Quality of life of mothers having intellectually disabled children: A systematic review

Authors
Anjali K G*, Tessy Treesa Jose, Blessy Prabha Valsaraj, Asha K Nayak, Savitha, Renjulal Yashodaran
Email: anjalikg88@gmail.com

Anjali K G, Former Lecturer, Department of Psychiatric/Mental Health Nursing, Manipal College of Nursing Manipal, MU, Manipal
Tessy Treesa Jose, Professor and HoD, Psychiatric/Mental Health Nursing, Manipal College of Nursing Manipal, MU, Manipal
Blessy Prabha Valsaraj, Assistant Professor, Department of Community and Mental Health Nursing, Sultan Qaboos University, Muscat
Asha K Nayak, Assistant Professor (Senior Scale), Department of Psychiatric/Mental Health Nursing, Manipal College of Nursing Manipal, MU, Manipal
Savitha, Assistant Professor, Department of Psychiatric/Mental Health Nursing, Manipal College of Nursing Manipal, MU, Manipal
Renjulal Yashodaran, Lecturer, Department of Psychiatric/Mental Health Nursing, Manipal College of Nursing Manipal, MU, Manipal

*Corresponding Author

Abstract

Introduction: Parents with children having intellectual disability experience more stress compared to their counterpart who have children with no intellectual disability. Disabilities of children may burden their family members, especially their parents, who are their long term caregivers. Mother act as the primary caregiver within the family. Purpose: This systematic review is intended to bring out pooled evidence on quality of life (QOL) of parents with children having the intellectual disability which will affect the rehabilitation of the affected child. Method: Databases such as CINAHL, Pub Med/Medline were searched to identify the potential studies. Results: A variety of survey methods were used by the researchers. Studies also focused on various domains of QOL such as financial wellbeing, family support and community interactions, etc. and findings showed a QOL ranging from good to excellent. But, most of the studies used purposive sampling technique and had missing data. Meta-analysis is out of the scope of this review. Conclusion: There is a need for more studies related to this topic. The studies reviewed were from Australia, Kenya, Ireland, and the UK. Hence, there is scope for further review. There is an evidence gap in the area of QOL of mothers living with children having intellectual disability.

Key words: Intellectual disability, mothers, quality of life, systematic review