Evaluation of DIRFloortime® on Mother’s Depression, Anxiety, and Stress

Date: July 13, 2023
Time: 1:45 p.m. to 2:05 p.m.
Place: Rm 1 - Seton Hall

Abstract
This paper reports the results of a retrospective record review and qualitative questionnaires of mothers of children with neurocognitive disorders such as autism spectrum disorder (ASD) and attention-deficit/hyperactivity disorder (ADHD). The aim was to examine the relationship between DIRFloortime® use in children with ASD and ADHD and PHQ-8 scores for depression, GAD-7 scores for anxiety, and PSS-10 scores for perceived stress among the children’s mothers. The results showed no statistical significance between DIRFloortime® use in children and PHQ-8, GAD-7, and PSS-10 scores for mothers. Qualitative questionnaires did report improvements in quality of life. Implications for the need of evidence-based developmental therapy is discussed due to the rise of prevalence of ASD and ADHD.

Defense of Dissertation Committee
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