

# **Self-Compassion & Mental Health Wellbeing Among Parents of Children with ASC and Intellectual Disabilities**





# Research Team

## **Ms Shivli Shrivastava: Principal Investigator**

Managing Director, Shivtensity, Raipur, India

## **Dr. Simi Shrivastava: Principal Investigator**

Director Projects and Research, Aakanksha Lions Institute of Learning & Empowerment, Raipur, India

## **Dr. Rahul Ganguly: Co-Investigator**

Senior Lecturer and Course Director  
Charles Sturt University, Bathurst, NSW

Upon learning  
that their child  
has a disability

## Most Parents Experience

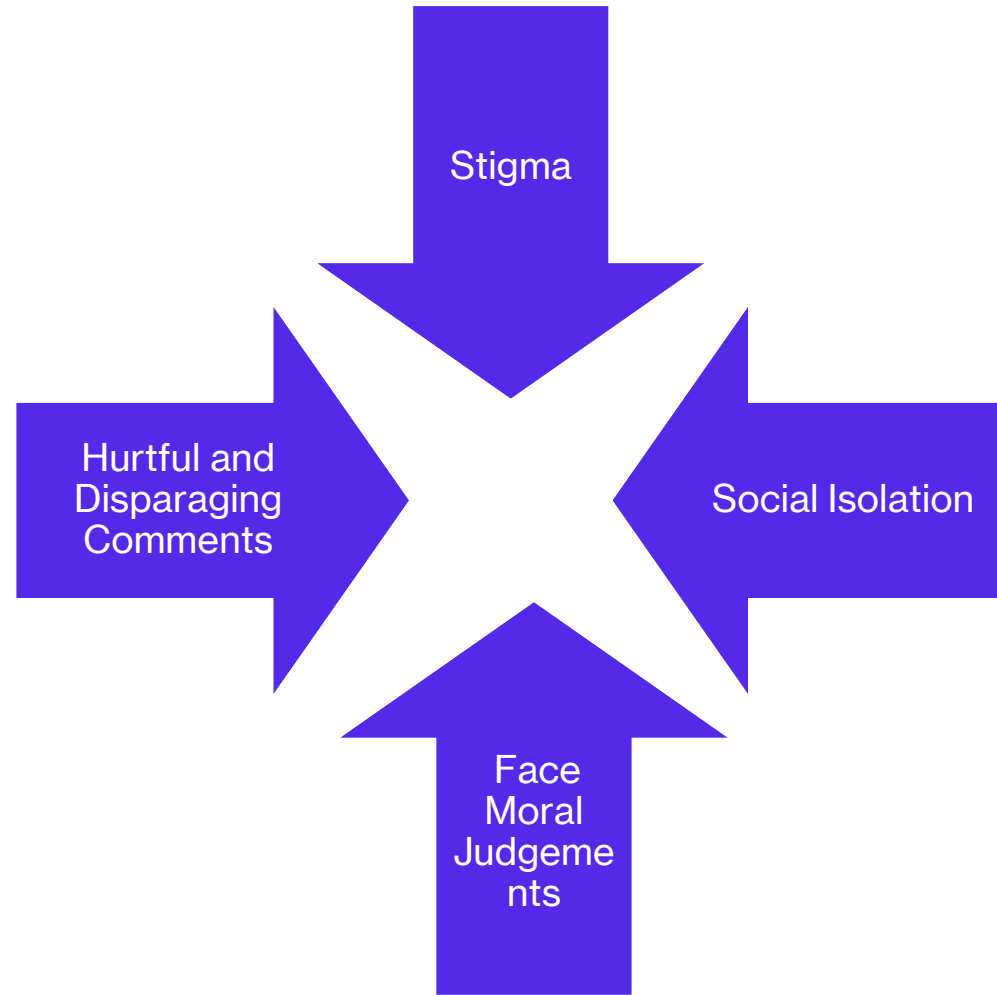
### ❖ **Grief (Kübler-Ross, 1969)**

- long-term process through which parents struggle to accept their child's condition, eventually leading to acceptance of their child's disability

### ❖ **Chronic Sorrow (Olshansky, 1962)**

- life-long sadness throughout their child's lifetime, periodically repeating at critical times in their child's development

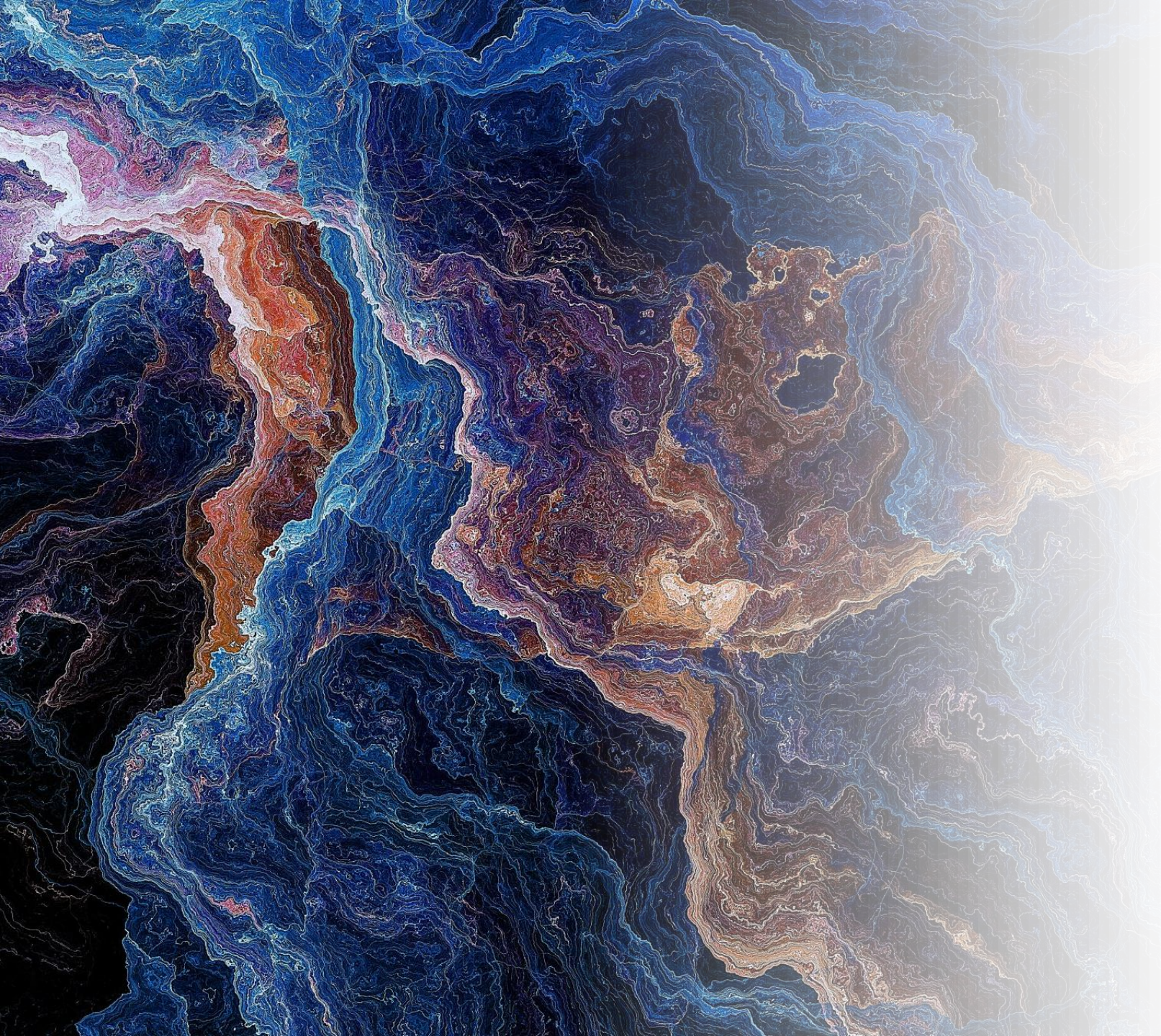
# Societal Reactions



# Implications







---

# Handling Negativity

Teaching how to be Self-Compassionate (kind, patient, self-forgiving and tolerant)

---



# Mahatma Gandhi



Nobody can hurt you without your permission.



# **Purpose**

Leave with the ability to design programs, that focus on strengths of families of people with disabilities



# Key Term- Self Compassion-Neff (2003)

- Self-kindness vs Self Judgement
  - Treating yourself with care and understanding.
- Common Humanity vs. Isolation
  - Recognizing that challenges are a part of the human experience.
- Mindfulness vs Over-Identification
  - Accurately perceiving your thoughts, feelings, and experiences, without overidentifying with them.

# Extant Research – Well-being and SC

- Self-compassion a significant predictor of well-being outcomes for parents of children with ASC (Bohadana et al., 2019; Neff & Faso, 2014; Wong et al., 2016)
- Self-compassion as a protective factor against self-stigmatisation in 237 Australian parents of children with ASC aged 18 years or younger (Torbet, Proeve & Roberts, 2019)

# Our Research – Exploratory

Does Self - Compassion scores vary among parents of children with Autism Spectrum Conditions (ASC) and Intellectual Disability (ID)?

Does DASS scores (Depression, Anxiety and Stress) vary among parents of children with Autism Spectrum Conditions (ASC) and Intellectual Disability (ID)?

Is there a relationship between DASS scores and SC Scores?

# Instruments

- **Self Compassion Scale (SCS) – Neff (2003)**
  - Hindi Adaptation – Verma and Tilak, 2017
  - 26 items – 5 point Likert Scale
  - 6 subscales - self-kindness, mindfulness, common humanity, self-judgment, isolation, and over-identification.
- **DASS 21 –Depression, Anxiety and Stress Scale (Lovibond, 1995)**
  - Hindi Adaption – Singh et al, 2013
  - 21 items – 4 point Likert Scale
  - 3 subscales – Depression, Anxiety and Stress
- **Researchers Constructed Demographic Information**

# Data Collection

## Recruitment

- Local Non-Governmental Organisation Intake Centre in Central India (Chhattisgarh)
  - Contacting Other Adult Support Services in Chhattisgarh
  - Parent of Autism Network
- 
- Data Collection
    - Google Forms



# Data Analysis

- IBM-SPSS 27
- Descriptive Statistics and Regression Analysis

# Sample

- N= 62 parents
  - 30 Parents of individuals with primary diagnosis of Intellectual Disabilities
  - 32 Parents of individuals with primary diagnosis of Autism Spectrum Conditions
- Children in the age group of 3-38 yrs.

# Results

- SC scores for Parents of I-ID = 2.52
- SC scores for Parents of I-ASC = 2.38

# Results – Does SC Vary By Child-Disability

Self Compassion Factors	Parents Of I-D (N=30)		Parents Of ASC (N=32)	
	Mean	SD	Mean	SD
<b>Self-Kindness</b>	2.63	.49	2.37	.66
<b>Common Humanity</b>	2.60	.56	2.31	.69
<b>Mindfulness</b>	2.77	.50	2.56	.62
<b>Isolation</b>	2.50	.63	2.59	.62
<b>Self-Judgement</b>	2.83	.70	2.63	.70
<b>Over-Identification</b>	2.50	.63	2.69	.64

# Results

Compared to parents of Individuals-ID, parents of Individuals-ASC

- Scored **lower** in
  - Self-kindness, Common Humanity and Mindfulness
  - Self-Judgement
- Scored **higher** in
  - Over-identification and Isolation



# Results – Does SC Vary By Parents Gender

<b>Self Compassion Factors</b>	<b>Mothers (N=32)</b>		<b>Fathers (N=30)</b>	
	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>
<b>Self-Kindness</b>	2.53	.76	2.47	.69
<b>Common Humanity</b>	2.56	.86	2.33	.70
<b>Mindfulness</b>	2.78	.70	2.53	.64
<b>Isolation</b>	2.31	.73	2.60	.65
<b>Self-Judgement</b>	2.25	.60	2.30	.72
<b>Over-Identification</b>	2.31	.69	2.43	.84

# Results

Compared to fathers, mothers

- Scored **higher** in
  - Self-kindness, Common Humanity and Mindfulness
- Compared to mothers, fathers scored **higher** in
  - Over-identification, Self-judgement and Isolation

# Results – Does Depression, Anxiety and Stress Vary by Disability?

	Parents of I-ID (N=30)		Parents of I-ASC (N=32)	
	Mean	SD	Mean	SD
Depression	1.78	1.16	1.87	1.07
Anxiety	2.20	1.38	2.31	1.45
Stress	1.81	.859	1.83	.913

# Results

Compared to parents of Individuals-ID, parents of Individuals-ASC

- Scored higher in
  - Depression
  - Anxiety
  - Stress

# Results – Correlation

- Self-Compassion

- Depression (r(62)) = -0.26,  $p < .05$
- Anxiety (r(62)) = -0.40,  $p < .001$
- Stress (r(62)) = -0.32,  $p < 0.01$



# Results – Regression Analysis

- The stepwise regression results indicated that only the variables Anxiety & Stress of the mothers have a significant relationship with self-compassion.
- Father's Depression, Anxiety, and Stress do not have any meaningful association with self-compassion.

# Next Stage of Analysis –

- Qualitative Interview
- Increase sample size

# Discussion

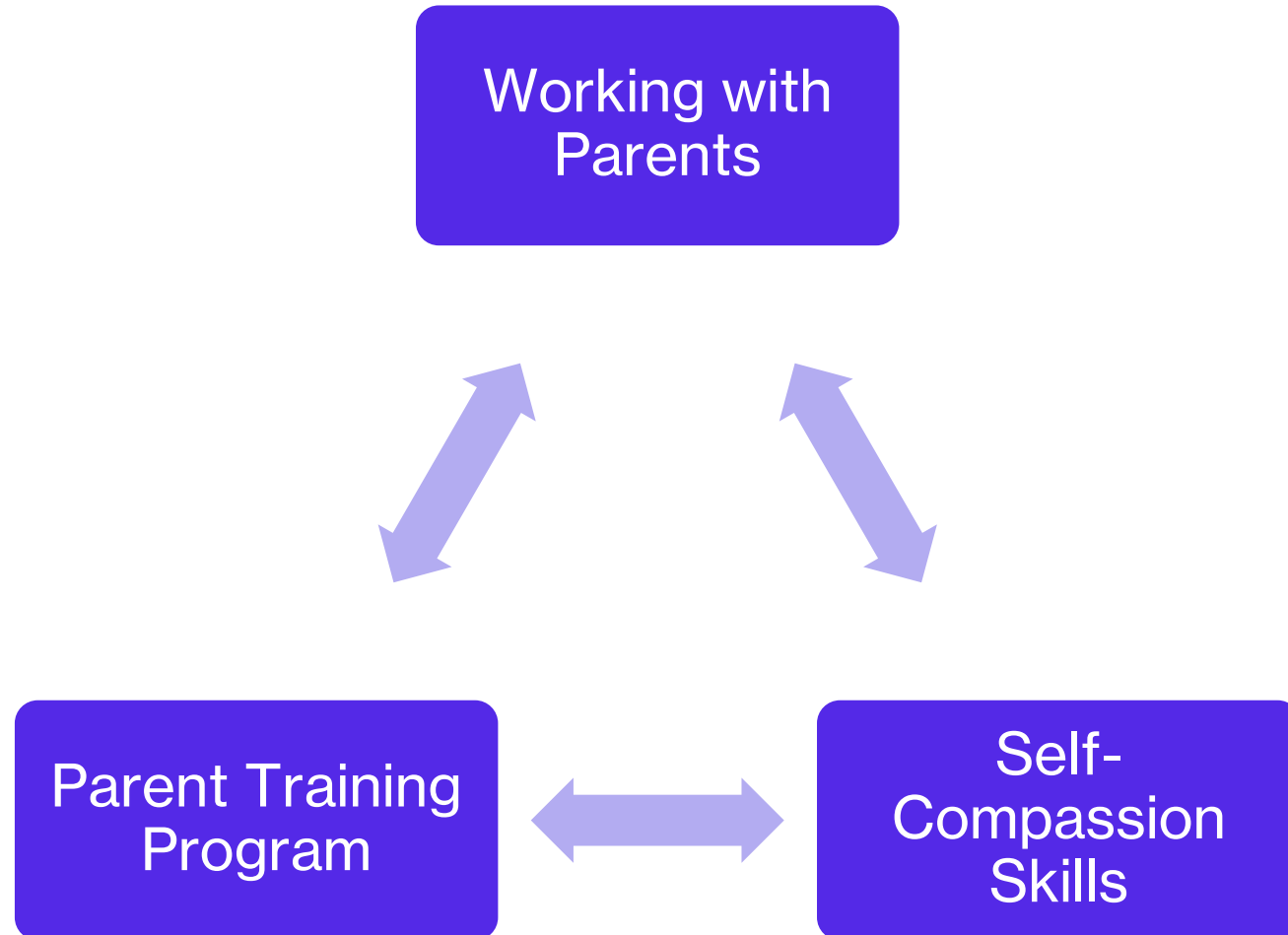
- First paper to examine self-compassion among parents of individuals with IDD and parents of individuals with ASC
- Fathers have low SC scores compared to mothers
- Study results indicate the parents of individuals with ASC have lower levels of self-compassion and higher levels of stress, anxiety and depression.

# Limitations

- Small Sample
- Self-Reported Data

# Practice

---



# Dalai Lama

If you don't love yourself, you cannot love others. You will not be able to love others. If you have no compassion for yourself then you are not able of developing compassion for others.

**Thank you**

Questions or Comments

# Self Compassion Resources

- <https://self-compassion.org/self-compassion-scales-for-researchers/>