

**‘Specialization in ICTs and Special Education: Psychopedagogy of Integration’
Postgraduate Program
DEMOCRITUS UNIVERSITY OF THRACE Department of Greek Philology
in collaboration with
NCSR DEMOKRITOS Informatics and Telecommunications Institute**

**"From Vulnerability to Mental Resilience: Parameters for Adapting Parents to
People with Neurodevelopmental Disorders."**

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POSTGRADUATE
THESIS

SUPERVISORY COMMITTEE

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ΕΠΙΚΟΥΡΗ ΚΑΘΗΓΗΤΡΙΑ ΤΕΦ ΔΠΘ

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Abstract

The main objective of this research survey was to identify the factors that have led people's parents with neurodevelopmental disorders to resilience. On the one hand, factors that intensify parental stress levels by making them vulnerable, on the other hand, are protective factors within and outside of the family context that have led them to adapt and to the emergence of resilience. The survey involved 13 adults' parents with intellectual disability or autism spectrum disorder. The parents participated in a semi-final interview answering 27 questions about the stressors that parents are called upon to handle, family protection factors, social protection factors, and finally the parents' view of their child's situation. The analysis of the data was based on the thematic data analysis method, according to which the data were coded and followed by their inclusion in the thematic units selected on the basis of the purpose and the research questions of the present study. It has been found that stressors towards their child are associated with behavioral and self-service problems. The lack of parents personal life and quality time with spouses intensify their stress levels. Most parents expressed their dissatisfaction because of information agencies on their children's rights, the inadequacy of structures and the lengthy procedures of public bodies. Finally, there was a social stigma. However, most parents seem to have resistance, which is due to the following protective factors. Within the family context, important factors were the existence of strong coherent links and the healthy distribution of roles among family members, support for spouses, the use of active strategies, the existence of financial resources and, finally, the positive view of the situation of parents. Apart from the family context, the psychological and practical support of the wider social circle and specialists was of key importance.

Keywords

Family resilience, protective agents, risk factors, vulnerability, neurodevelopmental disorders

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