



Presenter: Gabryella-Charming Perez

Session & Time: Poster_III / 2:00 to 2:50pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Luanne Linnard-Palmer

Digital Portfolio URL:

Title: Analyzing the Impact of having a autistic child on Parental Mental Health: Stress and Depression

Abstract:

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This study aims to explore the impact of raising a child with Autism Spectrum Disorder (ASD) on parental mental health, focusing on stress and depression. Parents of children with ASD often face significant challenges, including managing behavioral issues, navigating complex healthcare and educational systems, and coping with financial strain. This research

seeks to identify the primary stressors contributing to parental mental health issues and to understand how these stressors lead to increased levels of anxiety and depression. Furthermore, the study examines the role of external factors such as social support, access to resources, and coping mechanisms in either alleviating or exacerbating these mental health outcomes. The study will employ a mixed-methods design, combining quantitative surveys to assess stress and depression with coping strategies alongside qualitative interviews to gain deeper insights into parental experiences. By investigating these factors, this research aims to provide a comprehensive understanding of the psychological burden experienced by parents of children with ASD, with the ultimate goal of informing targeted interventions and support systems to improve the mental health and well-being of these parents..