

Sources of Stress among Parents of Children with Intellectual Disabilities: A Preliminary Investigation in Saudi Arabia

Mubarak S. Aldosari and Lisa A. Pufpaff, Ph.D.
Ball State University

This study identified differences in sources of stress between parents of male children with intellectual disabilities in Saudi Arabia. Seventeen pairs of parents completed the Parent Stress Index (Abidin, 1995). Each pair of parents had a male child diagnosed with intellectual disability who either attended an institute for male children with intellectual disability or a special education classroom attached to a public elementary general school in Riyadh, the capital of Saudi Arabia. Results indicated higher perceived stress levels in Saudi mothers compared to fathers regarding the overall parent-child relationship, the child's individual characteristics, and the parent's characteristics. Implications provide research-based data for stakeholders in the development of appropriate and effective programs for parents of children with intellectual disabilities, especially for mothers. These data will inform professionals in Saudi Arabia of needed services for parents of children with intellectual disabilities and potentially encourage further study of families of children with intellectual disabilities in Saudi Arabia.