Conclusions

- Participants reported feeling less overwhelmed and having greater self-efficacy following the intervention.
- Participants’ increased successes in personally-identified goals and use of mindfulness lead them to shift their view of everyday stressors. Seeing these stressors within the “bigger picture” appeared to reduce their impact.
- These findings are similar to prior research that noted that caregivers who strategically used “big picture” coping had higher levels of well-being.
- Participants expressed desires to continue to use mindfulness to maintain this shift in thinking.

Clinical Implications

- Healthcare practitioners working with children with ASD need to understand the potential negative impacts of caregiver stress on the caregiver and on their child.
- Practitioners can recommend mindfulness classes or mindfulness-based apps to caregivers.
- Practitioners can use MI skills to guide clients to maximize assets and minimize barriers to stress management and lifestyle change.
- More research is necessary to determine ideal program length, whether some caregivers respond better to this type of program than others, and to investigate other impacts of participation in a hybrid wellness program.

References


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