STARK
Mastering conflicts and separation: Orientation and help for families

Short description

Nowadays, every third marriage is divorced, and the separation rates of partnerships are even higher. For both partners and their children, separations have considerable psychological, social, and economic consequences. Within this project, a low-threshold, barrier-free and directly accessible online service will be developed, in which those affected can find preventive measures for separations and orientation aids during the separation phase. Furthermore, those seeking advice will receive information on how to organize joint parenthood after a separation, and children and adolescents will receive support in coping with parental separation.

In this project, an information platform as well as various online trainings for couples in separation, parents and their children will be developed. The project combines psychological, economic, legal, and digital expertise. The sub-project of our department includes the technical realization of the information platform as well as the online trainings and research in the field of human-machine interaction.

Design principles and interaction strategies are used to reach out the target groups and to promote an adequate use of the interventions. To meet the needs of the target group and the experts involved, they are included in the entire development and evaluation process. A specific focus lies on optimizing the design of the information platform as well as the online trainings regarding user acceptance, active use, increase of utilization and increased adherence to the implementation of the respective services.

Active dissemination and implementation strategies are considered as central starting points to increase the reach of the intervention services. Only through an appropriate usage analysis and formative development of services an offer can be created that is adapted to the needs of the users and will be actually used. The full potential of digital and social media will be used to reach the target population and increase their level of knowledge.

Project management – Modul 6

Prof. Dr. Harald Baumeister

Consortium

Prof. Dr. Sabine Walper[1,2] (Verbundleitung)
Prof. Dr. Bernhard Schmidt-Hertha[1], Prof. Dr. Harald Baumeister, Dr. Christina Boll[2], Prof. Dr. Beate Ditzen[3], Dr. Melanie Fischer[3], Prof. Dr. Miriam Rassenhofer[4], Prof. Dr. Jörg Fegert[4], Prof. Dr. Eva Schumann[5]

[1]LMU München, [2]DJI, [3]Universitätsklinikum Heidelberg, [4]Universitätsklinikum Ulm, [5]Universität Göttingen

Project team (employees)

Dr. Eva-Maria Messner, M.Sc. Alexandra Portenhauser, M. A. Aydin Zorah Spieler, IT-Team

Funding

BMFSFJ

Duration and Founding Amount

36 Months, € 2.475.520, Subproject: € 776.240

Publications

Department publications can be found at
https://www.uni-ulm.de/en/in/dept-clinical-psychology-and-psychotherapy/publications/

Abteilung Klinische Psychologie und Psychotherapie, Universität Ulm