

Child Participation and Parental Outcomes in Different Developmental Contexts: A Correlational Study

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ABSTRACT

Introduction: Children with neurodevelopmental disorders often experience participation restrictions, which may influence parental roles, daily routines, and family experiences. Parent-related outcomes, including occupational balance and quality of life, are important indicators of caregiver well-being and can be associated with the demands of caregiving. Understanding the relationship between child participation and parental outcomes is therefore clinically relevant for developing family-centered rehabilitation approaches that support both child and parent.

Aim: To assess the relationship between child participation, parental occupational balance, and quality of life among parents of children with neurodevelopmental disorders and typically developing children.

Materials and Methods: This cross-sectional survey was conducted at rehabilitation clinics and school settings from 12th December 2025 to 12th February 2026. A total of 204 parents of children aged 5-12 years, diagnosed with Neurodevelopmental Disorders (NDD=102) and typically developing children (TD=102) were included.

Results: In the NDD group, child participation and parental quality of life showed a significant weak positive correlation ($r=0.261$, $p=0.008$). However, no significant correlation was found between child participation and parents' occupational balance ($r=0.035$, $p=0.729$). In the TD group, child participation didn't have any significant correlation with parents' quality of life ($r=0.103$, $p=0.301$) and parents' occupational balance ($r=0.045$, $p=0.653$).

Conclusion: In the NDD group, child participation demonstrated a statistically significant weak positive correlation with parental quality of life, whereas no significant association was observed with occupational balance. In contrast, no significant correlations were found within the TD group. These findings indicate that greater participation among children with neurodevelopmental disorders can contribute positively to parental well-being, particularly quality of life. The results underscore the importance of incorporating family-centered and participation-focused approaches within rehabilitation practice, as interventions aimed at enhancing child participation may have broader benefits for overall family functioning and parental well-being.

Keywords: Child participation, Neurodevelopmental disorders, Occupational balance, Quality of life.

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