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<https://link.springer.com/article/10.1007/s10803-020-04826-4>

Article Overview:

This systematic review and meta-analysis investigated the effectiveness of interventions that aim to improve the mental health of mothers of children with disabilities. Interventions included in the review were: cognitive-behavioural, psychoeducation, mindfulness, support-group approaches.

A total of 5 studies were included: three studies involved mothers of children with developmental disabilities (no otherwise specified) and two were conducted with mothers of children with autism.

Client group: children with a disability

Key take home messages:

1. Findings suggest that **cognitive-behavioural** and **psychoeducation interventions** showed positive effects on improving maternal mental health, and reducing parenting stress (cognitive-behavioural intervention only). These approaches are recommended, and outcome measures should include self-reported instruments related to mental health.
2. Interventions included were locally designed by professionals, meeting the cultural environment within which mothers lived. Programs were trialled.
3. It is recommended that professionals working with children and young people with disabilities include maternal health and wellbeing targets.
4. Investigating the effectiveness of mindfulness and support group approaches was not possible due to the lack of studies.
5. Limitation of the review: small number of studies, small sample sizes, differences between the included studies (e.g., one study's cognitive behavioural intervention was 30 h of group-based intervention delivered by professionals, the other study involved 20 minutes of positive psychology technique for 3 consecutive days).