

EARA Young Scholar Award for Stefanos Mastrotheodoros



The prestigious EARA Young Scholar Award has been granted to Stefanos Mastrotheodoros of the Department of Psychology of the University of Crete, and the Department of Youth and Family, Utrecht University, the Netherlands. This award, which is given out every two years, is an initiative of the European Association for Research on Adolescence and recognizes the best and most promising young European researcher in the field of youth studies.

Longitudinal study

For his doctoral thesis, under the supervision of Susan Branje, Maja Deković, and Jolien Van der Graaff, Stefanos Mastrotheodoros studied the development of parenting and the transfer of relationship quality in adolescence. Stefanos examined these changes in parenting within a longitudinal study from early to late adolescence, including the perceptions of mothers, fathers, and adolescents. In addition to identifying average changes in parenting and the quality of the parent-adolescent relationship, his

research showed that the discrepancies in parent and child perceptions undergo significant changes as well.

Conflict spillover hypothesis

Stefanos' study also revealed that evidence for the conflict spillover hypothesis, one of the most prominent hypotheses in the literature on family systems, was much less convincing than is often believed. He examined this spillover from conflicts between parents to conflicts between parents and children within the family over the course of two different time scales: days and years. Stefanos showed that the quality of the marriage relationship is indeed related to the quality of the parent-child relationship, but over time, there is little transfer of conflict interactions between parents about parenting or the parent-child relationship within the family.

EARA conference

As winner of the EARA Young Scholar Award, Stefanos was invited to give a keynote presentation at the EARA conference in Dublin in August 2022.

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