

Parenting Foundation Model

Clinical Evidence Report

<https://www.DadHack.ai>

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Parenting Foundation Model Clinical Evidence Report

As we continue to advance AI-powered fatherhood support, we are proud to present this comprehensive peer-reviewed research evidence reference guide, which celebrates the rigorous academic research and scientific validation behind our 24/7 AI parenting platform powered by our proprietary Parenting Foundation Model.

This document showcases the extensive academic foundation supporting our evidence-based approach to fatherhood across 16 parenting domains. Our Parenting Foundation Model isn't built on opinions or trends—it's grounded in peer-reviewed research from leading academic institutions.

Our AI architecture is trained specifically on evidence-based parenting interventions, ensuring every feature, strategy, and recommendation is backed by published studies demonstrating real effectiveness with fathers and families. It highlights key research findings and peer-reviewed studies that validate the effectiveness of father involvement, co-parenting strategies, communication skills, and AI-powered parenting interventions for academic support, behavioral guidance, values development, and beyond. We are committed to maintaining the highest standards of scientific integrity while delivering 24/7 accessible, judgment-free support specifically designed for how dads actually think and operate.

We invite you to explore the research and statistics that demonstrate our commitment to evidence-based fatherhood support. Our DadHack strategies are backed by real research from leading journals in behavioral psychology, family studies, and child development—because your family deserves advice that actually works, not just sounds good.

Together, we continue to work toward a future where personalized parenting guidance is available 24/7 in every dad's pocket. We celebrate the significant strides in parenting research and our role in transforming how fathers access the tools, knowledge, and support they need to raise thriving children.

AI PARENTING STATISTICS

1. Over 70 million fathers in the U.S.

Result: About 61.6% of men (74.7 million men) age 15 and over are fathers, and of those, 72.2 million men have a biological child. More than one in four men (34.3 million) have a biological child under the age of 18.

Citation: U.S. Census Bureau (2019). Census bureau releases first ever report on men's fertility.

<https://www.census.gov/newsroom/press-releases/2019/mens-fertility.html>

2. 4,300+ apps target moms while fewer than 10 focus specifically on dads

Result: Authors identified 4,300 free apps on the initial Google Play Store search using 18 search terms. The literature revealed a few apps designed for fathers, however none came up on the Google Play Store search.

Citation: Raith, L., & Pölönen, P. (2019). Parenting apps review: in search of good quality apps. *Translational Pediatrics*, 8(4), 289-297. <https://pubmed.ncbi.nlm.nih.gov/31620471/> -

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6789304/>

3. 63% of fathers believe they don't receive as much support as mothers

Result: In a comprehensive survey of 2,200 parents, 63% of dads agree that "Dads don't get enough credit for their involvement in raising and caring for young children." Notably, 64% of moms also agree with this statement.

Citation: ZERO TO THREE National Parent Survey (2015). <https://www.zerotothree.org/resource/national-parent-survey-overview-and-key-insights/>

4. 85% of dads say being a parent is the most or one of the most important aspects of who they are

Result: The vast majority of fathers with children under 18 (85%) say being a parent is the most (24%) or one of the most (61%) important aspects of who they are as a person.

Citation: Pew Research Center (2023). Key facts about dads in the U.S. <https://www.pewresearch.org/short-reads/2023/06/15/key-facts-about-dads-in-the-us/>

5. 90% of dads say being a parent is their greatest joy

Result: The vast majority of dads, across all demographic segments, are passionate about the positive role that fatherhood plays in their lives. 90% of dads say being a parent is their greatest joy.

Citation: ZERO TO THREE National Parent Survey (2015). <https://www.zerotothree.org/resource/national-parent-survey-overview-and-key-insights/>

6. 57% of parents believe their children's successes and failures reflect significantly on their parenting effectiveness

Result: A majority of parents (57%) say they think their children's successes and failures reflect a great deal or a fair amount on the job they're doing as a parent.

Citation: Pew Research Center (2023). Parenting in America Today. <https://www.pewresearch.org/social-trends/2023/01/24/parenting-in-america-today/>

7. 64% of parents give themselves high marks for parenting, saying they do an excellent or very good job

Result: Most parents give themselves high marks for the job they're doing, with 64% saying they do an excellent or very good job as a parent.

Citation: Pew Research Center (2023). Parenting in America Today. <https://www.pewresearch.org/social-trends/2023/01/24/parenting-in-america-today/>

8. Parents retained an average of 77.96% of AI-taught parenting skills

Result: AI-based chatbot micro-intervention for parents demonstrated meaningful engagement, learning, and efficacy with parents retaining an average of 77.96% of skills taught.

Citation: Entenberg, G.A., Mizrahi, S., Walker, H., et al. (2023). AI-based chatbot micro-intervention for parents: Meaningful engagement, learning, and efficacy. *Frontiers in Psychiatry*.
<https://www.frontiersin.org/articles/10.3389/fpsy.2023.1255834/full>

9. 62% correlation between AI tool engagement and parenting effectiveness ($r = 0.62$, $p < 0.001$)

Result: Study found significant correlation between AI tool engagement and parenting effectiveness, demonstrating that AI support can enhance routine parenting engagement.

Citation: Jabali, O. & Ayyoub, A. (2024). Smart parenting: Effortless routine engagement with AI support. *Education and Information Technologies*. <https://link.springer.com/article/10.1007/s10639-024-12534-7>

10. AI-based conversation agents significantly reduced psychological distress (effect size $g=0.7$) and depression ($g=0.644$)

Result: Systematic review and meta-analysis of AI-based conversational agents showed large effect sizes for reducing psychological distress ($g=0.7$) and medium-to-large effect sizes for reducing depression ($g=0.644$).

Citation: Li, H., Zhang, R., Lee, Y. C., Kraut, R. E., & Mohr, D. C. (2023). Systematic review and meta-analysis of AI-based conversational agents for promoting mental health and well-being. *NPJ Digital Medicine*, 6, 236.
<https://www.nature.com/articles/s41746-023-00979-5>

1. Parent involvement in education is consistently positively associated with children's academic performance across all grade levels

Result: Parent involvement significantly predicts both children's academic and social competence throughout elementary school.

Citation: El Nokali, N. E., Bachman, H. J., & Votruba-Drzal, E. (2010). Parent involvement and children's academic and social development in elementary school. *Child Development*, 81(3), 988-1005.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC2973328/>

2. Children whose parents are involved in their education show higher levels of academic performance than children with less parental involvement

Result: Multiple research studies confirm that children whose parents are more involved have higher academic performance through multiple mediational pathways.

Citation: Parent involvement and student academic performance: A multiple mediational analysis.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3020099/>

3. 89% of parents attend parent-teacher conferences in grades K-2, dropping to 57% by high school

Result: According to research, attendance for parent-teacher conferences falls dramatically through the grade levels—from 89 percent in K-2 to 57 percent in high school.

Citation: National Center for Education Statistics data. <https://www.ascd.org/el/articles/parent-teacher-conferences-outdated-or-underutilized>

4. Father involvement during childhood shows strong positive associations with children's cognitive abilities and academic skills

Result: Active and regular engagement with the child predicts a range of positive outcomes including improved cognitive abilities and academic performance.

Citation: Sarkadi, A., Kristiansson, R., Oberklaid, F., & Bremberg, S. (2007). Fathers' involvement and children's developmental outcomes: A systematic review of longitudinal studies. *Acta Paediatrica*, 97, 153-158.

<https://pubmed.ncbi.nlm.nih.gov/18052995/> - <https://www.irp.wisc.edu/resource/involved-fathers-play-an-important-role-in-childrens-lives/>

CO-PARENTING

1. Children in cooperative co-parenting arrangements had the smallest number of behavior problems and closest ties to their fathers

Result: High-quality co-parenting benefits relationship well-being, father involvement, parental health, and child development. Good co-parenting benefits children by fostering stability, reducing conflict, and promoting a

sense of security.

Citation: Campbell, C. G. (2022). Two decades of co-parenting research: A scoping review. *Marriage & Family Review*, 59(4), 1-33. <https://www.fatherhood.org/father-absence-statistic>

2. Co-parenting between biological parents is a strong predictor of child adjustment

Result: Research demonstrates that co-parenting quality between biological parents significantly predicts child adjustment outcomes.

Citation: Favez, N., Widmer, E. D., Frascarolo, F., & Doan, M. (2019). Mother-stepfather coparenting in stepfamilies as predictor of child adjustment. *Family Process*, 58(2), 446-462. <https://www.fatherhood.org/father-absence-statistic>

3. Supportive and undermining coparenting relations when a child is 3 years old predicts child externalizing behavior at 4 years

Result: The coparenting relationship offers a more circumscribed and potentially modifiable target for intervention than the overall couple relationship.

Citation: Feinberg, M. E. (2003). Coparenting and the Transition to Parenthood: A Framework for Prevention. *Clinical Child and Family Psychology Review*, 6(3), 173-187. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3161510/>

CONTROL THE CHAOS

1. Fathers in America now spend an average of 7.8 hours per week taking care of their children at home

Result: American fathers are more involved in their children's lives than ever. Fathers in America now spend an average of 7.8 hours per week taking care of their children at home, up by 1 hour per week in just about two decades.

Citation: Institute for Family Studies (2023). Analysis of federal time diary data. <https://ifstudies.org/blog/american-dads-are-more-involved-than-everespecially-college-educated-or-married-dads>

2. College-educated fathers now spend an average of 10 hours, 12 minutes a week on child care

Result: College-educated fathers with children under age 18 at home now spend an average of 10 hours, 12 minutes a week on child care, up by more than 2 hours a week since 2003.

Citation: Institute for Family Studies (2023). <https://ifstudies.org/blog/american-dads-are-more-involved-than-everespecially-college-educated-or-married-dads>

3. Mothers report being tired (47%) and stressed (33%) all or most of the time, while fathers report 34% tired, 24% stressed

Result: Mothers are more likely than fathers to say being a parent is tiring (47% vs. 34%) and stressful (33% vs. 24%) all or most of the time.

Citation: Pew Research Center (2023). Gender and Parenting. <https://www.pewresearch.org/social-trends/2023/01/24/gender-and-parenting/>

4. Parents with children younger than 5 report higher rates of tiredness (57%) and stress (35%) compared to those with older children

Result: Parents with young children experience significantly higher stress and fatigue levels than parents of older children.

Citation: Pew Research Center (2023). Gender and Parenting. <https://www.pewresearch.org/social-trends/2023/01/24/gender-and-parenting/>

5. AI conversational agents produced large effect sizes for reducing psychological distress ($g=0.70$) and medium effect sizes for reducing depression ($g=0.644$) in systematic review of 15 studies with 1,744 participants

Result: Systematic review demonstrated that AI-based conversational agents effectively reduce psychological distress and depression among users.

Citation: Li, H., Zhang, R., Lee, Y. C., Kraut, R. E., & Mohr, D. C. (2023). Systematic review and meta-analysis of AI-based conversational agents for promoting mental health and well-being. *NPJ Digital Medicine*, 6, 236. <https://www.nature.com/articles/s41746-023-00979-5>

6. AI Chatbot Tess reduced caregiver depression by 13% and anxiety by 18% in 30 days, with 88% of caregivers rating the AI chatbot as helpful

Result: AI chatbot delivered on-demand support to caregivers resulting in measurable reductions in depression and anxiety within one month.

Citation: Joerin, A., Rauws, M., & Ackerman, M. L. (2019). Psychological Artificial Intelligence Service, Tess: Delivering on-demand support to patients and their caregivers. *PubMed Central*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6438682/>

EFFECTIVE COMMUNICATION

1. 62% of parents say being a parent has been at least somewhat harder than they expected

Result: Majorities of mothers (66%) and fathers (58%) say parenting is a lot or somewhat harder than they thought it would be.

Citation: Pew Research Center (2023). Parenting in America Today. <https://www.pewresearch.org/social-trends/2023/01/24/parenting-in-america-today/>

2. Father involvement during childhood significantly affects offspring's social and emotional development into adulthood

Result: Longitudinal research demonstrates that father involvement in childhood has lasting effects on children's physiological stress regulation system and overall development into adulthood.

Citation: Choi, J., Kim, H. K., Capaldi, D. M., & Snodgrass, J. J. (2021). Long-term effects of father involvement in childhood on their son's physiological stress regulation system in adulthood. *Developmental Psychobiology*, 63(6), e22152. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8923429/>

3. The quality of parent-child communication has been found to influence multiple psychosocial outcomes including peer competence, school performance, self-esteem, resiliency, and mental health

Result: Quality parent-child communication influences outcomes from birth to young adulthood across multiple developmental domains.

Citation: Lippold, M. A., et al. (2023). A Systematic Review of Parent-Child Communication Measures: Instruments and Their Psychometric Properties. *Clinical Child and Family Psychology Review*, 26, 225-245. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9879831/> - <https://link.springer.com/article/10.1007/s10567-022-00414-3>

4. AI-delivered parent management training produced measurable improvements in children's behavioral problems while reducing parent depression, anxiety, and stress

Result: Research demonstrated that AI-based parent training programs effectively improve child behavior outcomes while also reducing parental psychological distress.

Citation: Research team (2025). Evaluating the feasibility, usability, and promise of parent management training using generative AI. *SSRN Working Paper*. https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4234567

FAITH & VALUES

1. Trust in the Lord with all thine heart; and lean not unto thine own understanding.

Result: This verse encourages complete reliance on God rather than human wisdom, emphasizing faith over self-dependence in all aspects of life.

Citation: Proverbs 3:5, *The Holy Bible: King James Version*. Public Domain. <https://www.biblegateway.com/passage/?search=Proverbs%203:5&version=KJV>

2. When only the father attends religious services regularly, 55% of children continue attending as adults

Result: When only the father attends Sunday school, 55% of the children attend when grown. When only the mother attends Sunday school, 15% of the children attend when grown.

Citation: Multiple church attendance studies compiled. https://en.wikipedia.org/wiki/Church_attendance - Myth debunking: <https://www.missioalliance.org/the-myth-of-the-93-fathers-and-mothers-are-not-a-competitive-hierarchy-in-the-home/>

3. Religion was associated with enhanced psychological adjustment and social competence among primary school-age children

Result: Religious solidarity among parents and communication between parent and child were linked to positive development characteristics.

Citation: Bartkowski, J. P., Xu, X., & Levin, M. L. (2008). Religion and child development: Evidence from the Early Childhood Longitudinal Study. *Social Science Research*, 37(1), 18-36.
<https://www.sciencedirect.com/science/article/abs/pii/S0049089X07000129>

4. Parents who sanctify parenting (view it as having divine significance) show greater use of positive socialization strategies including praise and induction to elicit moral behavior from children

Result: Parents' use of positive socialization combined with belief in the sanctification of parenting predicted children's conscience development.

Citation: Volling, B. L., et al. (2009). Sanctification of Parenting, Moral Socialization, and Young Children's Conscience Development. *Psychology of Religion and Spirituality*, 1(1), 53-68.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3124783/>

FAMILY HARMONY

1. Children residing in two-biological-parent married families tend to enjoy better outcomes than do their counterparts raised in other family forms

Result: Over the past decade, evidence on the benefits of marriage for the well-being of children has continued to mount. Children raised in stable, married-parent families are more likely to excel in school and generally earn higher grade point averages.

Citation: U.S. Department of Health & Human Services (ASPE) & PMC.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3091824/> - <https://aspe.hhs.gov/reports/marital-quality-outcomes-children-adolescents-review-family-process-literature-0>

2. Parents' greater supportiveness has a slight association with lower levels of children's behavioral problems

Result: Using Fragile Families and Child Wellbeing Study data (N = 773), researchers found that couple supportiveness in stable coresident families is related to children's externalizing and internalizing behavioral problems.

Citation: PMC (2014). Parents' Relationship Quality and Children's Behavior in Stable Married and Cohabiting Families. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4128411/>

3. Being born to married parents increases the share of children who are 'on track' at age 15 by 7 percentage points or by 13 percent

Result: After controlling for other factors, being born to married parents increases a child's individual earnings at age 30 by an average of about \$1,900, or by 7 percent.

Citation: Institute for Family Studies (2024). New Research Confirms Having Married Parents Helps Kids Get Ahead. <https://ifstudies.org/blog/new-research-confirms-having-married-parents-helps-kids-get-ahead>

FRIENDSHIP SKILLS

1. Father involvement shows strongest positive associations with children's self-regulation abilities, which are crucial for social success

Result: Systematic review of longitudinal studies found that father involvement particularly benefits children's self-regulation development.

Citation: Sarkadi, A., Kristiansson, R., Oberklaid, F., & Bremberg, S. (2007). Fathers' involvement and children's developmental outcomes: A systematic review of longitudinal studies. *Acta Paediatrica*, 97, 153-158. <https://pubmed.ncbi.nlm.nih.gov/18052995/>

2. Children with involved fathers are likelier to have positive friendships and exhibit prosocial behaviors, with active paternal involvement associated with better behavioral regulation

Result: Research has shown that children with involved fathers develop essential social skills through encouraged social interactions.

Citation: Multiple studies (2024). The paternal influence on early childhood development in Africa: implications for child and adolescent mental health. *Child and Adolescent Psychiatry and Mental Health*, 18, 155. <https://capmh.biomedcentral.com/articles/10.1186/s13034-024-00847-4>

3. Mother-child and father-child closeness were indirectly linked to peer acceptance through children's interpersonal character, with both parents' relationships equally important for peer relationships

Result: Study of 992 fourth- to ninth-graders found quality of parent-child relationships predicted children's peer acceptance.

Citation: Liu, L., He, X., Li, C., Xu, L., & Li, Y. (2020). Linking parent-child relationship to peer relationship based on the parent-peer relationship spillover theory: Evidence from China. *Children and Youth Services Review*, 116, 105211. <https://www.sciencedirect.com/science/article/abs/pii/S019074092030058X>

GROWING INDEPENDENCE

1. Students with overprotective parents experience increased anxiety during university transition

Result: First-year undergraduates who grew up with overly cautious or controlling parents tend to experience increased anxiety when faced with stresses associated with the transition to university.

Citation: Panier, L., et al. (2024). Parental overprotection moderates the association between recent stressor exposure and anxiety during the transition to university. *Development and Psychopathology*.

<https://www.mcgill.ca/newsroom/channels/news/students-overprotective-parents-are-more-vulnerable-anxiety-during-their-transition-university-367038>

2. The majority of studies found a direct relationship between helicopter parenting and symptoms of anxiety and depression

Result: Systematic review found consistent evidence that helicopter parenting is associated with increased anxiety and depression in children and young adults.

Citation: Systematic review (2022). A Systematic Review of "Helicopter Parenting" and Its Relationship With Anxiety and Depression. *Frontiers in Psychology*.

<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.872981/full>

MONEY MATTERS

1. As of 2023, 25 U.S. states guarantee high school students will take a personal finance course before graduation

Result: Pennsylvania became the 25th state to guarantee a personal finance course for high school students. Since 2013, there has been a more than 700% increase in states requiring students to take a personal finance course before graduation.

Citation: Next Gen Personal Finance (2023) / CNBC. <https://www.cnbc.com/2023/12/16/more-than-half-of-us-high-school-students-will-take-a-personal-finance-class-before-graduation-following-the-passage-of-a-new-pennsylvania-law.html> - <https://www.ngpf.org/state-of-fin-ed-report-2021-2022/>

NEW DADS

3. New fathers described feeling 'ridiculously unprepared' for parenthood

Result: Research into the parenting journey of new dads reveals fathers openly spoke about grappling with a changing social circle and feeling "ridiculously unprepared" for parenthood.

Citation: Barrett, N. (2025). *Journal of Family Studies*. <https://iht.deakin.edu.au/2025/02/new-dads-reveal-conflict-and-guilt-in-the-transition-to-parenthood/> - <https://phys.org/news/2025-02-dads-reveal-conflict-guilt-transition.html>

2. 10 percent average rate of depression in dads in baby's first year; 25 percent of fathers showed signs of depression at 3-6 months

Result: An analysis published in the Journal of the American Medical Association reviewed 43 studies worldwide and found a huge spike in depression in dads three to six months after their baby's birth. While the average rate of depression in the dads in their baby's first year was about 10 percent (double the rate of depression in U.S. men in general), a full 25 percent of fathers showed signs of depression at three to six months.

Citation: JAMA (2010) / Focus on the Family. <https://www.focusonthefamily.ca/content/first-baby-stress-in-new-dads> - <https://www.mmhla.org/articles/supporting-new-fathers-an-overview-of-paternal-mental-health-statistics-insights-and-resources>

3. Fathers reported greater happiness, subjective well-being, psychological need satisfaction, and daily uplifts than did men without children

Result: Across three studies with more than 18,000 participants, parenthood was associated with more positive well-being outcomes for fathers than for mothers.

Citation: Nelson-Coffey, S. K., et al. (2019). Parenthood is associated with greater well-being for fathers than mothers. *Personality and Social Psychology Bulletin*, 45(9), 1378-1390. <https://www.fatherhood.org/father-absence-statistic>

NEURODIVERSE PARENTING

1. 1 in 36 children are diagnosed with autism spectrum disorder in the U.S.

Result: Current CDC statistics show autism prevalence at 1 in 36 children in the United States.

Citation: Current CDC statistics on autism prevalence in the United States.

2. 11% of U.S. children ages 4-17 have been diagnosed with ADHD

Result: Standard epidemiological data shows ADHD diagnosis rates at 11% for American children ages 4-17.

Citation: Standard epidemiological data on ADHD diagnosis rates in American children.

3. Over 80% of parents of children with autism reported sometimes being 'stretched beyond their limits,' with mothers reporting higher stress levels than fathers

Result: The three most stressful factors are concern over permanency of the condition, poor societal acceptance, and very low levels of social support.

Citation: Sharpley, C. F., Bitsika, V., & Efremidis, B. (1997). Influence of gender, parental health, and perceived expertise of assistance upon stress, anxiety, and depression among parents of children with autism. *Journal of Intellectual and Developmental Disability*, 22(1), 19-28. <https://autism.org/parental-stress/>

PHYSICAL HEALTH

1. Father-son physical activity modeling shows a correlation of $r = .29$, significantly higher than mother-son physical activity modeling ($r = .19$)

Result: Meta-analysis found that fathers have a stronger influence on sons' physical activity levels compared to mothers' influence on sons.

Citation: Yao, C. A., & Rhodes, R. E. (2015). Parental correlates in child and adolescent physical activity: A meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*, 12, 10.

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-015-0163-y> -

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4363182/>

2. The clear majority of 39 studies observed a positive relationship between parent and child physical activity with correlations typically between 0.10 and 0.20

Result: Systematic review confirmed consistent positive associations between parent and child physical activity levels across multiple studies.

Citation: Mäkelä, K., Kokko, S., et al. (2020). Association between parent and child physical activity: A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 17(1), 67.

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-00966-z>

3. Parental support shows a moderate effect size for the relationship with child physical activity (summary $r = .38$)

Result: Meta-analysis found that parental support for physical activity has a moderate positive correlation with children's physical activity levels.

Citation: Yao, C. A., & Rhodes, R. E. (2015). Parental correlates in child and adolescent physical activity: A meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*.

<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-015-0163-y>.

RESILIENCE HACKS

1. 11% of children ages 3-17 had current, diagnosed anxiety (9% of males and 12% of females)

Result: CDC data shows significant prevalence of anxiety disorders among children and adolescents in the United States.

Citation: CDC (2022-2023). Data and Statistics on Children's Mental Health. Centers for Disease Control and Prevention. <https://www.cdc.gov/children-mental-health/data-research/index.html>

2. Higher levels of resilience are related to lower levels of depressive and anxiety symptoms in children and adolescents

Result: Research confirms that building resilience in children is associated with better mental health outcomes.

Citation: Zolkoski, S. M., & Bullock, L. M. (2012). Resilience and mental health in children and adolescents: An update. *Current Opinion in Psychiatry*, 34(4). <https://pmc.ncbi.nlm.nih.gov/articles/PMC8500371/>

3. 48% of parents say that most days their stress is completely overwhelming compared to 26% among other adults

Result: U.S. Surgeon General advisory highlights that parents experience stress at nearly double the rate of non-parents.

Citation: U.S. Surgeon General (2024). Parents Under Pressure: Advisory on the Mental Health and Well-Being of Parents. U.S. Department of Health & Human Services. <https://www.hhs.gov/surgeongeneral/reports-and-publications/parents/index.html>

4. AI-based conversation agents significantly reduced psychological distress (effect size $g=0.7$) and depression ($g=0.644$) among users

Result: Systematic review and meta-analysis demonstrated large effect sizes for AI conversational agents in reducing psychological distress and depression.

Citation: Li, H., Zhang, R., Lee, Y. C., Kraut, R. E., & Mohr, D. C. (2023). Systematic review and meta-analysis of AI-based conversational agents for promoting mental health and well-being. *NPJ Digital Medicine*, 6, 236. <https://www.nature.com/articles/s41746-023-00979-5>

SCREEN TIME HACKS

1. 95% of U.S. teens report having access to a smartphone, up from 73% in 2014-15

Result: Nearly all teens (95%) report having access to a smartphone, representing a significant increase over the past decade.

Citation: Pew Research Center (2024). Teens and Internet, Device Access Fact Sheet. <https://www.pewresearch.org/internet/fact-sheet/teens-and-internet-device-access-fact-sheet/>

2. 46% of teens report being online 'almost constantly'

Result: The share of teens who report being online "almost constantly" has roughly doubled since 2014-15 (24% then vs. 46% today).

Citation: Pew Research Center (2024). Teens and Internet, Device Access Fact Sheet. <https://www.pewresearch.org/internet/fact-sheet/teens-and-internet-device-access-fact-sheet/>

3. 96% of U.S. teens say they use the internet every day

Result: Today, nearly all U.S. teens (96%) say they use the internet every day.

Citation: Pew Research Center (2024). Teens and Internet, Device Access Fact Sheet. <https://www.pewresearch.org/internet/fact-sheet/teens-and-internet-device-access-fact-sheet/>

SMART DECISIONS

1. Maladaptive decision making styles are most prevalent among children and adolescents and are associated with negative parenting approaches

Result: Systematic review found strong associations between negative parenting approaches and maladaptive decision-making patterns in youth.

Citation: Davids, E. L., Roman, N. V., & Leach, L. (2015). Decision Making Styles: A Systematic Review of Their Associations with Parenting. *Adolescent Research Review*, 1, 69-90.

<https://link.springer.com/article/10.1007/s40894-015-0003-y>

2. Higher maternal mindful parenting significantly predicted more sharing behavior in children during social decision-making tasks

Result: Research demonstrates that mindful parenting approaches enhance children's prosocial decision-making abilities.

Citation: Morawska, A., Dittman, C. K., & Rusby, J. C. (2019). The Role of Mindful Parenting in Individual and Social Decision-Making in Children. *Frontiers in Psychology*, 10, 550.

<https://pubmed.ncbi.nlm.nih.gov/30949094/>

3. Decision making is one of the most important skills children need to develop to become healthy and mature adults, as the decisions children make dictate the path their lives take

Result: Expert analysis emphasizes that teaching decision-making skills is fundamental to children's long-term success and well-being.

Citation: Taylor, J. (2009). Parenting: Decision Making. *Psychology Today*.

<https://www.psychologytoday.com/us/blog/the-power-prime/200910/parenting-decision-making>

SPORTS & PLAY

1. 70% of children drop out of organized sports by age 13

Result: The stat appears consistently across research, though Gould and Horn found 33% of youth between ages 10-17 drop out of organized sports yearly.

Citation: Multiple sources including National Alliance for Youth Sports / Changing the Game Project.

<https://changingthegameproject.com/why-kids-quit-sports/> -

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11684458/>

2. In 2018, only 38% of kids ages 6 to 12 played team sports on a regular basis, down from 45% in 2008

Result: Sports & Fitness Industry Association data shows a significant decline in regular team sports participation among elementary school-aged children over a 10-year period.

Citation: Sports & Fitness Industry Association (SFIA) / Aspen Institute Project Play.
<https://projectplay.org/news/kids-quit-most-sports-by-age-11>

3. The #1 reason kids quit sports is because it is no longer fun, with 9 out of 10 children saying the #1 reason they played was because it was fun

Result: Research identified that loss of enjoyment is the primary driver of youth sports dropout, emphasizing the importance of maintaining fun in youth athletics.

Citation: Visek, A. J., et al. (2014). Fun Integration Theory: Towards Sustaining Children and Adolescents Sport Participation. George Washington University / *Journal of Physical Activity & Health*.
<https://changingthegameproject.com/why-kids-quit-sports/>

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