

Abstract

Number of single mothers in Hong Kong is on the rise. While Western psychologists have done a considerable amount of research on adjustment of single mothers, few have been done in Hong Kong. This study investigates factors that predict their psychological adjustment. Contrary to past findings, level of attachment to ex-partner was not related to well-being and preoccupation with ex-partner did not result in poorer well-being. Lonely negativity was found to be the best predictor of both life satisfaction and depression, while financial stability and forgiveness towards ex-partner were second best predictors for life satisfaction and depression respectively. Those who were employed and did not depend on financial assistance from family and friends also fare better. Implications for application in welfare services were discussed.