UNIVERSITY OF COPENHAGEN
FACULTY OF HEALTH AND MEDICAL SCIENCES

SES Family Science

Overview of Published Peer-Reviewed Research Articles

Updated in 2026 by

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**Note: In most of the research articles,
the acronym "SES" is translated as "CAD" (Cooperation After Divorce).**

From break-up to show-up: a randomized controlled trial study examining the effects of a digital intervention on school attendance among children in divorced families

Published in: BMC Public Health (2026)
Authors: Johnsen, D. B., Øverup, C. S., & Hald, G. M.

A randomized controlled trial of the SES NXT digital intervention among 649 school-age youth (aged 6–17) from 467 families. Across the 12-week study period, youth in the intervention group missed about half as many school days as the waitlist control group (3.4 vs. 6.6 days), and at 12 weeks fewer met the threshold for school attendance problems (15.9% vs. 55.7%).

Link to the article:
https://doi.org/10.1186/s12889-026-29169-0



Rebuilding Quality of Life and Health-Related Quality of Life in Adolescents After Parental Divorce: A Randomized Controlled Trial of the SES NXT Digital Intervention

Published in: Applied Research in Quality of Life (2026)
Authors: Hald, G. M., & Øverup, C. S.

A randomized controlled trial of the SES NXT digital intervention among 294 adolescents aged 11–17 experiencing parental divorce. At 12-week follow-up, adolescents in the intervention group reported significantly higher quality of life and health-related quality of life than the wait-list control group (Cohen's d = 0.58–0.84), with large self-perceived improvements in life quality.

Link to the article:
https://doi.org/10.1007/s11482-026-10642-2

PLOS Digital Health

Effects of a digital psychosocial intervention on somatic complaints, sleep latency problems, and body size perceptions in youth after parental separation: A randomized controlled trial

Published in: PLOS Digital Health (2026)
Authors: Hald, A. N., Johnsen, D. B., Hald, G. M., & Øverup, C. S.

A randomized controlled trial of the SES NXT digital intervention among 866 youth (aged 3–17) and 467 families in Denmark. At 12-week follow-up, youth in the waitlist control group had higher odds of reporting somatic complaints (OR = 4.18), sleep latency problems (OR = 3.99), and extreme body size perceptions (OR = 2.59) than youth in the intervention group, suggesting the intervention affects less obvious well-being indicators after parental separation.

Link to the article:
https://doi.org/10.1371/journal.pdig.0001460

British Journal of Health Psychology

Divorce conflict and health across the divorce process: A 10-year observational study of medicine prescriptions, primary care visits and hospitalisations

Published in: British Journal of Health Psychology (2026)
Authors: Hald, A. N., Hald, G. M., & Fallesen, P.

A 10-year observational register-based study of 1,784 Danes who divorced between 2015 and 2017 found that a one-standard-deviation increase in divorce conflict was associated with a 28% increase in medicine prescriptions, a 5% increase in primary care visits, and 13% higher odds of hospitalisation in the 5 years following juridical divorce. High-conflict divorcees had consistently elevated health trajectories both before and after divorce.

Link to the article:
https://doi.org/10.1111/bjhp.70075

nature
npj | Digital Medicine

Effects of the SES NXT Intervention on Mental Health and Well-Being for Children of Divorce

Published in: npj Digital Medicine (2026)
Authors: Hald, G. M., Johnsen, D. B., Lange, T., et al.

A randomized controlled trial of the SES NXT digital intervention for children and adolescents aged 3-17 experiencing parental divorce (n=866). At 12-week follow-up, the intervention group showed medium-to-large improvements across all primary and secondary mental health and well-being outcomes (Cohen's d = 0.47-0.71, all p's < 0.001) compared to the waitlist control group.

Link to the article:
https://doi.org/10.1038/s41746-026-02638-x

Journal of
FAMILY
PSYCHOLOGY

Reducing Postdivorce Conflict Through a Child-Oriented Digital Intervention: A Randomized Controlled Trial of SES NXT

Published in: Journal of Family Psychology (2026)
Authors: Hald, G. M., Johnsen, D. B., & Øverup, C. S.

A randomized controlled trial of the SES NXT digital intervention examined whether a child-oriented intervention could reduce perceived postdivorce conflict. Among 294 youth (aged 11–17) and 467 family units, both youth and parents in the intervention group reported significant medium-to-large reductions in perceived postdivorce conflict at 12-week follow-up (Cohen's d = 0.67–0.76 for youth; d = 0.62–0.81 for parents), suggesting that child-centered digital interventions can produce systemic reductions in family conflict.

Link to the article:
https://doi.org/10.1037/fam0001449



Digital Health Intervention and Long-Term Social Outcomes After Divorce: Evidence from a Randomized Controlled Trial Follow-Up in Denmark

Published in: Family Transitions (2026)
Authors: Hald, G. M., et al.

A 5-year register-based follow-up of the SES / Cooperation after Divorce (CAD) RCT (n=1856) found that participants in the intervention group spent fewer weeks on sick leave benefits and accumulated higher labor market income compared to the control group over the follow-up period.

Link to the article:
https://doi.org/10.1080/28375300.2025.2599697

JMIR Publications
Advancing Digital Health & Open Science

Digital Health Intervention and Long-Term Health Outcomes of a Divorce Cohort With Linked Danish Data: 5-Year Posttrial Follow-Up of a Randomized Controlled Trial

Published in: Journal of Medical Internet Research (2025)
Authors: Hald, G. M., et al.

A 5-year follow-up of the SES / Cooperation after Divorce (CAD) RCT (n=1856) using Danish national health registers found that participants in the intervention group filled 28% fewer mental health prescriptions overall and had significantly lower odds of primary care visits in years 2-3 and of hospitalization in year 4, suggesting both legacy and late-onset health benefits.

Link to the article:
https://doi.org/10.2196/69387

Internet Interventions
The application of information technology in mental and behavioural health

The \"SES NXT\" digital intervention for children of relationship dissolution: Study protocol for a randomized controlled trial study

Published in: Internet Interventions (2025)
Authors: Øverup, C., Johnsen, D. B., Skriver, M., Sander, S., & Hald, G. M.

The paper describes the study protocol for a randomized controlled trial study for “SES NXT”. The study examines the effectiveness of an online psycho-social intervention for children who have experienced parental relationship dissolution in Denmark, using a two-arm, parallel-group, randomized controlled trial study design. The study will contribute to the extant knowledge about the effectiveness of digital interventions for youths experiencing parental relationship dissolution.

Link to the article:
https://doi.org/10.1016/j.invent.2024.100797

Contemporary Family Therapy
An International Journal

The Efficacy of Digital Help for Divorced Danes: Randomized Controlled Trial of Cooperation After Divorce (CAD) and Sick Days

Published in: Contemporary Family Therapy (2024)
Authors: Sander, S., Strizzi, J., Cipric, A., Øverup, C., & Hald, G. M.

The study found that the Cooperation after Divorce (CAD) intervention decreased sick days for newly divorced individuals. The intervention group reported on average, 5.82 fewer sick days one year post-divorce than did participants in the control condition. The results indicate that CAD offers long-term benefits for the individual, family, and the public.

Link to the article:
https://doi.org/10.1007/s10591-023-09692-7

Mental Health Trajectories after Juridical Divorce: Does Personality Matter?

Published in: Journal of Personality (2022)
Authors: Hald, G. M., Wimmelmann, C. L., Øverup, C. S., Cipric, A., Sander, S., & Strizzi, J. M.

The study found that neuroticism is the personality dimension most predictive of negative postdivorce mental health outcomes.

Link to the article:
https://doi.org/10.1111/jopy.12737

The Future of Divorce Support: Is \"Digital\" Enough in Presence of Conflict?

Published in: Journal of Marital and Family Therapy (2022)
Authors: Ciprić, A., Hald, G. M., Strizzi, J. M., Lange, T., Austin, D., Sander, S., & Øverup, C. S.

The results suggest that the Cooperation after Divorce (CAD) intervention produced the same effects on health one year postdivorce, regardless of the conflict level reported at divorce.

Link to the article:
https://doi.org/10.1111/jmft.12588

Journal of Family Psychology

Examining Gender Effects in Postdivorce Adjustment Trajectories over the First Year after Divorce in Denmark

Published in: Journal of Family Psychology (2022)
Authors: Strizzi, J. M., Koert, E., Øverup, C. S., Ciprić, A., Sander, S., Lange, T., Schmidt, L., & Hald, G. M.

The results showed that 12-month post-divorce mental and physical health adjustment does not differ by gender.

Link to the article:
https://doi.org/10.1037/fam0000901

Psychological Reports

Temporal Associations Between Depression and Hostility in the Context of a Divorce Intervention

Published in: Psychological Reports (2022)
Authors: Øverup, C. S., Cipric, A., Strizzi, J. M., Sander, S., & Hald, G. M.

The results suggest that the intervention content may influence both depression and hostility separately. No gender differences were detected.

Link to the article:
https://doi.org/10.1177/00332941211070212

Psychosocial Intervention
ISSN: 1132-0559

Does One Size Fit All? Socioeconomic Moderators of Post-divorce Health and the Effects of a Post-divorce Digital Intervention

Published in: Psychosocial Intervention (2021)
Authors: Ciprić, A., Štulhofer, A., Øverup, C. S., Strizzi, J. M., Sander, S., & Hald, G. M.

The results suggest a beneficial health effects of the Cooperation after Divorce (CAD) digital platform across socioeconomic characteristics in the postdivorce period. Moreover, the results indicated that, compared to higher-educated, lower-educated participants experienced a larger reduction in symptoms of anxiety over time due to intervention.

Link to the article:
https://doi.org/10.5093/pi2021a6

JOURNAL OF DIVORCE & REMARRIAGE

Divorce Is Stressful, But How Stressful? Perceived Stress Among Recently Divorced Danes

Published in: Journal of Divorce & Remarriage (2021)
Authors: Strizzi, J. M., Ciprić, A., Sander, S., & Hald, G. M.

Divorced individuals have significantly higher perceived stress levels than the background population. Lower age, lower education level, lower income, infidelity, and higher divorce conflict predict higher stress levels among both men and women.

Link to the article:
https://doi.org/10.1080/10502556.2021.1871838

frontiers in Psychology

When Love Hurts – Mental and Physical Health Among Recently Divorced Danes

Published in: Frontiers in Psychology (2020)
Authors: Sander, S., Strizzi, J. M., Øverup, C. S., Cipric, A., & Hald, G. M.

The health-related quality of life of divorced individuals is significantly worse than the comparative background population. Lower income predicted worse physical health, while the higher level of conflict predicted worse mental health postdivorce across gender.

Link to the article:
https://doi.org/10.3389/fpsyg.2020.578083

PSYCHOLOGY OF VIOLENCE

Cooperation after Divorce: A Randomized Controlled Trial of an Online Divorce Intervention on Hostility

Published in: Psychology of Violence (2020)
Authors: Øverup, C. S., Ciprić, A., Gad Kjeld, S., Strizzi, J. M., Sander, S., Lange, T., & Hald, G. M.

The study found that the Cooperation after Divorce (CAD) intervention platform significantly reduced hostility among divorcees over a 1-year period postdivorce. For both men and women in the intervention group, but not the control group, hostility levels reduced to expected normative national levels after one year period.

Link to the article:
https://doi.org/10.1037/vio0000288

Randomized Controlled Trial Study of the Effects of an Online Divorce Platform on Anxiety, Depression, and Somatization

Published in: Journal of Family Psychology (2020)
Authors: Hald, G. M., Cipric, A., Øverup, C. S., Štulhofer, A., Lange, T., Sander, S., Gad Kjeld, S., & Strizzi, J. M.

The study found that the SES / Cooperation after Divorce (CAD) intervention significantly reduced anxious, depressive, and somatization symptoms among divorcees in the intervention group over a 1-year period postdivorce compared to the control group. The intervention group reverted to expected national symptom levels while the control group did not. No gender differences were detected.

Link to the article:
https://doi.org/10.1037/fam0000635

An RCT Study of the Effects of a Digital Divorce Platform on Mental and Physical Health

Published in: Applied Psychology: Health and Well-Being (2020)
Authors: Sander, S., Hald, G. M., Cipric, A., Øverup, C. S., Strizzi, J. M., Gad Kjeld, S., & Lange, T.

The study found significant treatment effects of SES / Cooperation after Divorce (CAD) intervention on mental and physical health. The study also found that the intervention group had significantly better mental health than the control group over a 1-year period postdivorce. No gender differences were detected.

Link to the article:
https://doi.org/10.1111/aphw.12213

Friend or Foe? Post Divorce Hostility Among Recently Divorced Individuals

Published in: Aggressive Behavior (2020)
Authors: Gad, S K., Strizzi, J. M., Øverup, C. S., Cipric, A., Sander, S., & Hald, G.M.

Divorced individuals report higher hostility levels than the comparative background population. Significant predictors of postdivorce hostility are younger age, lower educational level, infidelity as a reason for divorce, and a higher degree of post-divorce conflict.

Link to the article:
https://doi.org/10.1002/ab.21918

Anxiety, Depression and Associated Factors Among Recently Divorced Individuals

Published in: Journal of Mental Health (2020)
Authors: Hald, G. M., Ciprić, A., Sander, S., & Strizzi, J. M.

Divorced individuals report significantly higher levels of depressive and anxiety symptoms than the background population. A number of sociodemographic- and divorce-related factors were found to predict the symptoms of depression and anxiety.

Link to the article:
https://doi.org/10.1080/09638237.2020.1755022

\"Divorce Burnout\" Among Recently Divorced Individuals

Published in: Stress and Health (2020)
Authors: Hald, G. M., Ciprić, A., Strizzi, J. M., & Sander, S.

The concept of divorce burnout has been tested. Divorce burnout was found to be predicted by a divorce conflict in both men and women. It was found that divorce burnout predicts a number of sick days and days of absence from work among recently divorced individuals.

Link to the article:
https://doi.org/10.1002/smi.2940

Cooperation after Divorce: An RCT Study of the Effects of a Digital Intervention Platform on Self-Perceived Stress

Published in: Psychosocial Intervention (2020)
Authors: Cipric, A., Strizzi, J. M., Øverup, C. S., Štulhofer, A., Lange, T., Sander, S., Gad Kjeld, S., & Hald, G. M.

The study found that the Cooperation after Divorce (CAD) intervention significantly accelerated the reduction of stress among recently divorced individuals. After one year, the intervention group reverted to normed national stress levels while the control group did not. No gender differences were detected.

Link to the article:
https://doi.org/10.5093/pi2020a7

\"I Had Not Seen Star Wars\" and Other Motives for Divorce in Denmark

Published in: Journal of Sex & Marital Therapy (2019)
Authors: Strizzi, J. M., Sander, S., Ciprić, A., & Hald, G. M.

The most frequent motives for divorce are lack of love/intimacy, communication problems, lack of sympathy/respect/trust, and growing apart. The least reported motives are violence, addiction, accident or illness, and personality.

Link to the article:
https://doi.org/10.1080/0092623X.2019.1641871

The Divorce Conflict Scale

Published in: Journal of Divorce and Remarriage (2019)
Authors: Hald, G. M., Strizzi, J., Ciprić, A., & Sander, S.

The study developed and validated the Divorce Conflict Scale, a short screening instrument measuring the postdivorce level of conflict and cooperation.

Link to the article:
https://doi.org/10.1080/10502556.2019.1627150