

Psychosocial Problems and Coping Strategies among Parents having Children with Autism

Thesis

**Submitted for Partial Fulfillment of the Master Degree in
Psychiatric Mental Health Nursing**

By

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَرْفَعِ اللَّهُ الَّذِينَ ءَامَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا

اَلْعِلْمَ دَرَجَاتٍ ۗ وَاللَّهُ بِمَا تَعْمَلُونَ خَبِيرٌ ﴿١١﴾

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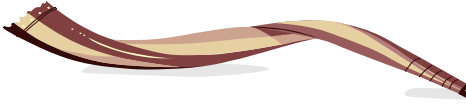
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✍️ *Aya Ahmed Ali*

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Abstract

The aim of this study was to assess psychosocial problems and coping strategies among parents having children with autism and assess the relation between psychosocial problems and coping strategies among parents having children with autism. The study was conducted in autism outpatient clinic at El-Abbasia Mental Health Hospital, Al-Demerdash university hospital (Institute of psychiatric medicine), and Outpatient clinic at Fayoum University Hospital. It included a convenience sample of 80 parents and their autistic children who agreed to participate in the study. Data were collected using the following tools: Interviewing questionnaire of sociodemographic data sheet for parents and children and psychosocial problems of parents having children with autism, and parental coping strategy inventory (PCSI). Data collection lasted for 5 months from the beginning of January 2016 to the end of May 2016. **Results:** The study findings revealed that parents with low psychosocial problems showed high coping were younger, more educated, not work and urban residence. More than half of parents had moderate psychosocial problems, also more than three quarters of parents have moderate coping strategies with the problems and situation faced them. On the other hand, the most frequent coping strategy used by parents as maintaining an optimistic state of mind followed by increasing religious activities, social support. At the other extreme, coping through challenge was the least frequently used. **Conclusion:** It was concluded that there was highly statistically significant relation between psychosocial problems and coping strategies among parents having children with autism. **Recommendations:** Educational programs to increase parents knowledge and awareness of the nature of autism. Programs for parents of children with autism such as stress management technique.

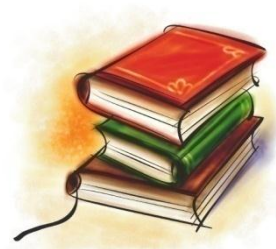
Keywords: Autism, psychosocial problems, coping strategies.



Introduction



Aim of the Study



Review of Literature



Subjects and Methods
