Online parenting support: Guiding parents towards empowerment through single session email consultation

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Table of Contents

Introduction....................................................................................................................................9

Chapter 1. Peer and professional parenting support on the Internet:
A systematic review. .........................................................................................................................19

Chapter 2. Online programs as tools to improve parenting:
A meta-analytic review. ....................................................................................................................41

Chapter 3. Practitioner response to parental need in email consultation: how do they match?
A content analysis. ..........................................................................................................................63

Chapter 4. Analyzing empowerment oriented email consultation for parents:
Development of the Guiding the Empowerment Process model. ..............................................85

Chapter 5. Single session email consultation for parents:
An evaluation of its effect on empowerment. ................................................................................107

Conclusions....................................................................................................................................125

Summary.....................................................................................................................................156

Biographical note (in English and Dutch)..................................................................................158

Dankwoord (in Dutch)................................................................................................................160

Overview of publications and presentations............................................................................164

List of organizations (in Dutch)................................................................................................167