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Occupational therapy intervention to combat stress level of parents of children with Autism Spectrum Disorder (ASD) in Hospital in Kedah, Malaysia**Maziah Binti Mohd Said**

Management and Science University, Malaysia

ASD has been associated with higher parenting stress level than any other developmental disorder. 80% from 219 parents with ASD children were suffered from stress. Parents of children with ASD were significantly more stress compared to parents with other disability. The purpose of this study is to determine the effects of occupational therapy with sensory integration and parental education to overcome stress level of parents of the children with ASD. A pretest-posttest single group design was used. 50 children diagnosed with ASD of age group 3 to 12 years along with their parents who attained occupational therapy service in Hospital Jitra, Kedah over a period of 6 months. All the parents were interviewed, and their stress level was measured by the short form of the parenting stress index. In addition to this, the goal attainment scaling was used in conjugation with parents to set a few functional goals for the children. There was significant (p value <0.05) improvement in parental distress, parent child dysfunctional interaction, difficult child and total stress level of parents of ASD children. Occupational therapy intervention i.e. sensory integration and parental education program is effective in reduction of child stress level of parents with ASD children.

maziahmohdsaid@gmail.com

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