

## **Dr. Simmi Shrivastava**



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**Self-Compassion & Mental Health Wellbeing -  
An Exploratory study among Parents of Children with  
Autism Spectrum Disorder & Intellectual Disability**

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## Introduction

Self compassion is linked to the wellbeing of parents and adds to better caregiving. It is an emotional regulation strategy where painful or distressing feelings are held in awareness with kindness, understanding and a sense of shared humanity.

Here, the researchers aimed to study the levels of Mindful Self Compassion among parents of children with ASD and ID.

## Research Questions

In this exploratory study, the researchers intended to study Mindful Self Compassion among parents of children with ASD and ID. The following research questions were framed -

- A. Does Self - Compassion scores (Self Kindness, Self Judgement, Common Humanity, Isolation, Mindfulness, Over Identification) vary among parents of children with Autism Spectrum Disorder (ASD) and Intellectual Disability (ID).
- B. Does Self - Compassion scores (Self Kindness, Self Judgement, Common Humanity, Isolation, Mindfulness, Over Identification) and DASS scores (Depression, Anxiety and Stress) vary based on the gender of the parents.
- C. Does Self - Compassion scores (Self Kindness, Self Judgement, Common Humanity, Isolation, Mindfulness, Over Identification) and DASS scores (Depression, Anxiety and Stress) vary based on the disability of the children and gender of the parents.
- D. Does DASS scores (Depression, Anxiety and Stress) vary among parents of children with Autism Spectrum Disorder (ASD) and Intellectual Disability (ID).

## Methodology

The exploratory study was conducted on a total of 62 parents (30 parents of children with ASD and ID respectively), who were selected using convenient sampling. The Self Compassion Scale (SCS) and Depression, Anxiety and Stress Scale - DASS 21 were administered to collect data.

## Key Findings

The present research studied mindful self compassion among 62 parents of children with ASD and ID, using the Self compassion Scale and DASS 21. Data Analysis revealed the self compassion levels in significance with gender of parents of children with ASD and ID.

Mothers of children with Autism Spectrum Disorder scored highest on Mindfulness and lowest on Self Kindness. Fathers of children with Intellectual Disability scored highest on Self Kindness, Isolation, Mindfulness and Over-Identification while mothers of children with Intellectual Disability scored highest on Mindfulness and lowest on Self Judgement. Both parents of children with Intellectual Disability scored lowest on Self Judgement. Mothers of children with Autism Spectrum Disorder had the highest scores on Depression while fathers of children with Autism Spectrum Disorder had the highest scores on Anxiety and Stress.

