

A Pilot Study: Intervention Outcomes from the Skip-mamma Program for Mothers of Children with Autistic Spectrum Disorders

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Purpose

Recently, the number of children with autistic spectrum disorders has been increasing, and the estimated prevalence of autism in Japan is 1 in 476. These children have unique communication and behavior, so their families often have difficulty in parenting.

The purpose of this pilot study was to examine the outcomes from intervention by the skip-mamma program for mothers of children with autistic spectrum disorders.

Design

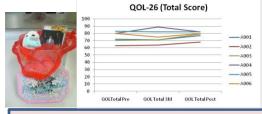
Longitudinal design of a small group (n=6) Methods and Measurements

Parenting Stress Index-Short Form (PSI-SF), Family Assessment Inventory (FAI) and WHO QOL-26 were measured at three times (pre, 3 months later and post). These data were analyzed by the Wilcoxon test using SPSS 13.0J software.









Results

The Skip-mamma program was designed to facilitate the mothers' life-skills for childrearing and to refresh their body and mind. We obtained approval from Ethics Review committee of Nagoya University. All participants provided consent for attending the sessions and filling out questionnaires.

We provided the mothers group a two-hour session once a month for six months. The mean scores of several measurements changed as follows;

PSI-SF: $51.1 \pm 10.0 \Rightarrow 48.8 \pm 7.8$ (Z=-.31, p=0.75), FAI: $123.8 \pm 18.0 \Rightarrow 126.5 \pm 22.2$ (Z=-1.21, p=0.22), QOL-26: $74.7 \pm 7.6 \Rightarrow 78.0 \pm 5.2$ (Z=-1.76, p=0.078). Many mothers described that they felt good and enjoyed this program, and that it was a new positive experience for them where they were cared for by others.









Conclusion & Suggestions

There was no significance between the pre and post scores in PSI-SF, FAI or WHO QOL-26, because of the small sample size. There are different type of score change individually. We now have to obtain further data. However, it was a very important experience for us that so many mothers enjoyed this program. Furthermore they shared the unique stories of their children and families with us.

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