

TABLE OF CONTENTS

Contents	Page No.
Abstract	i-iii
Declaration	iv
Certificate of Supervisor	v
Acknowledgement	vi-viii
Table of Contents	ix-xiii
List of Tables	xiv
List of Figures	xv
CHAPTER 1	1-12
INTRODUCTION	
Overview of Autism Spectrum Disorder (ASD)	1
<i>Prevalence Rates of ASD</i>	2
<i>Diagnostic Features of ASD</i>	3
<i>Comorbidities</i>	4
<i>Management and Treatment</i>	4
Impact of ASD on the Family System	6
<i>Psychological Impact</i>	6
<i>Social Impact</i>	6
<i>Economic Impact</i>	7
<i>Marital Impact</i>	7
Mother's Experiences in Raising a Child With ASD	7
Key Theoretical Frameworks	8
Problem Statement	9
Structure of the Thesis	10
CHAPTER 2	13-49
REVIEW OF LITERATURE	
Stress	13

<i>Stress in general</i>	13
<i>Parenting stress</i>	15
<i>Parenting Stress in child with special needs</i>	15
<i>Parenting stress in ASD</i>	16
<i>Factors influencing stress</i>	17
<i>Maternal Stress in ASD</i>	20
Support	22
<i>Understanding Social Support</i>	22
<i>Understanding the Need for Social Support in Mothers of Children with ASD</i>	24
<i>Challenges and Barriers in Accessing Social Support for Mothers of Children with ASD</i>	26
Coping	28
<i>Overview of Coping</i>	28
<i>Coping in Mothers of Children with Autism</i>	30
Other Reviewed Studies	33
Intervention Studies	37
<i>Behavioural-focused Interventions</i>	38
<i>Mindfulness- focused Interventions</i>	41
<i>Psychoeducational-focused Interventions</i>	43
Methodological Limitations of Intervention Studies	46
Summary of Reviewed Literature	47
CHAPTER 3	50-70
RESEARCH METHODOLOGY	
Aim and Objectives	50
Hypotheses	51
Operational Definitions	52
Research Design	53
Research Process	55

<i>Phase 1: Needs Assessment and Module Development</i>	56
<i>(Qualitative Method)</i>	
Universe	56
Sampling	56
Tools used	57
Data Collection Procedure	57
Data Analysis	58
Development of Module	60
<i>Phase 2: Implementation of Intervention (Quantitative</i>	61
<i>Methods)</i>	
Universe	61
Sampling	62
Tools used	64
Data Collection Procedure	67
Data Analysis	68
Ethical Approval	69
Informed Consent	69
Ethical Considerations	69
CHAPTER 4	71-114
MODULE DEVELOPMENT	
Introduction	71
Methods	74
Results	74
<i>Theme 1: Knowledge about ASD</i>	76
<i>Theme 2: Sources of Support Systems</i>	82
<i>Theme 3: Stressors: Emotional and Physiological Challenges</i>	85
<i>Theme 4: Coping Responses or Behaviour</i>	89
<i>Theme 5: Impact of Children's Challenging Temperaments</i>	94
<i>on Maternal Well-being</i>	
Discussion	96

Conclusion	113
Outcome	114
CHAPTER 5	115-147
RESULTS	
Section A- Socio Demographic Profiles of Participants	116
<i>Comparison of age among mothers in study group and control group</i>	116
<i>Comparison of socio-economic status, education, occupation, family type and religion among mothers in study group and control group</i>	117
<i>Comparison of Children's Ages between Mothers in the Study Group and Control Group</i>	120
<i>Comparison of Children's gender between Mothers in the Study Group and Control Group</i>	121
<i>Other comparison between Mothers in the Study Group and Control Group</i>	122
Section B- Normality Tests	124
Section C- Main findings of Perceived Social Support, Coping and Parental Stress of Participants	126
<i>Comparison of Perceived Social Support among Mothers in the study group and control group</i>	127
<i>Comparison of Problem Focused Coping among Mothers in the study group and control group</i>	131
<i>Comparison of Emotion Focused Coping among Mothers in the study group and control group</i>	135
<i>Comparison of Avoidant Coping among Mothers in the study group and control group</i>	139
<i>Comparison of Parental Stress among Mothers in the study group and control group</i>	142
CHAPTER 6	148-166
DISCUSSION	

Perceived Social Support among Mothers in the study group and control group	148
Problem Focused Coping among Mothers in the study group and control group	152
Emotion Focused Coping among Mothers in the study group and control group	155
Avoidant Coping among Mothers in the study group and control group	158
Parental Stress among Mothers in the study group and control group	160
CHAPTER 7	167-176
SUMMARY AND CONCLUSION	
<i>Summary</i>	167
<i>Methodology Summary</i>	168
<i>Major Findings</i>	170
Implications of the study	172
Limitations	174
Future Recommendations	175
Conclusion	176
References	177-258
Appendices	