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BACKGROUND

- Autism Spectrum Disorder (ASD) is a lifelong condition characterized by deficits in social communication, presentation of repetitive behaviors, and engagement in restricted interests¹.
- ASD affects 1 in 36 children aged 8 years old, highlighting its prevalence¹.
- The level of care needed for a child with ASD varies widely, reflecting the unique nature of each individual's condition.
- Parents of children with ASD often experience heightened levels of stress, depression, and anxiety; compared to parents of neurotypical children who may not face the same stressors².

Mindfulness-Based Stress Reduction (MBSR) has been scientifically proven to effectively reduce stress levels and improve psychological well-being²⁻⁵.



PICO(T) Question

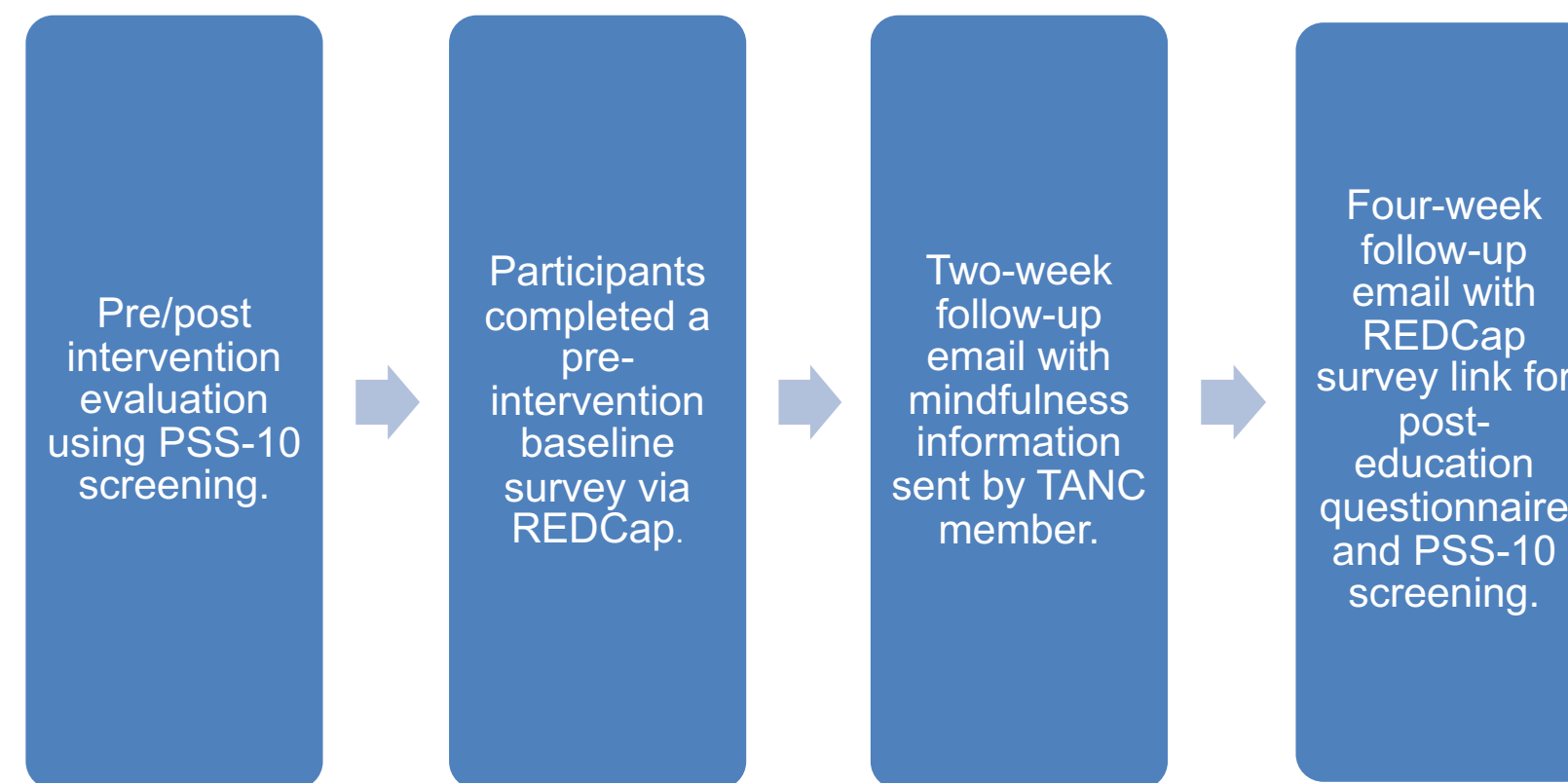
In parents of children with Autism Spectrum Disorder, what is the impact of education on mindfulness techniques on self-reported perceived stress levels and mindfulness practice over a 4-week period?

METHODS

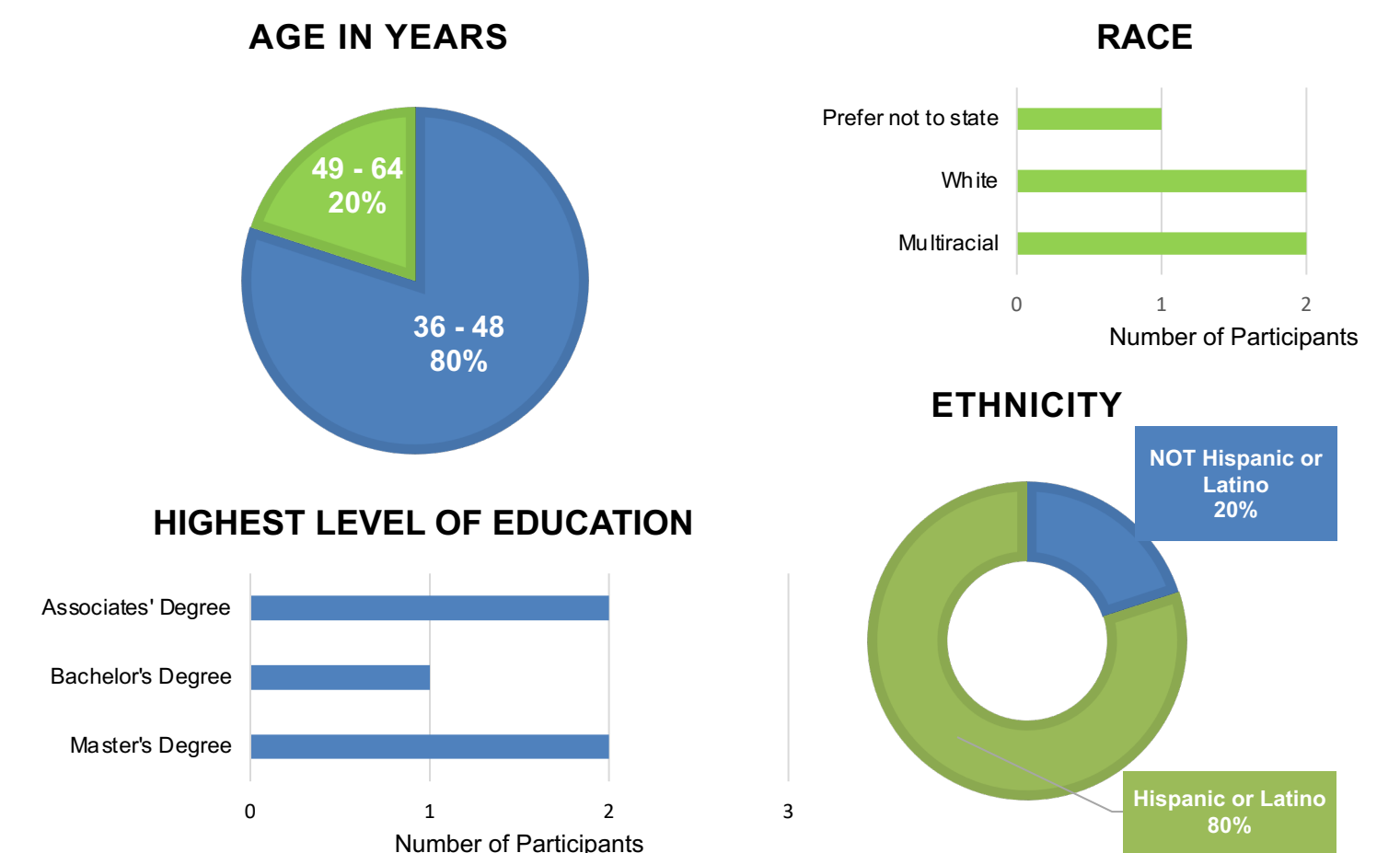
- Convenience sample from the CHOC Thompson Autism and Neurodevelopmental Center mom's group for parents of children with ASD.
- Inclusion Criteria: 1) 18 years of age or older; 2) caregiver of at least one child diagnosed with autism spectrum disorder; 3) parent of a child who attends the Thompson Autism and Neurodevelopmental Center (TANC) at CHOC; 4) access to an iOS or Android mobile device.

Intervention = Mindfulness Education Session

- 20 minutes
- Session highlights evidence-based benefits of the consistent practice of mindfulness; demonstration of the UCLA Mindful app; guided exercise and teaching of "5-finger breathing" technique.
- Handout provided for reference.

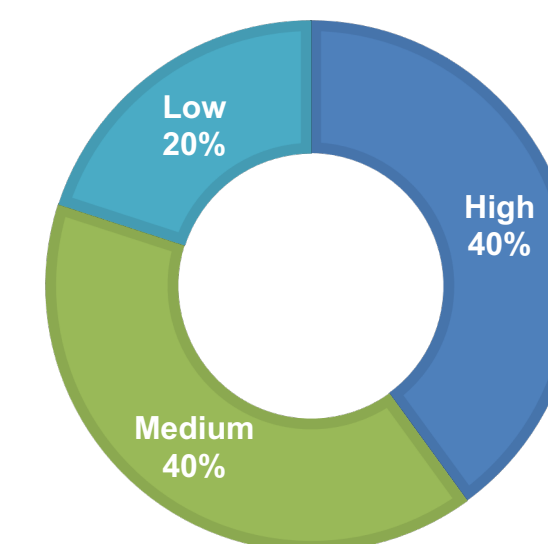


SURVEY RESULTS

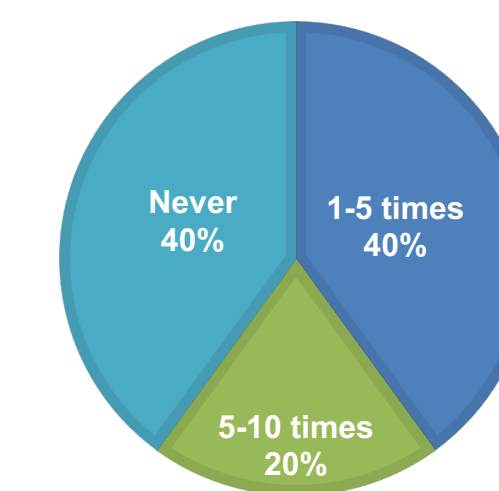


Prevalence of Stress and Mindfulness Usage in Population Prior to Intervention

PARENT'S SELF REPORTED PERCEIVED STRESS SCALE (PSS-10) SCORE CATEGORY



HOW OFTEN WERE YOU ABLE TO PRACTICE MINDFULNESS IN THE PAST 4 WEEKS?



No post-intervention survey responses despite multiple efforts. Attendees expressed appreciation for the education.

IMPLICATIONS

- Parents of children with ASD have high levels of stress that could be improved through mindfulness-based stress reduction practices.
- Teaching mindfulness techniques is cost effective. There are free resources available for parent use.
- Personalized follow-up to obtain PSS-10 responses to measure effectiveness and make additional referrals may yield greater responses⁶.
- Guided mindfulness practice is easily accessible due to the availability of free mobile-based applications.

REFERENCES

Scan QR code for link to references



ACKNOWLEDGMENTS

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