

STRESS AND BURDEN EXPERIENCED BY PARENTS OF CHILDREN WITH TYPE 1 DIABETES—A QUALITATIVE INTERVIEW STUDY

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Background

Parents of children with type 1 diabetes play a key role in managing their child's self-management, which can be stressful and burdensome. High involvement can lead to reactions, such as emotional, cognitive, and physical exhaustion in parents.

Understanding parents' psychosocial impact due to their child's disease is crucial for the family's overall well-being.

Aim

The purpose of this study was to describe stress and burden experienced by parents in families with children living with type 1 diabetes.

Method

This study utilized a qualitative approach, analyzing interviews with 16 parents of children aged 10 to 17 years living with T1D through qualitative content analysis. The data collection occurred between January and February 2025.

Result

Managing a child's Type 1 diabetes can be tough on family relationships, affecting how partners interact, intimacy, and siblings' relationships. The constant stress and worry might leave parents feeling exhausted, unable to sleep, and struggling to think clearly, on top of the pain of losing a normal everyday life. The delicate balance between allowing a child with type 1 diabetes to be independent and maintaining control over their self-management renders these challenges even more demanding for the parents.

Conclusion

Parents' experiences highlight the need for robust support systems, including dependable school environments, trustworthy technical devices, reliable family and friends, and accessible healthcare guidance. These elements are essential not only for the child's health and well-being but also for alleviating the emotional and practical burdens parents face.