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 ↔ 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

- 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
Factors Associated With Parental Stress

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Targets for Parent Support

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- Coping strategies
- Depressive symptoms
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- Social support
Targets for Parent Support

- Parenting coaching
- Behavioral strategies
- Communication strategies
- Psycho-education
  - Disorder
  - Development
- Symptom severity /symptom profiles
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- Coping strategies
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(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

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