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Content analysis: Parental perceptions of living with a child with behavioral sleep problem

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A qualitative content analysis was conducted on an open ended question to parents of children who perceived that their child age 1 to 3 had a behavioral sleep problem. Parents were responding to an online survey regarding toddlers with behavioral sleep problems and assessed using the Brief Infant Sleep Questionnaire - Expanded. Parents were asked what it was like to live with a child with a behavioral sleep problem. 115 parent respondents were included writing between one line and 4 pages of responses. Content analysis by Krippendorff's method was utilized to examine thematic unit and themes in the data that were recurrent in the answers of the parental responses. Content analysis results revealed 8 significant recurring level one themes expressing various levels of distress and denial by the parent when dealing with their child. There were 3 recurring level 2 themes expressing the negative effects on parental relationships, parent-child relationships and family systems disruption. These were further distilled to one overarching level 3 theme expressing that their lives were chaotic and the quality of their lives were adversely affected by living with a child with a behavioral sleep problem.

Biography

Elaine F Martin has been a Pediatric/NICU Nurse/Pediatric Nurse Practitioner/Family Nurse Practitioner for 30 years. She graduated from the University of Connecticut in 2011 with a PhD in Nursing and a teaching degree in the Pedagogy of Adult Nursing Learners. She completed a pre-doctoral GAANN fellowship. Her areas of expertise include pediatrics, behavioral sleep problems in children, perinatal loss bereavement, digital stories and nursing leadership. She teaches Nursing at Southern Connecticut State University to doctoral, master's, undergraduates and accelerated second degree nursing students.

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