Abstract

In the last few decades, Spain has witnessed a slow but progressive change in predominant family models. The purpose of this work is to advance in our knowledge of stepfamilies through the perspectives and experiences of two of their members, the stepfather and the stepmother. The theoretical model examined in this investigation proposes that stepparents’ role strain could have negative effects on their psychological wellbeing. It also proposes that a satisfactory couple relation could mediate in the relation between role strain and psychological wellbeing. In this study, participants were 116 stepparents who had been living for at least one year with their partner. The most relevant results showed the adequacy of the proposed model and the higher vulnerability of stepmothers in these family structures.