
CREATING HARMONY: POSITIVE STRATEGIES FOR ADOLESCENTS IN DYSFUNCTIONAL FAMILIES - LITERATURE REVIEW (2019-2023)


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SUMMARY

This study explores the relationship between dysfunctional family characteristics and child maltreatment in modern contexts. Its primary goal is to evaluate current methodologies that address family dysfunction and its effects on children and adolescents. By systematically searching the Scopus and Web of Science databases using the keywords "family dysfunction" and "adolescents," we refined our results from 53 articles to 35 relevant

ones. Our findings highlight an emotional imbalance caused by risk factors such as addiction, abuse, and violence, emphasizing the need for treatment approaches, prevention strategies, and mental health interventions. However, there is a significant gap in research regarding social and spiritual support, underscoring the need for studies that incorporate national realities and the risk factors impacting child development from early stages.

Introduction

 Historically, the family has been the cornerstone of human development and the framework that sustains social order. It serves as the primary system for instilling values and socializing individuals (van Eickels *et al.*, 2022). Raising children within the family environment is

crucial for their emotional development and imparts the principles that will govern their lives (Barragán *et al.*, 2021). However, this upbringing can be compromised by violent environments, leading to significant risks in family development, such as abuse, parental absence, and addiction (Barragán *et al.*, 2021; Li *et al.*, 2019).

In a rapidly globalizing world, the integration of essential

processes such as interpersonal relationships has dramatically shifted adolescent behaviors. These changes, however, come with collateral effects that coexist with flawed parenting styles, creating vulnerabilities within the system. The lack of appropriate policies to prevent violence and criminality exacerbates these issues, directly impacting the development of future generations (Corrêa *et al.*, 2021).

KEYWORDS / Adolescence / Adverse Childhood Experiences / Child Maltreatment / Health Policies / Family Dysfunction /

Received: 05/05/2024. Modified: 09/04/2024. Accepted: 09/09/2024.

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Furthermore, studies have shown that families can face extreme situations with severe consequences, including adolescent suicide, mistreatment, sexual disorders, childhood stress from abuse or isolation, and juvenile criminality, all of which can trigger mental health issues (Kwon *et al.*, 2020; Li *et al.*, 2019; Moen, 2020; Schmeer *et al.*, 2019). The literature review uncovered therapeutic projects that facilitate diagnosis, intervention, and treatment, as well as research on public and health policies for dysfunctional families (Myllyaho *et al.*, 2019). However, there is a notable lack of research on emotional and spiritual support and contributions to the treatment of dysfunctional families with children or adolescents exhibiting risky behaviors.

This study addresses the need to investigate the relationship between families with dysfunctional characteristics and child abuse in the current context. The primary objective is to identify approaches that address family dysfunction based on Adverse Childhood Experiences (ACE), pinpointing triggers, consequences, and preventive measures through a multidisciplinary approach.

Methodology

This study was conducted using a descriptive bibliographic review, relying on scientific articles as primary sources of information. The Scopus and Web of Science databases were selected due to their comprehensive international coverage and reputation for hosting quality research, ensuring the retrieval of relevant and up-to-date studies. The search terms "family dysfunction" or "dysfunctional families" and "adolescent" were used to filter articles by title, abstract, or keywords. This search was limited to publications from the last five years and available in open access to maximize both relevance and accessibility.

Initially, 53 articles were identified. The selection was refined by applying the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) diagram criteria, which allowed for the exclusion of duplicates and those studies that did not directly address the research themes of interest. This filtering process was essential to ensure that the analyzed data were pertinent and made a significant contribution to the study's objectives. Ultimately, 35 articles met all the set criteria and were chosen for in-depth analysis (Figure 1).

Each selected article was thoroughly examined, and the data were categorized into three main areas: authorship, study date, and origin; research

topics; and principal proposals and/or contributions related to family dysfunction and adverse childhood experiences. The categorization and synthesis of the research topics were performed using Microsoft Excel, assigning each topic to an appropriate category, and grouping them according to their relevance to the study's theme. This methodological approach enabled efficient organization of the information and facilitated comparative analysis and interpretation of the

observed trends. The systematically organized information from this bibliographic review was crucial in constructing a comprehensive matrix (Table II), which subsequently supported the development of Figure 2 and Table I, illustrating the results discussed in the following sections of the document. This methodology provided a solid foundation for understanding how factors associated with family dysfunction impacted adolescents, offering a detailed framework that supported

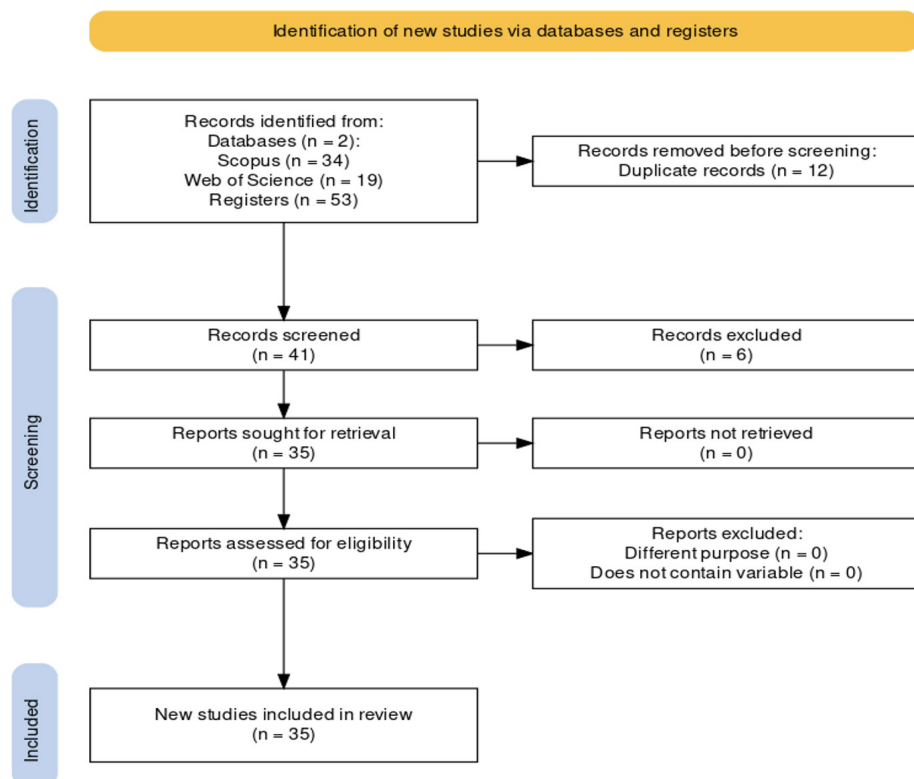


Figure 1. Procedure conducted to determine the number of documents required for full-text analysis.

TABLE I
FREQUENCY OF THE PROPOSALS AND/OR CONTRIBUTIONS PRESENTED IN THE ARTICLES

Category of Proposals and/or Contributions	Frequency
Identification of adverse childhood experiences in dysfunctional families.	13
Risk factors in dysfunctional families.	12
The effectiveness of Therapies in social programs.	12
Preventive policies of strengthening and support for families.	8
Family dysfunction affects the mental health of the adolescent.	7
Detection and intervention reduce the triggers of ACE in dysfunctional families.	7
Medical care for the proper diagnosis of ACE in dysfunctional families.	5
Preventive measures with adaptation mechanisms for FD.	4
Parenting styles in dysfunctional families.	3
Spiritual support programs for responsible parenthood.	1

TABLE II
MAIN THEMES, PROPOSALS AND/OR CONTRIBUTIONS OF THE REVIEWED ARTICLES

Author	Research Topic	Proposals and/or Contributions
Ho et al. (2019)	Family Dysfunction and Adverse Childhood Experiences	Identification of Adverse Childhood Experiences in Dysfunctional Families. (x2)
Bussemakers et al. (2019)	Family Dysfunction and Adverse Childhood Experiences	Identification of Adverse Childhood Experiences in Dysfunctional Families. Preventive measures with adaptation mechanisms for FD. Preventive policies to strengthen and support families.
Li et al. (2019)	Family Dysfunction and Adverse Childhood Experiences	Family dysfunction affects adolescent mental health. Detection and intervention reduce ACE triggers in FD.
De Los Reyes et al. (2019)	Family dysfunction, diagnoses	Family dysfunction affects adolescent mental health. Medical care for proper diagnosis of CEA in Mexico City.
Schmeer et al. (2019)	Family dysfunction, triggers and consequences	Family dysfunction affects adolescent mental health.
Kwon et al. (2020)	Family dysfunction, triggers and consequences	Risk Factors in Dysfunctional Families. (x2)
Myllyaho et al. (2019)	Family dysfunction and mental health	Family dysfunction affects adolescent mental health. Preventive policies to strengthen and support families.
Haugland et al. (2021)	Family Dysfunction and Adverse Childhood Experiences	Identification of Adverse Childhood Experiences in Dysfunctional Families (x2)
Barragán et al. (2021)	Family dysfunction, prevention and intervention	Parenting styles in family dysfunction. The effectiveness of therapies and social programs.
Moen (2020)	Family dysfunction, triggers and consequences	Parenting styles in family dysfunction. Preventive measures with adaptation mechanisms for FD.
Maglia (2020)	Family dysfunction, triggers and consequences	Risk factors in dysfunctional families. The effectiveness of therapies and social programs.
Abiodun et al. (2020)	Family dysfunction, triggers and consequences	Risk factors in dysfunctional families. Preventive policies to strengthen and support families.
Wu and Slesnick (2019)	Family dysfunction, treatments	The effectiveness of therapies and social programs. (x2)
Tikkanen et al. (2022)	Family dysfunction and mental health	Risk factors in dysfunctional families. Medical care for proper diagnosis of CEA in Mexico City.
Muzi et al. (2022)	Family dysfunction, prevention and intervention	Family dysfunction affects adolescent mental health. Detection and intervention reduce ACE triggers in FD.
Knight et al. (2021)	Family dysfunction, treatments	The effectiveness of therapies and social programs. Detection and intervention reduce ACE triggers in FD.
Freeks (2019)	Spiritual support programs	Risk factors in dysfunctional families. Spiritual support programs for responsible parenthood
Kovács-Tóth et al. (2022)	Family Dysfunction and Adverse Childhood Experiences	Risk factors in dysfunctional families. Medical care for the proper diagnosis of ACE in dysfunctional families.
Amoadu et al. (2022)	Family dysfunction, triggers and consequences	Risk factors in dysfunctional families. Preventive policies to strengthen and support families.
van Eickels et al. (2022)	Family dysfunction, prevention and intervention	Family dysfunction affects adolescent mental health. The effectiveness of therapies and social programs.
Rathi et al. (2022)	Family dysfunction, triggers and consequences	Risk factors in dysfunctional families. Detection and intervention reduce ACE triggers in FD.
Nakandi et al. (2022)	Family dysfunction, prevention and intervention	The effectiveness of therapies and social programs. Preventive policies to strengthen and support families.
Grujic (2021)	Family dysfunction, triggers and consequences	Parenting styles in family dysfunction. Preventive measures with adaptation mechanisms for FD.
Corrêa et al. (2021)	Family dysfunction, triggers and consequences	Risk factors in dysfunctional families. Identification of Adverse Childhood Experiences in Dysfunctional Families Preventive policies to strengthen and support families.
Monterrosa-Castro et al. (2020)	Family dysfunction, triggers and consequences	Family dysfunction affects adolescent mental health. Detection and intervention reduce ACE triggers in FD.

TABLE II (Cont.)
MAIN THEMES, PROPOSALS AND/OR CONTRIBUTIONS OF THE REVIEWED ARTICLES

Author	Research Topic	Proposals and/or Contributions
Franco et al. (2020)	Family dysfunction, triggers and consequences	Risk factors in dysfunctional families. Identification of Adverse Childhood Experiences in Dysfunctional Families Preventive policies to strengthen and support families.
Pantelewicz and Olczak-Kowalczyk (2019)	Family dysfunction, diagnoses	Identification of Adverse Childhood Experiences in Dysfunctional Families Detection and intervention reduce ACE triggers in dysfunctional families.
Paradzik et al. (2019)	Family dysfunction, treatments	The effectiveness of therapies and social programs. (x2)
Hastie and Stephens (2019)	Family Dysfunction and Adverse Childhood Experiences	Medical care for the proper diagnosis of ACE in dysfunctional families. (x2)
Sepúlveda et al. (2020)	Family Dysfunction and Adverse Childhood Experiences	Identification of Adverse Childhood Experiences in Dysfunctional Families (x2)
Hsieh et al. (2021)	Family Dysfunction and Adverse Childhood Experiences	Risk factors in dysfunctional families. Preventive policies to strengthen and support families.
Segeren et al. (2020)	Family dysfunction, treatments	The effectiveness of therapies and social programs. Preventive measures with adaptation mechanisms for FD.
Fonseca-Baeza et al. (2021)	Family dysfunction, treatments	The effectiveness of therapies and social programs. (x2)
Rice et al. (2020)	Family dysfunction, triggers and consequences	Identification of Adverse Childhood Experiences in Dysfunctional Families Detection and intervention reduce ACE triggers in dysfunctional families.
Morelli et al. (2022)	Family dysfunction, triggers and consequences	Identification of Adverse Childhood Experiences in Dysfunctional Families (x2)

the conclusions and recommendations of the study.

Results

As mentioned in the methodology, the results are presented in a way that is easy to understand, focusing on the themes of Family Dysfunction (FD) and Adverse Childhood Experiences (ACE). To achieve this, two complementary approaches were employed. Firstly, a bar chart is included that illustrates the categorization of the researched themes related to FD and ACE, as well as the number of articles associated with each of these categories. This figure provides a general overview of the thematic distribution in the analyzed articles. Secondly, a summary table is presented, showing the frequency of the theoretical/empirical proposals and/or contributions identified in the articles about FD and ACE, based on the processed information found in Table II. Therefore, the proposed summary table allows for comparison and analysis of the different proposals and/or contributions found in the reviewed scientific literature.

These two complementary approaches, based on the information in Table II, offer a complete view of the results obtained in the study, allowing for a deep understanding of the thematic

trends addressed in relation to FD and ACE, as well as the most relevant contributions in the field of the analyzed research.

Main Research Themes on FD and ACE

From the analysis of the 35 selected articles, which are documented in Table II, various research themes

were obtained. These themes were grouped into 7 categories, as shown in Figure 2, which illustrates the distribution of articles in each of them.

To interpret the information presented in Figure 2, we will begin by explaining the theme that groups the largest number of articles, followed by those with less representation, keeping in mind that the explanation will be carried

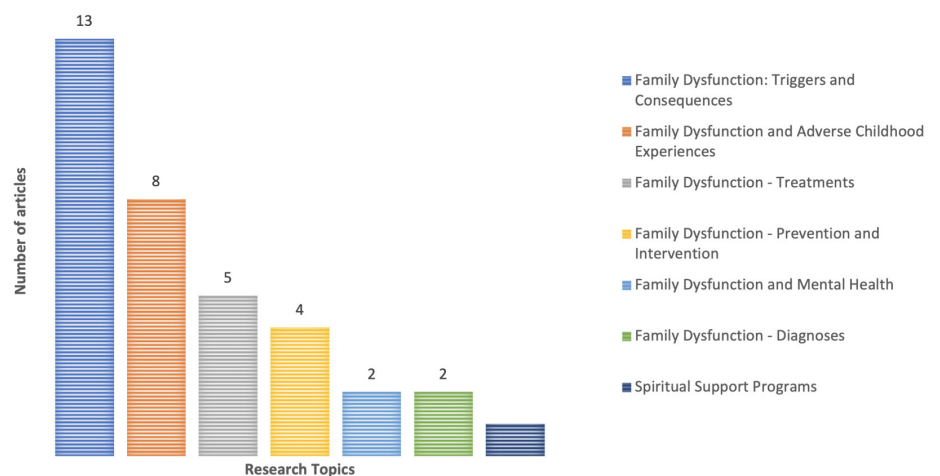


Figure 2. Relationship between the themes and the number of related articles.

out with a professional and objective view, avoiding value judgments about them.

Starting with the left-most column of Figure 2, Theme 1 is called "Family Dysfunction: Triggers and Consequences," which has been addressed by 13 articles. For a better interpretation, these articles have been subdivided into 3 groups. The first group, consisting of 11 articles, focuses on identifying risk factors associated with family dysfunction such as criminality and violence (Corrêa *et al.*, 2021; Grujic, 2021; Moen, 2020; Morelli *et al.*, 2022; Rice *et al.*, 2020), isolation (Maglia, 2020), high-risk sexual behaviors (Abiodun *et al.*, 2020), teenage pregnancy (Amoadu *et al.*, 2022; Monterrosa-Castro *et al.*, 2020), and addictions (Franco *et al.*, 2020; Rathí *et al.*, 2022). The second group highlights an article that examines risk factors associated with adolescent suicide, identifying six key factors for prevention (Kwon *et al.*, 2020); and the last group features an article that investigates the relationship between family instability and adolescent health (Monterrosa-Castro *et al.*, 2020), analyzing the consequences of stress that occur in dysfunctional families.

The second column of Figure 2 addresses the theme of "Family Dysfunction and Adverse Childhood Experiences," which is covered by 8 articles that have been subdivided into 2 groups: the first group with 5 articles investigated severe self-harm in adolescents with ACE (Li *et al.*, 2019); parental alcoholism with increased risk in children with ACE (Haugland *et al.*, 2021); maladjustment in dysfunctional families and Autism Spectrum Disorder - ASD (Hastie and Stephens, 2019); and family dysfunction and eating disorders (Kovács-Tóth *et al.*, 2022; Sepúlveda *et al.*, 2020). The second group, consisting of 3 articles, addresses the identification of patterns such as abuse in families with ACE characteristics (Bussemakers *et al.*, 2019; Ho *et al.*, 2019; Hsieh *et al.*, 2021).

The third column of Figure 2 discusses the theme of "Family Dysfunction - Treatments"; this has been explored by 5 articles, including Wu and Slesnick (2019), who propose ecological family therapy to treat childhood behavioral problems; Knight *et al.* (2021), who have worked on emotional guidance and support for adolescents post-detox therapy based on a trust relationship; Paradzik *et al.* (2019), who proposed therapy for school phobia in children and adolescents; Segeren *et al.* (2020), who worked on strengthening therapies to identify constellations associated with criminal behavior; and finally, Fonseca-Baeza *et al.* (2021),

who propose training in body dialectic therapy skills for families of patients with Borderline Personality Disorder (BPD) showing experiences in dysfunctional homes.

The fourth column of Figure 2 addresses the theme of "Family Dysfunction - Prevention and Intervention," covered by 4 articles. The first article, by Barragán *et al.* (2021), analyzes the relationship between family functioning, emotional intelligence, and interpersonal support in adolescence. The second article, by Muzi *et al.* (2022), refers to parental attachment as a positive effect on adolescent social relationships. The third article, by van Eickels *et al.* (2022), is related to family cohesion and adolescent mental health problems, and finally, the work of Nakandi *et al.* (2022), which touches on patterns of family support and their influence on young HIV patients.

The fifth column of Figure 2 deals with the theme of "Family Dysfunction and Mental Health," addressed in 2 articles that explore the association between family dysfunction and psychiatric disorders (Myllyaho *et al.*, 2019) and adopted adolescents with mental problems and upbringing in adoptive families (Tikkanen *et al.*, 2022).

The sixth column of Figure 2 presents the theme of "Family Dysfunction - Diagnoses" covered in 2 articles that address child and adolescent mental health (De Los Reyes *et al.*, 2019) and the identification of child maltreatment through dental evaluation (Pantelewicz and Olczak-Kowalczyk, 2019).

The seventh and final column addresses the theme of "Spiritual Support Programs," in which religion is proposed as support for the family nucleus of absent parents (Freeks, 2019).

In summary, and according to the classification made, the research with the most extensive study and interest is centered on "Family Dysfunction: Triggers and Consequences," a theme that discusses serious risk factors evidencing mental health issues, sexual disorders, and suicide. The classification also shows that the theme of "Adverse Childhood Experiences" provides extensive information on the types and levels that can develop from early stages of childhood and adolescence in families with dysfunctional characteristics. Additionally, the themes associated with treatments, prevention, and mental health were located, which, in a smaller proportion of articles, highlight treatments, therapies, and guidance for solution processes. Finally, it has been observed that

spiritual-religious support is the least researched theme within this context.

Contributions and Proposals made on the variables FD and ACE

In the "Contributions and Proposals on the Variables FD and ACE" section, the most significant contributions from the analyzed articles, which addressed the identification and prevention of Family Dysfunction (FD) and Adverse Childhood Experiences (ACE), were considered. The thorough reading of the 35 articles enabled the identification of 72 proposals and/or contributions, which were grouped into 10 categories as shown in Table I.

The category with the highest number of contributions, "Identification of Adverse Childhood Experiences in Dysfunctional Families," highlights the need for a preliminary assessment of the child's emotional state and family environment to prevent alert situations. Noteworthy proposals include using validated instruments to identify at-risk adolescent populations in China, as well as studies providing groups of study subjects experiencing specific types of ACE.

In the "Risk Factors in Dysfunctional Families" category, contributions on risk factors such as high-risk sexual behavior related to family functionality and school abuse by addicted and violent parents are presented. These risk factors, described as difficult temperamental behaviors and psychopathological behaviors, pose an imminent risk at the early stages of adolescent development without proper guidance.

The "Effectiveness of Therapies in Social Programs" encompasses proposals presenting therapies with early prevention programs for adolescent voluntary isolation, 'hikikomori' to avoid inappropriate diagnoses and interventions of digital dependence, and therapies based on the systemic-relational model that improve behaviors in young patients with borderline personality disorder in dysfunctional families.

Regarding "Preventive Policies for Strengthening and Supporting Families," approaches are suggested for incorporating public safety policies and programs with the implementation of regulations to combat school bullying, and support for families through the design of programs that improve adolescent sexual behaviors and reproductive health systems.

Finally, spiritual-religious support is the least researched within this context, reflecting an opportunity for future investigations.

Discussion

The findings of this study highlight significant convergences and key discrepancies in the literature on Family Dysfunction (FD) and Adverse Childhood Experiences (ACE), reflecting the complexity of these phenomena within the realms of mental health and family well-being. The interactions between the findings of various authors are analyzed to identify common trends, contradictions, and under-researched areas in existing research.

The systemic-relational analysis proposed by Maglia (2020) and the psychiatric evaluations by Myllyaho *et al.* (2019) provide a framework for understanding how addictions and violence, identified as external risk factors by Franco *et al.* (2020) and Corrêa *et al.* (2021), profoundly affect family structure and function. These studies suggest that conflict-ridden family environments not only exacerbate existing disorders but also precipitate new mental health issues in adolescents.

Conversely, the works of Fonseca-Baeza *et al.* (2021) and Knight *et al.* (2021) on family therapies and emotional support highlight the effectiveness of targeted interventions, contrasting with the lack of attention in other areas like spiritual support, highlighted by Freeks (2019) as a critical but under-researched area. This indicates a need for future research to integrate spiritual aspects into family support programs.

Furthermore, the relationship between ACE and child maltreatment explored by Li *et al.* (2019) and Kwon *et al.* (2020) aligns with the socio-cultural and economic risk factors discussed by Nakandi *et al.* (2022). These studies collectively illustrate how the dynamics of dysfunctional families catalyze pathologies that can perpetuate cycles of abuse and neglect, underscoring the importance of robust preventative interventions and public policies.

Lastly, while most research focuses on medical diagnoses and treatments, studies on support and prevention of risk behaviors in adolescence, as addressed by Barragán *et al.* (2021), offer valuable insights on how early interventions might mitigate the negative impacts of FD and ACE.

This discussion not only links current discoveries but also raises critical questions for future inquiries, highlighting the need for a more holistic and culturally adapted approach to addressing family dysfunction and its adverse effects on children and adolescents.

Conclusions

It has been demonstrated that it is imperative to accurately identify the specific risk factors affecting dysfunctional families. These can vary widely and include mental health issues, substance abuse, domestic violence, high-risk sexual disorders, among others. Therefore, a precise understanding of these factors is essential to direct interventions in an appropriate and effective manner.

The importance of adopting a preventive and family-centered approach was highlighted. Policies and programs should strive to address problems before they reach critical levels, providing resources and support to help at-risk families maintain their stability. This prevention must be culturally sensitive and designed to meet the specific needs of each family.

The relevance of therapies and family support in mitigating risk factors in dysfunctional families was underscored. These interventions should be accessible and personalized, considering cultural and social differences. Additionally, training therapists and healthcare professionals in cultural diversity is essential to ensure that these therapies are effective.

The need for cultural competence and adaptability in planning interventions and policies was emphasized. Cultural differences must be recognized and respected, and strategies should be flexible to accommodate the beliefs, values, and cultural practices of the families served.

The importance of education and public awareness in eliminating stigmas and promoting help-seeking in dysfunctional families was highlighted. Educational campaigns should be culturally competent and aimed at increasing understanding of the risks and available solutions.

The need for ongoing research and long-term evaluations to measure the effectiveness of implemented interventions and policies was stressed. This evidence-based approach provides data for adjusting and improving existing strategies and developing new policies that are more effective in preventing and mitigating adverse childhood and adolescent experiences in dysfunctional families.

In summary, the importance of a holistic and culturally competent approach is revealed. Designing effective interventions and policies is essential to protect children and adolescents at risk and to strengthen dysfunctional families in today's society. This is a complex

but fundamental challenge that requires ongoing commitment and coordinated action from the community, health professionals, and policymakers.

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CREANDO ARMONÍA: ESTRATEGIAS POSITIVAS PARA ADOLESCENTES EN FAMILIAS DISFUNCIONALES - REVISIÓN DE LA LITERATURA (2019-2023)

Emilio José Medrano-Sánchez, Janett Melita Gómez Ybañez y Gloria María Medrano-Sánchez

RESUMEN

Este estudio explora la relación entre las características de las familias disfuncionales y el maltrato infantil en contextos modernos. Su objetivo principal es evaluar las metodologías actuales que abordan la disfunción familiar y sus efectos en niños y adolescentes. Al buscar sistemáticamente en las bases de datos Scopus y Web of Science utilizando las palabras clave "disfunción familiar" y "adolescentes", refinamos nuestros resultados de 53 artículos a 35 artículos relevantes. Nuestros hallaz-

gos destacan un desequilibrio emocional causado por factores de riesgo como la adicción, el abuso y la violencia, enfatizando la necesidad de enfoques de tratamiento, estrategias de prevención e intervenciones en salud mental. Sin embargo, existe una brecha significativa en la investigación sobre el apoyo social y espiritual, lo que subraya la necesidad de estudios que integren las realidades nacionales y los factores de riesgo que impactan el desarrollo infantil desde las primeras etapas.

CRIANDO HARMONIA: ESTRATÉGIAS POSITIVAS PARA ADOLESCENTES EM FAMÍLIAS DISFUNCIONAIS - REVISÃO DA LITERATURA (2019-2023)

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RESUMO

Este estudo explora a relação entre características de famílias disfuncionais e o maltrato infantil em contextos modernos. Seu objetivo principal é avaliar as metodologias atuais que abordam a disfunção familiar e seus efeitos em crianças e adolescentes. Ao realizar uma busca sistemática nas bases de dados Scopus e Web of Science usando as palavras-chave "disfunção familiar" e "adolescentes", refinamos nossos resultados de 53 artigos para 35 artigos relevantes. Nossas descobertas

destacam um desequilíbrio emocional causado por fatores de risco como adição, abuso e violência, enfatizando a necessidade de abordagens de tratamento, estratégias de prevenção e intervenções em saúde mental. No entanto, existe uma lacuna significativa na pesquisa sobre apoio social e espiritual, o que sublinha a necessidade de estudos que integrem as realidades nacionais e os fatores de risco que impactam o desenvolvimento infantil desde as primeiras etapas.