



**Culturally Competent Support to DD-Impacted Families:
Mental Health and Life Satisfaction
among Parents of Children with DDs**

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Outline

❖ Introduction

- Literature and background

❖ Experimental Design

- Pre- and pro-test

❖ Health Outcomes & Life Satisfaction

- Parents' overall health conditions
- Measures of parents' subjective well-being

❖ Discussion and Suggestion

Health Related Issues

❖ Mental health

- Stress (CES-D 10)
- Comprehensive Inventory of Thriving (CIT developed by Diener and colleagues 2014)

❖ Physical health

- Less attention to parents' physical health

❖ Subjective Well-being

- 3 Domain: Life Satisfaction, Positive and Negative Feelings
- Developed by Su, Tay, and Diener 2014

Subjective Well-being (Su, Tay, and Diener 2014)

❖ Life Satisfaction

- In most ways my life is close to my ideal
- I am satisfied with my life
- My life is going well

❖ Positive Feelings

- I feel positive most of the time
- I feel happy most of the time
- I feel good most of the time

❖ Negative Feelings

- I feel negative most of the time (R)
- I experience unhappy feelings most of the time (R)
- I feel bad most of the time (R)

Mental health

❖ Stress and Depressive Symptoms (CES-D short)

- Children with developmental disability as a stressor
- Coping strategy can change the relationship between life stressors and health

❖ Positive Psychological Well-being

- Little attention to POSITIVE indicators of PWB
- Diener's Comprehensive Inventory of Thriving (CIT):
Relations, Engagement, Mastery, Autonomy, Meaning,
Optimism, **Subjective Well-being**

Measures: Dependent Variables

❖ Depressive symptoms (CES-D) short Scale

- I was bothered by things that usually don't bother me
- I had trouble keeping my mind on what I was doing
- I felt depressed
- I felt that everything I did was an effort
- I felt hopeful about the future (R)
- I felt fearful
- My sleep was restless
- I was happy (R)
- I felt lonely
- I could not "get going."

❖ Self-rated health

- 1 Very Bad to 5 Very Good

Physical health


❖ **Poorer physical health**

- poor sleep
- greater risk of hypertension
- arthritis
- increased headaches and higher rates of infection

❖ **Poor physiologically functioning**

- underlying mechanism behind the poor health in caring parents

Quality of Life & Life Satisfaction

- ❖ **Poor Quality of Life among these parents**
 - ❖ **World Health Organization (WHO) develop measures**
 - Physical Health
 - Psychological Health
 - Social Relationships
 - Environment
 - Overall Quality of Life
 - General Health
- 

Measures: Independent and Control

❖ Childhood SES

- Parents' education
- Parents' income
- Parents' occupation
- Parents' marital status

❖ Previous health conditions

❖ Age, gender and race/ethnicity

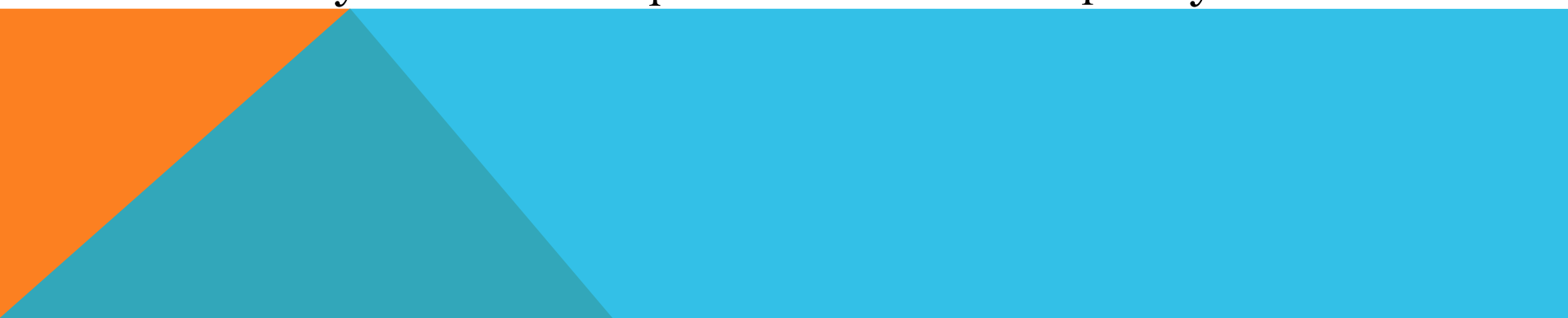


Experimental Design

❖ Pretest

- Asian American Parents caring for children with DD
- Before join our intervention program

❖ Protest

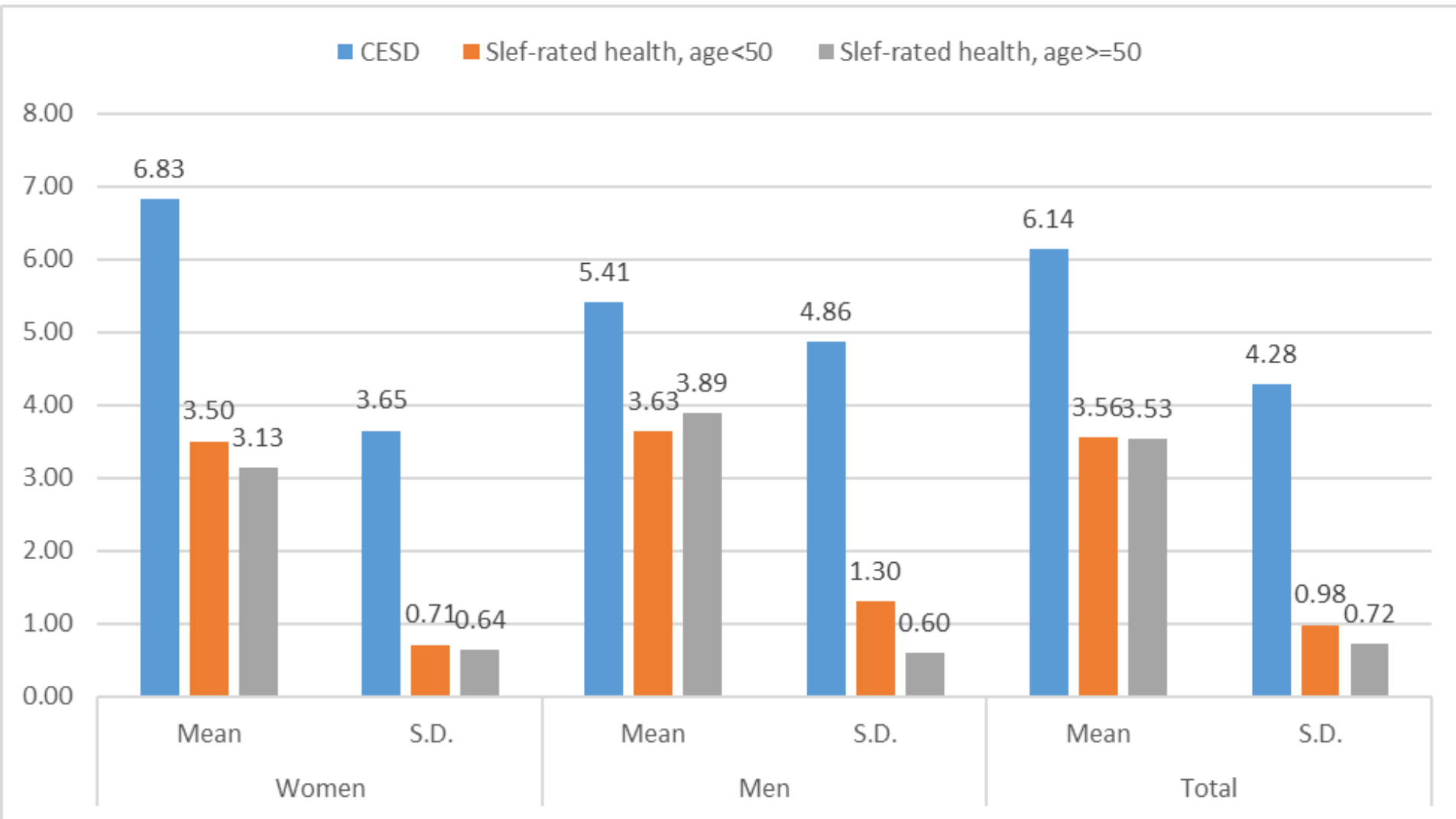
- After intervention programs
 - We will interview with parents and hope to measure their health/well-being and quality of life changes after joined our programs
 - Yearly measures of parents' health and quality of life
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Data & Descriptive Statistics

❖ 17 couples and 1 mother (N = 35)

- Gender: Women 51.43% and Men 48.57%
- Age: 38-78 (45.71% age > 50)
- Race/Ethnicity: 97.14% Asian Americans
- Education: 16.8 years of education
(Men = 17.76 & Women = 15.89)
- Work: 42.86% Full-time
14.29% Part-time
42.86% No Work
- Income: 25.71% Less than \$25,000
11.43% \$25,000-\$49,999
8.57% \$50,000-\$74,999
5.71% \$75,000-\$99,999
48.57% More than 100,000

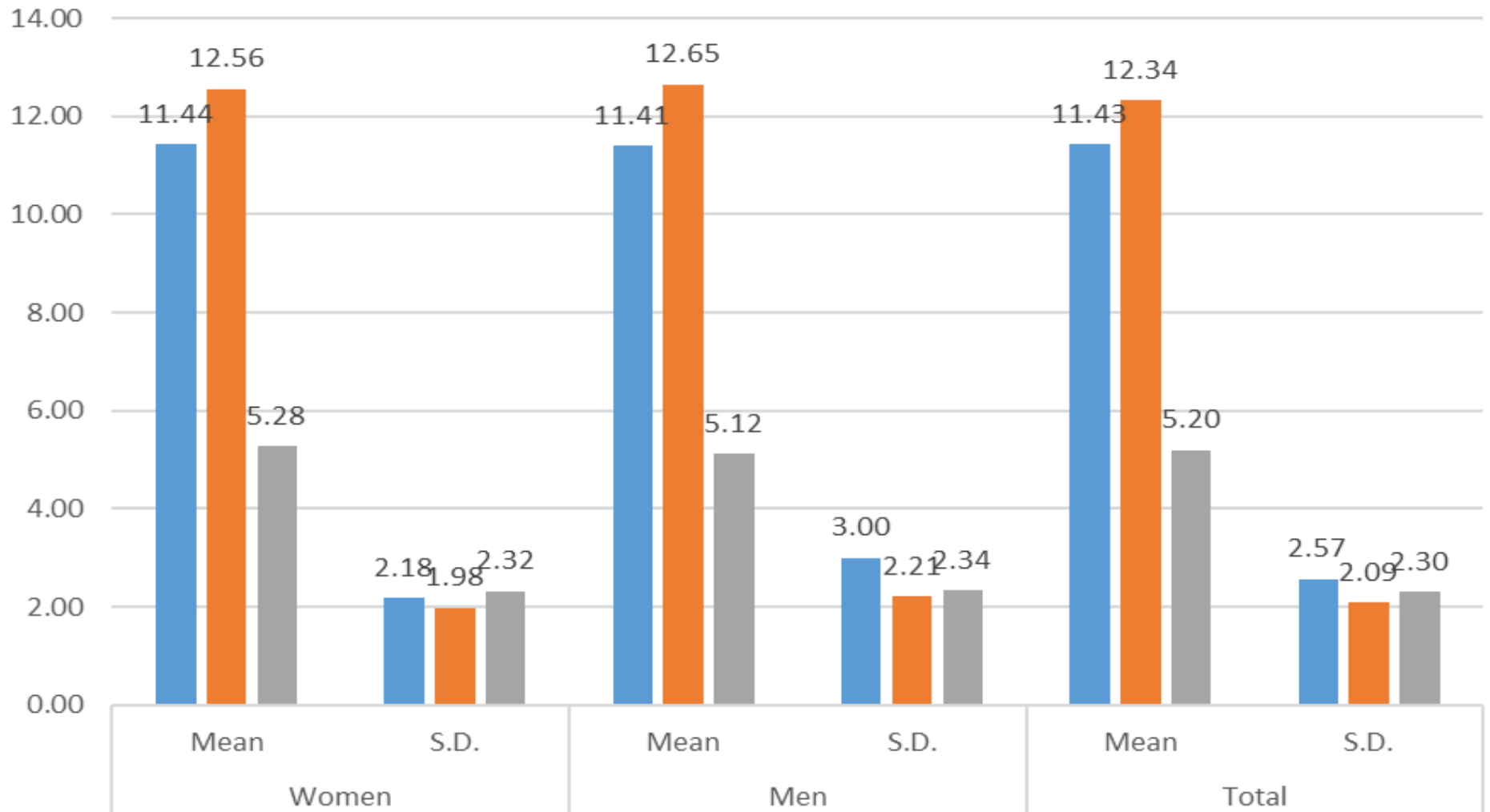
Mental Health & Self-rated Physical Health



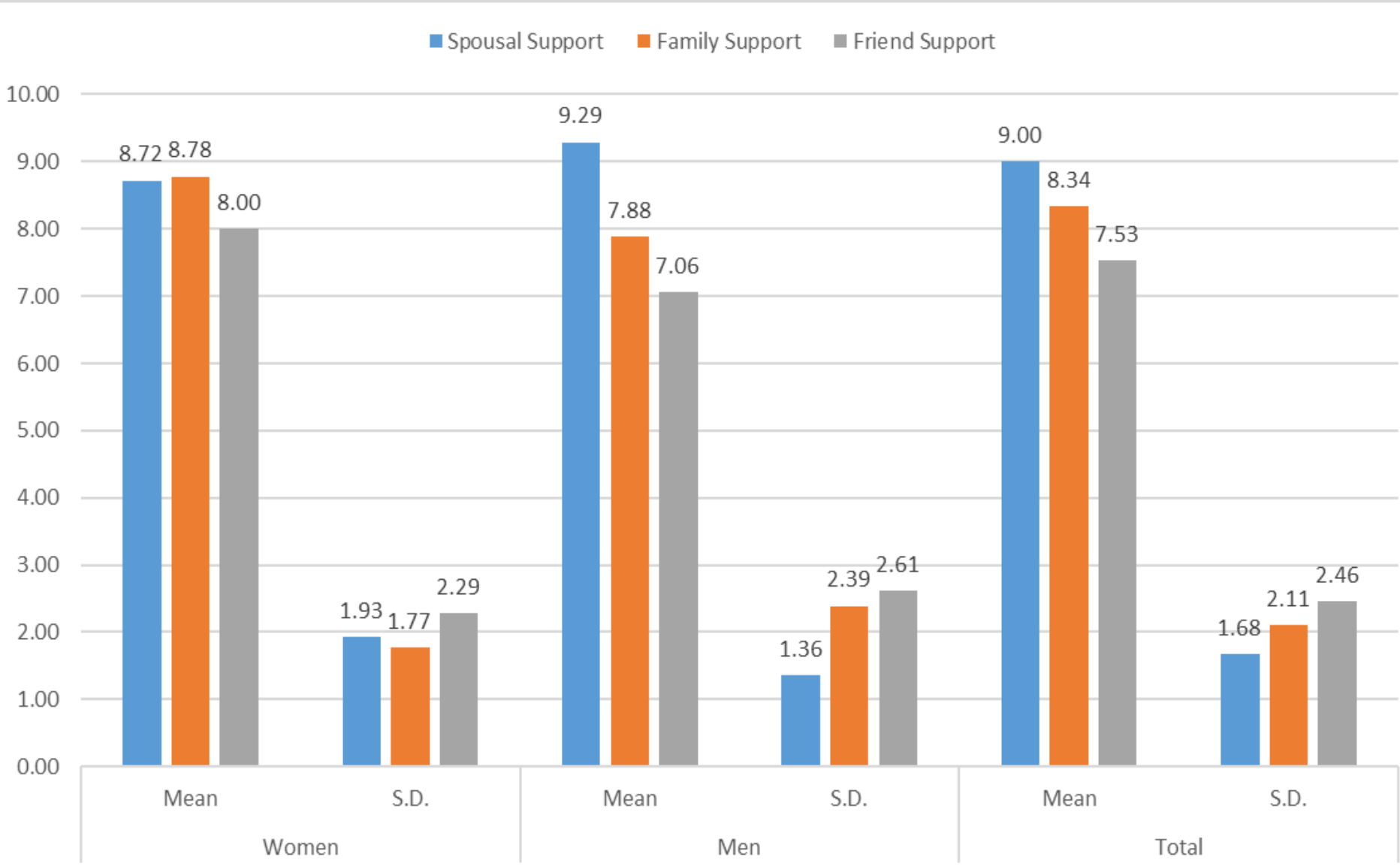
*Note: alpha = 0.84 for CES-D 10

Subjective Well-being using CIT

■ Life Satisfaction (alpha = 0.90) ■ Positive Feelings (alpha = 0.88) ■ Negative Feelings (alpha = 0.80)



Social Support Resources



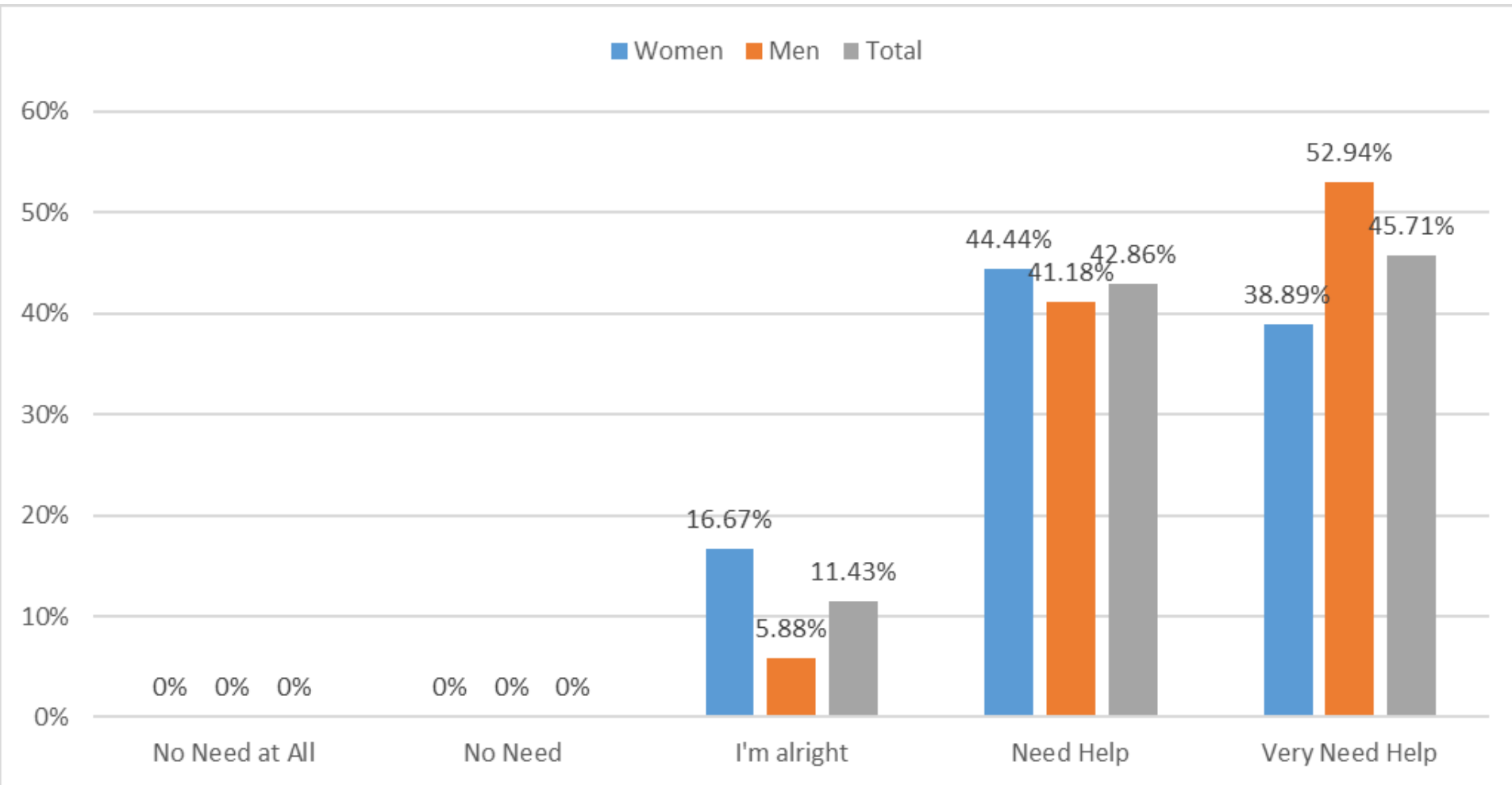
Marital Status and Satisfaction

❖ **100% Married** and live with their spouse

❖ **Marital Satisfaction**

	Women (n=18)	Men (n=17)	Total (N=35)
Very Dissatisfied	5.56%	0.00%	2.86%
Dissatisfied	0.00%	0.00%	0.00%
Alright	22.22%	0.00%	11.43%
Satisfied	38.89%	29.41%	34.29%
Very Satisfied	33.33%	70.59%	51.43%

Do you need help with your child's current condition?



Thank you!

Questions/Feedback

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