

Parents' Perspectives
on Raising a Child
with Autism, ADHD,
or Anxiety

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HELP Group Summit 2015

Elevated Stress in Parents of Children with ASD



Anthony et al., 2005

Hastings, 2003

Milgram and Atzil, 1988

Baker-Ericzen et al., 2005

Hastings and Brown, 2002

Mugno et al., 2007

Bebko et al., 1987

Hastings and Johnson, 2001

Olsson and Hwang,, 2001

Bendixen et al., 2011

Hastings et al., 2005

Peters-Scheffer et al., 2012

Benson, 2006

Herring et al., 2006

Phetrasuwan and Miles, 2009

Blacher and McIntyre, 2006

Holroyd and McArthur, 1976

Rodrigue et al., 1992

Bouma and Schweitzer, 1990

Ingersoll and Hambrick, 2011

Sanders and Morgan, 1997

Davis and Carter, 2008

Kasari and Sigman, 1997

Strauss et al., 2012

Donenberg and Baker, 1993

Kayfitz et al., 2010

Szatmari et al., 1994

Dumas et al., 1991

 Konstantareas and Homatidis, 1989 ■ Tomanik et al., 2004

Freeman et al., 1991

Konstantareas et al., 1992

Wolf et al., 1989

Griffith et al., 2010

Konstantareas and Papageoriou, 2006

Hall and Graff, 2011

Lecavalier et al., 2006

Elevated Stress in Parents of Children with ADHD



Baker & McCall, 1995

Sandberg, Wieselberg, & Shaffer, 1980

Baker, 1994

Schachar, Taylor, Wieselberg, Thorley, & Rutter, 1987

Barkley, 1989

van der Oord, Prins, Oosterlaan, & Emmelkamp, 2006

Breen & Barkley, 1988

Vitanza & Guarnaccia, 1999

Costa, Weems, Pellerin, & Dalton, 2006

Gillberg, Carlstrom, & Rasmussen, 1983

Goldstein, Harvey, & Friedman-Weieneth, 2007

Harrison & Sofronoff, 2002



Factors Associated With Parental Stress

- Symptom severity /symptom profiles
 - Language
- Child behavior & temperament
- Child age & age at time of diagnosis
- Parental cognitions
- Coping strategies (avoidance)
- Depressive symptoms
- Socio-economic status
- Social support
- Child gender



Parent Gender

- Mothers > Fathers (sometimes)
- Mothers ←→ Fathers
- Father's involvement affects
 - Father's stress level ↑
 - Mother's stress level
 - child outcomes (Shannon et al., 2002)
 - Social
 - Cognitive
 - Emotional Development



Effects of Stress on Parents



- 26% (Kayfitz et al., 2010)
- 85% (Ingersoll & Hambrick, 2011)
- Stress ←→ Depression, Psychopathology
- Neurogenesis (Pham et al., 2003)
- Telomere shortening, accelerated cellular aging, and associated health effects (Epel et al., 2004)



Effects of maternal stress on children

- Maternal stress affects child development:
 - social
 - cognitive, educational
 - physiological, biological
 - emotional, including child psychopathology
 - Belsky and Pluess, 2009
 - Essex et al., 2002
 - Goodman and Gotlib, 1999
 - Hammen et al., 1987
 - Mulder et al., 2002
 - Pianta, Egeland and Sroufe, 1993
 - Rice et al., 2010
 - Talge et al., 2007





The difference with neurodevelopmental and mental health conditions



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- Parenting coaching
- Behavioral strategies
- Communication strategies
- Psycho-education
 - Disorder
 - Development

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- Psychotherapy/CBT
- Evaluation of strategies and interpretations

(Hutman, Siller and Sigman, 2009; Siller, Hutman and Sigman, 2013)



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- Family systems
- Couples' support
- Support groups

Children affect their parents









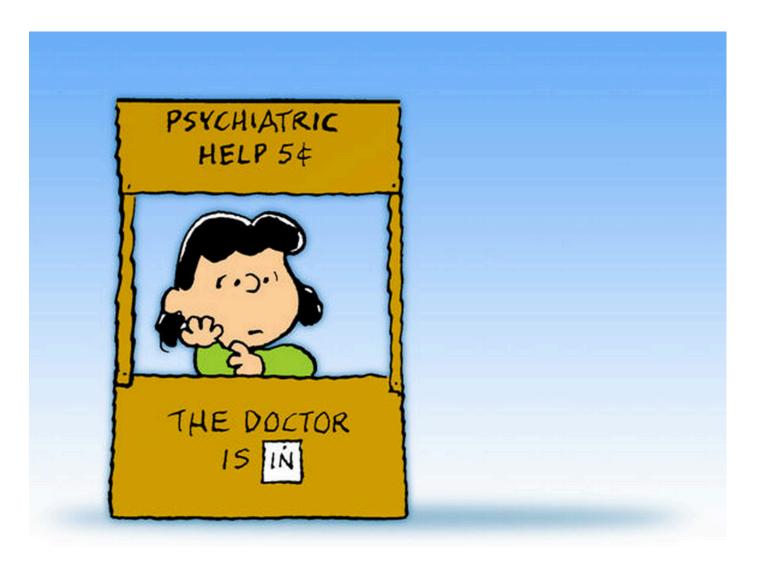
Effects are recursive and transactional





Support rather than pathologize





Components of Caregiver Support



- Communication Strategies
- Psychotherapy/CBT
- Relationships





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