Resilience Intervention Model for Caregivers of Children with Special Needs

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ABSTRACT

The burden on family caregivers responsible for the care and parenting of children with special needs may increase the risk of perceived burden, subjective well-being issues, and symptoms of psychological disorders. Efforts are required to address these risks, and one promising approach involves enhancing caregivers' resilience through interventions based on positive psychology. However, up to now, there has been a lack of conceptual basis in common for developing psychological interventions aimed at increasing resilience. This study presents a scoping review aiming to establish a model for enhancing resilience among caregivers of children with special needs, utilizing a robust and validated theoretical framework. The scoping review adhered to the PRISMA framework, identifying 4654 articles related to resilience intervention. Following a thorough screening process based on predefined inclusion criteria, 54 articles were deemed eligible for review. The researchers independently assessed these 54 studies, cross-checking their results with each other. Six studies were found to be most aligned with our criteria, forming the basis for the subsequent review. The findings of the review indicated that two studies employed art therapy, three studies utilized stress management, and only one study incorporated a spirituality approach as an intervention method. According to the scoping review, resilience training based on stress management interventions proved to be the most effective program for increasing resilience among caregivers. Future studies should consider employing stress management intervention programs as the foundational framework for designing resilience interventions tailored to caregivers of children with special needs.