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

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

**Method:** The parents completed self-administered questionnaires about their personal background (5 items) and the scale for evaluating difficulties in daily life (15 items).

**Results:** A total of 45 valid responses were analyzed. The relationship between the parents was significantly correlated with “financial burden” and “loss of the family fireside” ( $p < 0.05$ ). Parents living with or apart from their children with eating disorders were significantly correlated with “concern about planning for the future” ( $p < 0.05$ ). The average amount of time per day spent with their children with eating disorders was significantly correlated with the parents being “unable to work”, “loss of the family fireside”, “unable to go out freely”, and “concern about the future” ( $p < 0.05$ ), and was also significantly correlated with “no personal time”, and “physical and mental fatigue” ( $p < 0.001$ ).

**Conclusion:** The nature of difficulties experienced is different with the difference in the personal background of parents. In the background, it participated in pathology of the parents and social isolation.

### 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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