

Problem-solving skills training may improve parental psychosocial outcomes

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For parents of children with chronic health conditions (CHCs), problem-solving skills training (PSST) is associated with improvement in parental, pediatric, and family psychosocial outcomes, according to a review published online Jan. 2 in *JAMA Pediatrics*.

Tianji Zhou, Ph.D., from the Xiangya School of Nursing at Central South University in Changsha, China, and colleagues conducted a systematic review of randomized [clinical trials](#) (RCTs) to examine the associations of PSST for parents of children with CHCs with parental, pediatric, and family psychosocial outcomes. Twenty-three RCTs involving 3,141 parents were included in the [systematic review](#); 21 were eligible for meta-analysis.

The researchers found that PSST was significantly associated with improvements in parental outcomes, including problem-solving skills, depression, distress, posttraumatic stress, parenting stress, and quality of life (QOL; standardized mean differences [SMDs], 0.43, -0.45, -0.61, -0.39, -0.62, and 0.45, respectively).

PSST was associated with better QOL and fewer mental problems for children (SMD, 0.76 and -0.51, respectively) and with less parent-child conflict (SMD, -0.38). PSST was more efficient for parents of children aged 10 years or younger or who were newly diagnosed with a CHC in subgroup analysis. PSST delivered online was associated with significant improvements in most outcomes.

"Our findings on children- and intervention-level characteristics may guide the design and delivery of future PSST by presenting information on factors associated with effectiveness," the authors write.

More information: Tianji Zhou et al, Problem-Solving Skills Training for Parents of Children With Chronic Health Conditions, *JAMA Pediatrics* (2024). [DOI: 10.1001/jamapediatrics.2023.5753](https://doi.org/10.1001/jamapediatrics.2023.5753)

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