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Parental resilience and psychological issues associated with caring for children or adolescents with type 1 diabetes

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Introduction: Caring for diabetic children causes great stress for parents. They deal with many psychosocial problems and pressures. Therefore, they need resilience to continue their lives. This study aimed to determine the association between resilience and anxiety, depression, and stress in parents of insulin-dependent diabetic children and adolescents.

Methods: This cross-sectional study was conducted on 113 parents of children and adolescents with insulin-dependent diabetes. Depression Anxiety Stress Scales (DASS-21) and Connor-Davidson Resilience Scale were used for data collection. Then, the data were analyzed using SPSS software.

Results: The findings showed that the mean score of resilience was 65.33 in parents of children and adolescents with diabetes. Indeed, 45.1% of the parents had mild to extremely severe levels of stress. Beside, 71.4% and 58.4% of them reported mild to extremely severe depression and anxiety, respectively. The parents' resilience was associated with their stress, anxiety, and depression. The results of linear regression analysis also showed that 48% of changes in resilience was explained by such factors as stress, anxiety, depression, and life and health satisfaction. Among these variables, the association between depression and resilience was statistically significant.

Conclusion: The findings of this study indicated that nearly half of the parents experienced mild to extremely severe levels of stress, depression, and anxiety. The mean score of resilience was more than half of the expected score. In addition, an association was found between psychological variables and resilience. Therefore, parents' stress, anxiety, and depression can be reduced by improving their resilience.

Keywords: Anxiety, Depression, Diabetes, Patients, Parents, Stress

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