFI) program, further highlight how such participation enhances overall family dynamics and child welfare (Pruett et al., 2019).

This review integrates Lamb et al. (1985) dimensions of engagement, responsibility, and accessibility within a systematic framework to analyze traditional and innovative fathering models. The synthesis develops a holistic view of how father involvement functions as a subsystem within the family system. The review was conducted from a family resilience perspective (Walsh, 2003, 2006) and used this framework to evaluate the positive and negative aspects of father involvement. This approach examines how these aspects predict indicators of family system strength and flexibility, most notably the collective capacity to cope with stress.

2. Method

1-2. Design

The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) was used to guide the preparation of systematic reviews. PRISMA 2020 provides a reporting guideline designed to ensure transparent systematic reviews (Page et al., 2021).

2-2. Search Method

This systematic literature search was conducted on December 22, 2024, and was performed across five databases: PubMed, PsycINFO, Scopus, ScienceDirect, and JSTOR. This review used a comprehensive search strategy combining free-text terms and, where available, database-specific subject headings for father involvement (e.g., father involvement, paternal involvement, father engagement) and family resilience (e.g., family resilience, family adaptation, family coping), limited to January 2014 to December 2024. Synonyms within each concept were combined using OR, and the two concept groups were combined using AND. Searches were conducted in the title, abstract, and keyword fields where available, and articles indexed up to December 22, 2024 were included in the selection process.

The inclusion criteria applied in the selection process were: (a) articles published in English; (b) studies within the field of psychology; (c) articles with full-text accessibility; (d) studies examining father involvement and family resilience as related constructs; (e) articles published between January 2014 and December 2024; and (f) studies with acceptable methodological quality based on the CASP quality appraisal. The exclusion criteria applied in the selection process included (a) articles published in languages other than English; (b) non-psychological studies; (c) duplicate records; (d) articles without full-text access; (e) studies that did not examine father involvement and family resilience as related construct; (f) studies with low methodological quality based on risk of bias appraisal. The literature search using the search terms described above successfully identified 1,140 records published between 2014 and 2024. After removing 43 duplicate records, 1,097 records were successfully screened. Subsequently, 1,008 records were excluded because they did not meet the inclusion criteria, leaving 89 reports sought for retrieval. Of these, 42 reports could not be retrieved after reasonable efforts to access the full texts through institutional subscriptions and open-access repositories. This step was necessary to ensure that only studies with complete data were evaluated, resulting in 47 full-text articles for eligibility assessment. Furthermore, 40 full-text articles were excluded because they did not examine father involvement and family resilience as related constructs or did not report data relevant to their association. Finally, seven full-text reports were included for critical appraisal in the qualitative synthesis (Figure 1). Although the literature search was conducted across five databases, included studies were distributed across multiple databases, with JSTOR contributing a substantial proportion. All databases were searched independently using the same combination of keywords, Boolean operators, and search restrictions to maintain consistency. The small number of studies in the final synthesis ($n = 7$) reflects the limited intersection between father involvement and family resilience within psychological research during the specified period. While both constructs are widely studied independently, few studies have examined their association within a unified psychological framework. Therefore, the limited number of included studies may restrict the generalizability of the findings, which is discussed further in the Limitations section.

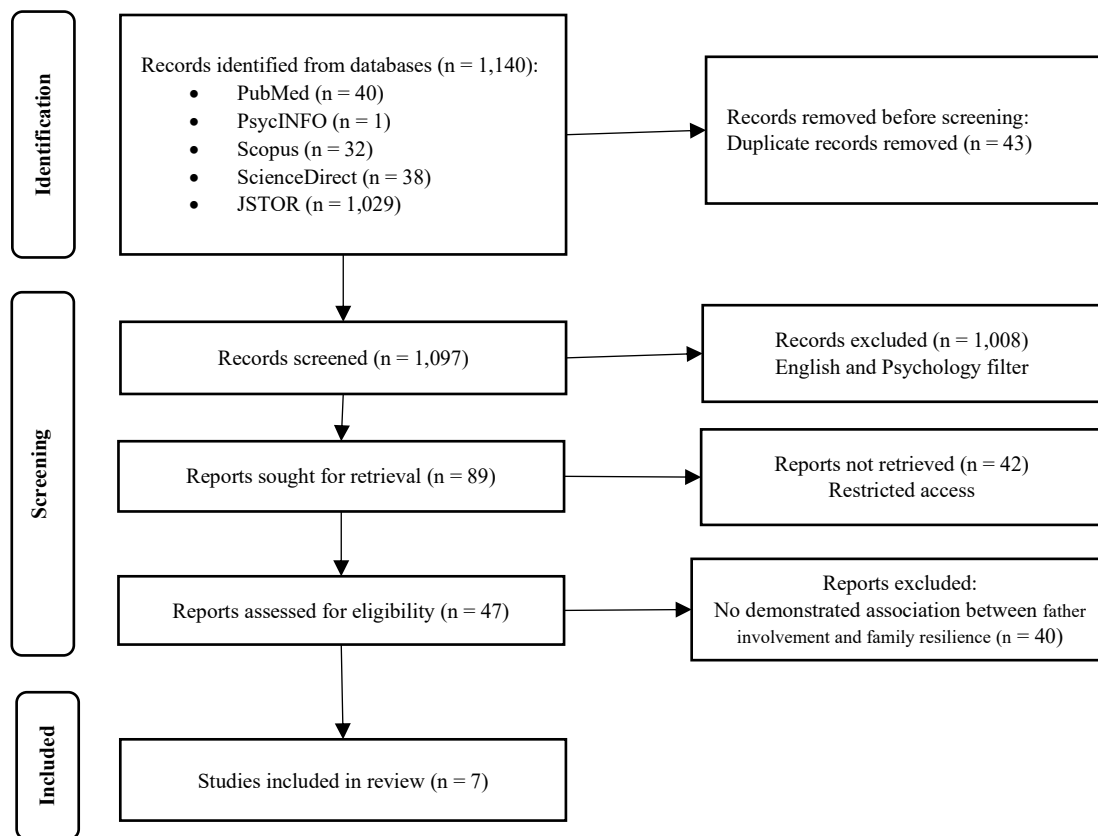


Figure 1. Flow diagram of the search methods

3-2. Quality Assessment

The quality of the included studies was appraised using the Critical Appraisal Skills Programme (CASP) checklist. The CASP checklist assesses methodological rigor based on 10 criteria (questions) (Critical Appraisal Skills Programme, 2018), including:

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. Was 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. How valuable is the research?

Following the approach of Nichols et al. (2020), each checklist item was scored to yield a maximum total score of 20. Specifically, each item was rated on a scale of 0 (no), 1 (partially), and 2 (yes). To assess methodological rigor, this research adopted the classification framework from Rezaeianjam et al. (2025), which classifies scores of 16–20 as high quality, 10–15 as moderate quality, and scores below 10 as low quality. Based on the review results, all seven included studies were rated within the quality range, with total scores

ranging from 17 to 20. Specifically, four studies scored 20, while the remaining studies scored 19 and 17, respectively (see Table 1 for detailed scoring).

Although the included studies employed both qualitative and quantitative designs, the CASP checklist was applied as a common framework for assessing methodological rigor across the included studies. This approach was considered appropriate because the review primarily focused on relational and process-oriented aspects of father involvement and family resilience, which are conceptually aligned with appraisal criteria. This approach aligns with the principle that appraisal tools should be flexibly adapted to specific research designs (Aveyard, 2023), while simultaneously establishing a 'comparable language of quality' across qualitative and quantitative evidence to ensure a structured and consistent synthesis process (Long et al., 2020). Study selection, data extraction, and quality appraisal were conducted by the primary reviewer and reviewed in consultation with the co-author to enhance credibility and minimize potential bias.

Table 1. Quality Appraisal of the Reviewed Studies

No	Author (Year)	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Total Score	Quality
1	Aikins and Ratner (2017)	2	2	2	2	1	1	1	2	2	2	17	High
2	Bocknek et al. (2017)	2	2	2	2	2	2	2	2	2	2	20	High
3	Caldwell et al. (2014)	2	2	2	2	2	2	2	2	2	2	20	High
4	Fagan et al. (2025)	2	2	2	2	2	2	2	2	2	2	20	High
5	Fitzgerald et al. (2021)	2	2	2	2	1	1	1	2	2	2	17	High
6	Muentner and Charles (2023)	2	2	2	2	2	2	1	2	2	2	19	High
7	Ray et al. (2021)	2	2	2	2	2	2	2	2	2	2	20	High

Note. Q1 = research aims; Q2 = methodology; Q3 = research design; Q4 = recruitment strategy; Q5 = data collection; Q6 = reflexivity; Q7 = ethical issues; Q8 = data analysis; Q9 = statement of findings; Q10 = research value. Scoring: 2 = Yes, 1 = Unsure, 0 = No. Quality classification: 16-20 = High, 10-15 = Moderate, < 10 = Low.

4-2. Data Extraction

The critical analysis stage was completed for all articles selected for this study. During this stage, the key descriptive information was extracted from each study and then systematically grouped. The main descriptive information extracted in each article included the author, year of publication, research objectives, theoretical framework, and methodology, such as design, participant characteristics, data collection procedures, analytical approaches, and the main results of each study.

5-2. Synthesis

Synthesis was conducted using thematic narrative analysis. This approach was selected because it aligns with Walsh's (2006) dimensions of family resilience, including organizational patterns, communication processes, and family belief systems. This was based on the application of criteria that were both rigorous and flexible, allowing rich and credible findings to emerge (Nowell et al., 2017).

After data extraction, the main findings from each study were thoroughly read and compared to identify the association between father involvement and family resilience. Walsh (2006) family resilience theory, including organizational patterns, communication processes, and family belief systems, served as a framework for guided synthesis. The themes were not fully predetermined, but developed interpretively by linking the findings to these dimensions. Each study was then categorized based on the most relevant family resilience dimensions, thereby facilitating a systematic and coherent synthesis. Nowell et al. (2017) emphasize that

thematic narrative synthesis is a process of critical interpretation that transforms raw data from previous articles into coherent theoretical understanding.

3. Results

The main results of the studies reviewed are summarized in Table 2. This systematic literature review synthesized findings from seven studies that met the inclusion criteria and passed the quality assessment using the CASP checklist. These studies reflect a variety of methodological designs, including longitudinal, quasi-experimental, qualitative, quantitative cross-sectional, and secondary research. This variation indicates that the association between father involvement and family resilience is documented through a variety of methodological approaches.

Most studies analyzed additional factors such as ecological systems, relational processes, and transactional models. Across the reviewed studies, the most frequently used approach was family systems theory. In terms of study design, one study employed longitudinal methods; three were secondary research; one was qualitative, one was quantitative; and one was quasi-experimental.

All of these studies examined aspects of family resilience, although not all of them specifically focused on the relationship between father involvement and family resilience. The synthesis identified five studies addressing organizational patterns, seven studies examining communication processes, and five studies exploring family belief systems within the context of father involvement.

Table 2. Summary of Reviewed Studies on Father Involvement and Family Resilience

Author (Year) Quality (CASP)	Country	N / Sample	Theoretical Framework and Objective	Study Design and Participants	Thematic Findings (Walsh's Framework)
Aikins and Ratner (2017) High (17/20)	USA	N/A (conceptual synthesis)	Bronfenbrenner's Ecological Systems Theory (1986, 2000, 2004); Garmezy's Resilience Theory (1984, 1985); Ungar et al.'s Integrative Resilience Model (2007). Objective: To explain how parental behaviors influence children's resilience in early developmental risk contexts.	Secondary research through conceptual synthesis. No primary participants; synthesizes studies on parents and young children in diverse risk contexts.	<i>Communication processes:</i> Father involvement improves the effectiveness of parent-child interaction and supports emotional regulation and coping. <i>Family belief systems:</i> Parenting styles are linked to resilience-oriented beliefs and coping mechanisms, though not explicitly labeled in the original study.
Bocknek et al. (2017) High (20/20)	USA	N = 419 biological fathers/father figures (EHSR EP)	Paquette's (2003) Activation Relationship Theory. Objective: To examine the relationship between paternal active play and self-regulation development in early childhood.	Secondary research through longitudinal design. Biological fathers and father figures from the Early Head Start Research and Evaluation Project (EHSREP).	<i>Organizational patterns:</i> Father participation in family routines supports predictable environments and children's emotional regulation. <i>Communication processes:</i> Strong father involvement is associated with emotional openness and a supportive family communication climate, though this is not explicitly labeled.
Cald	USA	N = 287	Theory of Reasoned	Primary	<i>Organizational patterns:</i>

Author (Year) Quality (CASP)	Country	N / Sample	Theoretical Framework and Objective	Study Design and Participants	Thematic Findings (Walsh's Framework)
well et al. (2014) (High (20/20))		nonresident African American fathers and sons aged 8–12 years	Action (Ajzen & Fishbein, 1980). Objective: To test the Program's effectiveness in improving parenting skills and behaviors of nonresident African American fathers.	research through quasi-experimental design. Pretest–posttest questionnaires administered to nonresident fathers and their sons.	Structured father engagement is associated with improved family cohesion and organized parenting behaviors. <i>Communication processes:</i> Father-led discussions on race, sexuality, and risky behavior are linked to protective family communication and value transmission. <i>Family belief systems:</i> Non-physical discipline conversations help instill core values and moral reasoning in sons.
Fagan et al. (2025) (High (20/20))	USA	Low-income sample from the Future of Families and Child Wellbeing (FFCW) cohort	Masten's (2018) Risk and Resilience Perspective; Sameroff's (2009) Transactional Theory. Objective: To examine associations between early childhood risk factors and adolescent delinquency, and to explore mediators and moderators of these relationships.	Primary research through a quantitative design using data from the Future of Families and Child Wellbeing (FFCW) cohort.	<i>Organizational patterns:</i> Father involvement contributes to an adaptive family structure by reducing risk factors for juvenile delinquency. <i>Communication processes:</i> Quality father–child interactions are associated with self-regulation and communication-related competencies in adolescents. <i>Family belief systems:</i> Father involvement supports the development of positive values regarding behavior and coping, though this was not explicitly labeled in the original study.
Fitzgerald et al. (2021) (High (17/20))	USA/ International	N/A (conceptual synthesis)	Bowlby's (1973) Attachment Theory; Fitzgerald's Risk to Resilience Continuum. Objective: To examine paternal mental health, parenting behavior, cultural context, and children's physical and mental health outcomes.	Secondary research through conceptual synthesis. Synthesizes findings from multiple studies involving fathers, mothers, and children from infancy to adolescence across diverse socioeconomic and clinical contexts.	<i>Organizational patterns:</i> Father involvement shapes caregiving role organization and supports coordinated family dynamics, though not explicitly labeled. <i>Communication processes:</i> Greater father sensitivity and supportive engagement are associated with healthier family communication patterns, though not explicitly categorized as such in the original study. <i>Family belief systems:</i> Fathers influence shared beliefs about child-rearing and family resilience through consistent engagement and sensitivity.
Muenster and Charles (2023) (High (19/20))	USA	Previously incarcerated fathers, coparenting mothers, and extended family members	Family Systems Theory. Objective: To examine children's well-being during and after paternal incarceration from perspectives of released fathers, mothers, and extended family members.	Primary research through qualitative design. Semi-structured interviews with previously incarcerated fathers, coparenting mothers, and relatives.	<i>Organizational patterns:</i> Paternal incarceration disrupts family routines and roles; father's return is associated with adaptive reorganization. <i>Communication processes:</i> Open communication during and after incarceration mitigates adverse effects on children's emotional well-being. <i>Family belief systems:</i> Family members expressed shared optimism that children can succeed despite adversity related to paternal incarceration.

Author (Year)	Country	N / Sample	Theoretical Framework and Objective	Study Design and Participants	Thematic Findings (Walsh's Framework)
Ray et al. (2021) (High (20/20))	USA	Unmarried Black mothers, nonresident fathers, and children from the Fragile Families and Child Wellbeing Study	Bronfenbrenner's (1986) Person-Process-Context Model; McLoyd's (1990) and Rutter's (1987) Risk and Resilience Perspective. Objective: To examine how nonresident father involvement moderates the relationship between economic hardship, parenting stress, adverse childhood experiences (ACEs), and children's behavior problems.	Primary research through a longitudinal design. Data from baseline interviews with mothers and fathers; behavioral assessments of children.	<i>Communication processes:</i> Greater father involvement and communication quality are associated with improved family understanding and support, contributing to resilience, though not explicitly labeled in the original study.

Note. Quality appraisal was conducted using the Critical Appraisal Skills Programme (CASP) checklist (scoring: 0= No, 1=Unsure, 2=Yes/maximum score = 20; quality classification: 16–20 = High, 10–15 = Moderate, < 10 = Low)/ Thematic findings are organized based on Walsh's (2006) family resilience framework: organizational patterns, communication processes, and family belief systems/ Dimensions not explicitly addressed in the original studies were identified through interpretive synthesis. EHSREP = Early Head Start Research and Evaluation Project/FFCW = Future of Families and Child Wellbeing; ACEs = Adverse Childhood Experiences. Country was inferred from the study's sample description or dataset origin where not explicitly stated in the original publication.

1-3. Relationship between Father Involvement and Organizational Patterns

The framework and processes families use to organize their daily activities and overcome various challenges are referred to as organizational patterns (Izumi & Gullón-Rivera, 2018; Walsh, 2006). The review identified five studies reporting a relationship between father involvement and organizational patterns dimension. However, not all studies explicitly used the term “organizational patterns”, in some cases, the classification was based on the author’s interpretive synthesis based on Walsh (2006) framework.

The consistent involvement of the father in routine family activities was associated with household organization patterns, which can ultimately associate with a structured family environment (Bocknek et al., 2017). Father’s physical involvement in father-child routines is linked to household regularity in the short term. Observing the routines carried out by parents is associated with a sense of certainty and security in children. Contextual stability, or the consistent application of routines and clear rules in the household, is associated with the reported improvement of children's emotional regulation and mood. Through these routines, fathers may contribute to the development of a sense of order by all family members. Ultimately, this order is positively associated with family resilience in facing developmental challenges.

Parent-child communication is characterized by openness and ease of sharing. Children's ability to express themselves to their fathers were associated with the reported family organizational patterns. Fathers who consistently participated in meaningful and focused family discussions correlate with the presence of a stable environment for family interactions. In addition, discussing various topics, including risky behaviors (substance abuse, violence, and early sexual initiation), is associated with greater cohesion within the family structure (Caldwell et al., 2014). Although organizational patterns were not explicitly labeled in this

study, structured and consistent father engagement was positively associated with family organization and cohesion.

Fagan et al. (2025) stated that risk assessment in childhood is highly important, as factors related to father, mother, family unit, and child, were significant predictors of juvenile delinquency in the multivariate analysis. The contribution of the father is reported to be associated with a more adaptive family structure at the organizational level. Although organizational patterns were not explicitly discussed in this study, the results of the analysis indicate that father involvement and family relationships are associated with family and child outcomes related to resilience within the organizational dimension.

Research by Fitzgerald et al. (2021) does not directly use the term “organizational pattern,” but suggests that family organization in parenting roles is associated with father involvement. Father involvement and family functioning were closely interrelated, indicating that father involvement is associated with coordinated family dynamics, including the father's role in supporting others. Examples such as routine daily interactions (e.g., conversations during shared activities) suggest that consistent father engagement correlates with stable relational patterns within the family.

Muentner and Charles (2023) differed from other studies by examining children whose fathers are incarcerated. In their study, the absence of the father figure was associated with disruptions in routines, communication, and parenting roles, reflecting weakened organizational stability. However, upon the father's return, restructuring routines and redefining roles were associated with adaptive reorganization. Thus, paternal absence shows a negative association, while renewed involvement shows a positive association with organizational resilience.

2-3. Relationship between Father Involvement and Communication Processes

The communication process refers to how family members interact with each other, share information, and solve problems together (Walsh, 2006). Effective communication is necessary in building family resilience (Walsh, 2006). The relationship between father involvement and the communication process can be found in seven studies reviewed. Aikins and Ratner (2017) examined the importance of parent-child relationships and studied parenting behaviors and approaches in improving family resilience. They considered the psychological and social resources that each partner brought to the relationship. Their findings indicate the association between father involvement and effective parent-child communication, in the context of supporting children's emotional and social development.

Bocknek et al. (2017) distinguished the domain of the father's role from the domain of family communication, even though the father's role was found to be highly important. Strong emotional bonds, paternal support, as well as openness within the family were shown to be interrelated. Although communication was not explicitly categorized as a resilience dimension, greater father responsiveness was associated with openness and psychological security in family interactions.

Father discussing complex issues such as race, sexual orientation, and risky behaviour were associated with protective effects on family resilience (Caldwell et al., 2014). Such open communication allows fathers to convey their expectations and core values as normative guidelines. These interactions were associated with higher mutual trust and support. The study demonstrates the association between structured father-child discussions and improved

communication quality. Fagan et al. (2025) reported that the quality of father-child interactions is associated with adolescent behavior and the broader family network. Higher-quality father involvement was associated with better communication-related competencies, including self-regulation.

Fitzgerald et al. (2021) stated that the role of fathers influences family dynamics, although they do not explicitly mention the family belief system. Several studies also linked father psychopathology with stress and negative outcomes in children (e.g., infant emotional disorders and mental disorders). Other researchers have examined factors that influence family resilience, such as fathers' sensitivity in interacting, cultural beliefs, and behavioral support from mothers. These factors increase interactions in father-child relationships and optimize child development. Overall, the findings suggest that greater father sensitivity and supportive engagement are associated with healthier family communication patterns and shared resilience-oriented values, although these were not explicitly categorized as communication or belief system dimensions.

Families with incarcerated fathers maintained consistent optimism despite their difficulties and believed that their children could still achieve success (Muentner & Charles, 2023). Paternal incarceration was associated with children's emotional well-being due to disrupted interaction. However, maintaining open communication during and after incarceration was associated with resilience processes.

Similarly, a study by Ray et al. (2021) investigated the relationship between economic hardship, parenting stress, adverse childhood experiences (ACEs), and children's behavior problems among a sample of 800 unmarried Black mothers and their children. The study tested a structural equation model (SEM) that includes measures of nonresident father involvement (contact, financial contribution, instrumental support, and co-parenting). Within this model, co-parenting included three indicators reflecting fathers' willingness and ability to communicate with mothers about child-rearing issues, as well as mothers' entrustment of parenting decisions to them. As expected, greater father involvement was found to be directly associated with mothers' economic hardship and parenting stress, along with the number of ACEs that a child experienced. Furthermore, father involvement was associated with reduced children's behavior problems in middle childhood and adolescence. Thus, the results of this study, although not framed in terms of communication, suggest that communication between parents about parenting and child-rearing can function as a protective process with respect to children's behavior problems, or in brief, as a resilience process. Consequently, within Walsh's framework, this supportive co-parenting interaction serves as a vital communication-based resilience process that shields children from the long-term effects of adversity.

3-3. Relationship between Father Involvement and Family Belief System

According to Walsh, a family belief system refers to the shared values, beliefs, and meanings that shape how families respond to stressors and crises. Five studies reported the relationship between father involvement and the family belief system dimension. Even though the research by Aikins & Ratner (2017) does not explicitly use the term "family belief systems," it strongly links father involvement to the foundational beliefs that families hold about resilience, coping, and support systems. Their article reinforces the role of parent-child relationships as moderators of risk in early childhood and highlights how the joint construction of regulatory processes promotes resilience.

Then, Caldwell et al. (2014) examined a group of nonresident African American boys aged eight to twelve. They showed that fathers can help guide their sons' values and beliefs by clearly communicating what they expect regarding steering clear of violence and reducing aggressive behavior. Such dialogues are instrumental in forging a resilient family belief system, where fathers model principles that become embedded in the boys' cognitive framework for decision-making, guiding them toward constructive behavior.

The article by Fagan et al. (2025) may not specifically label the dimension as a "family belief system." However, it discusses how father involvement can influence children's perceptions and broader values regarding behavior and how they cope with challenges. The findings highlight the importance of addressing risk as early as possible to reduce the odds that children will engage in delinquent behavior.

The article by Fitzgerald et al. (2021) also noted several studies focusing on the negative effects of paternal psychopathology and stress on adverse outcomes for children, while others have identified factors that predict resiliency (e.g., sensitivity and cultural beliefs) that promote positive interactions and optimal child development. This all relates to values, norms, and cultural frameworks that govern interactions within families.

Muentner & Charles (2023) link the family belief system to resilience, stressing how shared values soften hardship. Their fieldwork with households coping with paternal imprisonment shows an unexpected vein of optimism; even with a parent behind bars, many expressed confidences that their children would still find paths to success. Conversations showed that fathers pledged to relearn gainful skills and stay sober once released to protect the next generation. Central to this is a core idea that the family can shoulder almost anything if it refuses to break its invisible pact.

4-3. Overall Summary of Relationships

From the seven studies reviewed, father involvement was predominantly related to organizational patterns and communication processes, and suggested links to family belief systems as reflected in adaptive meaning-making, shared optimism, and value transmission. Negative associations were observed in the context of father absence or incarceration, which correlated with quality of communication and routine stability. In some cases, the dimensions of family resilience were identified through interpretive synthesis based on Walsh (2006) framework rather than explicit labeling in the original studies. Overall, the findings consistently indicate an associative (largely correlational) relationship between father involvement and family resilience.

4. Discussion and Conclusion

Although the term "family resilience" is not consistently used across reviewed studies, related constructs reflect similar relational patterns. The review identifies a consistent association between father involvement and the three core dimensions of family resilience, including organizational patterns, communication processes, and family belief systems. The findings of this study are grounded in Walsh's (2003, 2006) conceptual framework of family resilience, which defines resilience as a dynamic, changing process involving interactions among family members to enable the family to respond to crises and adverse circumstances. Thus, father's involvement with his children and family can be seen as a resource for his family. This relational resource can activate and sustain families' processes of adaptation within the three core dimensions of organizational patterns, communication processes, and

family belief systems. Cabrera et al. (2000) found that the father's involvement in family activities has a cascade effect on the entire household and on children's development over time. Thus, paternal contributions to the family's processes of adaptation are systematically interwoven with the rest of the family's processes.

The three dimensions of father involvement, as defined by Lamb et al. (1985), can be integrated with the three resilience dimensions in Walsh (2006). The first dimension of father involvement, engagement, refers to fathers' direct interaction with their children. This dimension is most directly related to the communication processes that are described by Walsh. The second dimension, accessibility, refers to the physical and psychological availability of fathers for their children. This dimension of father involvement supports the organizational dimension of Walsh's model. It does so by contributing to the stability of routines as well as to the flexibility of the role organization of fathers. The third dimension of father involvement, responsibility, refers to the management and planning of children's needs and the planning that is involved in such management. This dimension of father involvement is related to the family belief systems, as it is through the transmission of values and the creation and sharing of meaning that fathers and children engage in adaptive coping orientations. The correspondence among these three dimensions provides a theoretically coherent framework for interpreting the results of this review.

More recent empirical studies published within the past decade similarly report associations between father involvement and positive child and family outcomes, including children's clinical progress in each treatment session (Bagner & Eyberg, 2010; Javadi et al., 2020). In this way, continuous support is associated with family resilience. Fathers' emotional support and financial contributions to their families are related to child development. Furthermore, this is also associated with parents being better prepared to deal with unexpected situations. The father's capabilities are linked to family resilience and adaptability in dealing with stress (Brody & Simmons, 2007). These findings are consistent with prior studies, which suggest that father involvement functions as a supportive relational source rather than a singular causal determinant of resilience outcomes.

The studies examined in this review also support the organizational patterns identified by (Walsh, 2006) regarding father involvement in the family. Bocknek et al. (2017) found that fathers' involvement in daily active play with their children was associated with aspects of the home environment (i.e., consistency and predictability), which, in turn, facilitated children's ability to adapt to changing situations. In contrast, the absence of the father in single-mother families was associated with the breakdown of home routines and the lack of role structuring. In contrast, the father's return to the family was associated with an adaptive reorganization of family structures (Muentner & Charles, 2023). Thus, fathers' involvement in families is related to the structural organization of families and may be seen as structural anchors in families. Their regular presence supports the regularity and flexibility that are hallmarks of the organizational pattern of families with resilient structural features, as identified by Walsh (2006). From a systems perspective, involved fathers support hierarchy and roles within families and thus enable families to reorganize themselves adaptively in times of stress (Walsh, 2006).

Among the three dimensions, communication processes emerged as the most prominently represented domain of father involvement in the reviewed literature. Father's active participation in discussions, expression of emotions, and the process of guiding children is

associated with the family's ability to adapt, recover, and strengthen itself. Additional research has shown that engaging in structured discussions with children about sensitive topics, such as race, violence, and other risky behaviors, can have positive effects on family members and their communication with one another. Caldwell et al. (2014) found that the more fathers had these types of discussions with their children, the higher family cohesion and communication quality were. Involving fathers in parent-child interactions also has positive effects on children's social and emotional development (Aikins & Ratner, 2017). Children's positive social and emotional development, in turn, is associated with a variety of positive outcomes for children and families. For instance, Walsh (2006) noted that children's positive social and emotional development is associated with resilient communication, which is characterized by clarity and a collaborative problem-solving orientation. Importantly, the processes described above are not limited to the dyad of father and child, but are part of a larger family system. When fathers positively communicate with their children, they contribute to the family's "shared narrative of resilience," or its orientation toward openness, supportiveness, and meaning-making in the face of adversity.

The dimension of family belief systems was least explicitly addressed across the studies reviewed here. However, the findings in this regard point to several important conclusions. Caldwell et al. (2014) reported on how fathers of sons were actively teaching their children about value, using nonviolent communication and moral teaching, in line with the work of Walsh (2006), which described the family belief systems as the 'family's meaning-making or coping framework'. Families of incarcerated fathers maintained a collective optimism in relation to their children's future. They believed their children were capable of achieving their goals, even in the face of adversity stemming from the father's incarceration (Muentner & Charles, 2023).

This resilience-oriented belief system is a crucial dimension for families to cope with adversity and maintain their overall functioning. In addition to teaching children about value in direct ways, fathers also contribute to the family's belief system in symbolic ways, by their presence or absence. A father's involvement in the lives of his children sends a message to the family that they can face up to challenges together and that they can cope in a variety of ways in order to persevere in times of adversity (Fitzgerald et al., 2021). The underrepresentation of this dimension of family systems in the reviewed studies is most likely because researchers tend to focus on more observable aspects of human behavior and studies of family resilience. In contrast, the studied aspects of family resilience are of a more internal, meaning-oriented nature and therefore require qualitative or mixed-methods research to examine how fathers contribute to the family's meaning-making.

This review provides new evidence to support and extend Walsh's (2003, 2006) Family Resilience Framework. Specifically, empirical support was found for the key role that father involvement plays in the three core dimensions of family resilience, viewed as an active relational process rather than a background variable or other family member. In other words, fathers are not seen as secondary caregivers to children or as peripheral to the family system. Rather, they are seen as an integral part of the family's organization or system, which enhances the family's ability to adapt to a host of stressors and challenges. This view of father involvement as a subsystem within the larger family system is consistent with Bronfenbrenner's (1986) view of the father-child relationship as a proximal process that can generate significant developmental momentum within the larger family microsystem.

The few studies that have looked at the absence of father involvement, whether through divorce, single parenting, incarceration, etc. (Muentner & Charles, 2023; Ray et al., 2021), found that the family's organizational stability or reorganization, as well as communication quality, and belief-based coping, were all decreased when fathers were absent from families. These findings support the role of father involvement as a relational resource that, when present and actively engaged, has positive effects on the family's ability to adapt to stressors, and, when withdrawn, has negative effects on families. Thus, the findings of this review provide support for father involvement as a structurally important component of family resilience processes. Practically, the findings suggest that family-based interventions, parenting programs, and social policies should include fathers as active participants in strengthening resilience processes, particularly in enhancing communication, shared meaning-making, and flexible role organization within the family.

This study has several limitations. First, the review included a relatively small number of eligible studies ($n = 7$). However, this reflects the limited intersection between father involvement and family resilience in psychological research during the specified period rather than a methodological shortcoming. Notably, between six and fourteen studies are considered appropriate and workable for qualitative evidence synthesis, as they allow for sufficient conceptual depth without compromising analytical rigor (Booth, 2016). Nevertheless, the limited number of included studies means the generalizability of the findings remains limited, and they should be interpreted with caution.

Second, the methodological diversity among the included studies may limit the direct comparability of the findings. Third, the English-only criterion may have excluded relevant studies published in other languages. Furthermore, the use of two specific search phrases inevitably involved a trade-off between conceptual precision and breadth of retrieval, meaning that studies investigating similar constructs under different terminology may not have been captured (Higgins et al., 2019). In addition, the predominance of Western cultural contexts among the included studies may restrict the applicability of the findings to non-Western families. Future research should therefore incorporate multilingual sources, broader database coverage, and more culturally diverse samples to address these constraints and extend the generalizability of findings in this area.

This study provides synthesis of the dynamics of father involvement and family resilience over the past decade. The findings indicate that father involvement is associated with key aspects of the three dimensions of family resilience, highlighting its role as an integral component of adaptive family functioning. The review contributes to a growing body of literature that suggests fathers should not be viewed solely as secondary figures, but as relational partners associated with crisis management and adaptation. Higher father involvement was associated with more adaptive family responses to economic and psychological stressors, as well as maternal well-being and child development.

Practically, these findings suggest that psychosocial interventions and family programs should integrate fathers as active participants rather than focusing solely on the mother and children's relationship. Future research should further examine mechanisms linking father involvement and family resilience dimensions, particularly in Eastern cultural contexts, and employ more culturally diverse and multilingual evidence to enhance generalizability.

5. Ethic Approval

This study received ethical approval on December 18, 2025, from the Research Ethics Committee of Universiti Utara Malaysia, Malaysia No. UUM/CAS/AHSGS/E-5.

6. Acknowledgments and Funding

The authors would like to express their gratitude to the School of Applied Psychology, Social Work and Policy, as well as the Awang Had Salleh Graduate School of Arts and Sciences, Universiti Utara Malaysia, for providing the necessary facilities, administrative support, and an encouraging research environment that made this study possible. This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

7. Conflict of Interest Information

The authors have no conflicts of interest to declare.

References

- Aikins, J. W., & Ratner, H. H. (2017). Introduction to this MPQ special issue. *Merrill-Palmer Quarterly*, 63(1), 1–8. <https://doi.org/10.13110/merrpalmquar1982.63.1.0001>
- Ajzen, I., & Fishbein, M. (1980). *Understanding attitudes and predicting social behavior*. Englewood Cliffs, NJ: Prentice Hall
- Aveyard, H. (2023). *Doing a literature review in health and social care a practical guide* (Fifth edition). McGraw Hill. <https://ebookcentral.proquest.com/lib/ed/detail.action?docID=30455029>
- Bagner, D. M., & Eyberg, S. M. (2010). Father involvement in parent training: When does it matter? *Journal of Clinical Child and Adolescent Psychology*, 32(4), 599–605. https://doi.org/10.1207/S15374424JCCP3204_13
- Bethell, C. D., Gombojav, N., & Whitaker, R. C. (2019). Family resilience and connection promote flourishing among US children, even amid adversity. *Health Affairs*, 38(5), 729–737. <https://doi.org/10.1377/hlthaff.2018.05425>
- Bezrukova, O. N., & Samoylova, V. A. (2023). Father absence in young russian families raising children with disabilities. *Woman in Russian Society*, 4, 96–112. <https://doi.org/10.21064/WinRS.2023.4.8>
- Bezrukova, O. N., & Samoylova, V. A. (2024). How to support fathers and families raising children with disabilities? *The Journal of Social Policy Studies*, 22(2), 299–318. <https://doi.org/10.17323/727-0634-2024-22-2-299-318>
- Bocknek, E. L., Dayton, C., Raveau, H. A., ... & Fitzgerald, H. E. (2017). Routine active playtime with fathers is associated with self-regulation in early childhood. *Merrill-Palmer Quarterly*, 63(1), 105–134. <https://doi.org/10.13110/merrpalmquar1982.63.1.0105>
- Booth, A. (2016). Searching for qualitative research for inclusion in systematic reviews: A structured methodological review. *Systematic Reviews*, 5, 74. <https://doi.org/10.1186/S13643-016-0249-X>
- Bowlby, J. (1973). *Attachment and loss. Vol. 2: Separation: anxiety and anger*. New York, NY: Basic Books.
- Brody, A. C., & Simmons, L. A. (2007). Family resiliency during childhood cancer: The father's perspective. *Journal of Pediatric Oncology Nursing*, 24(3), 152–165. <https://doi.org/10.1177/1043454206298844>
- Bronfenbrenner, U. (1986). Ecology of the family as a context for human development. research perspectives. *Developmental Psychology*, 22(6), 723–742. <https://doi.org/10.1037/0012-1649.22.6.723>
- Cabrera, N. J. (2020). Father involvement, father-child relationship, and attachment in the early years. *Attachment & Human Development*, 22(1), 134–138. <https://doi.org/10.1080/14616734.2019.1589070>

- Cabrera, N. J., Tamis-LeMonda, C. S., Bradley, R. H., Hofferth, S., & Lamb, M. E. (2000). Fatherhood in the Twenty-First Century. *Child Development*, 71(1), 127–136. <https://doi.org/10.1111/1467-8624.00126>
- Caldwell, C. H., Antonakos, C. L., Assari, S., Kruger, D., De Loney, E. H., & Njai, R. (2014). Pathways to prevention: Improving nonresident African American fathers' parenting skills and behaviors to reduce sons' aggression. *Child Development*, 85(1), 308–325. <https://doi.org/10.1111/cdev.12127>
- Critical Appraisal Skills Programme. (2018). *CASP qualitative studies checklist*. <https://casp-uk.net/casp-tools-checklists/>
- Diniz, E., Brandão, T., Monteiro, L., & Veríssimo, M. (2021). Father involvement during early childhood: A systematic review of the literature. *Journal of Family Theory & Review*, 13(1), 77–99. <https://doi.org/10.1111/jftr.12410>
- Evans, D. K., & Jakiela, P. (2025). The Role of fathers in promoting early childhood development in low- and middle-income countries: A review of the evidence. *The World Bank Research Observer*, 40(2), 211–228. <https://doi.org/10.1093/WBRO/LKAE009>
- Fagan, J., Cabrera, N., & Kobulsky, J. (2025). Longitudinal associations between early risk and adolescent delinquency: Mediators, moderators, and main effects. *Development and Psychopathology*, 37(1), 192–206. <https://doi.org/10.1017/S0954579423001517>
- Feldman, R. (2023). Father contribution to human resilience. *Development and Psychopathology*, 35(5), 2402–2419. <https://doi.org/10.1017/S0954579423000354>
- Fitzgerald, H. E., Robinson, L. R., Cabrera, N., & Segal, L. (2021). Fathers and families: Risk and resilience. An introduction. *Adversity and Resilience Science*, 2(2), 63–69. <https://doi.org/10.1007/s42844-021-00039-5>
- Garcia, I. L., Fernald, L. C. H., ... & Luoto, J. E. (2022). Father involvement and early child development in a low-resource setting. *Social Science and Medicine*, 302, 114933. <https://doi.org/10.1016/j.socscimed.2022.114933>
- Han, S., Palermo, F., & Rudy, D. (2025). Stressful family life events and father involvement in Korean children's sociobehavioral health. *Journal of Family Psychology*, 39(1), 43–53. <https://doi.org/10.1037/FAM0001272>
- Henry, C. S., Morris, A. S., & Harrist, A. W. (2015). Family resilience: Moving into the third wave. *Family Relations*, 64(1), 22–43. <https://doi.org/10.1111/fare.12106>
- Higgins, J. P. T., Thomas, J., ... & Welch, V. A. (2019). *Cochrane Handbook for Systematic Reviews of Interventions* (2nd ed.). Wiley-Blackwell. <https://doi.org/10.1002/9781119536604>
- Izumi, M., & Gullón-Rivera, A. L. (2018). Family resilience among sojourning Japanese mothers: Links to marital satisfaction and children's behavioral adjustment. *Family and Consumer Sciences Research Journal*, 46(3), 282–296. <https://doi.org/10.1111/fcsr.12247>
- Javadi, F., Hassanzadeh, S., Afrooz, G. A., & Ghasemzadeh, S. (2020). The effectiveness of parent-child interaction therapy (PCIT) on the relationship between children with autism spectrum disorder and their families. *Journal of Applied Psychological Research*, 11(3), 37–54. <https://doi.org/10.22059/JAPR.2020.265071.642963>
- Lamb, M. E., Pleck, J. H., Charnov, E. L., & Levine, J. A. (1985). Paternal behavior in humans. *American Zoologist*, 25(3), 883–894. <https://doi.org/10.1093/icb/25.3.883>
- Lappegård, T., & Kornstad, T. (2020). Social norms about father involvement and women's fertility. *Social Forces*, 99(1), 398–423. <https://doi.org/10.1093/sf/soz124>
- Lietz, C. A., Julien-Chinn, F. J., Geiger, J. M., & Hayes Piel, M. (2016). Cultivating resilience in families who foster: Understanding how families cope and adapt over time. *Family Process*, 55(4), 660–672. <https://doi.org/10.1111/famp.12239>
- Liu, Y., Guo, M., Dittman, C. K., Zheng, Y., & Haslam, D. M. (2025). A qualitative study of father involvement with their young children in mainland China. *Frontiers in Psychology*, 16, 1542136. <https://doi.org/10.3389/fpsyg.2025.1542136>
- Long, H. A., French, D. P., & Brooks, J. M. (2020). Optimising the value of the critical appraisal skills programme (CASP) tool for quality appraisal in qualitative evidence synthesis. *Research Methods in Medicine & Health Sciences*, 1(1), 31–42. <https://doi.org/10.1177/2632084320947559>

- Macphee, D., Lunkenheimer, E., & Riggs, N. (2015). Resilience as regulation of developmental and family processes. *Family Relations*, 64(1), 153–175. <https://doi.org/10.1111/fare.12100>
- Mallette, J. K., O’Neal, C. W., Winkelman Richardson, E., & Mancini, J. A. (2020). When Fathers are involved: examining relational and psychosocial health among military families. *Family Process*, 60(2), 602–622. <https://doi.org/10.1111/famp.12566>
- Mao, S., Lu, H., Zhang, Y., ... Peng, J., & Liang, Y. (2021). Evaluation of psychosocial pathways to family adaptation of Chinese patients with liver cancer using the McCubbin’s family resilience model. *Frontiers in Psychiatry*, 12, 703137. <https://doi.org/10.3389/fpsyt.2021.703137>
- Masten, A. S. (2018). Resilience theory and research on children and families: Past, present, and promise. *Journal of Family Theory & Review*, 10(1), 12–31. <https://doi.org/10.1111/jftr.12255>
- McLoyd, V. C. (1990). The impact of economic hardship on black families and children: Psychological distress, parenting, and socioemotional development. *Child development*, 61(2), 311–346. <https://doi.org/10.1111/j.1467-8624.1990.tb02781.x>
- Muentner, L., & Charles, P. (2023). Family reunification after fathers are released from prison: Perspectives on children’s adjustment. *Family Relations*, 72(3), 1068–1087. <https://doi.org/10.1111/fare.12739>
- Nichols, V. P., Toyne, F., Eldabe, S., ... & Seers, K. (2020). Experiences of people taking opioid medication for chronic non-malignant pain: A qualitative evidence synthesis using meta-ethnography. *BMJ Open*, 10(2), e032988. <https://doi.org/10.1136/bmjopen-2019-032988>
- Nowell, L. S., Norris, J. M., White, D. E., & Moules, N. J. (2017). Thematic analysis: Striving to meet the trustworthiness criteria. *International Journal of Qualitative Methods*, 16(1), 1–13. <https://doi.org/10.1177/1609406917733847>
- Opoku, M., Mohamed, A., Almarzooqi, S., & Cheikhmous, A. (2025). The extent and predictors of fathers’ involvement in the raising of children with autism spectrum disorder in the UAE. *International Journal of Environmental Research and Public Health*, 22(2), 300. <https://doi.org/10.3390/IJERPH22020300>
- Page, M. J., McKenzie, J. E., Bossuyt, P. M., ... & Moher, D. (2021). The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ*, 372 N71. <https://doi.org/10.1136/BMJ.N71>
- Paquette, D., Carbonneau, R., Dubeau, D., Bigras, M., & Tremblay, R. E. (2003). Prevalence of father-child rough-and-tumble play and physical aggression in preschool children. *European Journal of Psychology of Education*, 18(2), 171–189. <https://doi.org/10.1007/bf03173483>
- Patterson, J. M. (2002). Understanding family resilience. *Journal of Clinical Psychology*, 58(3), 233–246. <https://doi.org/10.1002/jclp.10019>
- Pratiwi, A., Morawska, A., & Haslam, D. (2025). Father involvement in asian families: A systematic literature review. *Journal of Family Issues*, 47(3), 333-376. <https://doi.org/10.1177/0192513X251370678>
- Pruett, M. K., Cowan, P. A., Cowan, C. P., Gillette, P., & Pruett, K. D. (2019). supporting father involvement: An intervention with community and child welfare-referred couples. *Family Relations*, 68(1), 51–67. <https://doi.org/10.1111/fare.12352>
- Ray, J. A., Choi, J.-K., & Jackson, A. P. (2021). Adverse childhood experiences and behavior problems among poor black children: Nonresident father involvement and single mothers’ parenting stress. *Child Abuse & Neglect*, 121, 105264. <https://doi.org/10.1016/j.chiabu.2021.105264>
- Rezaeianjam, M., Khabazian, A., Khabazian, T., ... & Naderi, M. (2025). Efficacy of ozone therapy in dentistry with approach of healing, pain management, and therapeutic outcomes: A systematic review of clinical trials. *BMC Oral Health*, 25, 433. <https://doi.org/10.1186/S12903-025-05790-0>
- Rollè, L., Gullotta, G., Trombetta, T., ... & Caldarera, A. M. (2019). Father involvement and cognitive development in early and middle childhood: A systematic review. *Frontiers in Psychology*, 10, 02405. <https://doi.org/10.3389/fpsyg.2019.02405>
- Rutter, M. (1987). Psychosocial resilience and protective mechanisms. *The American Journal of Orthopsychiatry*, 57(3), 316–331. <https://doi.org/10.1111/j.1939-0025.1987.tb03541.x>

- Sameroff, A. J., & Mackenzie, M. J. (2003). Research strategies for capturing transactional models of development: The limits of the possible. *Development and Psychopathology*, 15(3), 613–640. <https://doi.org/10.1017/s0954579403000312>
- UNICEF. (2023). *The state of the world's children 2023: For every child, vaccination*. UNICEF Innocenti - Global office of research and foresight. <https://www.unicef.org/reports/state-worlds-children-2023>
- UNICEF. (2024). *The state of the world's children 2024: The future of childhood in a changing world*. <https://www.unicef.org/reports/state-of-worlds-children/2024>
- Volling, B. L., & Palkovitz, R. (2021). Fathering: New perspectives, paradigms, and possibilities. *Psychology of Men and Masculinity*, 22(3), 427–432. <https://doi.org/10.1037/men0000354>
- Walsh, F. (2003). Family resilience: A framework for clinical practice. *Family Process*, 42(1), 1–18. <https://doi.org/10.1111/j.1545-5300.2003.00001.x>
- Walsh, F. (2006). *Strengthening family resilience* (2nd ed.). New York: The Guilford Press. <https://psycnet.apa.org/record/2006-12492-000>
- Walsh, F. (2016). Applying a family resilience framework in training, practice, and research: Mastering the art of the possible. *Family Process*, 55(4), 616–632. <https://doi.org/10.1111/famp.12260>
- Yan, Y., Duan, X., Tan, Y., Wu, T., Yang, B. X., Luo, D., & Liu, L. (2025). The relationship between family functioning and depressive symptoms: Mediating effects of psychological resilience and parent-child interactions. *Journal of Affective Disorders*, 385, 119383. <https://doi.org/10.1016/J.JAD.2025.119383>