

Prevalence of Stress Among the Parents of Children with Attention Deficit Hyperactivity Disorder [ADHD]

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ABSTRACT

Background: ADHD is one of the most common *neurodevelopmental* disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active. This study is intended to know the prevalence of stress among the parents of children with ADHD.

Methodology: An observational study was conducted in Ahmedabad city. Twenty parents of children with ADHD participated in this study. Parents completed 18 – item questionnaire of the Parental stress scale.

Result: The result was carried out by using Microsoft Excel version 2016. Out of 21 sample size 69% parents had the higher stress level, which showed that there is a high stress level in parents of children with ADHD.

Conclusion: The stress in parents of children with ADHD is high. Parents attribute their high stress to their children's behavior, their children's support for social skills.

Keywords: Prevalence, ADHD, Parental stress scale, stress

INTRODUCTION

Attention-deficit/hyperactivity disorder (ADHD) is a prevalent neuropsychiatric condition that affects social, academic and vocational performance in children, adolescents, and an adult. Neurobiological studies have revealed delayed brain maturation, impaired inhibitory control, noradrenergic and dopaminergic dysfunction in several brain regions, and a loss of connections in important brain regions in ADHD individuals^[1].

Age-related increases in the prevalence of ADHD were observed, rising from 5.2% in 3–4-year-olds to 29.2% in 11–12-year-olds. Boys with ADHD were four times as common than girls. Children with ADHD

had higher rates of delayed development, tantrums, enuresis, tics, broken households, ongoing parental conflict, and mental illness in parents than did in the comparison group^[2].

Research indicates that children with ADHD are more likely to experience stress and parental psychopathology, especially when their ADHD coexists with conduct issues. They are also more likely to experience disruptions in their parent-child relationships, patterns of parental cognitions about their child's behaviour, and low parenting self-efficacy^[3].

The review does, however, highlight the lack of knowledge regarding the developmental mechanisms underlying

these associations and the mechanisms by which the traits of the kid and family transact to exert their influences over time [3].

Particularly in the parent-child interactions of children with ADHD or hyperactivity, it is seen that hyperactive children are less cooperative, less able to maintain their compliance, and more likely to ask their mothers for help than the control children [4]. Compared to mothers of control children, mothers of hyperactive children are less rewarding, more directive, and offer more physical assistance, and voice more disapproval. Studies using stimulant medication with hyperactive children frequently find that lowering the child's ADHD symptoms and improving their compliance via medication results in significant declines in maternal control and negativity, even though the direction of influence in such reciprocal interactions can be difficult to discern [4].

Mothers with attention deficit disorder compared to moms of control children have been demonstrated to exhibit noticeably higher levels of parenting stress, marital unhappiness, and psychological maladjustment (especially anxiety, sadness, and hostility). Compared to parents of control kids, parents of ADHD/ODD teens will exhibit increased levels of aggression, anxiety, melancholy, and ADHD in their offspring [4].

Parental assessments of their children and their own assessments of stresses are significant variables that have been shown to influence how parents process stress. In particular, some studies have looked at mothers' attitudes about the actions of their kids as well as their sense of burden [5].

MATERIALS & METHODS

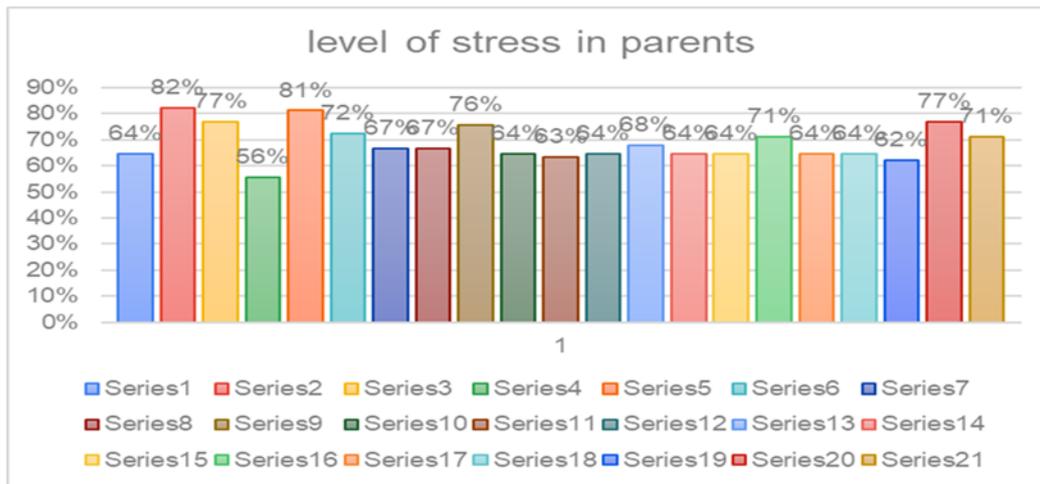
Questionnaires were sent, and 21 parents were contacted. Information was gathered from twenty-one Gujarati parents in Ahmedabad. This study used cross-sectional observational research with snowball sampling. A Google Form was used to administer a survey. Using WhatsApp, the link to the questionnaire was shared with individuals who weren't the first point of contact, and so on. A range of paediatric physical therapy clinics were involved in this investigation.

On a scale of 1 to 5 (1 = Strongly disagree 2 = Disagree 3 = Undecided 4 = Agree 5 = Strongly agree), Parents completed 18 – item questionnaire of the Parental stress scale. in which statements describe feelings and perceptions about the experience of being a parent. Consider each thing in the context of your normal interaction with your child or children.

For the primary analysis, the 18 elements were converted to a 5-point accuracy scale. The eight positive components on the scale include reverse scoring, allowing for a possible score range of 18 to 90. Greater stress is indicated by higher scores on the scale. The purpose of the scale is to measure parental stress in mothers and fathers, as well as in parents of children with and without clinical issues. An English-language self-report scale is this tool.

RESULT

The statistical analysis was done using Microsoft Excel 2016 software. Data was collected from various clinics in Ahmedabad city. Out of 21 parents, the results of this study show that 69% of the stress is present in parents. Which is a moderate to high-stress level in parents whose children have ADHD.



DISCUSSION

In general, society does not consider the actions displayed by children with ADHD to be illnesses that need to be treated. Research has indicated that the characteristics of ADHD make parents more responsible for their care. According to this study, 69 percent of parents whose children with ADHD report having clinically significant stress levels. Other studies have revealed similar amounts of stress related to parenting.

Given that ADHD is a chronic disorder and that comorbid psychiatric problems frequently coexist with it tend to develop later in life and get worse as a kid gets older, parents of older children with ADHD may experience additional stress. Teens with ADHD will undoubtedly have a harder time developing the logical, hypothetical-deductive reasoning, and abstract thinking skills that are expected of them in the classroom. This causes the parents of the involved teenagers as well as themselves to become frustrated and stressed.

Neelaveni Narkunam et al (2012) conducted a study and concluded that stress among parents needs be looked into when treating children with ADHD. Sophie Leitch et al (2019) conducted a study and concluded that parents attribute their high stress to their children's behaviour, unmet needs for support, and social stigma. Sujata Sethi et al (2012) conducted a study and concluded that the parents of children with ADHD experience immense stress.

From these previous studies, it is evident that the parents whose children have ADHD are having high stress level; therefore, the present study was carried out to find out the prevalence of stress among the parents of children with attention deficit hyperactivity disorder [ADHD].

CONCLUSION

This study concludes, the stress in parents of children with ADHD is moderate to high. Parents attribute their high stress to their children's behavior, their children's support for social skills. Interventions like, Energy conserving techniques, relaxation techniques and counseling can be given to relieve the stress in the parents of children with ADHD as it provides benefit to the parents and children with ADHD. In addition, with other factors affecting stress, the behavior of the child and physical activity will be helpful to determine the level of stress in better ways.

Declaration by Authors

Ethical Approval: Approved

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