

English abstract for paper

عنوان البحث باللغة الانجليزية:

Effect of Parent Training regarding Coping Strategies on Reducing Stress among Parent of Children with Autism Spectrum Disorder

عنوان البحث باللغة العربية:

تأثير تدريب الوالدين على استراتيجيات المواجهة في تقليل التوتر بين أولياء أمور الأطفال المصابين باضطراب التوحد.

أسماء المشاركين في البحث

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Abstract:

Background: There is no doubt that the mothers' adaptation helps improve the quality of life, not only for any child with special needs but for the whole family, which greatly helps in improving the child's condition and improving the care provided to him by a conscious parent who can meet the child's needs properly. The present study **aimed** to evaluate the effect of parent training regarding coping strategies on reducing stress among mothers of children with autism spectrum disorder (ASD). **Research design:** A quasi-experimental design was used in carrying out this study. **Setting** at This study was conducted at the Child Psychiatry outpatient clinic at Sohag University Hospital. **Sample:** A purposive sample of a total of forty mothers and their children with ASD aged 4-12 years participated in this study. **Tools:** Four tools were utilized for data collection. I- A structured interviewing questionnaire sheet, which included two parts, part 1: Demographic characteristic of the mothers, Part 2: Demographic characteristic of their children, II-Parenting Stress Index: Short Form Abidin (1992), III-Coping Strategies Inventory (CSI), IV- Child Behavior Checklist. The data were collected before, immediately after and 3 months after the implementation of the parent training program. **Results:** The current study revealed a statistically significant improvement was found between the Parenting Stress Index and the Coping Strategies Inventory of the studied mothers as pre/ immediate post and after three months after the training program implementation ($p<0.05$) **Conclusion:** implementation of parent training regarding coping strategies reduced stress among mothers of children with ASD, so the study mainly **recommended** that parent training regarding coping strategies for mothers of children with ASD should be conducted to reduce stress among mothers of children with ASD

مقدم البحث

توقيع مقدم البحث

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English summary for paper (7)

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Introduction:

Autistic Children are not physically ill or disabled such as someone with brain injury. ASD is mostly characterized by some or all of the following: Difficulties interacting with others or socializing with other people, communication challenges, and repetitive behavior (Miranda et al., 2019). The World Health Organization has described (ASD) as a group of disorders of brain development that include impaired social interaction such as difficulties in verbal and non-verbal communication and speech along with repetitive or stereotyped behaviors and often the narrow range of interests and activities that are both unique to the individual. Individuals with autism can experience a type of sensory sensitivity to different sensations such as touch, sounds, taste, light and temperature, and pain. For example, different background sounds of the environment that rarely interrupts other people may make the autistic person sound harsh and distracting while causing them to feel anxiety as well as physical pain (Coren et al., 2018).

Aim of the study:

This study aimed to evaluate the effect of parent training regarding coping strategies on reducing stress among parent of children with an autism spectrum disorder.

Research Hypothesis:

- Parents of children with ASD who will have training regarding coping strategies will have low-stress levels

Subjects & Method:

Research design:

A quasi-experimental research design was used. It was used to establish a cause-and-effect relationship between an independent and dependent variable. It does not rely on random assignment. Instead, subjects are assigned to groups based on non-random criteria. It is a useful tool in situations where true experiments cannot be used for ethical or practical reasons (Lauren, 2020).

Setting: The study was conducted at the Child Psychiatry Out-patient Clinic affiliated to Sohag University Hospital, Egypt.

Data collection tool:

The tool I: A structured interviewing questionnaire sheet: It was developed by the researcher to collect data, which included two parts, Part I: Demographic characteristics of the mothers: Age, educational level, occupation, and residence, family history of autism, and consanguinity Part 2: Demographic characteristic of the children: Age, gender, birth order, and educational level, child's medical history which includes: the age when autism discovered duration, degree of disability, and type of management. **Tool II:** Parenting Stress Index: Short Form (PSI/SF): (Abidin, 1992): It consisted of the following three subscales. Paternal Distress: evaluates the perceived competence in their parental functions, the sense of loss of freedom in their personal lives, social support, and the presence of depression. Parents-Child Dysfunctional Interaction: includes questions related to the parents' expectations and experiences regarding interaction with their children. Difficult Child evaluates the parental perception of their child's temperament and behavior. The questionnaire is self-administered, with 36 questions answered on a 5-point Likert type scale where (5) is totally agree, 4 is agree, 3 is uncertain, 2 is disagree to (1) totally disagree. The sum of all of the items indicates the total degree of parental stress (not including the stress caused by other situations)

Results:

The current study revealed a statistically significant improvement was found between the Parenting Stress Index and the Coping Strategies Inventory of the studied mothers as pre/ immediate post and after three months after the training program implementation ($p < 0.05$).

Conclusions

Parent training program was effective for mothers of children with ASD in improving and reducing their stress levels about autism. Parent training program significantly influenced overall coping capacity in which mothers showed lower mean scores in their coping strategies which improved after the parent training program and were higher at the follow-up. there was a significant correlation between the Parenting Stress Index and Coping Strategies Inventory of the studied mothers as pre/ immediate post and after three months after the training program implementation ($p < 0.05$).

Recommendations:

1. Pediatric nurses should receive adequate and continuous training courses in children's care (physically, emotionally, and socially) to improve their skills in health education for mothers toward their children's care and adequate follow up and counseling for the parents, along with the children with ASD.
2. Children with autism should be enrolled in an early intervention program as soon as they are diagnosed with continuous health education and counseling programs are necessary to improve parenting approaches and coping strategies
3. Emphasize the role of mental health providers for adequate care delivery for the parents, along with the children with ASD.
4. Mass media should play an important role to determine the needed information about child health care and increase public awareness about autism and engage parents of children with a disability in early intervention may have a spillover effect on the child

and help them understand how the intervention matches their current needs, clarifying expectations regarding the content, process, and expected benefits or solving practical obstacles to participation.

5. Establish localized formal centers and special schools which provide treatment services and education for autistic children and their families and provide social support for families with disabled children who experiences multiple emotions from the moment of diagnosis; therefore, they require consistently daily

6. Family orientation programs improve their response to stress factors as well as parental perception and care of the disabled child.

7. Encourage several collective interventions are being implemented for people with disabilities, such as the act of social integration of disabled people and the act of promotion of personal autonomy and care of dependent people, in addition to developing school integration and services for treatment/ rehabilitation

8. Caregivers as parents, communities, and society should be equipped to accommodate the needs of families with disabled children.

9. Establish strategies that will be effective in facing the demands of raising a disabled child, and decreasing parents stress, e.g., participation in social life.

توقيع مقدم البحث

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