

Problem-solving skills training may improve parental psychosocial outcomes

January 3 2024, by Elana Gotkine



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)

Copyright © 2024 [HealthDay](#). All rights reserved.

Citation: Problem-solving skills training may improve parental psychosocial outcomes (2024,

January 3) retrieved 9 May 2024 from <https://medicalxpress.com/news/2024-01-problem-skills-parental-psychosocial-outcomes.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.