

Quality of life and self-esteem among parents of children with disabilities

A mixed-methods occupational therapy research approach focusing on parental biography



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EST. 1837

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Congress 2026
9-12 FEBRUARY BANGKOK, THAILAND

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Parents of children with disabilities face unique **occupational challenges** affecting their **Quality of Life (QoL)** and **self-esteem**.

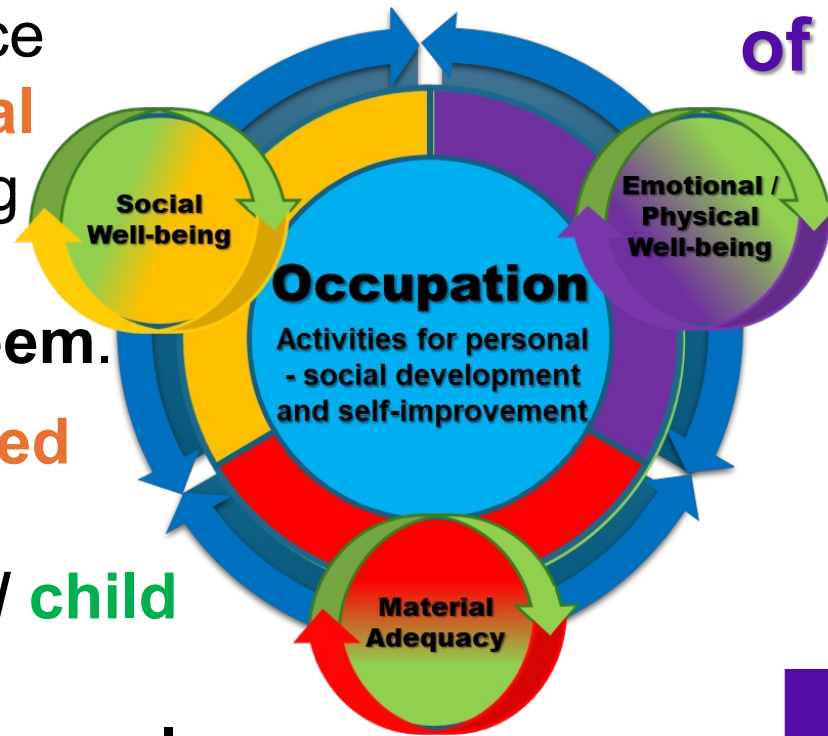
Occupation-centered approach is key to:

- **enhance parent / child well-being,**
- **support caregiving roles**

This study aims to:

- **Validate the O-QoL model** from the **parental perspective.**
- **Explore O-QoL** of **parents** and their **children with ID.**
- **Explore associations** between **parental QoL** and parents' perceptions of the **QoL of their children with ID.**

Environment / Context



Occupational Quality of Life Model (O-QoL)

- **rights-based,**
- **inclusive,** and
- **occupation-centered** theoretical framework of QoL in the field of **Intellectual Disabilities (ID).**

Purpose of the Study





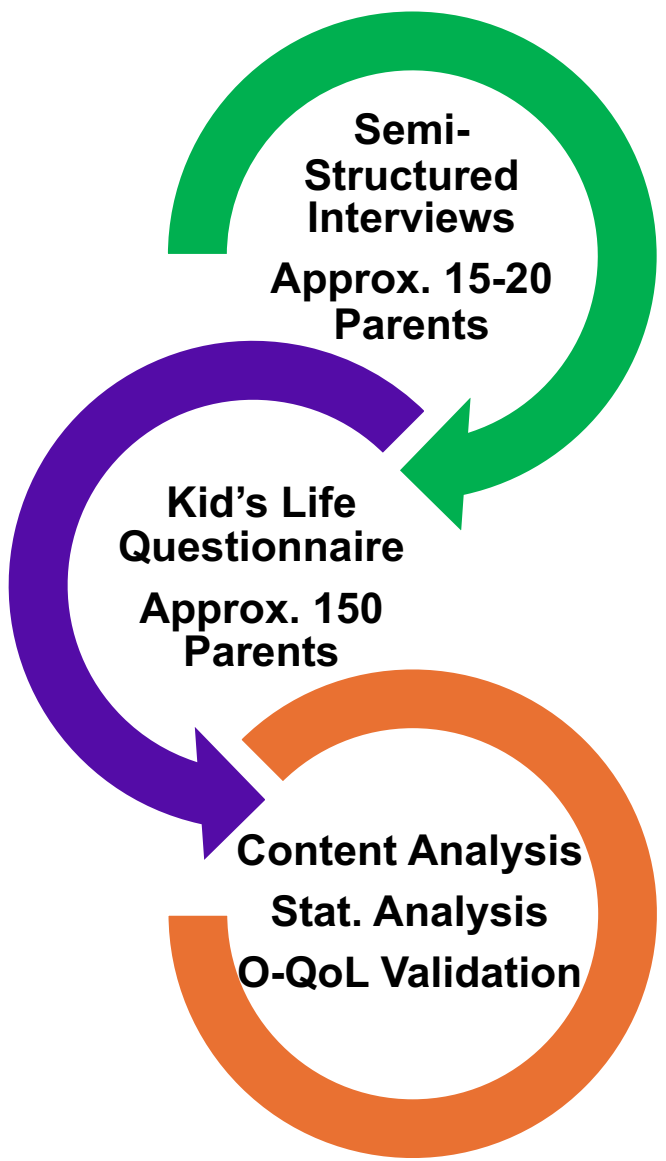
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Mixed Methods




Methodology


Materials & Tools

➤ **Semi-Structured Interview** 
Explore **parents'** life experiences, self-esteem, and **perceptions of QoL.**

Biographical narratives capture how **life history**, **occupational engagement**, and **caregiving** influence **parental self-esteem** and **well-being.**

➤ **Kid's Life Questionnaire** 
Assess **parents'** perceptions of their **children's QoL.**

Analysis of Findings

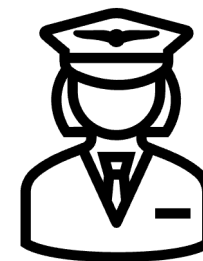
➤ **Systematic content analysis** through the lens of **O-QoL model.** 

➤ **Statistical analysis.**   

Preliminary Data (Pilot Interview)

Quality of Life is closely associated with:

- ✓ participation in **recreational / leisure activities** and the family's ability to find **enjoyment in simple moments** despite the challenges they face.
- ✓ parental **emotional well-being** and **psychological resilience**.
- ✓ child's **pursuit of autonomy** through the **effort to establish interpersonal relationships** with **classmates**.



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Discussion & Conclusions

- By incorporating **parental perspective**, this study advances the **validation** of the **Occupational Quality of Life (O-QoL)** model.
- Findings will contribute to **occupation-centered interventions** that promote **well-being**, **social inclusion**, and **occupational engagement / balance** for **parents** and their **children with Intellectual Disability**.

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