

CHRD 2024: Abstract Submission Form

Presenter Name

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Presenter Status

Undergraduate Students

Role in the project

Analyze Data

Write Abstract

Research Category

Clinical

Title

Online Self-Directed Interventions for Parenting and Parent Mental Health: A Scoping Review

Background

Parents often experience heightened stress while raising their children due to increased demands, which can contribute to mental health concerns. Parent mental health has major implications on child health and development. Online self-directed interventions (OSDI) can address parent mental health concerns, through providing access to mental health and parenting resources and reducing barriers associated with in-person services.

Objective

We sought to examine existing OSDI for parents and review the efficacy of such programs across various parental and child outcomes.

Methods

Using the Preferred Reporting for Systematic Reviews and Meta-Analyses (PRISMA) guidelines, a systematic five-stage method for conducting scoping reviews was used to identify existing literature on OSDI for parenting and parent mental health. Relevant outcomes and data were extracted for parent, child and program acceptability outcomes.

Results

The search identified 813 articles, where 26 met the eligibility criteria for inclusion. A total of 5227 participants were identified across studies. The 26 articles included 14 different OSDIs, which were evaluated across 87 different mental health and parenting outcomes. Interventions were found to significantly improve parenting skills and decrease depression, while mixed results were observed for other outcomes including parental anxiety, parental stress, parenting self-efficacy, parent-child relationship quality and child emotional and behavioural difficulties.

Conclusion

Existing literature reveals that OSDI for parenting and mental health are effective in decreasing parenting depression and increasing parenting skills. However, there are mixed results for other family, parent, and child outcomes. These results outline how OSDIs for parent mental health and parenting show promising results for improving parenting skills and parental depression; however, further research is required to understand their effect on other parenting and child outcomes.

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