

A5

Early Intervention and Burden of Caregiving in Cambodia, A Post-Conflict Nation

Dearozet SOK, Dr.Bhoomikumar JEGANNATHAN

Center for Child and Adolescent Mental Health (Caritas-CCAMH), Kandal, Cambodia

Background: Until recently, rehabilitation of landmine victims was the main focus to the neglect of early intervention, a legacy of war and civil unrest. The Center for Child and Adolescent Mental Health (Caritas-CCAMH) has developed an early intervention program (EIP) with parents as co-therapist. The burden of caregiving for children with neurodevelopmental problems is less understood and is a key factor in parent engagement and sustainable EIP.

Aim: To study the burden of care and mental health problems among parent-co-therapists of Autism Spectrum Disorder (ASD) and Intellectual Disability (ID)

Method: Cross-sectional, quantitative study (N=126) using the instruments 'Zarit Caregiver Burden Interview Short form (ZBI-4 items) and General Health Questionnaire (GHQ-28 items).

Results: Co-therapists of children with ASD (58%) sought help earlier ($p=.025$) than co-therapists of children with ID (30.2%), despite more comorbidity ($p=.044$) among the latter. Co-therapists of ASD (61.9%) have more income ($p=.000$), come from urban area ($p=.002$), and are likely to be members of parent association ($p=.006$), than ID. Burden of care and mental health problems equally high among co-therapists of ASD and ID with no significant difference.

Conclusion: Parent co-therapists of children with ASD and ID suffer from high burden of care and mental health problem, despite the difference in demographic and help-seeking behavior. The co-therapists of neurodevelopmental problems need innovative mental health support such as yoga and relaxation training.