

UNIVERSITI TEKNOLOGI MARA

**FACTORS ASSOCIATED WITH
QUALITY OF LIFE AMONG MAIN
CAREGIVER OF CHILD WITH
AUTISM AT SELECTED NON-
GOVERNMENTAL CENTRES
AROUND KLANG VALLEY**

SITI FAIRUS BINTI ASAHAR

MMed (Family Medicine)

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AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Siti Fairus Binti Asahar

Student I.D. No. : 2013558409

Programme : Master of Medicine (Family Medicine) MD773

Faculty : Faculty of Family Medicine

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Signature of Student :

Date : May 2019

ABSTRACT

Factor Associated with Quality of life among Main Caregivers with Child of Autism in Selected Non Profitable NGO Autism Centre in Klang Valley.

Introduction and aim: Autism is a lifelong neurodevelopmental condition with challenging needs in relation to neurodevelopment, communication, social and behavioural domains. Having a child with autism spectrum disorders has shown to significantly reduce the quality of life of the caregiver, but locally, there are limited data available on sociodemographic factors associated quality of life of main caregiver with child of autism.

Methods: A cross sectional study was conducted between June and October 2018. Using stratified convenient sampling, six non-profitable centres were selected. Main caregivers were identified via a defined criterion who fulfilled the inclusion criteria, which include having at least one child with autism between the age of 3 to 9 years old, having the diagnosis of autism confirmed by health care professional and are able to understand English language. Sociodemographic factors of main caregiver and child with autism were obtained. Quality of life of main caregiver was assessed using the Quality of Life in Autism Questionnaire (QoLA), with 28-items QoLA Part A assessing parents' overall perception of their quality of life and 20-item QOLA Part B assessing the parents' perception on the impact of child autism symptoms towards them were.

The results: A total of 116 main caregivers were included in the final analysis. There were more mother as the main caregivers at 93 (80.2%). The mean quality of life score among main caregiver was 88.55 ± 17.25 and mean perception of the impact of child autism symptoms towards them was 56.55 ± 12.35 . Five factors positively correlated with QoL which were postgraduate qualification, attending parent training session more than two-times a year, attending paediatric clinic, having child's grandparent and maid to help with the child and having a child who talk in words or sentences for communicating needs. Two factors negatively correlated with QoL were staying in an apartment and main caregiver with anxiety comorbid.

Conclusions: Having child with autism affect the quality of life of the main caregivers. Intervention or support towards the main caregivers by considering the factors that affect the QoL positively or negatively is needed to potentially increase the QoL of caregivers.

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