

Impact of m-Health Guided Alternate Nostril Yogic Breathing on Anxiety Levels in Parents of Children with Autism Spectrum Disorder: An Interprofessional Approach: Reg ID: 196

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ABSTRACT

Introduction: A unique stressor has been witnessed in the parents of children who are diagnosed with autism spectrum disorder (ASD) and often suffer from higher levels of stress, anxiety and depression compared to the parents of neurotypical children. Hence, Alternate Nostril Yogic Breathing (ANYB) has been used in the study, commonly known for balancing autonomic nervous system. Recognizing the time constraints faced by parents of children with ASD, the research hypothesizes that a guided 5-minute video on ANYB through mHealth will mitigate anxiety, depression, and stress levels, subsequently protecting parents from associated health risks. The present study aims to evaluate the effectiveness of ANYB administered through mobile (m) -Health on the depression, anxiety, and stress levels of parents of children with ASD. Additionally, it seeks to explore the facilitators and barriers of this intervention. **Methods:** This mixed-method study including quasi-experimental design and focus group discussion. The study enrolled 74 participants, 30 in the intervention and 44 in the control arm. The Depression Anxiety Stress Scale 21 (DASS21) is the tool used to assess mental health before and after intervention. The intervention group (n=30) received training in ANYB with 5-minute guided m-Health video to practice daily for 2 months, combined with parental training. The control group (n=30) received only parental training. **Findings:** At pre-intervention phase, the baseline data shows (80.0%) of the subjects were suffering from depression, 100% from anxiety and 43.3% from stress. Post intervention reductions in Depression (63.3%), Anxiety (43.3%) and Stress (0%) among parents of children with ASD in experimental group, while the control group showed no such change. **Conclusions:** The study emphasizes the importance of m-Health guided ANYB that turns out to be an accessible, acceptable, and impactful solution to reduce stress, anxiety, and depression among parents of children with ASD.

KEYWORDS