

Children's Mercy Kansas City

SHARE @ Children's Mercy

Research Days

GME Research Days 2021

May 13th, 12:45 PM - 1:00 PM

Emotional and Social Functioning of Parents of Youth Presenting for Intensive Interdisciplinary Pain Treatment

Jenny Scheurich

Follow this and additional works at: <https://scholarlyexchange.childrensmercy.org/researchdays>



Part of the [Child Psychology Commons](#), and the [Pain Management Commons](#)

Scheurich, Jenny, "Emotional and Social Functioning of Parents of Youth Presenting for Intensive Interdisciplinary Pain Treatment" (2021). *Research Days*. 4.
https://scholarlyexchange.childrensmercy.org/researchdays/GME_Research_Days_2021/researchday4/4

This Oral Presentation is brought to you for free and open access by the Conferences and Events at SHARE @ Children's Mercy. It has been accepted for inclusion in Research Days by an authorized administrator of SHARE @ Children's Mercy. For more information, please contact library@cmh.edu.

Emotional and Social Functioning of Parents of Youth Presenting for Intensive Interdisciplinary Pain Treatment

Jenny Scheurich, MS; Jennifer Christofferson, MS; William
Black, PhD; Cara Hoffart, DO; & Dustin Wallace, PhD



Parents of Youth with Chronic Pain

- Experience significant social and emotional distress
- Few studies have examined the *specific* social and emotional needs of these parents
- Few studies have tested *intervention strategies* targeting these needs

Intensive Interdisciplinary Pain Treatment (IIPT)

- Improves physical and mental health of children and adolescents
- Associated with reduced anxiety and depression in parents
- Often include treatment modules aimed at parental pain management strategies
- Not well understood *how* or *why* parent functioning changes

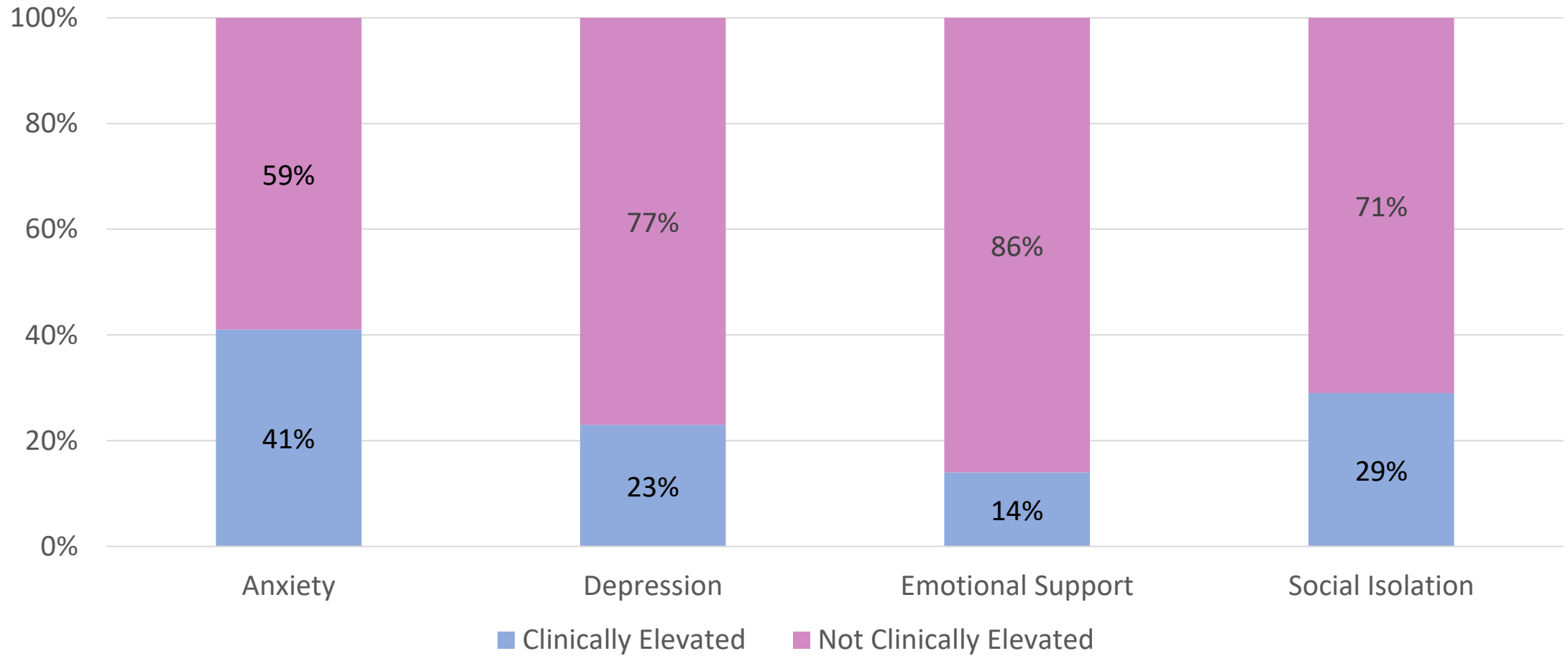
Objectives

- (1) Describe parent emotional and social functioning at baseline.
- (2) Examine how parent emotional and social functioning changes throughout the course of IIPT.
- (3) Explore predictors of change in parent emotional and social functioning.

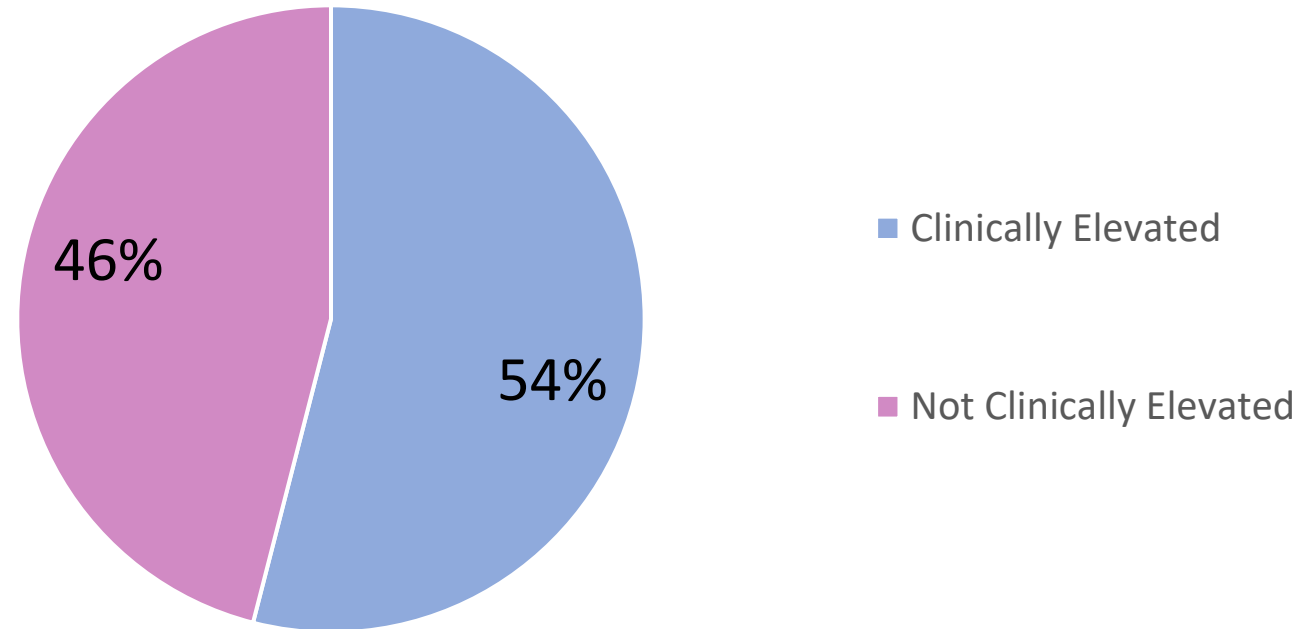
Methods

- Parents of children enrolled in an IIPT program (n = 69)
- Completed questionnaires
- Parent interventions
 - Psychoeducation
 - Mindfulness
 - Acceptance
 - Values
 - Art therapy
- Descriptive statistics and multilevel model analyses completed in SPSS

Parent Functioning at Baseline








Parent Functioning at Baseline



Parent Change

- Across all parents...
 - Significant improvements in **anxiety** and **depression**
 - But not emotional support or social isolation
- Parents with initially elevated levels of concern...
 - Statistically significant and more clinically meaningful improvements were observed for **all four outcomes**

Predictors of Parent Change

- Change in youth pain intensity 
- Change in parent-report of youth functioning 
- Changes in parent psychological flexibility 
- Changes in parent cognitive reappraisal 
- Changes in parent emotional suppression 

Discussion

- Most parents reported at least one emotional or social concern at baseline
- Parent emotional and social functioning improved throughout their child's completion of IIPT
 - Even more so in parents with initially elevated emotional or social concerns
- Parent-focused interventions should target
 - Psychological flexibility
 - Cognitive reappraisal
 - Emotional suppression

References

- Benjamin, J. Z., Harbeck-Weber, C., & Sim, L. (2019). Pain is a family matter: Quality of life in mothers and fathers of youth with chronic pain. *Child: Care, Health and Development*, 45(3), 440-447.
- Benore, E., Brenner, A., Banez, G. A., Wang, L., & Worley, S. (2018). It takes two: Parent functioning within the pediatric chronic pain experience and interdisciplinary rehabilitation treatment. *Rehabilitation Psychology*, 63(2), 205.
- Chow, E. T., Otis, J. D., & Simons, L. E. (2016). The longitudinal impact of parent distress and behavior on functional outcomes among youth with chronic pain. *The Journal of Pain*, 17(6), 729-738.
- Donnelly, T. J., Palermo, T. M., & Newton-John, T. R. (2020). Parent cognitive, behavioural, and affective factors and their relation to child pain and functioning in pediatric chronic pain: A systematic review and meta-analysis. *Pain*, 161(7), 1401-1419.
- Eccleston, C., Crombez, G., Scotford, A., Clinch, J., & Connell, H. (2004). Adolescent chronic pain: Patterns and predictors of emotional distress in adolescents with chronic pain and their parents. *Pain*, 108(3), 221-229.
- Hechler, T., Kanstrup, M., Holley, A. L., Simons, L. E., Wicksell, R., Hirschfeld, G., & Zernikow, B. (2015). Systematic review on intensive interdisciplinary pain treatment of children with chronic pain. *Pediatrics*, 136(1), 115-127.
- Hoffart, C. M., & Wallace, D. P. (2014). Amplified pain syndromes in children: Treatment and new insights into disease pathogenesis. *Current Opinion in Rheumatology*, 26(5), 592-603
- Palermo, T. M., Valrie, C. R., & Karlson, C. W. (2014). Family and parent influences on pediatric chronic pain: A developmental perspective. *American Psychologist*, 69(2), 142.
- Weiss, K. E., Junghans-Rutelonis, A. N., Aaron, R. V., Harbeck-Weber, C., McTate, E., Luedtke, C., & Bruce, B. K. (2019). Improving distress and behaviors for parents of adolescents with chronic pain enrolled in an intensive interdisciplinary pain program. *The Clinical Journal of Pain*, 35(9), 772-779.

Thank you!

Questions or Comments?

