

Mental Health of Parents of Autistic Children in Relation to Education and Income

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Abstract

The present study was designed to investigate the mental health of parents of autistic children according to education and income. A questionnaire package comprising of: 1) Anxiety measuring questionnaire, 2) Depression measuring questionnaire, 3) Life stress measuring questionnaire and a Personal Information Form (PIF) were used to collect data from a sample of 100 (Mother 50 & Father 50) parents of Dhaka city in Bangladesh. Five objectives were formulated to examine in this study. The obtained data were analyzed using descriptive and inferential statistics through SPSS version 20. Results indicated that life stress level of fathers and mothers of autistic children were mild and moderate respectively but mothers displayed more life stress than fathers ($t=2.09, p<.05$). Results further revealed that depression level of parents of autistic children were minimal though mothers expressed more depression than fathers ($t=5.64, p<.01$). Findings also showed that anxiety level of fathers and mothers of autistic children were severe and profound respectively. The t-test revealed that mothers experienced significantly higher level of anxiety compared to fathers ($t= 5.87, p<.01$). Moreover, based on the results of independent sample t tests and one way ANOVA, it can be said that mental health of parents of autistic children does not differ by their education and family income. The implications of the findings have been interpreted in the light of previous studies.

Keywords: Mentalhealth, Depression, Anxiety, Life stress, Education, Family income

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Effective services for improving quality of life

Abstract:

Title: Shumpun-- A theatre-based therapeutic intervention for children with Autism Spectrum Disorder (ASD) and other Developmental Delay

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Background:

Approximately, 1 in 500 children in India have Autism Spectrum Disorder (ASD) and they have significant difficulties with social communication, particularly in social interaction and pragmatic language which are known to have an adverse effect on the child and the family's quality of life. To address the paucity of effective interventions, we have developed a novel theater-based behavioral program to target the key areas of social communication development.

Methods:

Children with ASD between the ages of 7 to 16 years and their parents participate in the drama-based workshops over 10 weeks. Each 2 hour session is held once a week. A special educator and a theater artist have collaboratively developed a structured program using theater-based techniques such as role-play, social stories, personal narratives, script memorization and recitation. Based on individual needs of the child with ASD, an individualized action plan is developed and carried out during the workshops.

Results:

Till date 85 children with Special need and their parents have participated in the program. Through the drama-based workshops we are able to teach complex and rapid exchange of ideas, and pragmatic communication to the children. Participants learn to understand social cues, recognize body language and facial expression, and infer emotion and intent from tone of voice and affect. Participating parents have reported improvement in social cognition, particularly social reciprocation, and non-verbal communication among their children after completion of the workshop.

Conclusion:

In our experience, the use of drama is an invaluable technique in strengthening the social communication skills among children with ASD and likely improves quality of life.

Paper title: A pilot study for community inclusion for young adults with intellectual and developmental disabilities with autism in particular.

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Abstract:

Background: Community inclusion is an important element of well-being for people with intellectual and developmental disabilities. Despite personal limitations and challenges, all individuals can be supported and provided with reasonable accommodations that enable them to be fully included in their communities with careful planning and intervention. However full community inclusion needs time for both individuals with and without disability to understand each other and develop interpersonal relationships. Method: A pilot project on Community inclusion was organized by Autism Society West Bengal for four years which enables young adults with autism spectrum disorder (ASD), some of whom were intellectually challenged to various degrees, to make friends and connect better with the society. Neurotypical volunteers from different professional fields spent quality time with the young adults with ASD. Principles of social role valorization (SRV) were used by special educators to design the activities. Specific

roles for different participants were envisaged. Results: Using informal, semi structured interviews with all the participants it was found all participants with and without disabilities participated in the activities at individualized levels, expressed enjoyment, and improved their recreation skills. Conclusion: Despite characteristics which define ASD and other intellectual disabilities, each person must be viewed individually in terms of his or her own strengths and support needs and reasonable accommodations made for enriching community inclusion. Community inclusion through recreation and participation in common activities may require some specific strategies and considerable time. Specific roles helped in making this project enriching.

Keywords: Community inclusion, autism, intellectual disability

PARENTAL ACCEPTANCE AND MENTAL HEALTH OF CHILDREN

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The present study was designed to investigate the relationship between parental (paternal and maternal) acceptance and mental health of children. The sample consisted of 100 respondents (50 boys and 50 girls) were randomly selected from four schools of Rajshahi city, Bangladesh. Their age ranged was from 10 to 12 years. The following measures were used i.e. (1) The Personal Information Form, (2) Bangla versions (Uddin, 2011) of the Child Parental Acceptance-Rejection Questionnaire for Mother and for Father (PARQ: Mother and Father; Rohner, 2005) and (3) Bangla version (Sorcar and Rahman, 1989) of General Health Questionnaire (Goldberg, 1972). Two hypotheses were formulated, such as (1) There would be a positive relationship between parental (paternal and maternal) acceptance and mental health of children, and (2) Parental (paternal and maternal) acceptance would likely to predict mental health of children. The obtained data were analyzed by using correlation and regression method. Results showed significant positive correlation between parental (paternal and maternal) acceptance and mental health of children. Regression analyses revealed significant independent effects of paternal and maternal acceptance on children's mental health. Approximately 28 % and 69 % of variance in children's mental health could be explained by the combination of paternal and maternal acceptance respectively.

Effect of Dance Movement Therapy on Cognitive and Affective Sequel of Persons with Disability

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Dance as a creative therapy, is performing expressive art was considered as a part of healing procedure for thousands of years. Based on the assumption that body and mind are interrelated, Dance Movement Therapy (DMT) is defined by the ADTA (1966) as "the psychotherapeutic use of movement as a process which furthers the emotional, cognitive and physical integration of the individual." Intellectual Disability (ID) and Autism Spectrum Disorder(ASD) are type of neurodevelopmental disorders in which children suffer more or less with physical, cognitive, emotional and social issues, where as DMT is one of the new modalities of mind-body medicine that are receiving widespread attention in the changing health care landscape. The research question is to find out whether DMT enhance Attention Span, Emotional Recognition of adolescents for inclusion purpose of persons with ID and ASD. 30 people from ID and 35 from ASD age range from 11 to 17 were selected with using diagnostic tool named Binnet Kamat Test and Autism Diagnostic Checklist. Attention card and software of emotional recognition were used to assess span of attention and emotional recognition. Baseline measures were taken first then DMT were introduced to selected people as intervention with 20 sessions. Immediate measure after just completion of intervention and post measure after one month of completing DMT were taken. Statistical analysis has revealed positive effect of DMT on span of attention and recognition of emotion in both the cases which may help such people for inclusion in main stream education field.

Key Words: Dance Movement Therapy, Intellectual Disability, Autism Spectrum Disorder, Span of Attention, Emotional Recognition, Socialization, Inclusion.

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Abstract The present study was designed to investigate the mental health of parents of autistic children according to education and income. A questionnaire package comprising of: 1) Anxiety measuring questionnaire, 2) Depression measuring questionnaire, 3) Life stress measuring questionnaire and a Personal Information Form (PIF) were used to collect data from a sample of 100 (Mother 50 & Father 50) parents of Dhaka city in Bangladesh. Five objectives were formulated to examine in this study. The obtained data were analyzed using descriptive and inferential statistics through SPSS version 20. Results indicated that life stress level of fathers and mothers of autistic children were mild and moderate respectively but mothers displayed more life stress than fathers ($t = 2.09, p < .05$). Results further revealed that depression level of parents of autistic children were minimal though mothers expressed more depression than fathers ($t = 5.64, p < .01$). Findings also showed that anxiety level of fathers and mothers of autistic children were severe and profound respectively. The t-test revealed that mothers experienced significantly higher level of anxiety compared to fathers ($t = 5.87, p < .01$). Moreover, based on the results of independent sample t tests and one way ANOVA, it can be said that mental health of parents of autistic children does not differ by their education and family income. The implications of the findings have been interpreted in the light of previous studies.

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An approach of TOL^{DX} profiling and assessment of planning ability of Autism and Borderline Intellectual Impairment

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Planning is a complex goal directed cognitive ability, where several alternative moves or actions are required to be executed either by trial and error or by sequential strategies. It is an important component of Executive Function. The present study aims to bring out a profile of TOL^{DX} (test used for evaluation of planning ability) in autism and borderline intellectual impairment (BII) and assessment of planning ability in both the groups. Two groups of participants, one group with autism (N=15) and other group of intellectually impairment (borderline, IQ:70-80), N=15 participated in the present study. The study consisted of testing sessions on Coloured Progressive Matrices (CPM) and Tower of London DX. Performance box of CPM is administered to determine the intelligence level of both the groups. TOL^{DX} is administered to both the groups in individual sessions. The result revealed that planning ability is not completely impaired in autism and BII rather it is tedious, detained and time consuming. The investigation of planning ability in autism and BII is discussed in the present study.

Keywords: autism, borderline intellectual impairment, planning, executive function, TOL^{DX}

Abstract

Gitanjali Sarangan

FOUNDER & EXECUTIVE DIRECTOR

snehadhara foundation

Bangalore

Title :Arts Based Therapy to Create Empathetic, Inclusive Learning Spaces: An Eastern Perspective

The advancement of studies in neuroscience has established the linkages of the practice of art and its positive effects on the brain. It has been established that different neural networks are involved in various forms of arts such as music, visual arts, dance, drama (Ashbury and Rich 2008). In 2008, the Dana Arts and Cognition Consortium reports findings that allow for a deeper understanding of how to define and evaluate the possible causal relationships between arts training and the ability of the brain to learn in other cognitive domains. Arts Based Therapy is the evidence-based use of multi art forms to accomplish individualized goals within a therapeutic relationship. Basis of ABT lies in Indian Psychology and Ethics, Studies of Human Development, Neuroplasticity and Cognitive neurosciences. The scale of therapeutic and learning needs for every special need population both children and adults are immense. No single model has proved to be completely effective. A multi-modal approach to therapy is required. Action Research projects at Snehadhara have proved the efficacy of ABT across the special population be it in the motor, sensory, social or cognitive domain. Although India has longstanding traditions of the arts in healing, it has not been systematically and consistently developed into an indigenous practice in the contemporary times. ABT bridges that gap. It brings the much-needed artistic language into therapy, while retaining a firm basis in Indian mind traditions, Eastern Psychology and well-researched scientific understanding of mind and reality.

Intellectual Disability and Sexual Abuse: A Theoretical Analysis

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Abstract

Intellectual disability is defined as a condition which is characterized by significant limitations in intellectual functioning and adaptive behaviour that directly affects day to day social and practical skills. Along with physical health abnormalities intellectually disabled youth suffer from a wide range of psychological problems. This disability makes them vulnerable to physical and sexual abuse. Several researches showed that the risk of being sexually abused is 2 to 6 times greater among intellectually disabled youth than among typically developing youth and most of the times these disabled youth find it difficult to express their crisis situation because of their limited vocabulary and lack of communicative abilities. As a consequence, they often suffer from a wide range of mental health problems. Hence, in this backdrop the present paper is an attempt to provide an overview on sexual abuse of intellectually disabled youth and to discuss the prevention and intervention techniques for such vulnerable youth.

Key Words: *Intellectually disabled, Youth, Sexual Abuse, Mental Health Problems*

Paper Title: Inspection result of the Sivas activities and its future prospects.

Study based on the case in Japan.

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Objective:

Based on the case study that it had carried out the Social welfare corporation Seiwa-Kai in Japan, we will propose its results and future prospects of the Sivas activities

Method:

On the Historical and practical process of the Sivas activities that it had carried out by the social welfare corporation Siwa-Kai from the 1900s to the present. We analyze the impact of the Sivas activities to the people with disabilities in the field of the individual and social life.

Then, we will introduce the present welfare activities based on the Sivas concept and methods that the Seiwa-Kai is carrying out. And to clarify the fact that welfare support systems based on the Sivas activities are establishing of the basic human rights and dignity for the persons with disabilities in individual life and social life in more details.

Result:

Base on the case study of the Social Welfare Corporation Seiwa Kai, the Sivas activities are effective as a software to concretely support the human rights and dignity of the persons with disabilities. By introducing this concept and methodology of the Sivas, It should be supported to realize the self-selection, self-determination and self-realization for the persons with disabilities in daily life and social life of persons with disabilities by themselves.

Implication of the study:

The Sivas activities including its concept and methodology should be widely adopted in welfare support activities for the persons with disabilities. It is effective and necessary not only in Japan, but also in all countries.

Paper title: Review on the recent research in the identification of biomarkers for autism and other co morbid conditions like intellectual disability.

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Abstract: Each individual with autism spectrum disorder (ASD) presents a unique combination of symptom severity in the core domains and a variable mix of comorbid conditions like attention-deficit hyperactivity disorder (ADHD), epilepsy, Fragile X syndrome and intellectual disability. Recent research has shown that autistic individuals who also meet criteria for

intellectual disability has been reported to be around 25% to 70%. In the recent years Molecular subtyping through gene sequencing, gene expression, and other epigenetic and omics data has been used in understanding prognosis and identifying disorder mechanisms. This approach has recently been applied to the study of neurodevelopmental disorders, such as Autism Spectrum Disorders and other comorbid conditions like intellectual disability. With this broader initiative toward identifying disorder subtypes using molecular data, distinct subtypes of ASD are being explored through genetic testing and omics data (genomics, transcriptomics and proteomics). Advances in omic profiling technologies allow the systemic analysis, reduce heterogeneity and characterization of alterations in genes, RNA, proteins and metabolites, and offer the possibility of discovering novel biomarkers and pathways associated with disorder and comorbid conditions. This paper is a review on the recent research in the identification of biomarkers for autism and other comorbid conditions like intellectual disability.

Keywords: Molecular subtyping, omics data, biomarkers, autism, comorbid, intellectual disability

Bullying among Adolescents with Intellectual Disability: A Theoretical Analysis

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Abstract

Bullying is the use of force, threat, or coercion to abuse, intimidate or aggressively dominate others. Adolescent with intellectual disability have below average intelligence or mental ability and lack of skills necessary for day to day living. It is widely accepted that adolescents with intellectual disability (ID) are prime candidates for being bullied. Most studies confirm that bullying of individuals with developmental disabilities exceeds bullying of others. It is therefore important to understand how bullying and being bullied affect the well-being and adaptive functioning of the adolescents with intellectual disability. Hence the present paper is an attempt to review the prevalence and effect of bullying among adolescents with intellectual disability. Further, the paper also suggests some need based measures to control bullying among adolescent with intellectual disability.

Key Words: *Bullying, Adolescents, Intellectual Disability*

Self Infection Control: Developmental disability as a barrier

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ABSTRACT

Development of infection in the human body implies to respond in a way to defend itself against invader agent. In the process of development of infection, the disease is transmitted from source of infection through a portal of entry in human body. As the total process of infection occurs through a chain of events, there is a preventable process the knowledge of which brings safety from the infection mechanism. Conscious arousal about an infection to be occurring in the body is the way by which generally in any human being infection doesn't make entry or after entering develop in biological process. Naturally among most of infectious diseases the infection occurs from the environment through airborne, waterborne and soilborne methods. Through sense of arousal a human keeps self protected from these infections most of the time. But it has been observed among developmentally disabled persons in the community that such disability is a sensitive barrier to control infection. As seen through observation although family members or care givers of developmentally disabled persons most of the time are aware of keeping them away from infection as much as possible but due to such barrier of developmental disability, the developmentally disabled persons are failing to keep themselves away from infections at the moments when they are alone from persons taking care after them. Another observed matter is when an infection is being developed inside a developmentally disabled person, they fail to realize the symptoms being felt or if they realize the symptom they fail to explain to persons who could help them prevented from the infection. The observational study in result figured out the matter, and some recommendations are given by the researcher to prevent developmentally disabled persons from these sensitive conditions.

Adolescence Training of Persons with Intellectual Impairment

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The taboo related to sex education is still one of the primary challenges in adolescent health drive in India. In presence of the hostility exhibited towards attempts to regularize sex education of adolescents in the last few decades, it can be well assumed addressing the challenges related to sexuality of adolescents with developmental disability through a proper curriculum is still a farfetched dream in India. Researchers observed that individuals with intellectual impairment are aware of and has interest in sexual issues and they engage into a variety of problem behaviours related to sexuality. It has been observed that many persons with intellectual impairment are also interested in normal social and sexual relations, but their poorly developed social skills preclude them from achieving it. When we think of sexuality, we think of many different things. We think of reproduction and the different bodies and reproductive capacities of men and women. We think of pleasure, the pleasures of the body, but also the pains, mental and physical, that can wrack the body. We think of love, and the joys of human involvement, but we might also remember the fear and hate that sexuality can evoke—through discrimination, prejudice, abuse, violence, rape. We think of potential diseases, of which HIV/AIDS has become the most potent symbol, and the possibility of death. Sexuality is about both pleasures and dangers, and that link gives it its ambiguity and its power. Adolescence is a time of storm and stress. It's one of the most important developmental stages, with significant changes occurring in the social, physical and emotional aspects of a person's life. The present paper aims to address the very serious concern systematically and proposes a management program through privacy training, understanding sexuality, acceptance and inclusion of pleasure time and parental psychoeducation.

Keywords: Sex education, Intellectual Impairment, Adolescence training