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West of England

Guest, Y. (2015) *A psychosocial exploration of the lifelong impact of being in care as a child and resilience over a life span*. PhD, University of the West of England. Available from: <http://eprints.uwe.ac.uk/24515>

We recommend you cite the published version.

The publisher's URL is:

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(no note)

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Appendices

A.1 Key characteristics of studies on care experienced adults (38)

1: USA	Barth, P. (1990) On their own: the experiences of youth after foster care.
Methods and Themes	Qualitative and Quantitative. Research objectives: employment, contact with foster parents and birth family, education, preparation for leaving care, health, substance abuse, crime, housing and income.
Placement type	Foster care. 65% had also been in residential care. A few had been in kinship care or adopted.
Sample characteristics	55. Age at interview: 16+, mean age 21. Age at entering care: average 12; age at leaving care: 17; all had left care 1-10 years prior to study. Gender: 53% Female, 47% Male. Ethnicity: 72% White, 13% Black, 9% Latino.
2: USA	Benedict, M. I., Zuravin, S. and Stallings, R. Y. (1996) Adult Functioning of Children Who Lived in Kin Versus Non-relative Family Foster Homes.
Methods and Themes	Quantitative and Qualitative. Research objectives: age at first placement, gender, race, health conditions before care placements, health behaviour, education during care. Number of placements, total length of stay in care.
Placement type	40% in licensed kinship care for 50% of their care career. Others in residential or foster care.
Sample characteristics	214. Age at interview T-2: 19-31, mean age 23. Gender: 55% Female, 45% Male. Ethnicity: 87% BME (Afro American). Age at entering care: 38% before age 5. Average number of years in care: median 12 years.

3: USA	Beuhler, C., Orme, J., Post, J. and Patterson, D. (2000) The long term correlates of family foster care.
Methods and Themes	Quantitative. 101 from foster care, 101 randomly selected, 101 socio- economically matched foster care sample. Research objectives: self-sufficiency, behavioural adjustment, social support, personal wellbeing, education, economic wellbeing, marital relations and community involvement.
Placement type	Foster care, unspecified if any had been in residential or kinship care.
Sample characteristics	303. Age at interview: 36.9. Gender: Female 68% Male 32%. Ethnicity: Unspecified. Age at entering care: birth to 17; age at leaving care: 1-19; average number of years in care; 7.48.
4: AUS	Branigan, E., Malone, J., Murphy, J. and Murray, S. (2008) Beyond the Home Gates: Life after growing up in Catholic Institutions.
Methods and Themes	Qualitative. Research objectives: impact of institutionalisation, birth families, relationships, parenting, education, skills, employment, wellbeing and post-care service provision.
Placement type	Residential, a small proportion from foster care.
Sample characteristics	40. Age at interview: 42-76. Gender: 21 Male, 19 Female. Ethnicity: White. Half had spent 10 years in care between 1945 -1983. Age at entering care: 8 years. Length of time in care: min stay 3 years; max 18 years.
5: UK	Buchanan, A. (1999) Are care leavers significantly dissatisfied and depressed in adult life?
Methods and Themes	Quantitative. Care experienced adults compared to adults from birth, step, lone parent and other disadvantaged families. Research objectives: parenting, marital life, psychological well being, social support, life satisfaction, family mobility, social class, employment, educational qualifications and family conflict.
Placement type	Not specified.

Sample characteristics	Age at time of study: 16 and then at 33. 2% of 11, 363 had been in care. 1% of 11, 363 had been in care and were living with both birth parents at age 16. 1% of 11, 363 had been in care and were living with a restructured family at age 16. Gender: 50/50.
6: UK	Buchanan, A. & Ten Brinke, J. (1997) What happened when they were grown up? Outcome from parenting experiences.
Methods and Themes	See number 5.
Placement type	Not specified.
Sample characteristics	See number 5.
7: UK	Carlen, P. (1987) Out of Care and into custody: Dimensions and Deconstructions of the State's Regulation of 22 young working class women.
Methods and Themes	Qualitative. Interviews with convicted women who had been in care. Research objectives: causes and consequences of law breaking and care careers. Age at entry into care, reasons for entering care, experiences in care, class, gender, race, crime and substance use in-care and post-care, housing, post care support, imprisonment.
Placement type	Residential, residential with education, secure accommodation, remand centres, foster care, therapeutic community, psychiatric facility.
Sample characteristics	22. Age at interview: 15-36. Gender: Female. Ethnicity: 16 White, 6 Black. All working class. Age at entering care: 9 taken into care before age 11, 13 after age 11.

8: USA	Carpenter, S.C. and Clyman, R.B. (2004) The long term physical and emotional well-being of women who have lived in kinship care.
Methods and Themes	Quantitative and Qualitative. Compared with 8268 women raised by one birth or one adoptive parent throughout childhood. Research objectives: physical and emotional wellbeing in adulthood. Health, mental health, education, age, race, income, employment, life satisfaction and life activities.
Placement type	Kinship care.
Sample characteristics	471. Age at interview: 18+ average 32. Gender: Female. Ethnicity: White 57.2%, Black 29.2%, Hispanic 10.4%. Lived with a relative with no birth parent present for at least 1 month.
9: AUSTRALIA	Cashmore, J. and Paxman, M. (2006) Predicting after – care outcomes: the importance of ‘felt’ security.
Methods and Themes	Qualitative and quantitative. Research objectives: current and past accommodation, education, employment, contact with birth family, support, physical and mental health.
Placement type	Foster care, residential and kinship care.
Sample characteristics	47. Age at interview: 16-18 at start, 20-23 finish. Gender: 29 Women, 18 Men. Ethnicity: White and Aboriginal. Age at entering care: 6-9; average number of placements, 5.
10: AUSTRALIA	(CLAN 2008) Penglase, J. & Sambrook, L. A terrible way to grow up: The experience of institutional care and its outcomes for care leavers in Australia.
Methods and Themes	Quantitative. Research objectives: family background, reasons for entering care, location of care, experience in care, impact on adult life.
Placement type	Residential, not specified if any had been in foster or kinship care.

Sample characteristics	382. Age at interview: Unspecified. Gender: Male 170, Female 212. Ethnicity: Unspecified. Age at entering care: 77% under 8; age at leaving care: majority 13-18.
11: AUSTRALIA	CLAN (2011) Golding, F. and Rupan, B. Struggling to keep it together: A national survey about older care leavers who were in Australia's orphanages, children's homes, foster care and other institutions.
Methods and Themes	Quantitative. Research objectives: care provision, reasons for entering care, intergenerational care and contact with family in care. Current location, family situation, current housing, education, employment, volunteering. Leaving care, were birth parents in the armed services, post care support, community involvement, life satisfaction and health.
Placement type	Majority residential care, also foster care, adopted, and holiday foster home.
Sample characteristics	577. Age at interview: 27-90. 85% over 50, 45% over 60. Gender: 56% Female, 43% Male, 3 respondents did not say. Care career: 64% had more than one foster placement; over 33% had 2-3 residential placements.
12: UK	Duncalf, Z. (2010) LISTEN UP! Adult Care Leavers Speak Out: The views of 310 care leavers aged 17-78.
Methods and Themes	Quantitative and Qualitative. Research objectives: older care leavers, marital status, location in care and since care, education, care experience, leaving care, accessing records, disability, sexual orientation and suggested campaign issues for current care leavers.
Placement type	All types, majority residential care.
Sample characteristics	310. Age at interview: 17-78. Largest group 41-50. Gender: Female 58.8%, Male 41.2%. Ethnicity: 76% White.

	<p>Disabled: 16%. LGB: 8%. Age at entering care: 2 months to 21 years. Length of time in care: average 11 years. Care career: 29% experienced 3 different types of care, 77% 0-6 placements, 23% 7-40 placements.</p>
13: USA	Feigelman, W. (2000) Adjustments of Transracially and In racially Adopted Young Adults.
Methods and Themes	Quantitative. Research objectives: problem behaviour, use of therapy, racism, adoptive parent's attitudes towards race of adoptive child, racial makeup of adoptive family's neighbourhood.
Placement type	Transracially adopted.
Sample characteristics	<p>240. Age at interview: mean age 23. Ethnicity: White, 37; Asian, 151; African American, 33; Latino, 19.</p>
14: USA	Festinger, T. (1983) No one ever asked us: A postscript to Foster Care.
Methods and Themes	Qualitative and Quantitative. Research objectives: pre-placement and placement history. Contact with family during placement. Current relationships, parenting, education, employment, contact with birth and foster families and current problems.
Placement type	Foster care 70%, residential 30%.
Sample characteristics	<p>Main sample 277. Age at interview: 22-25 (mean). Gender: Male and Female. Ethnicity: Roughly 1/3 each of Black, Hispanic and White. Age at entering care: birth to 16, 45% under 3, majority under 12; age at leaving care, 18-21. In care continuously for five years preceding interviews.</p> <p>Smaller sample 65; age at interview: 27-30 (mean); only from foster care.</p>

15: USA	Heufner, J., Ringle, J., Chmelka, M. and Ingram, S. (2007) Breaking the cycle of intergenerational abuse: The long term impact of a residential care program.
Methods and Themes	Quantitative. Research objectives: living environment, community involvement, physical and mental health, substance abuse, family and relationships, safety, victimization, criminality, friends, social life, education, employment and current perspective on residential program.
Placement type	Residential care.
Sample characteristics	154. Age at interview: 27-37. Average 32.7. Gender: 90.5% male. Ethnicity: 68.9% white. Length of time in care: 13 days to 105.6 months. Average stay: 24.6 months.
16: UK	Ince, L. (1998). Making it alone: A study of the care experiences of young BME people.
Methods and Themes	Qualitative. Research objectives: 1) to understand the personal experiences of a small group of young care experienced black people. 2) To examine relationship between ethnicity and care experience. Variables included; care experience, race, culture and identity, family background, education and preparation for leaving care.
Placement type	Residential and foster care
Sample characteristics	10. Age at interview: 18-24. Gender: 6 Female, 4 Male. Ethnicity: African or African Caribbean; five mixed heritage. Majority were in care most of their lives. Age at leaving care: 18.
17: UK	Jackson, S. and Martin, P. (1998) Surviving the care system: Education and resilience.
Methods and Themes	Quantitative and Qualitative. Research objectives: to explore the qualities and circumstances that enable education achievement. Variables explored; family background, school, care, higher education, career and personal aspirations.

Placement type	Foster and residential care.
Sample characteristics	38 high achievers, 22 low achievers. Age at interview: average 26. Gender: 12 Male and 26 Female high achievers, 10 Male and 12 Female low achievers. Ethnicity: White 55.3 high, White 63.6% low; Black 7.9% high, Black 9% low; Asian, Chinese, Mixed 36% high, 27.2% low. Care career: 3-5 placements across cohort.
18: UK	Kahan, B. (1979). Growing up in care: 10 adults talking.
Methods and Themes	Qualitative. Research objectives: to explore first-hand the experience of growing up in care and its effects on adult life. Variables included: contact with family whilst in care, information about birth family, experiences in care, education, parenting, relationships and contact with former carers.
Placement type	Foster and Residential.
Sample characteristics	10. Age at interview: 19-34. Gender: 5 Male and 5 Female. All in care for most of their childhood.
19: USA	Kerman, B., Wildfire, J. and Barth, R. (2002) Outcomes for young adults who experienced foster care.
Methods and Themes	Qualitative and quantitative. Research objectives: past service delivery, adult developmental outcomes, self-sufficiency, health, housing, education, employment. Sexual abuse, family history and individual child characteristics.
Placement type	Foster care and adopted.
Sample characteristics	115. Age at interview: average 22.8. Gender: 46% Male and 54% Female. Ethnicity: 50% Caucasian, 50% BME. Age at entering care: average 10 years, average length of time since leaving care 6.9 years.

20: UK	Kirton, D., Peltier, E. and Webb, E. (2001) After all these years – Accessing care records.
Methods and Themes	Quantitative. Age at entering care, number of care placements, allegations of abuse, attempts at reunion with birth family, leaving care, current employment and marital status, age at seeking information and post care services.
Placement type	Foster care and residential care. 96% residential, 48% had been in foster care too.
Sample characteristics	157. Age at interview: Average 48.9. Gender: Male 54%, Female 46%. Ethnicity: White 66%, Black 4%, Mixed 27%, Other, 3%. Age at entry into care: under 1= 26%, 1-5 =28%, 6-10 =26%. Age at leaving care: majority 11-15. Number of placements: 1-5.
21. UK	Kirton, D., Feast, J. and Howe, D. (2000). Searching, reunion and transracial adoption.
Methods and Themes	Qualitative. Research objectives: childhood experiences in adoptive family, 'openness' shown by parents, sense of belonging, awareness of difference, childhood interest in birth relatives and searching. Process of searching: triggers, issues of preparation and support. Impact of reunion, identity, race and ethnicity.
Placement type	Transracially adopted.
Sample characteristics	13. Age at interview: 22-53, mean 33. Gender: 2 Male, 11 Female. Age at adoption: 10 aged 0-1&1 at age 5.
22: AUS	Kraus, J. (1981) Foster Children Grown Up: Parameters of Care and Adult Delinquency.
Methods and Themes	Quantitative. Research objectives: length of time spent in care, number of placements, court appearances, convictions, and imprisonment.
Placement type	Foster Care for majority, 17 in kinship care and the rest unknown.
Sample characteristics	491. Age at interview: 29-30.

	Gender: 246 Males, 245 Females. Ethnicity: White and unspecified. Time spent in care: 2 months to 18 years; Age at leaving care: 18; Number of placements 1-9.
23: UK	Mallon, J. (2007) Returning to education after care: Protective factors in the development of resilience
Methods and Themes	Qualitative. Research objectives: to identify protective factors that enable educational success in care experienced adults. Variables included; internal and external pre-care risk factors, in-care risk factors and post-care risk factors. Education, social and intimate relationships and present occupation.
Placement type	Residential and foster care.
Sample characteristics	18. Age at interview: 27-69. Gender: 11 Female, 7 Male. All had been in care during their school days.
24: USA	Mc Kenzie, R. (1997) Orphanage Alumni: How They Have Done and How They Evaluate Their Experience.
Methods and Themes	Quantitative. Research objectives: education, employment, income, emotional wellbeing, marital status, political affiliation, preferred childhood setting, imprisonment and sexual abuse whilst in care.
Placement type	Residential homes, 300 had experience foster care.
Sample characteristics	1,589. Age at interview: 45 -101, Mean 67. Gender: 51% Male, 49% Female. Ethnicity: White. Age at entering care: 0-16, mean 8; Age at leaving care; 2 - 23, mean 17.
25:USA	Mc Kenzie, R. (2003) The impact of Orphanages on the Alumni's lives and assessments of their childhoods.
Methods and	Quantitative. Research objectives: education, income, marital status, employment, imprisonment, attitude

Themes	towards life, political affiliation, care experience, sexual, physical or emotional abuse in care, preferred childhood setting.
Placement type	Residential care.
Sample characteristics	839. Age at interview: majority over 65. Gender: almost 50-50 gender split. Ethnicity: White, 97.4%, 0.8% identified selves as BME, 1% other, 0.8 no answer. Age at entering care: 0-17, average 9; average age at leaving care: 17; length of stay: 8 years average.
26: USA	Pecora, P., Kessler, R., Williams, J., O'Brien, K., Downs, C., English, D., White, J., Hiripi, E., Roller White, C., Wiggins, T. and Holmes, K. (2003) Improving Family Foster Care: Findings from the Northwest Foster Care Alumni study.
Methods and Themes	Quantitative and qualitative. Research objectives: mental health, education, employment and finances.
Placement type	Foster care.
Sample characteristics	659 records reviewed, 479 interviewed. Age at interview: 20-33, average age 24.2. Gender: 60.5% Female, 39.5% Male. Ethnicity: 54% BME. Age at entering care: 56.9% at 12+, 14.9% at 0-5; length of stay in care: minimum 1 year. All continuously in care 14-18; mean time in care: 6 years. Placement changes per year 1.4 (mean).
27: CANADA	Perry, J., Sigal, J., Boucher, S., Pare, N. and Ouimet, M. (2005a) Personal Strengths and Traumatic Experiences Among Institutionalised Children Given Up at Birth (Les Enfants de Duplessis – Duplessis' Children) 1: Early Experiences.
Methods and Themes	Quantitative and qualitative. Research objectives: childhood and early adult strengths and adverse experiences. Trauma; abuse by peers or carers, relationships with adults, neglect, serious illness, personal

	attributes, hobbies and education.
Placement type	Residential care.
Sample characteristics	81. Age at interview: mean 59. Gender: 41 Women, 40 Men. Ethnicity: French speaking. Age at entering care 0-4, 81% placed at birth; age at leaving care: up to early 20's.
28: CANADA	Perry, J., Sigal, J., Boucher, S., Pare, N. and Ouimet, M. (2005b) Personal Strengths and Traumatic Experiences Among Institutionalised Children Given Up at Birth (Les Enfants de Duplessis – Duplessis' Children) 2: Adaptation in Late Adulthood.
Methods and Themes	Quantitative and Qualitative. Research objectives: see number 25.
Placement type	Residential care.
Sample characteristics	See number 25.
29: CANADA	Perry, J., Sigal, J., Boucher, S. and Pare, N. (2006) Seven Institutionalised Children and Their Adaptation in Late Adulthood: The Children of Duplessis (Les Enfants de Duplessis).
Methods and Themes	Qualitative. Part of larger study of see Perry et al (2005a, 2005b).
Placement type	Residential.
Sample characteristics	7. Age at interview: 51-69. Gender: 4 Women, 3 Men. Ethnicity: French speaking. Age at entering care: 0-4, 81% placed at birth; age at leaving care: up to early 20's.

30: UK	Prynn, B. (1999). Looking back childhood separations revisited.
Methods and Themes	Qualitative. Research objectives: older care experienced adults. How childhood experiences impact on adult life. Identity, education, employment, relationships with parents and siblings and family life.
Placement type	Adoption, kinship or foster care, majority fostered.
Sample characteristics	24. Age at interview: 60-90.
31: UK	Pugh, G. and Schofield, G. (1999) Unlocking the past; The experience of gaining access to Barnado's records.
Methods and Themes	Qualitative. Research objectives: motivation for seeking information and tracing relatives. Process of searching. Impact on self, identity and relations after receiving information.
Placement type	Foster care and residential care.
Sample characteristics	12. Age at interview: 21-74. Gender: 54% Male 46% Female. Ethnicity: 66% White, 27% Mixed, 4% Black African/African Caribbean, 3% Other.
32: UK	Quinton, D., Rutter, M. & Liddle, C. (1984) Institutional rearing, parental difficulties and marital support.
Methods and Themes	Qualitative. Research objectives: childhood, family, parenting friends, peers, work, current circumstances functioning and adjustment.
Placement type	Residential care.
Sample characteristics	81. Age at interview: 21-27. Ethnicity: White.

	<p>Gender: Female. Age at entering care: 1/3 admitted before age 2, 2/3 before age 5. Length of time in care: 90% spent at least 4 years in care, 50% stayed till 16. Many had spent time with their own families whilst in care, 1/3 for at least 1 year.</p>
33: UK	Rutter, M. and Quinton, D. (1984) Long-term follow up of women institutionalised in childhood: Factors promoting good functioning in adult life.
Methods and Themes	Qualitative. Research objectives: to identify the variety of influences that creates continuities and discontinuities in social development. Variables included; crime, psychiatric problems, marital problems, family background, care experience, education, childhood deviance and spouses.
Placement type	Residential care.
Sample characteristics	<p>81. Age at interview: 21-27. Gender: Female. Ethnicity: White. Age at entering care: 1/3 at 0-2 years, 2/3 before 5 years. Length of stay: at least 4 years, more than half stayed until 16. Many returned to their parents for periods whilst in care, 1/3 for at least one year.</p>
34: USA	Ringle, J., Ingram, S. and Thomson, R. (2010) The association between length of stay in residential care and educational achievement: Results from 5- and 16- year follow up studies.
Methods and Themes	Quantitative. Research objectives: living arrangements, family, social life, religion, health, well-being, crime, substance abuse, education, employment, current perspective on impact of program.
Placement type	Residential care.
Sample characteristics	<p>Left 5 years ago. 188. Age at interview: 17-25, average 21.5. Gender: 50/50. Ethnicity: 58% White.</p>

	<p>Length of time in care: 7 days to 116.7 months, average stay 17 months. Left 16 years ago. 211. Age at interview: 27-37, average 32.9. Gender: 90.5% Male. Ethnicity: 70.1% White. Length of time in care: 13 days to 105 months, average stay 23.4 months.</p>
35: UK	Schofield G. (2002) The significance of a secure base: a psychosocial model of long-term foster care.
Methods and Themes	Qualitative. Research objectives: care career, contact with carers in adult life, identity, emotional security.
Placement type	Foster care and some failed adoptions.
Sample characteristics	<p>40. Age at interview: 18-30. Gender: 75% Female, 25% Male. Ethnicity: 80% White, 20% BME. Age at entering care: 0-12; length of time in care: at least 3 years.</p>
36: UK	Tyrer, P., Chase, E., Warwick, I. and Aggleton, P. (2005) 'Dealing with it': Experiences of young fathers in and leaving care.
Methods and Themes	Qualitative. Research objectives: reaction of self and others to pregnancy, decision making, limited discussion of care experience, support during pregnancy and support as parents.
Placement type	Unspecified.
Sample characteristics	<p>16. Age at interview: 15-24. Gender: Male. Ethnicity: White 13, Mixed 1, African 1, Black British African Caribbean 1 3 about to be and 13 already were fathers.</p>

37: UK	Viner, M. and Taylor, B. (2005) Adult Health and Social Outcomes of Children Who Have Been in Public Care: Population – Based Study.
Methods and Themes	Quantitative. Research objectives: occupation, education, health, mental health, homelessness and crime.
Placement type	Foster care 54%, residential care 46%.
Sample characteristics	343. Age at interview T-4: 30. Gender: Male and Female Ethnicity: 25 from various BME backgrounds. Age at entering care: 65% in care or had been in care at age 5.
38: ISRAEL	Weiner, A. and Kupermintz, H. (2000) Facing adulthood alone: The long term impact of family break up and infant institutions, a longitudinal study.
Methods & Themes	Qualitative and Qualitative. Research objectives: the long term impact on children who had been in pre-school group care, of family restoration, ongoing institutional care, adoption, or family foster care. Variables included; adult social functioning, psychological functioning, marital and parental functioning, housing, employment, education and crime.
Placement type	Residential care, foster care, kinship care, adoption, returns to parents and failed return to parents.
Sample characteristics	206. Age at interview T-3: 22-30. Gender: 49% Male, 51% Female Ethnicity: Israeli.

A2: Key characteristics of resilience studies (12)

1	Bottrell, D. (2009) Understanding marginal perspectives: towards a social theory of resilience.
Methods	Qualitative. Research objectives: understanding young people's perspectives on education, truancy and how these related to experience outside school.
Sample	12. Age at interview: 13-24. Gender: Female. Ethnicity: Aboriginal and Anglo Australian..
2	Flynn, R.J., Ghazal, H., Legault, L., Vandermeulen, G. and Petrick, S. (2004) Use of population measures to identify resilient outcomes in young people in care: an exploratory study.
Methods	Quantitative and Qualitative. Research objectives: to derive new methods for identifying resilience (positive adaptation in the face of adversity) among young people in care. To determine the percentage that experience resilience on selected outcomes - health, self- esteem, pro-social behavior, emotional and behavioural development, education and self-care skills.
Placement	Mainly foster care.
Sample	340 aged 10-15; Female, 46%, Male, 54%. 132 aged 5-9; Female, 43% Male, 57%.
3	Hunter, A.J. and Chandler, G.E. (1999) Adolescent resilience
Methods	Qualitative & Quantitative. Research objectives: to explore what resilience means to adolescents and whether the Resiliency Scale (Wagner & Young, 1993) can accurately measure resilience in terms of personal competence, self-efficacy, acceptance of self and life.
Sample	51.

	Age at interview: 14-16. Gender: 28 Female, 23 Male. Ethnicity: 22 Latino, 20 Black, 6 white, 3 other.
4	Garnezy, N., Masten, A.S., and Tellegen, A. (1984) Studies of Stress Resilient Children: a Building Block for Developmental Psychopathology.
Methods	Qualitative and Qualitative. Research objectives: socio-economic status of families, stressful events in families. Children's academic ability and behavioural and social competence.
Sample	612. Age: 7-11.
5	Ince, L. (1998) Making it alone: a study of the care experiences of young BME people.
Methods	Qualitative. Research objectives: 1) to understand the personal experiences of a small group of young care experienced black people. 2) To examine relationship between ethnicity and care experience. Variables included - care experience, race, culture and identity, family background, education, and preparation for leaving care.
Sample	10. Age at interview: 18-24. Gender: 6 Female, 4 Male. Ethnicity: African or African Caribbean. 5 mixed heritage. Majority were in care most of their lives. Age at leaving care: 18.
6	Jackson, S. and Martin, P. (1998) Surviving the care system: education and resilience.
Methods	Quantitative and Qualitative. Research Objectives: to explore the qualities and circumstances that enable education achievement. Variables explored - family background, school, care, higher education, career and personal aspirations.
Placement	Foster and Residential.
Sample	38 high achievers, 22 low achievers. Age at interview: average 26.

	Gender: 12 Male and 26 Female high achievers, 10 Male and 12 Female low achievers. Ethnicity: White 55.3 high achievers, White 63.6% low achievers; Black 7.9% high achievers. Black 9% low achievers; Asian, Chinese, Mixed 36% high achievers, 27.2% low achievers. Care career: 3-5 Placements across cohort.
7	Kahan, B. (1979). Growing up in Care: 10 Adults Talking.
Methods	Qualitative. Research objectives: to explore first-hand the experience of growing up in care and its effects on adult life. Variables included - contact with family whilst in care, information about birth family, experiences in care, education, parenting, relationships and contact with former carers.
Placement	Foster and Residential.
Sample	10. Age at interview: 19-34. Gender: 5 Male, 5 Female. All in care for most of their childhood.
8	Mallon, J. (2007) Returning to education after care: Protective factors in the development of resilience.
Methods	Qualitative. Research objectives: to identify protective factors that enable educational success in care experienced adults. Variables included - internal and external pre-care risk factors, in-care risk factors, and post-care risk factors. Education, social and intimate, relationships and present occupation.
Placement	Residential and Foster care.
Sample	18. Age at interview: 27-69. Gender: 11 Female, 7 Male. All had been in care during their school days.
9	Rutter, M. and Quinton, D. (1984) Long-term follow up of women institutionalised in childhood: Factors promoting good functioning in adult life.
Methods	Qualitative. Research objectives: to identify the variety of influences that creates continuities and discontinuities in

	social development. Variables included - crime, psychiatric problems, marital problems, family background, care experience, education, childhood deviance and spouses.
Placement	Residential.
Sample	81 and 41 in comparison group from general population. Age at interview: 21-27. Gender: Female. Ethnicity: White. Age at entering care: 1/3 at 0-2 years, 2/3 before 5 years; Length of time in care: at least 4 years, 50% + stayed until 16. Many returned to their parents for periods whilst in care.
10	Ungar, M. (2008) Resilience across cultures.
Methods	Quantitative and Qualitative. Research objectives: to examine global as well as culturally and contextually specific aspects of resilience. Variables included - exposure to community violence, institutionalisation, mental health, violence, drug abuse, social dislocation, homelessness, poverty, exposure to political turmoil and war.
Sample	1500. Age at interview: mean age 16. Gender: 52.1% Female, 47.9% Male. Ethnicity: North Canadian, Chinese, Palestinian, Israeli, Dutch, Colombian, Russian, Indian, American, Gambian, Tanzanian, and South African. Some had been institutionalised.
11	Weiner, A. and Kupermintz, H. (2001) Facing adulthood alone: The long term impact of family break up and infant institutions, a longitudinal study.
Methods	Qualitative and Qualitative. Research objectives: the long term impact on children who had been in pre-school group care, of family restoration, ongoing institutional care, adoption, or family foster care. Variables included - adult social functioning, psychological functioning, marital and parental functioning, housing, employment, education and crime.
Placement	Residential, foster cares, kinship care, adoption, return to parents and failed return to parents.
Sample	206. Age at interview T-3: 22-30.

	Gender: 49% Male, 51% Female. Ethnicity: Israeli.
12	Werner, E.E. and Smith, R.S. (1982) Vulnerable but Invincible: A Study of Resilient Children
Methods	Qualitative and Quantitative. Research objectives: to identify the roots of resilience in children who coped successfully with biological and psycho-social risk factors; to identify protective factors involved for troubled youth to successfully negotiate transition to adulthood. Variables included - health, mental health, activity, socio-economic background, education, employment, substance abuse, unplanned pregnancy, social functioning, relationships and poverty.
Sample	700. Age at first evaluation: 1 and then 2, 10, 18, 32, and 40. Ethnicity: Hawaiian, Chinese, Japanese, Anglo, Filipino, and ethnic mixtures.