

Capturing Daily Variations in Parental Stress and Coping Among Parents of Autistic Adolescents : An Ecological Momentary Assessment Study

1. INTRODUCTION

→ While numerous studies have focused on the **well-being** of parents of **young autistic children**, the **adolescent period** has received **less** attention (Kochanova et al., 2022).

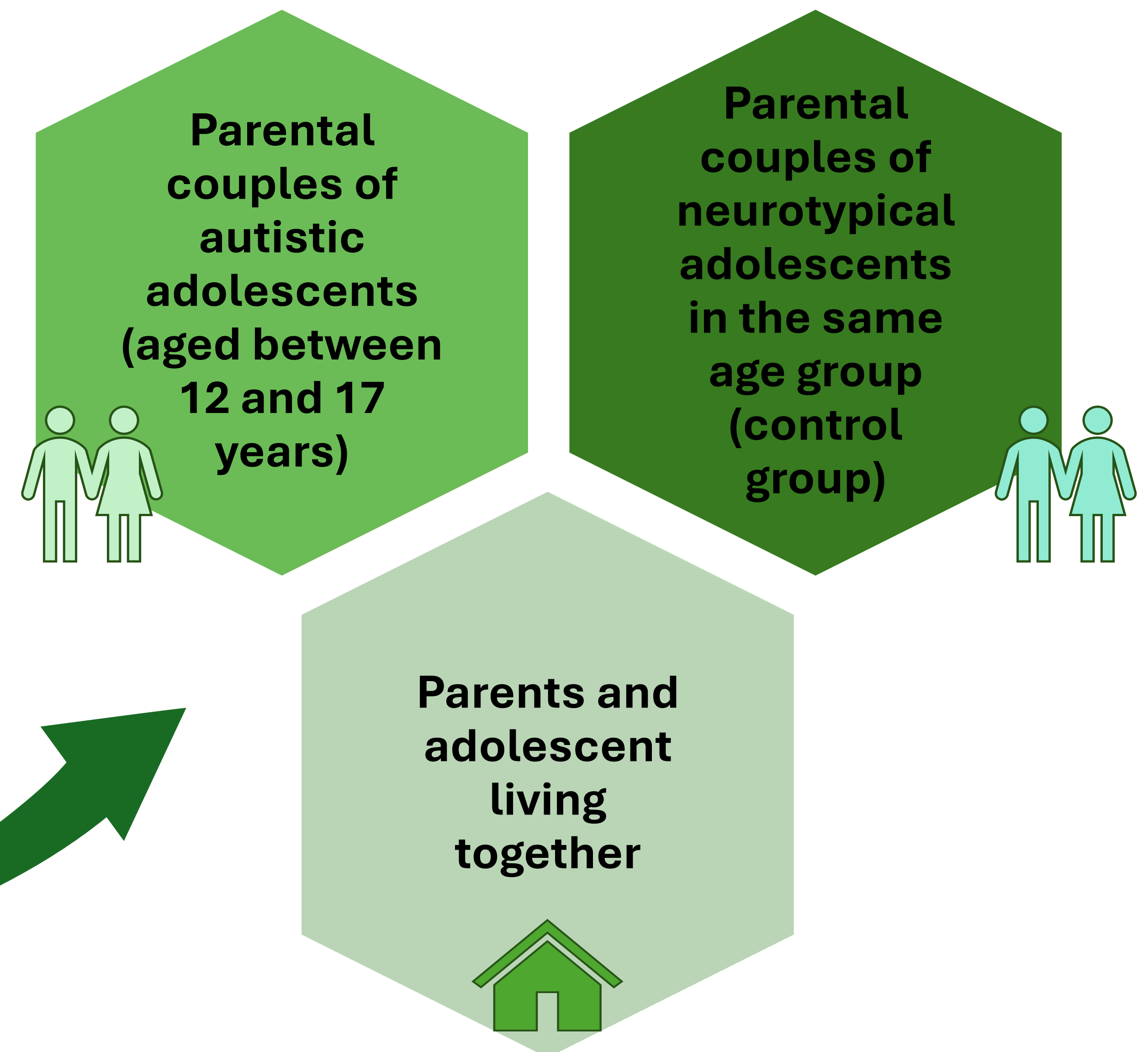
→ Yet, this stage involves **major changes** that affect **all youth** and **increase** the risk of **behavioral problems** (Best & Ban, 2021)

→ As a result, **parents** may experience higher **stress levels** and must learn **to adapt** to these **new challenges** (Zimmerman et al., 2022)

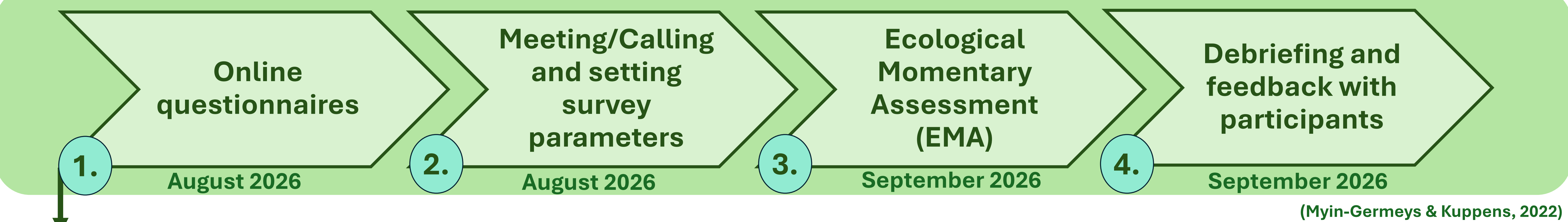
→ These challenges may be **intensified** in families affected by autism due to the **disorder's features** (limited autonomy, communication difficulties, comorbid conditions) (Ponton et al., 2020)

How do mothers and fathers of autistic adolescents' experience stress on a day-to-day basis and which strategies do they use to cope with it ?

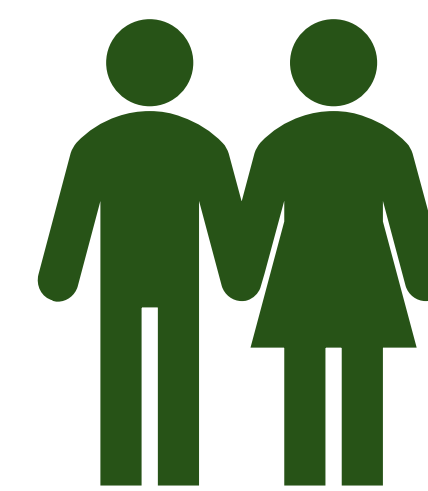
2. INCLUSION CRITERIA



3. STUDY DESIGN



- Parental Stress Scale (**PSS**) (Berry & Jones, 1995)
- Child Behavior Checklist (**CBCL**) (Achenbach & Rescorla, 2001)
- BRIEF-Cope Inventory (**BRIEF-Cope**) (Carver, 1997)



Each parent will complete the online questionnaires and the EMA survey **individually**

EMA SURVEY PARAMETERS :

- Each **evening** during **10** consecutive days
- Questionnaire opens within a **180 minutes** window (6:00 PM – 9:00 PM)
- Automatic reminder after **90 minutes**
- Synchronous** beeps for both parents

Questions focused on the :

- **Intensity** of daily stress
- **Average time** spent with the **adolescent**
- Perceived **level** of **difficulty** in **managing** the adolescent
- **Coping strategies** used to cope with daily **parental stress**

qualtrics^{XM}

4. EXPECTED RESULTS

In both samples, the perceived difficulty in **managing adolescent** would be **positively correlated** with the use of **avoidance** coping strategies, thereby **increasing** daily **stress levels**

Parents of adolescents **with autism** would report greater difficulties in **daily management**, resulting in **elevated** stress levels compared to parents of **neurotypical adolescents**

In both samples, **gender** differences would be observed in **coping** : mothers would predominantly use **social support**, whereas fathers would more often engage in **problem-focused** strategies to cope with stress