



## ASSESSMENT OF PSYCHOLOGICAL PROBLEM AMONG MOTHERS OF ADHD CHILDREN WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET – A TWO PHASE STUDY

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### ABSTRACT

A two-phase descriptive study was conducted to assess the psychological problem among mothers of ADHD children with a view to develop an information booklet in Kolkata. In first phase of the study researcher collected data from 50 mothers by non-probability convenient sampling using a semi-structured demographic questionnaire and Standardized DASS 21 questionnaire by paper-pencil method. In second phase, the researchers developed and validate an information booklet on management of psychological problem of mothers of children with ADHD. The result revealed that the mothers had extremely severe (14%) and severe (34%) level of depression. Maximum (54%) of them had moderate level of anxiety while 48% had mild stress. Depression was associated with the gender ( $X^2 < 0.01 = 11.03$ ) of the child, marital status ( $X^2 < 0.05 = 6.48$ ), occupation ( $X^2 < 0.05 = 6.10$ ) of mother. Stress was associated with place of residence ( $X^2 < 0.05 = 6.45$ ) and occupation ( $X^2 < 0.05 = 6.61$ ) of mother while anxiety was associated with marital status ( $X^2 < 0.05 = 6.23$ ). On the basis of the result an information booklet on management of psychological problem was developed which had 72-100% agreement among the experts. There was 94% to 100% agreement among the mothers regarding the acceptability of the information booklet. The study was concluded with the recommendation to conduct related studies on parents of children with behavioural disorder in order to promote mental health by early screening and intervention.

**KEYWORDS :** ADHD child, mothers, psychological problem, information booklet, management of psychological problem.

### INTRODUCTION

Attention deficit/ Hyperactivity Disorder is a common psychiatric disorder with an early onset. It is a chronic and pervasive condition that begins in childhood and is characterized by inattention, impulsivity, and hyperactivity. Raising a child with ADHD may exacerbate parenting inadequacies and social difficulties, and those parents rate their family environments as less supportive and more stressful, and perceived their coping abilities to be lower than parent of non-ADHD children. Investigation reveals that mothers of children with ADHD have higher levels of depressive and anxiety symptomatology. Therefore there is a need to assess maternal mental health status and use appropriate intervention not only to the ADHD children but also to their parents specially mothers.

### Problem statement

Assessment of psychological problem among mothers of ADHD children with a view to develop an information booklet on management of psychological problem in selected psychiatric hospital, Kolkata.

### OBJECTIVE

- To measure the psychological problem of mothers of ADHD Children
- To develop and validate an information booklet on management of common psychological problem of mothers.
- To find out association between psychological problem and selected demographic variable

### Assumption

- Mother of children suffering from ADHD may have Psychological problem
- The psychological problems of the mothers is measureable

### RESEARCH METHODOLOGY

#### Research Approach

Survey research approach

#### Research design

Two phase Descriptive survey research design

#### Variables

Psychological problem  
Demographic variable

#### Setting

Institute of Psychiatry, IGME&R and SSKM Hospital

### Population

Mothers of children suffering from ADHD

### Sample

Mothers of children suffering from ADHD in selected hospital

### Inclusion criteria

- Only mothers of children suffering from ADHD are included
- Mothers who can read, write and comprehend Bengali

### Sample size

50

### Sampling technique

Non-probability convenient sampling technique

### METHODS OF DATA COLLECTION

In first phase of the study researcher collected data from 50 mothers of children with ADHD from 28.11.2018 to 22.12.2018. The sample was chosen from the Clinical psychology, Psychosocial and outdoor department of Institute of psychiatry. After introduction and informal discussion the investigator explained the reason of participation in the study. Confidentiality and anonymity was assured, informed consent was taken. Average 25-30 minute was taken by the respondent.

In second phase based on the finding of the study information booklet was developed and validated on management of common psychological problem of the mother. It was provided to 35 mothers between 8<sup>th</sup> January and 25<sup>th</sup> January 2019 during their next visit.

**Table 1 Data collection tools and techniques**

Sl no	Variables to be measured	Tool	Techniques
1	Demographic data	Semi-structured questionnaire	Paper-pencil test
2	Psychological problem	Depression Anxiety Stress Scale 21	Paper pencil test
3	Opinion on Acceptability of Information Booklet	Opinionnaire	Paper pencil test

### Findings of the study

**Table 2 Mean, median and standard deviation of psychological problem namely stress, anxiety and depression**

Variable	Mean	Median	SD	Rank
Stress	17.36	16	6.58	2
Depression	19	20	6.49	1
Anxiety	12.28	14	6.29	3

**Table 3 Frequency and percentage distribution of scores of psychological problem of mothers of children with ADHD**

n=50

Psychological problem	Frequency	Percentage
<b>Stress</b>		
Normal	05	10
Mild	24	48
Moderate	16	32
Severe	04	08
Extremely severe	01	02
<b>Depression</b>		
Normal	04	08
Mild	06	12
Moderate	16	32
Severe	17	34
Extremely severe	07	14
<b>Anxiety</b>		
Normal	10	20
Mild	10	20
Moderate	27	34
Severe	03	06
Extremely severe	00	00

**Table 4 Chi-square showing association between psychological problem and selected demographic variable**

n=50

Psychological Problem	Age	Marital Status	Residence	Chi-square(X <sup>2</sup> )Occupation	Monthly Family Income	Sex of child
Stress	NS	NS	6.15*	6.61*	1.75	.46
Depression	4.38*	6.48*	2.43	3.45	6.1*	11.94*
Anxiety	NS	6.23*	.15	1.61	3.7	NS

**Table 5 frequency and percentage distribution of agreement among experts on content validity**

n1=7

Criteria	Agreement		Modification		Remarks
	f	%	f	%	
<b>Selection of content</b>					
appropriate	6	86	1	14	content was modified
Adequate	6	86	1	14	
Accurate	7	100	-	-	
<b>Organization</b>					
Logical sequence	7	100	-	-	content was organized
Continuity	6	86	1	14	
Integrity	7	100	-	-	
<b>Language</b>					
Simple	7	100	-	-	
Easy to understand	7	100	-	-	
Comprehensive	7	100	-	-	
<b>Presentation</b>					
Self explanatory picture	5	72	2	28	more pictures were added
Feasibility	7	100	-	-	
Practicability	7	100	-	-	
<b>Overall organization</b>					
Attractiveness	6	86	1	14	
Relevant	7	100	-	-	
Interesting	7	100	-	-	

**RESULT**

The present study showed that 48% mothers had mild stress, 32% had moderate and 8% of them had severe stress. 14% of the mother had extremely severe depression, 34% had severe and 32% of them had moderate depression. In anxiety most (34%) of the mothers had moderate anxiety and only 6% had severe anxiety.

Stress was associated with occupation ( $\chi^2=6.61, p<0.05$ ) and place of residence ( $\chi^2=6.45, p<0.05$ ) of mother. Depression was associated with age ( $\chi^2=4.38, p<0.05$ ) of the mother, marital status ( $\chi^2=6.48, p<0.05$ ), family income ( $\chi^2=6.1, p<0.05$ ) and sex ( $\chi^2=11.94, p<0.001$ ) of the child.

Anxiety was associated with the marital status ( $\chi^2=6.23, p<0.05$ ) of the mother.

On the basis of the result information booklet was developed which had 72-100% agreement among the experts. 94% to 100% agreement was found among mothers regarding the acceptability of the information booklet.

**DISCUSSION**

The result was consistent with the studies of Shahbaz A & Hasan S where they find that most of the mothers of children with ADHD had moderate to severe stress, anxiety and depression. Similar result was found in the studies done by Pranad A & et al where the mean score of stress, depression and anxiety was 27, 18 and 14 respectively.

Phuong TN Showed total parenting stress raised to 93<sup>rd</sup> percentile in mothers. Prevalence of Depression and anxiety were found to be 10% and 20% in a study done by Ray GT & et al. Bawalshah J found a mean depression score of 16.74 among mothers. Rate of depression and anxiety was 30% and 20%-52% in the study done by Soltanifar A and et al.

Literacy of parent and occupation was found to be associated with stress in the study of Sethi S & et al. Phuong TN had found significant relationship between stress and living arrangement. The study contradicts with the finding of Munoz-Silva who found that mothers stress was related to the age of mother and age of the child. Depression was associated with socio economic status in the study of Chen VC which support the present finding While present study contradict with the study of Musa RB & et al where depression and anxiety of mother was not associated with marital status, age of the mother, family income.

**IMPLICATION Nursing practice**

Nurses can screen the psychological problem of mothers of children with ADHD in community, outdoor clinics. Moreover psycho education plan as well as stress and depression management practices can be intervene to improve the quality of life and prevent further mental disorder of mothers.

**Nursing research**

Extensive research can be carried out to assess Psychological as well as physical problem of the respondents. Counseling program on management of psychological problem can be practiced and effect can be observed in a longitudinal study

**Nursing education**

Nurses can assess the psychological status of the clients using different assessment tools and thereby develop skill in screening the problem behavior at early stage. Nurse educators can teach the students regarding preparation of different teaching aids like information booklet, Self-instructional module, pamphlet etc Continuing education programs can be conducted to discuss regarding such issues.

**CONCLUSION**

Mothers of children with ADHD suffered from different psychological problem of which depression was one of the important psychological problems where it was found that mothers were mainly concerned about the future recovery of the child and they did not found any hope. Information booklet on management of psychological problem was accepted as a guide to manage psychological problem.

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