

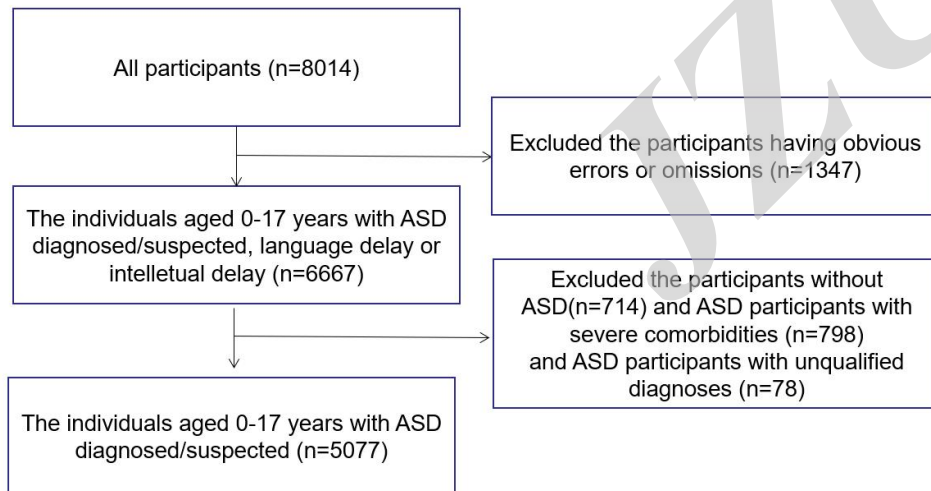
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Factors associated with self-rated mental health in mothers of children and adolescents with autism spectrum disorder

Key words: Autism spectrum disorder (ASD); Mother; Mental health status; Influencing factor

Research summary

This study investigated Chinese mothers of children and adolescents with ASD and examined the factors associated with maternal mental health. An online national survey was completed by the parents of 5077 ASD children and adolescents aged 0 to 17 years (4892 dyads, 185 single mothers and 150 single fathers).



A total of 28.0% of the mothers reported poor mental health.

Having children with comorbidities was related with a higher risk of poor mental status (OR 1.56, 95% CI 1.35–1.81), as was having conflicts with other family members (OR 1.44, 95% CI 1.22–1.70) and providing full-time care (OR 1.22, CI 1.06–1.41).

Having a higher-than-average family income was associated with lower risk of having poor mental health (OR 0.70, 95% CI 0.58–0.82).

Innovation points

- It was the first study to explore the factors associated with maternal self-rated mental health in China using a large sample size and a wide age range of children and adolescents.
- Maternal mental health was associated with familial, child-related, and full-time caregiving factors.
- The well-being of mothers with ASD children and adolescents may be enhanced by removing barriers to employment and social engagement and by addressing the financial strain of raising a child with ASD.

Innovation points

A series of comprehensive tables were generated to summarize the factors associated with self-rated mental health.

Table 1 | Characteristics of the children and mothers' demographics (n=5,077).

Table 2 | Number of mothers have a poor mental health status.

Table 3 | Logistic regression analysis for variables predicting poor mental status in mothers.

Table 4 | Logistic regression analysis for variables predicting poor mental status in mothers in two groups.