THE PREVALENCE OF ANXIETY AND DEPRESSION AMONG MOTHERS OF CHILDREN WITH AUTISM SPECTRUM DISORDERS AND ATTENTION DEFICIT HYPERACTIVITY DISORDER IN MADINA, SAUDI ARABIA

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ABSTRACT

Background: Of child with autism, parents especially mothers pose a substantial role in the care and support and compared with other parents they go throw many considerable challenges to handle with their child illness. Studies on parents of a newly diagnosed autistic child have proved that parents have raised levels of posttraumatic stress disorder and depression.\[14,15\] Parents mostly liable to anxiety wish can be attributed to demands of dealing with their autistic child.\[16,17,18,19,20,21,22\] Aims & Objective: To explore the prevalence of anxiety and depression among mothers of children with Autism spectrum disorders and attention deficit hyperactivity disorder in Madinah Saudi Arabia. Material and Methods: For mothers’ diagnostic assessment, we used questionnaire based on Taylor scale for anxiety and Beck scale for depression. All mothers of children with Autism spectrum disorders and attention deficit hyperactivity disorder in Madinah and were obtaining medical care in Al - Amal Complex for Mental Health were invited to participate in study. Results: The result of this study show that from 50 mother of children with Autism spectrum disorders and Attention Deficit Hyperactivity Disorder in Madinah The prevalence of mothers who have both anxiety and depression was 18 %. The prevalence of mothers with alone depression was 20%. The prevalence of mothers with alone anxiety was 8 %. Conclusion: Autism and ADHD can affect the mother mental health which should be considered when treating the child. We have to check the mother mental health give them proper treatment if needed, and if there is a need for cognitive behavioral therapy.
KEYWORDS: Autism; Attention Deficit Hyperactivity; Saudia Arabia; Depression; Anxiety.

INTRODUCTION

Autism spectrum disorders (ASD) are defined as a serious group of complex neurodevelopment disorders.\(^1\) ASD are characterized by difficulties in social reciprocity, communication abilities, restricted stereotyped behaviors.\(^2\) Children's may also exhibit comorbid psychiatric circumstances such as attention deficit hyperactivity disorder (ADHD).\(^3,4,5\) At age of 3 years the (ASD) usually diagnosed.\(^6\) Males have shown higher rate of affected compared to females around 4.3 males are affected to 1 female.\(^7\) A theory has proposed that may a biological factor in female protective them against autism.\(^8\)

Autism evaluated prevalence through the previous 40 years has redouble by 10-fold approximately.\(^9\) Recently, Autism spectrum disorder (ASD) prevalence shows evolution.\(^10\) In Europe and North America Among 2000 and 2010 the quantity of autism in children has raised up from 5–9 to 90–110 per 10,000 individuals.\(^11\) Also, in Asia the quantity has raised up from 1.9 in the 1980s to 14.8 in 2010 per 10,000 individuals.\(^12\) Furthermore, Saudi published studies have mentioned unstable but rising rate of autism.\(^13\)

Of child with autism, parents especially mothers pose a substantial role in the care and support and compared with other parents they go through many considerable challenges to handle with their child illness. Studies on parents of a newly diagnosed autistic child have proved that parents have raised levels of posttraumatic stress disorder and depression.\(^14,15\)

Parents mostly liable to anxiety wish can be attributed to demands of dealing with their autistic child. However individual characteristics play an important role in induced such anxiety.\(^16,17,18,19,20,21,22\) Furthermore, the onset of psychiatric symptoms in some parents have been noted even before becoming apparent.\(^14,23\)

ADHD is neuro-psychiatric condition affecting all ages all around the world characterized by decreased in attention span and hyperactivity, 5-8% of school-aged children and adult.

In 60% continue to show symptoms.

ADHD pt. sometimes show impairment in academic function and social situation.
Although in ADHD multiple neurotransmitters and brain region are implicated, dopamine effect is the focus of the recent study.\textsuperscript{[24]}

Mothers of children with ADHD can show an increased level of stress and signs depression, because they have to deal with the child continuous movement which could be a danger to himself, and in the school years they have to deal with the deceased school performance. And most important people and other family members complain and judgment\textsuperscript{[25]}

Autism and (ADHD) is a child psychiatric disorder that showed significant increase in Saudi Arabia, according to al-salehi et al 2009 cross sectional study 49 children were diagnosed with ASD\textsuperscript{[26]}, although there has been care and services provided by the government to the patients, there is an important side which been completely forgotten, which is the mothers of the patient and the possibility for them to get anxiety or depression while taking care of the child.

That is why the main objective of this study is to assess the prevalence of anxiety and depression among mothers of children with Autism spectrum disorders and Attention Deficit Hyperactivity Disorder in Medina, Saudi Arabia.

**OBJECTIVE**

To explore the prevalence of anxiety and depression among mothers of children with Autism spectrum disorders and attention deficit hyperactivity disorder in Madinah Saudi Arabia.

**METHODOLOGY**

**Study design:** Cross sectional study.

**Study Population and period:** This research was started in 2017 in Madinah City, Saudi Arabia. The target population included all mothers of children either males or females patient, Saudis or non in age group between 3-15 years old Who have already been diagnosed with Autism spectrum disorders, attention deficit hyperactivity disorder with or without others disabilities (mental retardation) and were obtaining medical care in Al- Amel complex for mental health in Madinah.

**Sampling technique and size:** All mothers of children with Autism spectrum disorders and attention deficit hyperactivity disorder in Madinah and were obtaining medical care in Al - Amal Complex for Mental Health were invited to participate in study.
Data collection tools instruments and procedures: For mothers’ diagnostic assessment we used questionnaire based on Taylor scale for anxiety and Beck scale for depression. The questionnaire is consisted of:

*Questions on socio – demographic information about the child* as age, sex, diagnosis (autism, ADHD, with or without mental retardation), type of child treatment (psychological, pharmaceutical, without treatment)….etc.. *Questions on socio – demographic information about both parents* and marital status of them. *Questions for depression assessment based on Beck scale*. *Check list for anxiety assessment based on Taylor scale*.

Data management: Statistical analysis were be used.

RESULTS

The result of this study show that from a sample population of 50 mother of children with Autism spectrum disorders and attention deficit hyperactivity disorder in Madinah who agreed to participate in this study, 23 mothers show relevant score regarding to Taylor scale for anxiety and Beck scale for depression.

The prevalence of mothers who have both anxiety and depression was 18%.

The prevalence of mothers with alone depression was 20%. The variables which makes statistical significant differences in depression between mothers were: gender of the child (.045), past history of self-harming or violence (.000), father job (.012), mother health (.048), family atmosphere (.016) and economic status (.106). 47% of mothers under this group showed mild severity of depression while 5.2% showed very sever degree.

The prevalence of mothers with alone anxiety was 8 %. The variables which makes statistical significant differences in anxiety between mothers were: gender (.016) and age (.050) of the child, past history of head injuries (.035) epilepsy (.013) and self-harming or violence (.013), father job (.035), family atmosphere (.011) and live with who (.036). 30.7% of mother under this group showed mild severity of anxiety while 23.07% showed very sever degree.

The result of the survey showed diversity of severity. In depression, the results showed that 5.2% patient with severe depression, and 47.3% were mild. In anxiety, 23% were severe, and 30.7% were mild.
This shows that although depression is higher in number, it is lower in severity and anxiety was lower in number but much higher in severity.

DISCUSSION

The current study shows a prevalence of anxiety and depression among mothers of children with Autism spectrum disorders and Attention Deficit Hyperactivity Disorder in Medina district from a sample population of 50 mother of children with Autism spectrum disorders and Attention Deficit Hyperactivity Disorder.

The prevalence of mothers who have both anxiety and depression was 18%, The variable which makes the most statistical significant differences in depression between mothers is economic status (.106) The variable which makes the most statistical significant differences in anxiety between mothers is age of the child (.050) which is understandable in developing country like KSA.

The mothers of ASD patients were 23 the mothers of ADHD patients were 6 other 5 that’s identify the purpose of the study, that’s ADHD and ASD are stressful for the caregiver, it could increase anxiety and depression, it has been found in other study (Narkunam, et al., 2012)[27], (Zablotsky, et al., 2012).[28]

Although the government has been showing interest in developing the mental health system (Koenig, H.G., et al. (2014)).[29] Lack the awareness of the importance of mental health among the citizens of Madinah Saudi Arabia, and the stigma that follows mental health patient (Alamri, Y., et al. (2016)) [30] might prevent the mother of speaking up or to be able to identify the signs of anxiety and depression that why the health and the education authorities should start raising mental health importance in KSA.

CONCLUSION

The study showed that Autism and ADHD can affect the mother mental health by inducing anxiety and depression, which should be considered when treating the child. We have to check the mother mental health give them proper treatment if needed, and if there is a need for cognitive behavioral therapy.
REFERENCES


