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

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

(Benjamin et al., 2019; Chow et al., 2016; Donnelly et al., 2020; Eccleston et al., 2004; Palermo et al., 2014; Weiss et al., 2019)
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

(Benore et al., 2018; Hechler et al., 2015; Hoffart et al., 2014; Weiss et al., 2019)
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

Anxiety: 41% Clinically Elevated, 59% Not Clinically Elevated
Depression: 23% Clinically Elevated, 77% Not Clinically Elevated
Emotional Support: 14% Clinically Elevated, 86% Not Clinically Elevated
Social Isolation: 29% Clinically Elevated, 71% Not Clinically Elevated
Parent Functioning at Baseline

46% Clinically Elevated
54% Not Clinically Elevated
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  ❌ NO
- Change in parent-report of youth functioning  ❌ NO
- Changes in parent psychological flexibility  ✔ YES
- Changes in parent cognitive reappraisal  ✔ YES
- Changes in parent emotional suppression  ✔ YES
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


Thank you!
Questions or Comments?