

The psychological impact of children's mental health problems on their parents

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Aim of the work: to study the impact of children's mental health problems on their parents (mothers), to explore the factors affecting Study design: Cross-sectional longitudinal study (follow up after six months). Method: The study includes 200 child and their parents, every child will be subjected to full psychiatric sheet and will be diagnosed according to (DSM-IV-TR) (Sadock & Sadock, 2007). every parent (mothers) will be subjected to: (1) The Arabic version of General Health Questionnaire -28 (GHQ-28), (2) The Arabic version of the extended version of the Strengths And Difficulty Questionnaire (SDQ) parental form (Thabet et al, 2000), (3) The Arabic version of Parenting Stress Index (PSI) (EL-Bablawy, 1988)*, (4) The Arabic version of World Health Organization Quality Of Life Questionnaire-100 (Mick and Willem, 1998).

Results: 62% of the mothers have bad mental health and about half of them have psychiatric disorders (depression or anxiety). The burden on the mother and the families is rated in 86% of the mothers; also there is high maternal stress among 87% of the mothers. The mothers of psychiatric children have high prevalence of bad quality of life. Mother without work and/or having young psychiatric children has the risk of maternal mental health problem. Also the serious child disorders as mental retardation, autistic disorder, attention disorder and disruptive behavior disorders, and psychotic disorder have the worst impact on the mothers. The psychological impact on the mothers improves six months later after improving the psychiatric conditions of the children except the environmental maternal quality of life where most probably it takes more time to show improvement.

Conclusion: Mental health and quality of life of the mothers caring psychiatrically ill-children are affected. The psychological impact on the mothers improves six months later after improving the psychiatric conditions of the children.