



# 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
- Baker-Ericzen et al., 2005
- Bebko et al., 1987
- Bendixen et al., 2011
- Benson, 2006
- Blacher and McIntyre, 2006
- Bouma and Schweitzer, 1990
- Davis and Carter, 2008
- Donenberg and Baker, 1993
- Dumas et al., 1991
- Freeman et al., 1991
- Griffith et al., 2010
- Hall and Graff, 2011
- Hastings, 2003
- Hastings and Brown, 2002
- Hastings and Johnson, 2001
- Hastings et al., 2005
- Herring et al., 2006
- Holroyd and McArthur, 1976
- Ingersoll and Hambrick, 2011
- Kasari and Sigman, 1997
- Kayfitz et al., 2010
- Konstantareas and Homatidis, 1989
- Konstantareas et al., 1992
- Konstantareas and Papageoriou, 2006
- Lecavalier et al., 2006
- Milgram and Atzil, 1988
- Mugno et al., 2007
- Olsson and Hwang., 2001
- Peters-Scheffer et al., 2012
- Phetrasuwan and Miles, 2009
- Rodrigue et al., 1992
- Sanders and Morgan, 1997
- Strauss et al., 2012
- Szatmari et al., 1994
- Tomanik et al., 2004
- Wolf et al., 1989



# Elevated Stress in Parents of Children with ADHD

- Anastopoulos, Guevremont, Shelton, & DuPaul, 1992
- Baker & McCall, 1995
- Baker, 1994
- Barkley, 1989
- Breen & Barkley, 1988
- Costa, Weems, Pellerin, & Dalton, 2006
- Gillberg, Carlstrom, & Rasmussen, 1983
- Goldstein, Harvey, & Friedman-Weieneth, 2007
- Harrison & Sofronoff, 2002
- Podolski & Nigg, 2001
- Sandberg, Wieselberg, & Shaffer, 1980
- Schachar, Taylor, Wieselberg, Thorley, & Rutter, 1987
- van der Oord, Prins, Oosterlaan, & Emmelkamp, 2006
- Vitanza & Guarnaccia, 1999



# 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  $\leftrightarrow$  Fathers
- Father's involvement affects
  - Father's stress level  $\uparrow$
  - Mother's stress level  $\downarrow$
  - child outcomes (Shannon et al., 2002)
    - Social
    - Cognitive
    - Emotional Development



# Effects of Stress on Parents



- Clinically significant levels of stress:
  - 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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# Targets for Parent Support



- **Symptom severity /symptom profiles**
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# Targets for Parent Support



- **Parenting coaching**
  - **Behavioral strategies**
  - **Communication strategies**
  - **Psycho-education**
    - **Disorder**
    - **Development**
- **Symptom severity /symptom profiles**
    - **Language**
  - **Child behavior & temperament**
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  - Social support

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# Targets for Parent Support



- **Psychotherapy/CBT**
- **Evaluation of strategies and interpretations**

- Symptom severity /symptom profiles
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(Hutman, Siller and Sigman, 2009; Siller, Hutman and Sigman, 2013)

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# Targets for Parent Support



- **Family systems**
- **Couples' support**
- **Support groups**

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# Children affect their parents



Effects are recursive and transactional



# Support rather than pathologize



# Components of Caregiver Support

- Behavioral coaching
- Communication Strategies
- Psychotherapy/CBT
- Relationships





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