

## Original Research Article

## The Impact of Personality Traits and Social Support on Mental Well-Being among the Caregivers of Children with Autism Spectrum Disorder

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**Abstract:** The caregivers of an autistic child experience reminiscent level of anxiety, pressure and mood swings that have major negative impact on their own overall physical and mental health and well-being as well as the health of their special children. Adequate level of social support and positive personality traits enhances the mental well-being of the caregivers and with the help of this they can achieve inner strength and well-being to overcome ups and downs of their life. The present research study examined the impact of HEXACO personality traits and social support on mental well-being among the One hundred (100) caregivers of children with ASD. Study also highlighted that the mental health of the caregivers is equally important as the physical health as well as not only the health of the children is important but health of the caregivers is more important for normal functioning. HEXACO-PI-R, Multidimensional Scale of Perceived Social Support and Warwick-Edinburgh Mental Well-being Scale used as a measuring tool in this study. Data were collected by using purposive sampling technique. Pearson Product Moment Correlation Coefficient and Multiple Linear Regression Analysis (Stepwise) administer to test the results. Results indicated strong and healthy social support, positive mental health and dispositions helps caregivers to tackle the stressful situations easily and prepare them to face challenges related to the behavior of their special child. It also aid caregivers to stay resilient and confident in any adverse situations. Their psychological health difficulties can be reduced by behavioral interventions and various orientation and awareness programs, fixed avocation and higher income, decreased symptomatic behaviors of ill reliant.

**Keywords:** HEXACO personality traits, social support, mental well-being, Autism spectrum disorder and caregivers.

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## INTRODUCTION

The count of children identified with autism has aroused steadily over the last decade. Worldwide around 2% of child diagnosed with autism (Zablotsky & Black, 2020). The Center for Disease Control and Prevention (CDC) continuously working on ASD, provide essential data on ASD, identify autism at early age among children and identify causes that put children at risk for autism as well as develop treatment and resources that the caregivers of such children avail that can be beneficial for their children as well as for the caregivers. The communication and social deficits of ill dependent presents a numerous challenges and hardships for the caregivers and other family members that impact their daily functioning as well as their health and well-being.

Medical services, education, economic hardships related to cost effective treatment and care; and lack of emotional and social support can be a major source of stress and adverse mental health of the caregivers of child with disability such as autism (Plant & Sanders, 2007). The behavioral deficits of ill reliant (child with ASD) have adverse impact on their caregiver's physical and mental health and caregivers reported increased levels of depression, stress, anxiety, negative thoughts and isolation. Therefore, in this situation, positive personality traits and proper social support from friends, family and community proved to be advantageous and aid the caregivers to successfully overcome their challenges and lead a meaningful life. Social support contributed parental well-being across life span and it is

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important predictor of mental well-being (Cohen & Wills, 1985). Behavioral impairment of child is associated with mental strain for the caregivers (Abbeduto *et al.*, 2004).

Literature provide evidence that the behavioral hardships of an autistic children not only have negative outcomes but it also have positive consequences on some caregivers who are resilient, confident, extrovert, patience and mentally strong. Such positive consequences include sense of spiritual connections, sense of purpose and meaning, emotional growth and large social structure (Scorgie, Wilgosh & McDonal, 1996; Tway, 2007). Social support is the perception of an individual that one can avail help from others in their larger social system (Berkman *et al.*, 2000). Social connection reduces stress and adverse mental health effect and is associated with positive personal growth, positive thought process and healthy family environment. Social support develops from the healthy connections with the individual, friends, family, group, larger social system as well as community (Boyed, 2002). Healthy social network serve as a protective shield against any challenges comes in the way of the caregivers in raising a differently-abled child. Studies indicated positive personality traits such as agreeableness, conscientiousness, extraversion, optimism and honesty enhances overall mental health and well-being (Pottie *et al.*, 2009).

Children with autism spectrum disorder experience significant deterioration and emotions related health difficulties which are associated with poor quality of life (Lord *et al.*, 2020) and caregivers encounter numerous challenges in raising such children. They always experience high stress which adversely impacts their emotional, physiological, functional and mental health (Murphy *et al.*, 2007; Kuru & Piyal 2018). In such situations, plenty of studies indicated social support aids them to mitigate their distress and other negative cognitive conditions (Chen *et al.*, 2021; Scheerer *et al.*, 2021) and enhance their well-being and parental competence (Iadarola *et al.*, 2017). On the other hand, less social support and negative personality traits, negative attitude towards the perception of disorders, unawareness regarding the disability and economic crisis were associated with psychological health difficulties among the caregivers of an autistic child (Smith *et al.*, 2011; Huang *et al.*, 2019; Bujnowska *et al.*, 2021).

The HEXACO model of personality traits link with parenting behavior and are also associated with values, goals, beliefs about oneself and the world and commitment helps the caregivers to encounter stressful situations. It emerged as an important trait to better understand and study the essential aspects of caregiving behavior and decisions. Personality traits of caregivers influence the behavior of their children and parent-child relationship that ultimately influence the mental health of both the caregivers and their child. The HEXACO

model of personality composed of six dimensions i.e. honesty, emotionality, extraversion, agreeableness, conscientiousness and openness to experience. Each dimensions of this model are associated with caregiving quality, behaviors, perception of disorder, attitude and response towards the ill reliant (Ajzen, 2005). Numerous studies revealed positive personality traits such as sense of coherence, optimism, extraversion, openness and locus of control reduces the caregiver's burden, enhances the thought process, eliminates negative thoughts and attitudes towards disability and helps them to provide proper care and facilities that their child needed (Ekas, 2010).

Caregivers of an autistic child experience more mental health issues in comparison to the caregivers of children with other disability and general population (Dunn *et al.*, 2014). Good psychological health and well-being is very crucial for the caregivers to being a safety net for their children. Mental well-being is a condition or state in which a person realizes his/her capabilities to overcome their challenges of life, can perform efficiently and able to contribute positively to their community (World Health Organization, 2004). Severity of ASD symptoms, lack of social support, negative attitudes and beliefs, financial crunch, lack of health care and rehabilitation facilities affected the caregivers mental health and living style (Illias *et al.*, 2018; Tahee *et al.*, 2009). Therefore, social support, positive thought process, positive personality traits and attitudes of the caregivers helps them to deal with daily hardships and various challenges that comes in their way and hinders their normal functioning as well as it helps them to stay resilient and enhance the overall well-being.

### **Current Study**

The present research study investigated to understand and examine the impact of HEXACO personality traits and social support on mental well-being of the caregivers of children with autism spectrum disorder.

### **Rationale of the Study**

Social support is the key component to deal with stressful situations and overcome the challenges of daily life specifically for the caregivers of differently abled child including children with autism. It also aids to stay mentally healthy and resilient which is very crucial for the caregivers to be a support system of their child. Caregivers experience frustration, agitation and many more mental health difficulties because of lack of awareness and proper knowledge and understanding about the disability and about the general symptoms of their child in initial year and because of these issues caregivers are failed to provide adequate treatment and safety to their child which may become the causes of their poor mental health and well-being (Stern & Barnes, 2019). Therefore, considering these issues the present research study examined the impact of personality traits and social support on mental well-being of the caregivers

of children with ASD and also the study highlighted that proper knowledge and awareness regarding disorder is very important to provide essential services of basic survival to their child.

### Objectives

1. To examine the relationship of mental well-being with HEXACO personality traits and its dimensions (Honesty, Emotionality, Extraversion, Agreeableness, Conscientiousness and Openness to experience) among the caregivers of an autistic child.
2. To examine the relationship of mental well-being with social support and its dimensions (Significant others, Family and Friends) of the caregivers of an autistic child.
3. To identify the predictors of mental well-being in HEXACO personality traits Honesty/Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness, and Openness to experience among the caregivers of an autistic child.
4. To identify the predictors of mental well-being with the help of social support and its dimensions (Significant others, Family and Friends) among the caregivers of an autistic child.

### HYPOTHESES

1. There will be a relationship between HEXACO personality traits and its dimensions (Honesty/Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness and Openness to experience) with mental well-being of the caregivers of an autistic.
2. There will be a relationship between social support and its dimensions (Significant others, Family and Friends) with mental well-being of the caregivers of children with autism.
3. HEXACO personality traits and its dimensions (Honesty/Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness and Openness to experience) will predict mental well-being of the caregivers of children with ASD.
4. Social support and its dimensions (Significant others, Family and Friends) will predict mental well-being of the caregivers of children with autism.

## METHOD

### Research Participants:

One hundred (100) respondents including male and female caregiver's age range 23 to 50 years of children (male and female) age range 2 to 20 years diagnosed with autism spectrum disorder taken from Ummeed Child Development Centre, Aligarh, Koshish Child Development Centre, Bhopal and Sahaj Child Development Centre, Agra through Purposive sampling technique.

### Research Instruments:

1. **Personal Information schedule:** It comprises personal information of the participants (caregivers) gender, family structure, place of residence, occupation type, educational qualification, marital status and age.
2. **HEXACO-PI-R:** This scale was flourished by Kibeom Lee & Michael C. Ashton in (2009). The scale comprises 60 items, with six dimensions namely, Honesty-Humility (H), Emotionality (E), Extraversion (X), Agreeableness (A), Conscientiousness (C), and Openness to experience (O) and each dimension comprised of four facets. This is five point scale response ranging from "Strongly Disagree= 1 to Strongly Agree= 5".
3. **Multidimensional Scale of Perceived Social Support:** Originated by Zimet, Dahlem, Zimet & Farley in (1988), comprising 12 items and 3 dimensions namely Significant others, Friends and Family. Responses are given on seven point rating scale ranging from "Very Strongly Disagree" to "Very Strongly Agree".
4. **Warwick-Edinburgh Mental Well-being Scale (WEMWBS):** It was evolved by researchers at the University of Warwick and Edinburgh Stewart-Brown and Janmohamed (2008). The scale incorporated 14 items. Response ranging from "None of the time" to "All of the time".

### Procedure of the study

Caregivers of children with autism were taken as a sample in the present research study. The respondents were selected from Ummeed Child Development Centre, Aligarh, Koshish Child Development Centre, Bhopal, and Sahaj Child Development Centre, Agra. Researcher asked respondents to fill questionnaire after giving instructions as well as assured them about the confidentiality of their response and their response used only for the purpose of research. The data was analyzed by using SPSS (24).

### Statistical Analysis

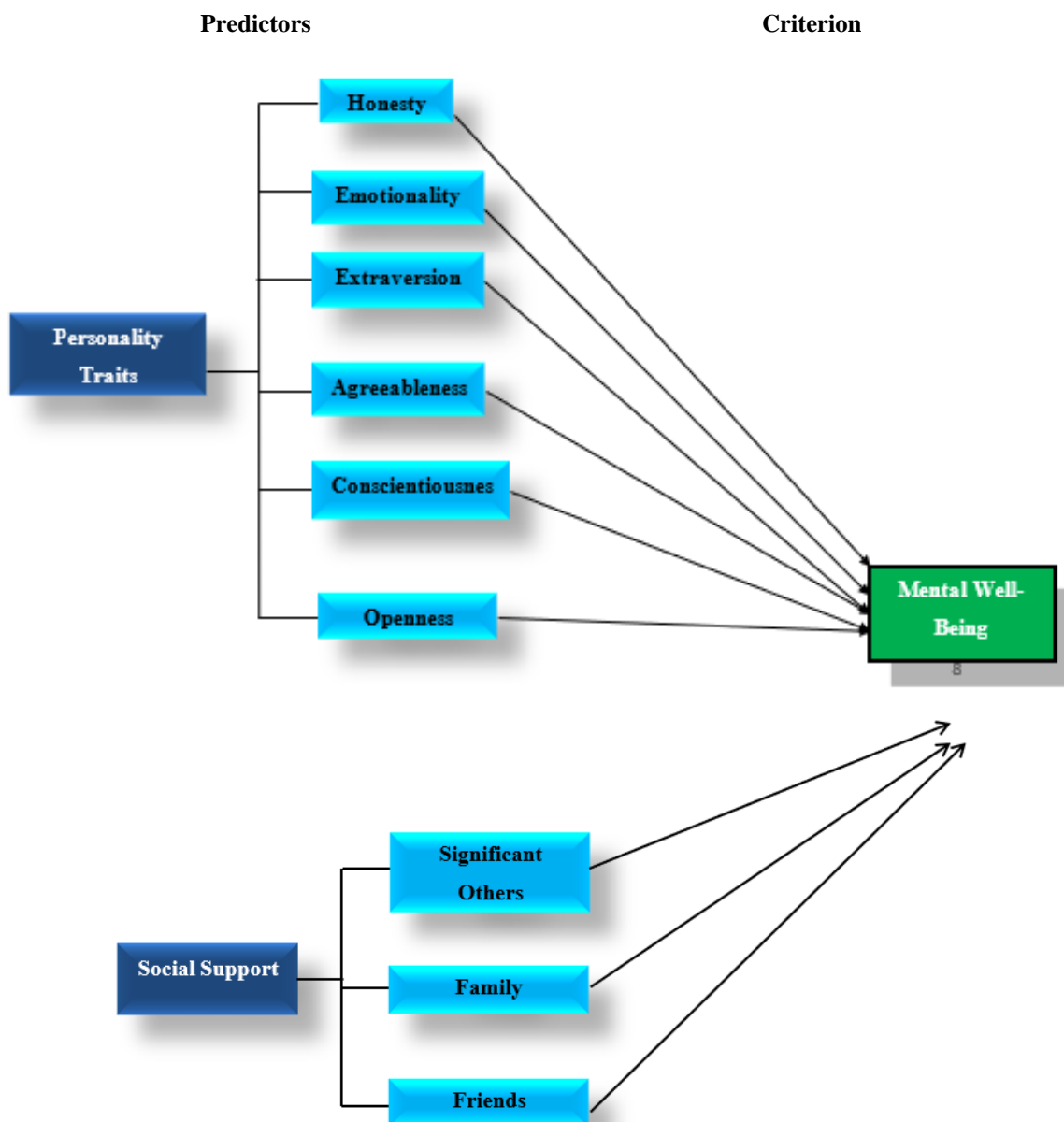
Pearson Product Moment Correlation Coefficient and Multiple Linear Regression Analysis (Stepwise) were employed to analyze the results.

### Predictor Variables

1. Personality traits and its dimensions: X1= Honesty/Humility (H), X2= Emotionality (E), X3= Extraversion (X), X4= Agreeableness (A), X5= Conscientiousness (C), X6= Openness to experience (O), X7= Overall HEXACO personality traits.
2. Social support and its dimensions: X8= Significant Others (SO), X9= Family (FM), X10= Friend (FR), X11= Overall Social Support.

### Criterion variable

1. Y1= Mental Well-being.



**Figure 1: Conceptual Framework of the variables**

## RESULTS AND DISCUSSION

Personality traits and social support are predictor variables and mental well-being is criterion variable in the present study. For the purpose of studying the objectives of this study, data analysis has been done and results were described in accordance with the objectives and corresponding hypotheses.

First of all, descriptive statistics of all the constructs were displayed, after that, Pearson Product

Moment Correlation Coefficient was used to assess the relation between predictors and criterion variables among the caregivers and Stepwise Multiple Linear Regression Analysis (SMRA) was applied to determine the significant Predictors.

### Descriptive Analysis

The descriptive analysis of the variables has been given in table 1.

**Table 1: Showing descriptive statistics of HEXACO personality traits and its dimensions, Social Support and its dimensions and mental well-being among the caregivers of children with ASD**

Variables	Mean	SD	N	Minimum	Maximum
Honesty	32.88	4.65	100	23	43
Emotionality	31.89	4.80	100	20	43
Extraversion	31.45	4.90	100	20	46

Variables	Mean	SD	N	Minimum	Maximum
Agreeableness	31.51	4.84	100	23	42
Conscientiousness	32.06	3.38	100	25	40
Openness	30.12	4.56	100	18	40
HEXACO (Overall)	189.92	14.92	100	156	231
Significant Others	5.64	.925	100	2	7
Family	5.66	.951	100	1	6
Friends	5.50	1.15	100	1	7
Social Support (Overall)	5.59	.84	100	2	6
MWB	50.60	8.66	100	6	67

Table 1 shows descriptive statistics of underlying constructs.

### Correlation Analysis

The association between the variables was ascertained using correlation analysis. Pearson Product Moment Correlation was employed in the current

research. The effect size for correlation between variables was applied to measure the size of correlation. Cohen's effect size ( $f^2$ ) measure was employed in the context of Pearson's Product Moment Correlation coefficient. The effect size for Small is 0.10, for Medium is 0.30 and for Large is 0.50 according to Cohen (1988).

**Table 2: Showing Pearson Product Moment Correlation Coefficient of HEXACO personality traits and its dimensions with Mental Well-being of the caregivers**

Variables	H	E	X	A	C	O	HEXACO (Overall)	MWB
MWB	-.040	-.091	.101	.227*	.003	.136	.094	1

**Notes:** \*\*Significant at 0.01 level, \*Significant at 0.05 level; H= Honesty, E= Emotionality, X= Extraversion, A= Agreeableness, C= Conscientiousness, O= Openness to experience, MWB= Mental well-being.

Table 2 shows that Agreeableness ( $r = .227$ ,  $p < 0.05$ ) dimension of HEXACO personality traits are positively and significantly associated with mental well-being of the caregivers of children with autism. Findings reveal that as the level of agreeableness increases, mental well-being of the caregivers also increases. Thus, it can be inferred that high levels of agreeableness are related with good and healthy mental health and well-being of the caregivers. Further, Cohen's effect size value

suggests a small strength of correlation between HEXACO personality traits and its dimensions with mental well-being. Therefore, the hypothesis **H<sub>1</sub>**, "there will be a relationship between HEXACO personality traits and its dimensions (Honesty/Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness and Openness to experience) with mental well-being of the caregivers of children with autism spectrum disorder" is partially supported.

**Table 3: Showing Pearson Product Moment Correlation Coefficient of Social Support and its dimensions with Mental Well-being of the caregivers**

Variables	Significant Others	Family	Friends	Social Support (Overall)	MWB
MWB	.245*	.125	.129	.206*	1

**Notes:** \*\*Significant at 0.01 level, \*Significant at 0.05 level.

Table 3 reveals Overall Social Support ( $r = .206$ ,  $p < 0.05$ ) and its dimension Significant Others ( $r = .245$ ,  $p < 0.05$ ) are positively and significantly related with mental well-being of the caregivers of children with autism spectrum disorder. Findings shows that as the number of significant others increase, mental well-being of the caregivers also increases. Thus, it can be inferred that more number of support from significant others are linked with high levels of mental well-being among the caregivers. Further, Cohen's effect size value suggests a small strength of correlation between social support and its dimensions with mental well-being. Therefore, the hypothesis **H<sub>2</sub>**, "there will be a relationship between

Social support and its dimensions (Significant others, Family and Friends) with mental well-being of the caregivers of children with autism spectrum disorder" is partially supported.

### Multiple Linear Regression Analysis

Stepwise Multiple Linear Regression Analysis is computed to determine the significant predictors of mental well-being. All variables were assessed for the fulfillment of assumptions of regression analysis for e.g. Normality, Linearity, Multicollinearity and independence of observation shown below.



**Table 4: Showing Robustness checks for Multiple Regression Analysis**

Model	Predictors	R <sup>2</sup>	Test of Robustness				Robustness Verification
			Linearity Residual Plots	Multicollinearity Tolerance and VIF (Range: Tol.-0-1, VIF- 1-9)	Normality PP Plots	Independence Durbin-Watson (Range: DW<3)	
			1	2	3	4	
1	X <sub>4</sub>	.052	Satisfied	1.00, 1.00	Satisfied	1.493	
2	X <sub>8</sub>	.245	Satisfied	1.00, 1.00	Satisfied	1.358	All Satisfied

*X<sub>4</sub>*= Agreeableness, *X<sub>8</sub>*= Significant Others.

Table 4 shows that the parametric assumptions viz. Linearity, multicollinearity, the test of normality and independence of variables are verified and found within the standardized range of assumptions.

Cohen's  $f^2$  is effect size suitable for multiple linear regression analysis which was estimated. For

Small effect size, the value is 0.02, for Medium 0.15 and for Large 0.35. The formula used to compute effect size (Cohen's  $f^2$ ) suggested by Cohen (1988) is shown below:

$$f^2 = \frac{R^2}{1 - R^2}$$

Where,  $R^2$  is the squared multiple correlation.

**Table 5: HEXACO personality traits and its dimensions as predictors of mental well-being among the caregivers**

Predictor variable	Stand. $\beta$	Multiple R	R <sup>2</sup>	R <sup>2</sup> Change	F	df	p	$f^2$
X <sub>4</sub>	.227	.227	.052	-	5.321	(Model $Y_1 = a + \beta_4 X_4$ ) 1, 98	.023	0.05
Constant	37.795							

*X<sub>4</sub>* = Agreeableness

- Predictors: (Constant), Agreeableness
- Criterion: Mental well-being ( $Y_1$ )

Table 5 reveals that Agreeableness dimension of HEXACO personality traits accounts for a significant amount of variance in mental well-being,  $R^2 = 0.052$ ,  $F(1, 98) = 5.321$ ,  $p < 0.05$ . It can be inferred that the dimension of HEXACO personality traits entitled agreeableness explains 5.2% variance in mental well-being of the caregivers. The present finding is consistent with the study which reveals agreeableness personality traits contribute significantly to mental well-being

(Radtke, *et al.*, 2019). Further, Cohen's effect size value ( $f^2 = 0.05$ ) suggests a small strength of contribution of agreeableness to mental well-being. Thus, the hypothesis **H<sub>3</sub>**, "HEXACO personality traits its dimensions (Honesty/Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness and Openness to experience) will predict mental well-being of the caregivers of children with autism spectrum disorder" is partially supported.

**Table 6: Social support and its dimensions as predictors of mental well-being among the caregivers**

Predictor variable	Stand. $\beta$	Multiple R	R <sup>2</sup>	R <sup>2</sup> Change	F	df	p	$f^2$
X <sub>8</sub>	.245	.245	.060	-	6.277	(Model $Y_1 = a + \beta_4 X_4$ ) 1,98	.014	0.06
Constant	37.615							

*X<sub>8</sub>*= Significant Others

- Predictors: (Constant), Significant Others
- Criterion: Mental well-being ( $Y_1$ )

It can be seen from the table 6 Significant others dimension of social support accounts for a significant amount of variance in mental well-being,  $R^2 = 0.060$ ,  $F(1, 98) = 6.277$ ,  $p < 0.05$ . It can be inferred that significant others explains 6% variance in mental well-being of the caregivers. The present finding is consistent with the study which reveals higher levels of social support decreases negative mental health impact, psychological strain, mood swing and melancholic symptoms among the caregivers (Bishop *et al.*, 2007; Bromley *et al.*, 2004; Pottie *et al.*, 2009). Further, Cohen's effect size value ( $f^2 = 0.06$ ) suggests a small strength of contribution of significant others to mental well-being. Thus, the

hypothesis **H<sub>4</sub>**, "Social support and its dimensions (Significant others, Family and Friends) will predict mental well-being of the caregivers of children with autism spectrum disorder" is partially supported.

## DISCUSSION

In the present study, the results of Pearson Product Moment Correlation Coefficient reveals that Agreeableness ( $r = .227$ ,  $p < 0.05$ ) dimension of HEXACO personality traits are positively and significantly associated with mental well-being of the caregivers of children with autism. Results reveal that as

the level of agreeableness increases, mental well-being of the caregivers also increases. Thus, it can be inferred that high levels of agreeableness are related with good and healthy mental health and well-being of the caregivers and Overall Social Support ( $r = .206$ ,  $p < 0.05$ ) and its dimension Significant Others ( $r = .245$ ,  $p < 0.05$ ) are also positively and significantly correlated with mental well-being of the caregivers. Findings shows that as the number of significant others increase, mental well-being of the caregivers also increases. Thus, it can be inferred that more number of support from significant others increases or enhances the overall health of the caregivers. The results of Multiple Regression Analysis reveals Agreeableness dimension of HEXACO personality traits accounts for a significant amount of variance in mental well-being,  $R^2 = 0.052$ ,  $F(1, 98) = 5.321$ ,  $p < 0.05$ . It can be inferred that the dimension of HEXACO personality traits entitled agreeableness explains 5.2% variance in mental well-being of the caregivers and Significant others dimension of social support accounts for a significant amount of variance in mental well-being,  $R^2 = 0.060$ ,  $F(1, 98) = 6.277$ ,  $p < 0.05$ . It can be derived that significant others explains 6% variance in mental well-being of the caregivers.

Therefore, higher levels of positive personality traits such as agreeableness, optimism, honesty and healthy social network were associated with lower level of mental health issues found in the present study. In the present research study, researcher also found that if the caregivers of an autistic child received adequate support from family, friends, significant others and from community or organizations, they tend to be more mentally healthy. High levels of life satisfaction among the caregivers as well as internal locus of control, extraversion and conscientiousness decreases social isolation and increases spiritual connection (Dunn & Burbine, 2001) supports the present findings. Studies also found emotionality and weaker sense of coherence in the caregivers of children with ASD related with lower levels of positive thoughts (Pisula & Kossakowska, 2010).

## CONCLUSION

It can be concluded that Agreeableness dimension of HEXACO personality traits are positively and significantly related with mental well-being of the caregivers of children with autism and Overall Social Support and its dimension Significant Others are also positively and significantly correlated with mental well-being of the caregivers. Agreeableness personality traits and support from significant others predict mental well-being of the caregivers. It has unique contribution to mental well-being of the caregivers. Social support emerged as an important aspect in reducing distress and one of the predictor of mental well-being (Cohen & Wills, 1985; Pearlin, 1989). A strong societal connection as well as proper support from the society and family reduces the distress among the caregivers of an autistic child (Bromley *et al.* 2004) and positive traits like self-

confidence, high levels of self-efficacy and optimism have been related with low levels of negative health outcome among the caregivers of an autistic child (Pottie *et al.* 2009). In the present study, researcher found that the caregivers or parents receive proper social support reported higher levels of positive affect, positive dispositions as well as enhancement in the overall physical and mental health that are associated with balanced and joyous life. A healthy social network and a good interaction with others produce a hormone called oxytocin which is good for mental and physical health (Agnew & South, 2014).

Now a day, online social support through social media acts as a pain healer in everyday life. It gives emotional support and information (awareness and knowledge) regarding disorders helps in reducing problems of life which are associated with mental relaxation (Wang *et al.*, 2022). Personality is a significant correlate of mental health. It plays a vital role in the context of caregiving of children with special needs. Caregivers or parents having high self-compassion, agreeableness, extraversion, sincerity, and mindfulness, open minded and enthusiasm reported less mental health difficulties and overcome their daily life challenges related to their special children efficiently. Therefore, strong and healthy social support, positive mental health and dispositions helps caregivers to tackle the stressful situations easily and prepare them to face challenges related to the behavior of their special child. It also aid caregivers to stay resilient and confident in any adverse situations. Thus, social support and well-being are associated with lower levels of stress, neuroticism and high level of self-efficacy and coping abilities among the caregivers of an autistic child (Cai *et al.* 2020).

## Implications of the study

- Block, district and state level should start autistic society to regulate all the functions of the stake holders and protect rights and well-being of the autistic children.
- District social welfare department as well as district magistrate should be taken initiative to establish Centre for the autistic children at district level.
- Government or Civil Societies should take initiative to establish cost effective rehabilitation Centre for autistic child and provide health care services (proper diagnosis and treatment) at community level.
- Government or Civil Societies should take initiative to conduct training, orientation programs and special education for the caregivers of special children to understand their child in proper way.
- Establish special schools and rehabilitation Centre or skill development Centre at blocks levels for enhancing special abilities of such children.

- Creating awareness regarding autism at community level through campaigning and advertisement (Newspaper, T.V, Radios and so on).
- Conduct training to identify the traits of autism for ICDS workers (Angan Vadi, ASHA, and ANM) at early age.

The present findings revealed that the caregiver's higher levels of anxiousness, stress and depression may represent the lack of social support. Therefore, various psychological and behavioral interventions and orientation programs, fixed employment, adequate levels of income and decreased child symptomatic behaviors can reduce their mental health difficulties.

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### Authors' Contributions

Dr. Roma Seraj contributed to data collection, wrote the research article, statistical analysis, data interpretation, read and approved the manuscripts.

### Ethical approval and assent to participate

Researcher obtained written acquiescence from the respondents prior to conducting the survey. Ethical approval of this study was obtained from Aligarh Muslim University (AMU), Aligarh.

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**Competing Interests:** The authors state that there are no competing interests.

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