

**Parent's Knowledge, Attitudes and Practice on Pre-requisite Skills for
Children with Autism and its Influence on Parents Mental Health and
Self-efficacy- A Sensitization Study**

By
SeemaSaikia
(18PHHDF001)

Supervisor
Dr. RamyaBhaskar

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80_RECOMMENDATON

The study places certain recommendations in connection with the research in the topic of knowledge, attitude and practices on pre-requisite skills of parents with autism and its influence on parents mental health and self-efficacy, which can be taken forward to form an impactful piece of work that can be assistive document for implementing policies and programmes for individuals with special needs-

- The study can be conducted with large sample size with cultural stratification. The operationalisation of socio demographic variables is recommended for future studies, where employing categorical modeling approaches (coding variables as nominal instead of ordinal) with dummy coded regression or group comparison methods, to examine group-specific differences in greater depth.
- The study also recommends including the severity of ASD symptoms as a covariate in future studies, which may have significant implications for parents, and also extending its focus to include parents of children with other disabilities, recognising that the challenges they face in terms of stress, emotional strain and care giving demands may be similar to those experienced by parents of autistic children.
- The fairly small sample size ($n = 30$) taken in the study for sensitization proramme may limit the generalizability of the findings. Although the repeated measures design enhances statistical power, future studies can be undertaken with larger samples is recommended. Furthermore, the study emphasises the need for developing targeted interventions specifically designed for parents of autistic children to address their mental health concerns and overall well-being. Such interventions could include structured counseling programmes, stress management workshops and parents support with practical training to enhance coping strategies. These approaches would not only help parents to manage the emotional and psychological impact of care giving but also empower them to provide more effective and sustainable support to their children.