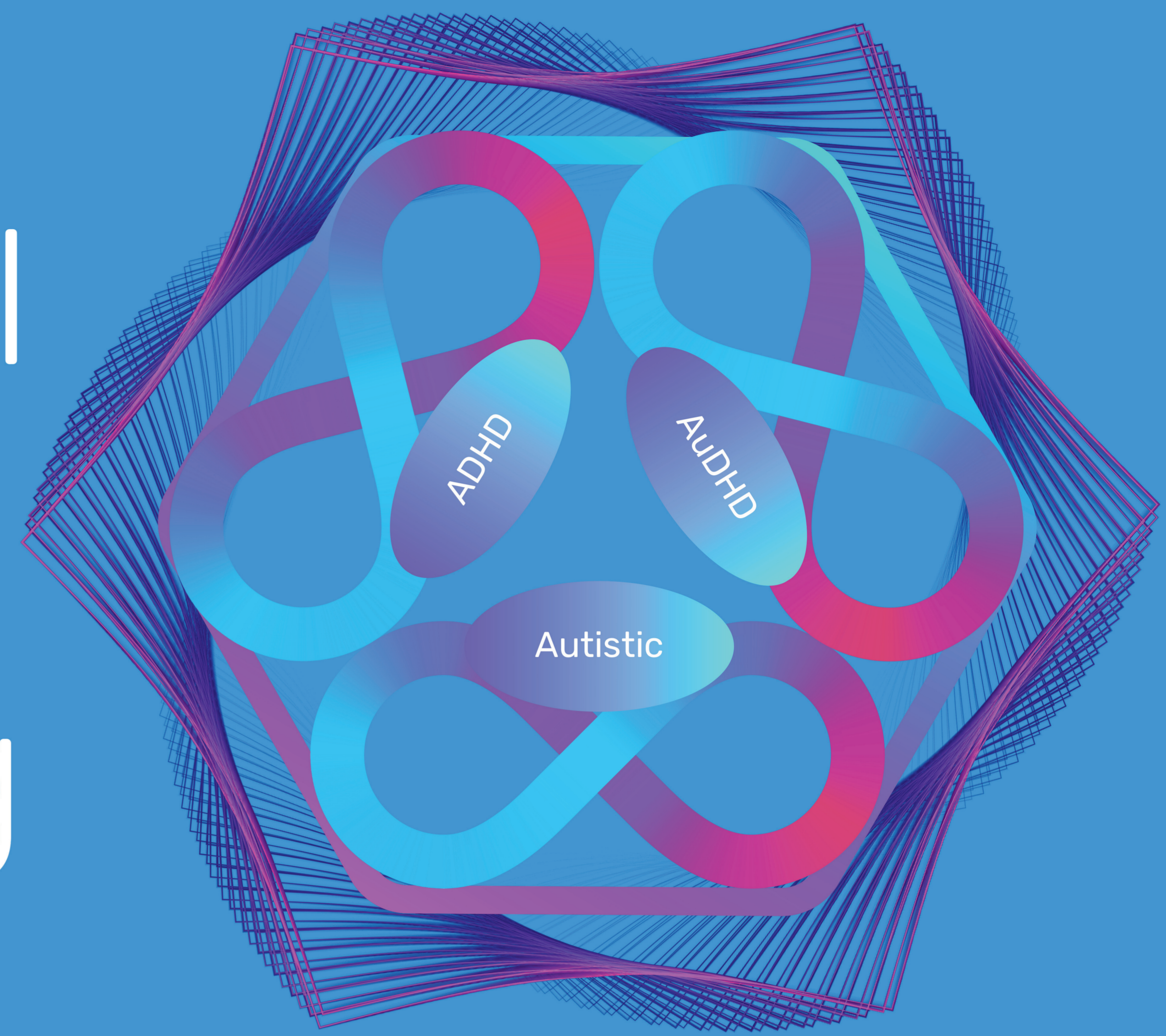


Psychological flexibility and social support predicted stress and wellbeing in Autistic, ADHD and AuDHD parents



Scan here for survey



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Does psychological flexibility predict stress in Autistic and ADHD parents?

Method

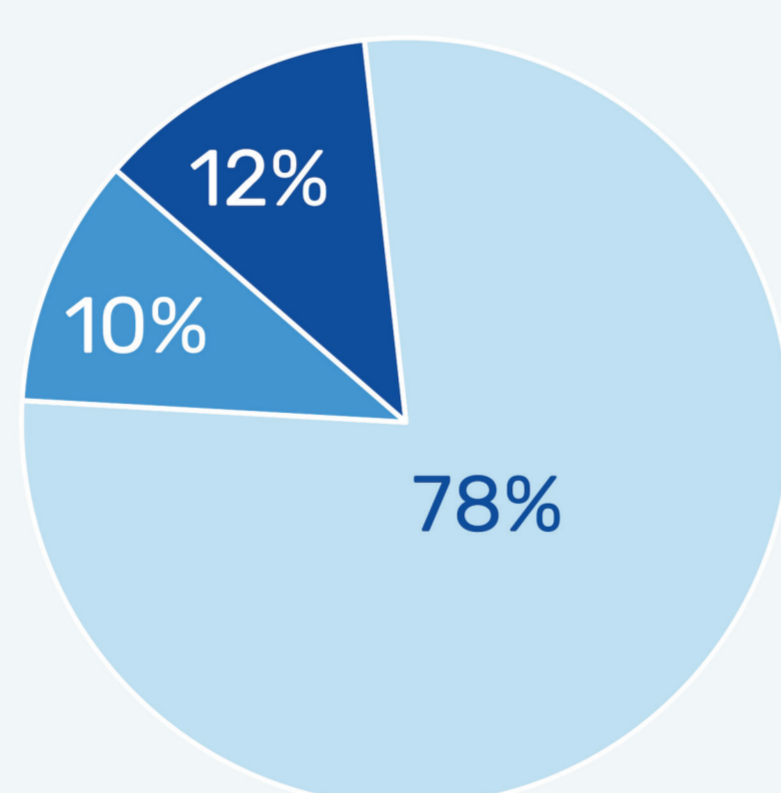
Participants

- Worldwide parents ($n=505$) aged 18 to 67 years ($M= 43.83$) to children under 18 years
- 345 Autistic and ADHD parents
- 160 non-Autistic/non-ADHD parents

Measures

- Wellbeing: Secure Flourishing Index (VanderWeele, 2017)
- Parental Stress Scale (PSS; Berry & Jones, 1995)
- Psychological Flexibility: CompACT-10 (Golijani-Moghaddam et al., 2023)
- Social Support: MSPSS (Zimet et al., 1988)
- Time Management: ATMS (White et al., 2013)

78% of participants have Autistic or ADHD children



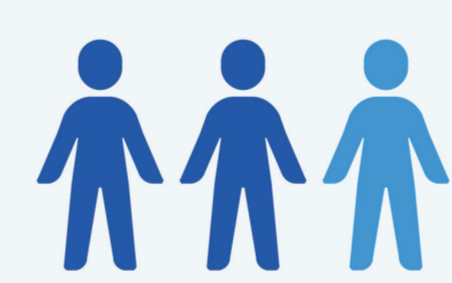
Yes
 No/unknown
 Suspected

Discussion

Modifying psychological flexibility and social support could potentially alleviate stress and enhance wellbeing in Autistic, ADHD and AuDHD parents.

Implications and applications

- Design and delivery of support initiatives: Neurodiversity-affirming and neurodivergent-led approaches to ACT, OT and social support
- Challenges the traditional conceptualisations of Autistic and ADHD identities as distinct (Murray et al., 2005)



2 out of 3 Autistic parents also identified as ADHD



1 out of 4 ADHD parents also identified as Autistic

Strengths

- Neurodiversity-affirming and neurodivergent-led
- Self-identification valid

Results

Wellbeing regression

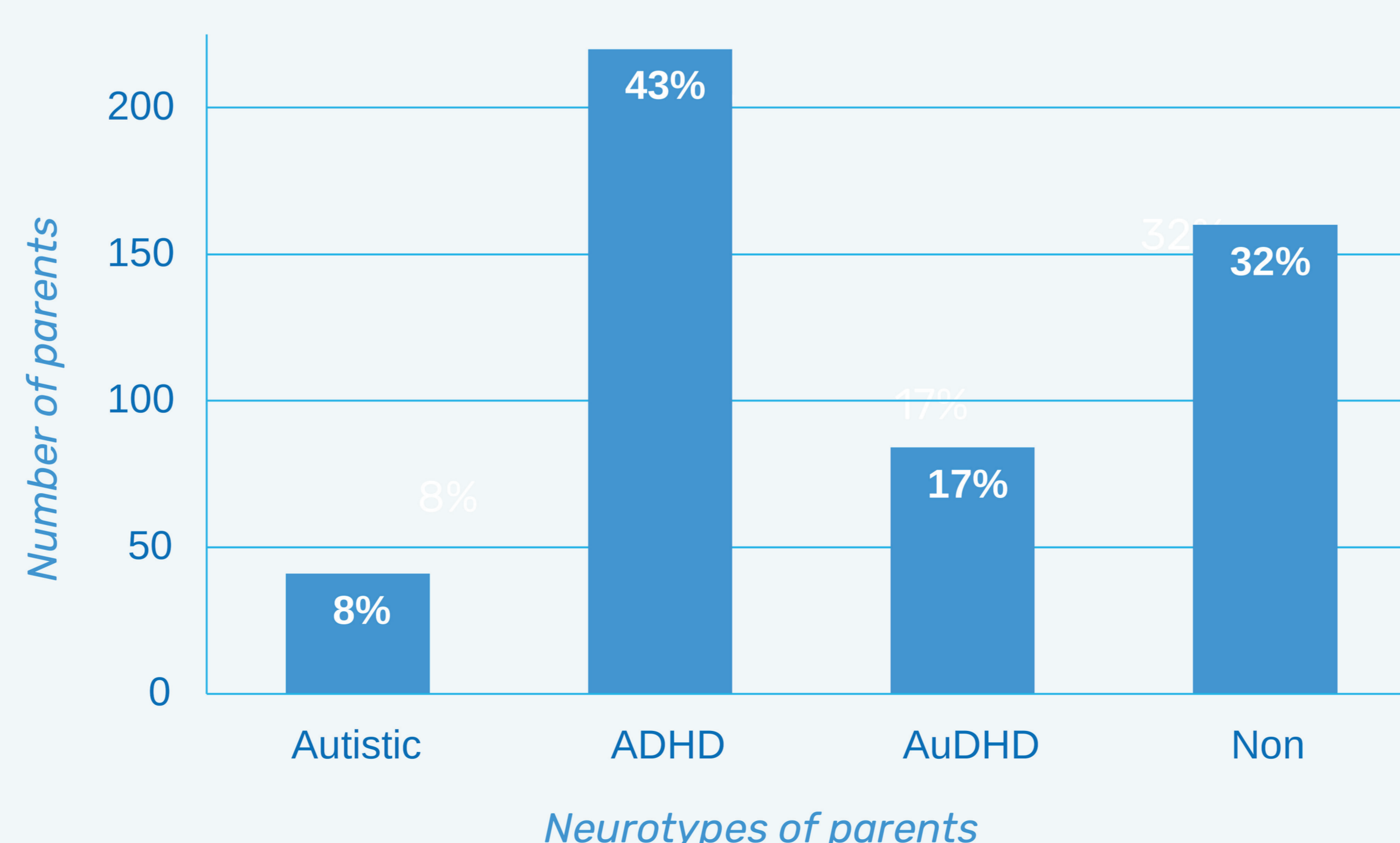
4 variables explained:

47% of the variance in Autistic parents ($R^2 = .47, F(4,120) = 28.03, p < .001$)

44% of the variance in ADHD parents ($R^2 = .44, F(4,298) = 59.57, p < .001$)

Neurotype	Rank	Predictor	Beta	Significance
Autistic $n=125$	1	Social support	.42	$p < .001$
	2	Psychological flexibility	.30	$p < .001$
	3	Parental stress	-.18	$p = .013$
	4	Time management	.08	$p = .269$
ADHD $n=303$	1	Social support	.40	$p < .001$
	2	Parental stress	-.23	$p < .001$
	3	Time management	.18	$p < .001$
	4	Psychological flexibility	.15	$p = .004$

Number and Percentage of Parents Categorised by Neurotype



Parental stress regression

4 variables explained:

16% of the variance in Autistic parents ($R^2 = .16, F(2,122) = 12.50, p < .001$)

18% of the variance in ADHD parents ($R^2 = .18, F(2,301) = 34.30, p < .001$)

Neurotype	Rank	Predictor	Beta	Significance
Autistic $n=125$	1	Social support	-.29	$p < .001$
	2	Psychological flexibility	-.23	$p = .006$
ADHD $n=304$	1	Psychological flexibility	-.31	$p < .001$
	2	Social support	-.22	$p < .001$

Note: time management was not found to predict parental stress