
Strengths and Stresses of Family Relationships

04/20/2021

Strengths and Stresses of Family Relationships:

Research on sibling, caregiver, and step-family dynamics

Family relationships are some of the most important influencers of a person's health and well-being. In the past year, as we've spent more time at home during the pandemic, many of us have spent a lot more time with our immediate family members than we have in the past, while, in other instances, we've been more separated from family members outside our households. Those circumstances have brought on new challenges and opportunities. This event's focus was on the strengths and stressors of family relationships of a few particular roles: elder caregivers, siblings, and step families. You can download the [event handbook](#) and review the presentation below.

Here at Utah State, we know that research on these everyday relationships is critical. Although we all gain unique expertise through our life experiences within our families, we don't know what we don't know. That can be the case especially in situations we haven't had much exposure to. We often repeat patterns that we were taught or grew up with, when there may be room for improvement. Other patterns might serve us and our families better. Family research, especially through our approach as Utah's land-grant university, exposes people to new ideas and resources. Those ideas are grounded in evidence, and they can identify areas that can be improved, as well as confirm areas that are really strong.

Watch the Presentation

Watch the Q&A

Featured Presenters

Late-Life Relationships

Step-family Relationships

Sibling Relationships