



***A CROSS-CULTURAL STUDY OF BUILDING  
RESILIENCE AMONG PARENTS OF CHILDREN WITH  
AUTISM SPECTRUM DISORDER***

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# WHAT IS AUTISM?

Autism is an umbrella term for autism spectrum disorder, which is characterized by: <sup>(5)</sup>



Constant problems with social communication and interaction across a variety of contexts



Early-onset emergence of symptoms (typically in the first two years of life)



Repetitive, restricted patterns of behavior, activities and interests



Symptoms that cause major impairment in social, educational or other important areas of functioning

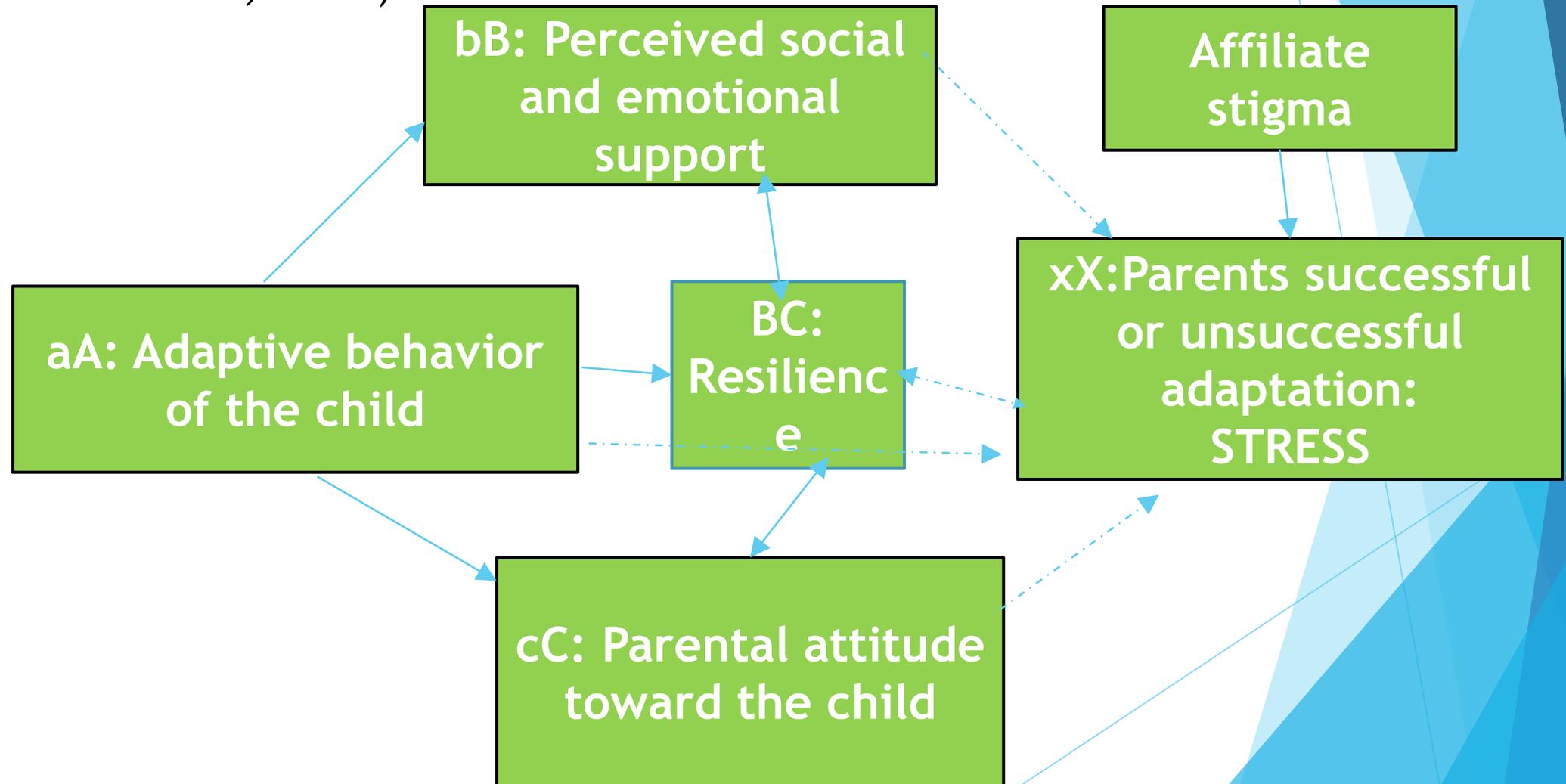


It's called a spectrum because of the wide range of symptoms and impairment levels children can have. Some are only mildly affected by their symptoms, while other children are severely disabled.



- ▶ Parents of children with Autism Spectrum Disorder(ASD) experience significant level of stress
- ▶ Identify the cultural specifics that differentiate how parenting stress and its associated factors are uniquely experienced across India in comparison to UK.

- ▶ Figure 1: Hypothetical model of 'stress and resilience' in parents of children with ASD (based on the Double ABCX model of McCubbin & Patterson, 1983).



## ***Purpose of research***

- Discuss relationship between various social and cultural factors that can impact stress and resilience among parents in the UK and India.
- How parents perceive social and emotional support and how parents build resilience to stress.
- Comparing how model of stress and resilience may vary in different cultures.

# *Aim & Research Questions*

The current study seeks to establish and test a model of stress and resilience and examine the differences in the experiences of the parents of children with ASD cross-culturally between India and UK.

- ▶ Q1: Are the pathways set out in the Stress and Resilience model empirically valid, and do they apply similarly to participants in the UK and India?
  - 1.1: Are there similarities and differences in parental stress and resilience between two groups?
  - 1.2: Are there similarities and differences in adaptive behaviour of children, perceived supports, affiliate stigma and parental attitudes between the two groups?
- ▶ Q2: Are the factors outlined in the model predictive of stress and resilience?
- ▶ Q3: How do the parental experiences of perceived social and emotional support factors, shape their perceived ability to cope with stress and bolster resilience?

# Hypothesis

H1: The predictive relationship of stress and resilience with the adaptive behaviour of the child, perceived support, affiliate stigma and parental attitude towards children differ in the hypothetical diagram cross-culturally, both in UK and India.

H2: Stress or resilience in the parents of the children with autism has significant predictive relationship with the adaptive behaviour of the child, perceived supports, affiliate stigma and parental attitude towards children.

H3: Higher levels of adaptive behaviour of the child, perceived supports, parental attitudes towards their child, and lower levels of affiliate stigma will be significantly associated with lower levels of stress.

# METHODOLOGY

- A mixed method approach:  
Explanatory sequential mixed method design
- 120 parents from India and 120 parents from UK
- The chosen participants will be matched on age, education, occupation, economic status and number of years of experience
- Ethical approval-DREP(Anglia Ruskin University)

# Questionnaires

- ▶ Parenting Stress Index by Abidin(1988).
- ▶ Resilience measured by using Brief Resilience Scale by Smith et al(2008).
- ▶ Affiliate stigma measured by using Affiliate Stigma Scale by Mak and Cheung (2008).
- ▶ Perceived social support measured by using Multidimensional Scale of Perceived Social Support by Zimet et al(2010).
- ▶ Perceived emotional support measured by using perceived emotional support scale by Hisada et al (1989).
- ▶ Vineland Adaptive Behaviour scale (Parental survey) by Sparrow et al(1984)
- ▶ Family impact questionnaire (FIQ) (Donenberg & Baker, 1993).

# ANALYSIS

Independent sample t test

Correlation and regression to find out if stress and resilience are predicted by the IV

If predictability is proved, SEM will be done to establish the path and direction of the predictability

These methods will allow existing model to be empirically tested and new models created

# *Analysis-Descriptive statistics and Correlations*

- ▶ Indian parents have significantly higher parenting stress ( $M=121.48$ ,  $SD=18.11$ ) comparing to UK parents ( $M=110.70$ ,  $SD=17.30$ ),  $t(238)=4.83$ ,  $p<.001$ ,  $d=.61$ ,  $r_{pb}=.29$ .
- ▶ UK parents have scored significantly higher in the resilience scale ( $M=2.86$ ,  $SD=.295$ ) than Indian parents ( $M=2.60$ ,  $SD=.293$ ),  $t(238)=6.69$ ,  $p<.001$ ,  $d=.90$ ,  $r_{pb}=.39$ .
- ▶ UK parents have scored significantly higher in the MSPSS scale ( $M=61.95$ ,  $SD=7.11$ ) than Indian parents ( $M=56.28$ ,  $SD=7.06$ ),  $t(238)=-6.203$ ,  $p<.001$ ,  $d=.80$ ,  $r_{pb}=.37$ .



# Analysis:

- ▶ Indian parents ( $M=62.05$ ,  $SD=8.03$ ) have scored significantly higher PES than UK parents ( $M=59.39$ ,  $SD=8.95$ ),  $t(238) = 2.42$ ,  $p=.016$ ,  $d=.31$ ,  $r_{pb}=-.15$ .
- ▶ Non-statistically significant difference among the parents of children with autism in the UK and India among the parental attitude,  $t(238)=.97$ ,  $p=.33$ ,  $d=.13$ ,  $r_{pb}=.063$ .
- ▶ Indian parents ( $M=55.47$ ,  $SD=10.34$ ) have scored significantly higher on affiliate stigma level than UK parents ( $M=48.73$ ,  $SD=9.12$ ),  $t(238) = 5.35$ ,  $p<.001$ ,  $d=.70$ ,  $r_{pb}=.33$ .
- ▶ UK parents of children with autism reported higher adaptive level ( $M=124.5$ ,  $SD=11.05$ ) than Indian parents ( $M=118.67$ ,  $SD=13.47$ ),  $t(238)=-3.67$ ,  $p<.001$ ,  $d=.47$ ,  $r_{pb}=.23$ .

# Expected Outcomes:

New culturally specific strategies to provide intervention that will help parents overcome stress and enhance resilience

Increase clinicians' awareness and cultural responsiveness in order to support the UK and Indian parents of children with ASD

Thank  
you!