

Effectiveness of a Psychosocial Intervention on Perceived Stress and Depression among Children of Alcoholic Parents

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ABSTRACT

Background: Every child has a basic need and it is the responsibility of the parents to give them what they need. Everyone wants to be a good parent, but not everyone has mastered the art of good parenting. Therefore, this study was aimed to assess the effectiveness of a Psychosocial Intervention on Perceived Stress and Depression among Children of Alcoholic Parents studying at selected high schools of Bagalkot.

Methodology: this was a randomized controlled trial with pre-test post-test control group design. A simple random sample of 4 high schools of Bagalkot out of 10 schools was selected. Then two schools were selected as experimental schools and two were selected as control schools by using lottery method. Children of alcoholics were identified by using the CAST (Children of Alcoholics Screening Test), socio demographic information of Children of Alcoholic was gathered using structured socio-demographic profile and Perceived Stress & Depression were assessed using Cohen's Perceived stress scale & Center for Epidemiological Studies Depression scale for Children (CES-DC) respectively. Data were analyzed in terms of objectives of the study.

Findings: Result indicates that most of the children of alcoholic of both experiment group (60%) and control group (63.33%) were moderately stressed and most of the children of alcoholic of both experimental group (56.67%)

and control group (63.33%) were significantly depressed. A statistically significant difference was found between post test perceived stress score of experimental group and control group subjects [$t=8.958, p<0.05$]. Similarly, there was a statistically significant difference found between post test depression scores of experimental group & control group subjects [$t=6, p<0.05$]. No significant association was found between pre test perceived stress scores with their selected socio-demographic variables of children of alcoholic of both experimental & control group. There was a significant association between pre test depression with only family monthly income ($\chi^2=7.847, p<0.05$). **Conclusion:** the findings of the study concluded that the children of alcoholics had perceived stress & depression. The implementation of Psychosocial Intervention to experimental group has decreased their perceived stress & depression effectively as compared to control group.

Keywords: Children of Alcoholic parents, Perceived Stress, Depression, Effectiveness, Psychosocial Intervention and Socio-demographic variables.

INTRODUCTION

Parents are responsible for their children until the children reach the age of 18. And even when their kids turn 18, most parents still help their kids by giving them financial

support, advice, a place to live in, and so on.¹

To shape child's personality, the parents should teach the lessons of assertiveness, maturity and importance of being physically fit. Every parent should accept this sacred duty of their life and bring-up their children fruitfully.²

Children of alcoholics are at higher risk of mental health problems compared to non children of alcoholics. Male children of alcoholics tend to be more stressed and anxious compared to other boys and have a higher likelihood that they will also start drinking alcohol or using other substances to cope with their feelings of anxiety. Children of alcoholics have lower self-esteem and tend to be more impulsive and aggressive than non children of alcoholics. Psychiatric disorders are more common among children of alcoholics where both parents are alcoholic as compared to just one.³

Although, perceived stress & depression are most common in children of alcoholic. Hence, Psychosocial intervention is help to reduce the perceived stress & depression among children of alcoholic at selected high schools of Bagalkot.

MATERIAL AND METHODS

Study Design and Participants

Present study was randomized controlled trail using pre-test (O₁) and post-test (O₂) for both experimental and control group conducted between December 2019 to December 2020. A simple random sample of 4 high schools of Bagalkot out of 10 schools was selected. Then two schools were selected as experimental schools and two were selected as control schools by using lottery method. Children of alcoholics were identified by using the CAST (Children of Alcoholics Screening Test). Participants with mild to moderate perceived stress and depression are included in the study. Participants who were not physically fit to participate in the psychosocial intervention were excluded from the study.

Instruments:

Cohen's Perceived Stress Scale:

The Perceived Stress scale was developed by Sheldon Cohens. Cohen's perceived stress scale for assessing perceived stress among children of alcoholic parents which consists of 10 items. Scoring pattern include there are 6 negatively items (items 1,2,3,6,9&10) scoring of these items as follows; 0= Never, 1=Almost never, 2= sometimes, 3= fairly often , 4= very often. There are 4 positively stated items (items 4,5,7&8) scoring is obtained by reversing responses. 4= Never, 3=Almost never, 2= sometimes, 1= fairly often , 0= very often. Thus total score for perceived stress scale range from 0-40 for 10 stated items.

Center for Epidemiological Studies Depression Scale for Children (CES-DC):

This scale is a modified version of the Center for Epidemiological Studies Depression Scale developed by Laurie Radloff (1977) and was used to screen for depression among children. Scale includes 20 items with score ranging from 0 to 60. Each response to an item is scored as 0 = Not At All, 1 = A Little, 2 = Some, 3 = A Lot. However, items 4, 8, 12, and 16 are phrased are reverse scored. Higher CES-DC scores indicate increasing levels of depression. The cut-off score of 15 as being suggestive of depressive symptoms in children and adolescents.

Modified Children of Alcoholic Screening Test (CAST-6):

This scale is a subsample of questions appearing on the Children of Alcoholics Screening Test (CAST), developed by Jones and Pilat (1981), and has been used to screen for Children of Alcoholics. There are 6 items in the scale, 3 or more yes answer probably indicates that they children of alcoholic parents.

General Health Questionnaire- 5 (GHQ-5):

General Health Questionnaire- (GHQ-5), developed by British scholar Goldberg in

1972, is one of the most popular and widely used screening instruments for recognition and measurement of mental health. It includes 5 items, 3 or more yes answers indicates probable psychological problem in Children of Alcoholic Parents.

Socio-demographic variables:

Socio-demographic variable include, age, gender, religion, year of study, father's educational status, mother's educational status, father's occupation, mother's occupation, number of siblings, birth order, alcoholic parents, family monthly income, types of family, area of residency, history of academic failure, experience of psychological disturbances and approach for mental health assistance.

Data collection procedures:

Prior permission was taken from relevant schools before the beginning of data collection procedure. The study participants were identified during the study period at selected high schools of Bagalkot. Every child of alcoholic who fulfilled the inclusion criteria was approached for data collection. Consent was obtained by researcher before enrolment of study participants. All the information collected was based on the patient's self report. Pre-test conducted to assess Perceived Stress and Depression of Children of Alcoholic Parents of experimental group and control group followed by administration of Psychosocial Intervention i.e. Psycho education on stress and its management, positive coping with stressors associated with parental alcoholism, psycho education on cognitive and behavioural strategies to manage Perceived Stress and Depression (for half an hour) & Jacobson's Progressive Muscle Relaxation (JPMR) technique everyday provided for 6 consecutive days to Children of Alcoholic Parents of experimental group. On 6th day immediate post intervention assessment of Perceived Stress and Depression was done among Children of Alcoholic Parents of both experimental group and control group. After that health

education provided to Children of Alcoholic Parents of control group.

Data Analysis:

Data analyses were performed using SPSS v25. Description of sample characteristics was done using frequency and percentages. Significance of difference between mean pre-test and post-test Perceived Stress and Depression scores of both experimental group and control groups was assessed by using paired 't' test and unpaired 't' test was used to assess the significance of difference between mean post test scores of Perceived Stress and Depression of experimental group and control groups. Chi Square test was used for assess the association between Perceived Stress and Depression and socio demographic variables.

RESULTS

Descriptive analysis of sample characteristics

Percentage wise distribution of Children of Alcoholics (COA) according to their age reveals that most of the Children of alcoholics in experimental group (76.67%) were in the age group of 13-14 years and in control group majority of children of alcoholics (70%) were in the age group of 13-14 years. Most of the children of alcoholics (56.66%) were males in experimental group and in control group, majority (63.33%) were females. In experimental group majority of them (80%) were Hindus and control group, most of the children of alcoholics about 83.33 % were Hindus. In experimental group, majority (43.33%) of children of alcoholics were studying in 8th standard and in control group most of the children of alcoholics (46.67%) were studying in 8th standard. In experimental group, 46.67% of fathers of children of alcoholics don't have any formal education and in control group 30% of fathers of children of alcoholics don't have any formal education. In experimental group, 46.67% of mothers of children of alcoholics don't have any formal education and in control group 46.67% of mothers of

children of alcoholics don't have any formal education. In experimental group, most of the fathers (76.67%) of children of alcoholics are farmers and in control group, 76.67% of their fathers are farmers. In experimental group reveals that about 46.67% of mothers are working in agriculture sector and in control group, most of them (46.67%) are house wife. In experimental group, most of the children of alcoholic parents (43.34%) have only one sibling and in control group, most of them (40%) have two siblings. In experimental, most of them (40%) are born as first child and in control group, most of them (53.33%) are born as first child. In experimental group majority of children of alcoholics (90%) are having alcoholic fathers and in control group 93.33% of the children having alcoholic father. In experimental group, majority (63.33%) of families having monthly income between Rs. 10001-15000. In control group, 70% of the families are having the family income between Rs. 10001 -15000. In experimental group, majority (80%) are nuclear families and in control group, majority that is majority (86.67%) of families are nuclear families. In experimental group majority of the children of alcoholics (96.66%) resides at rural area and in control group, majority (100%) children of alcoholic parents reside at rural area. In experimental group 96.33% of the children of alcoholics don't have any academic failure and in control group 96.33% are don't have any academic failure. In experimental group, 76.66% of children of alcoholics have experienced psychological disturbances and in control group, majority of children of alcoholics that (86.66%) have experienced psychological disturbances. In experimental and control group children of alcoholic parents (100%) did not approach for any mental health assistances.

Description of Assessment of pre test scores of Perceived Stress and Depression of Children of Alcoholic Parents.

Table: 1- Assessment of level of pre test Perceived Stress scores of Children of Alcoholic Parents. n=30+30=60

Level of perceived stress	Range of score	Experimental group		Control group	
		F	%	F	%
Low stress	0-13	08	26.67%	06	20%
Moderate stress	14-26	18	60%	19	63.33%
High stress	27-40	04	13.33%	05	16.67%

Table 1 shows that majority of the Children of Alcoholic Parents of both experimental group (60%) and control group (63.33%) had moderate Stress.

Table: 2- Assessment of level of pre test Depression scores of children of alcoholics N=30+30=60

Level of Depression	Range of score	Experimental group		Control group	
		F	%	F	%
Non-Significant	0-15	13	43.33%	11	36.67%
Significant	16-60	17	56.67%	19	63.33%

Table 2 shows that majority of Children of Alcoholic Parents of both experimental group (56.67%) and control group (63.33%) had significant Depression.

Evaluation of the effectiveness of the Psychosocial Intervention programme on Perceived Stress and Depression of Children of Alcoholic Parents.

Table:3- Significance of difference between the pre test and post test scores of Perceived Stress and Depression of Children of Alcoholic Parents of both experimental and control groups. n=30+30=60

Groups	Variable	Mean \pm SD	't' value (paired)	p value
Experimental group	Perceived stress	14.06 \pm 2.956	7.732	0.000 [*] **
	Depression	29.47 \pm 16.089	7.174	0.000 [*] **
Control group	Perceived stress	1.13 \pm 1.234	0.605	0.550
	Depression	3.93 \pm 1.095	0.738	0.466

***p<0.00

Hence, as per the above stated finding it is clear that, there is statistically significant difference between pre-test and post test Perceived Stress and Depression scores of both experimental group and control group.

Table: 4- Significance of difference between the post test scores of Perceived Stress and Depression of Children of Alcoholic Parents of experimental and control groups. n= 30+30=60

Variables	Groups	SD of post test scores	Mean difference	't' value (unpaired)	P value
Perceived stress	Experimental group	5.074	14.13	8.958	0.000
	Control group	6.995			
Depression	Experimental group	6.092	28.17	6.587	0.000
	Control group	22.613			

Hence, it is concluded that there was a statistically significant difference found between post test Perceived Stress and Depression scores of Children of Alcoholic Parents of both experimental group and control group. Psychosocial Intervention programme is an effective tool to decrease

Perceived Stress and Depression of Children of Alcoholic Parents.

Association between the level of Perceived Stress and Depression of Children of alcoholics Parents with their selected socio demographic variables.

Table: 5- Association between the level of Perceived Stress scores with selected socio-demographic variables of children of alcoholics of both experimental and control group. n=30+30=60

Sl no	Socio-demographic variables	df	Chi-square value	P value
1	Age	2	0.119	1.000
2	Gender	2	0.764	0.758
3	Religion	4	3.558	0.501
4	Year of study	4	1.223	0.886
5	Father's educational status	6	5.436	0.509
6	Mather educational status	6	5.702	0.468
7	Father occupation	6	11.686	0.061
8	Mother occupation	6	6.426	0.359
9	Number of siblings	4	2.634	0.621
10	Birth order	4	3.475	0.501
11	Alcoholic parents	2	1.155	0.651
12	Monthly family income	4	5.974	0.204
13	Types of family	2	0.395	0.899
14	Area of residency	2	0.632	1.000
15	History of academic failure	2	3.596	0.143
16	Psychological disturbances	2	1.404	0.622

P<0.05 [Significant]

Findings displayed in table 5 shows that, there was no significant association was found between Perceived Stress scores of Children of Alcoholic Parents of experimental group with their selected socio-demographic variables.

Table: 6- Association between the Depression scores of Children of Alcoholics Parents and their socio-demographic variables of both experimental and control groups. n=30+30=60

Sl no	Socio-demographic variables	df	Chi-square value	p value
1	Age	1	0.128	0.771
2	Gender	1	0.904	0.431
3	Religion	2	2.134	0.370
4	Year of study	2	3.136	0.225
5	Father's educational status	3	3.696	0.330
6	Mather educational status	3	4.206	0.269
7	Father occupation	3	3.129	0.365
8	Mother occupation	3	3.516	0.371
9	Number of siblings	2	1.268	0.584
10	Birth order	2	1.799	0.408
11	Alcoholic parents	1	0.000	1.000
12	Monthly family income	2	7.847	0.019*
13	Types of family	1	2.000	0.289
14	Area of residency	1	0.678	1.000
15	History of academic failure	1	0.086	1.000
16	Psychological disturbances	1	0.167	0.741

P<0.05 [Significant]

Findings table 6 shows that, there was a significant association between pre test depression scores with family monthly income ($\chi^2=7.847$, $p<0.05$) and no significance association found between depression and other variables.

DISCUSSION OF FINDINGS

The main objective of the present study was to assess the effectiveness of a Stress Management Intervention on Perceived Stress and Depression of Children of Alcoholic Parents studying at selected high schools of Bagalkot. Findings of the present study showed that level of Perceived Stress of Children of Alcoholic Parents of experimental group depicts that (60%) of Children of Alcoholic Parents were moderate stress and in control group (63.33%) of Children of Alcoholic Parents were moderate stress. The result of present study is supported by similar study conducted by Fischer KE et al on the relationship of parental alcoholism and family dysfunction to stress among college students. The study shows that Children of Alcoholic Parents are greater risk for stressors.⁴

Findings of the present study showed that level of depression of Children of Alcoholic Parents of experimental group depicts (56.67%) were significant depression and in control group (63.33%) Children of Alcoholic Parents were significant depression. The result of the present study is supported by similar study conducted by Mansharamani H. (2018) et al on Psychiatric Morbidity in Children of Alcoholic Parents. Result shows that Depression and anxiety were found to be statistically significant in COAs than in children of nonalcoholics.⁵

The result of the present study is supported by similar study conducted by Omkarappa D (2019) et al on Anxiety, depression, self-esteem among children of alcoholic and nonalcoholic parents. Result shows that COAs are having higher rate of anxiety, depression, and low self-esteem compared with children of nonalcoholics.⁶

In the present study, difference between mean pre test [21.73±8.030] and post test [7.67±5.074] perceived stress scores of children of alcoholics of experimental group found to be statistically significant at 0.05 level of significance [$t=7.732$, $p<0.05$]. Similarly, difference between mean pre test [37.77±22.181] and post test [8.30±6.092] depression scores of children of alcoholics of experimental group found to be statistically significant at 0.05 level of significance [$t=7.174$, $p<0.05$]. Finding of the present study are consistent and supported with the study conducted by Thapinta D et al at Thailand (2019) on brief cognitive behavioral therapy for depression among children of alcoholic parents. Result shows that experimental group have significantly lower mean depression scores than the control group ($p < .05$).⁷

Whereas in control group, difference between mean pre test [22.93±8.229] and post test [21.80±6.995] perceived stress score of children of alcoholics not found to be statistically significant at 0.05 level of significance [$t=0.605$, $p<0.05$].

Similarly, difference between mean pre test [40.40±21.58] and post test [36.47±22.613] depression score of children of alcoholics of control group not found to be statistically significant at 0.05 level of significance [$t=0.738$, $p<0.05$]. Findings related to significance of difference between post test perceived stress and depression scores of children of alcoholics of both experimental and control subjects revealed that, a statistically significant difference was found between post test perceived stress scores of experimental and control groups of children of alcoholics [$t=8.958$, $p<0.05$].

Similarly, there was a statistically significant difference was found between post test depression scores of experimental and control groups of children of alcoholics [$t=6.587$, $p<0.05$].

Finding of the present study are consistent and supported with the study conducted by Zahra Habibi et al at Iran (2017) on effectiveness of stress management skill training on the Depression, Anxiety and

Stress Levels on children of alcoholic parents. Result shows that stress management skill training has a significant effect on reducing emotional reactions in children of alcoholic parents ($P < 0.01$).⁸

Limitations

Although present study has explored that stress management intervention are effective on perceived stress and depression of children of alcoholic parents. Sample size was limited to 60 Children of Alcoholic Parents whereas, 30 in experimental group and 30 in control group. Hence result cannot be generalized to wider population. Limited variables were included in this, as other problems like quality of life, sleep disturbances, physical problems etc. could be also affected on Children of Alcoholic Parents. Hence further researches may consider these limitations to update the knowledge on Perceived Stress and Depression and effectiveness of Stress Management Intervention on Perceived Stress and Depression by other interventional researches.

Recommendations

Intervention was aimed at reducing the Perceived Stress and Depression among Children of Alcoholic Parents studying at selected high schools of Bagalkot and found that there was a higher reduction in the level of Perceived Stress and Depression. Similar study can be replicated on a large sample to generalize the findings. A comparative study can be conducted among rural and urban Children of Alcoholic Parents and also a study was to be conducted to assess the impact of other Stress Management Intervention like Yoga, Meditation, and breathing exercise among Children of alcoholic parents.

CONCLUSIONS

The study was helpful to find the effectiveness of stress management intervention on perceived stress and depression among children of alcoholic parents at selected high schools of Bagalkot

and suggest that stress management intervention focusing to reduce the perceived stress and depression of children of alcoholic parents would contribute to the improvement of their quality of life. Further researches can investigate the effects of stress management interventions to reduce the perceived stress and depression with the aim of improving their overall quality of life.

Declaration by Authors

Ethical Approval: Ethical clearance was obtained from the institutional ethical committee of BVVS Sajjalashree Institute of Nursing sciences, Bagalkot.

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