

## **POSITIVE PERCEPTIONS AND FAMILY QUALITY OF LIFE IN MOTHERS OF CHILDREN WITH AUTISM SPECTRUM DISORDER**

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### **Abstract**

Autism spectrum disorder (ASD) is a developmental disorder characterized by impairment and deficits in social interaction and communication as well as repetitive and restricted patterns of behavior. Research suggests that ASD has a great impact on the family. The disorder brings many challenges to the family and it interferes with family dynamics. Over the years many studies have focused on the negative impact that ASD has on the family. It has consistently been found that parents of children with ASD experience higher levels of stress and less well-being compared to parents of typically developing children. Parents of children with ASD also report less satisfaction with family quality of life. However, during the last decade there has been more research focusing on parents' ability to develop positive perceptions about the situation and on their capacity for resilience. Parental positive perceptions have been positively correlated to family well being and perceived family quality of life. This study examined the relationship between parental cognitions and family quality of life. The aspects of cognitions studied were positive contributions. The group studied consisted of 64 mothers of children diagnosed with ASD, aged 3-12 years old. The Kansas Inventory of Parental Perceptions (Positive Contribution Scale) and The Beach Center Family Quality of Life were the instruments used for this study. Data were analyzed using Pearson's correlation coefficients. Positive correlation was found between parental cognitions and perceived family quality of life.

**Keywords:** *autism spectrum disorder, parental cognitions, positive contributions, family quality of life*