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Factors related to difficulties experienced by parents of children with eating disorders: Personal background of children with eating disorders

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Purpose: This study aimed to clarify the relationship between personal background information of children with eating disorders and difficulties experienced by parents of children with eating disorders.

Method: The parents completed self-administered questionnaires about their personal background of children (4 items) and the scale for evaluating difficulties in daily life (15 items). The statistical analyses were performed by the Wilcoxon rank sum test, chi-square test (with Yates correction) and Fisher's exact test. The statistical significance was defined as $p<0.05$.

Results: A total of 45 valid responses were analyzed. The age of children with eating disorders was significantly correlated with "unable to go out freely" and "physical and mental fatigue" ($p<.05$), and was also significantly correlated with "no personal time" ($p<.01$). The age of onset was significantly correlated with "always have something to worry about marriage story of other family members" ($p<.05$). The number of hospitalizations was significantly correlated with "unable to go out freely" ($p<.05$).

Conclusion: Personal background of children with eating disorders affects difficulties experienced by parents of children with eating disorders. Thus, such parents require support considering that their personal background affects how they feel about their children.

Biography

Takaharu Hirai is a Registered Nurse. He is now a Research Associate in the Department of Nursing at the Niigata University of Health and Welfare. He has completed his Master of Health Science at the Niigata University and Welfare. His research direction is mainly in the family support of parents of children with eating disorders, and preventing suicide.

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