



Parental Barriers in Seeking Mental Health Services for Attention Deficit Hyperactivity Disorder in Children: Systematic Review



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Background



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- Many children at risk for negative outcomes related to untreated attention deficit hyperactivity disorder (ADHD) do not receive necessary mental healthcare.
(Danielson et al., 2018)
- Parents' have important role in seeking mental healthcare for their children and it is important in the early identification of ADHD and preventing comorbidities with ADHD.
(American Academy of Pediatrics, 2000)
- Parents may experience some barriers that may delay parents from seeking mental healthcare for their children.





Gaps in the Literature

- Previous studies have highlighted;
 - Barriers to recognition that exist in primary care setting (French et al., 2019)
 - Barriers for parents to attend or continue therapy for their children who are already diagnosed with ADHD (Kazdin & Wassell, 1999; Snell-Johns et al., 2004)
- Previous studies do not;
 - Address parents' barriers to seek mental healthcare for their children at risk of ADHD who have not yet been diagnosed with ADHD
 - Provide a clear definition of parents' health seeking behavior and barriers to seek help at multiple levels





Purpose

- **Purpose:**

- To summarize existing evidence of parents' barriers to seeking mental healthcare for children at risk of ADHD.

Theoretical Framework: Social-Ecological Model

-Examines factors influencing parents' beliefs and help seeking

- Individual level
- Interpersonal level
- Community level
- Organizational/health system level



Methods: Systematic Review



Used guideline of the Joanna Briggs Institute (JBI) methodology for systematic reviews

(Aromataris & Munn, 2020)



Search Strategies

- Searched in the PsychINFO, CINAHL, ERIC, MEDLINE, PubMed, Scopus, and Web of Science
- Analyzed the text words in the title, abstract, and index terms used to describe the article
- Screened the full texts based on the inclusion and exclusion criteria

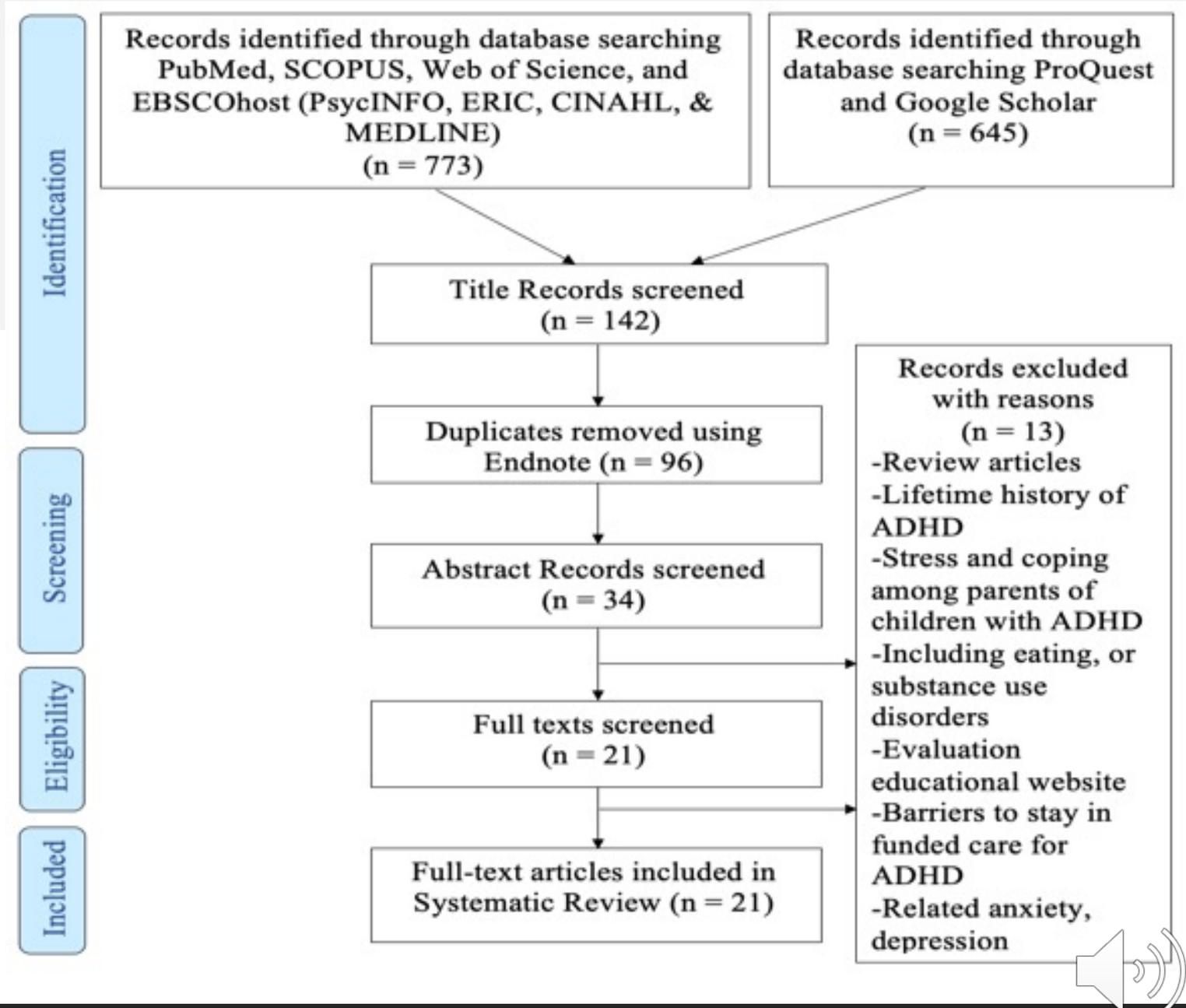


Searched for unpublished studies in Google Scholar and ProQuest Dissertations and Theses



Methods: Study Selection

Figure 1. PRISMA
Flow Chart Illustrates
the Selection of
Articles for the
Systematic Review



Results

- 21 studies were included.
- Included studies:
 - were from seven countries (United Kingdom, Australia, Taiwan, India, Greece, Iran, and the United States)
 - addressed different parental barriers under the three levels of the social-ecological model, including individual, interpersonal, and community levels.
- Some of the parental barriers were interrelated and could naturally be located under any of the three levels

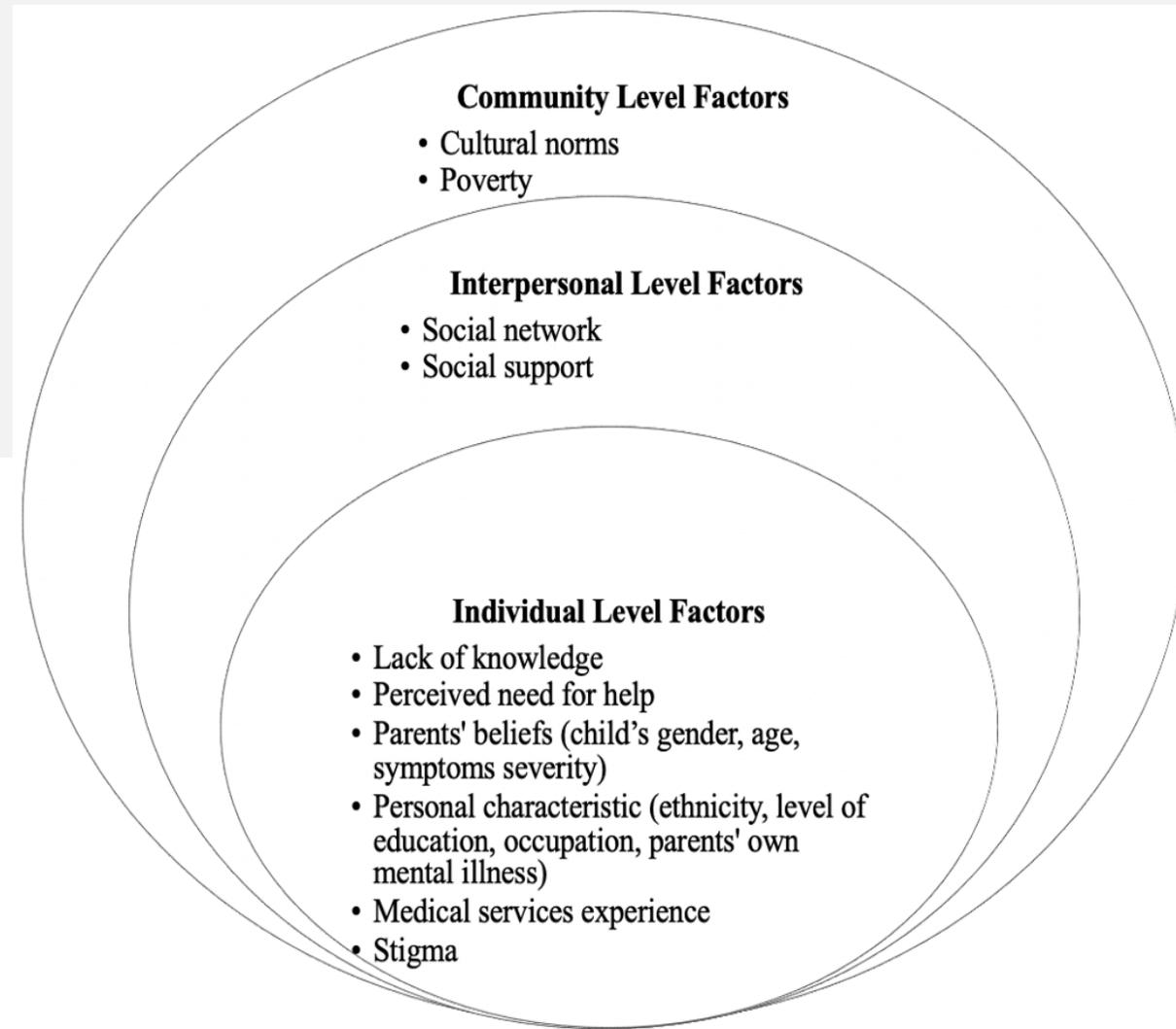


Figure 2. Parental Barriers to Seek Mental Healthcare for Children at Risk of ADHD based on the Social-Ecological Model



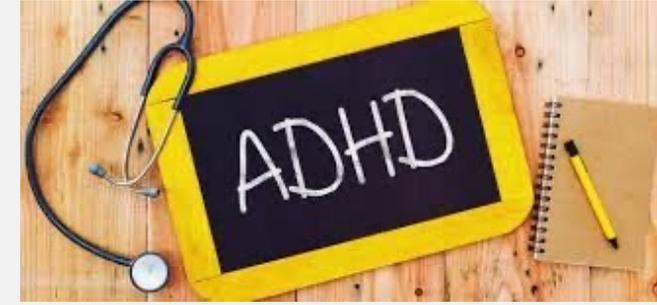


Limitations

- Missing a comprehensive evaluation of the barriers' measures among the sampled population in some studies
- Did not pool the percentage of parents having the same barriers to seeking mental health.
- Did not address barriers among parents who had not accessed services



Conclusion & Recommendations



- Increasing parents' awareness of the process of seeking mental healthcare has the potential to help identify children at risk for ADHD earlier.
- Healthcare providers should:
 - Provide psychoeducational intervention based on the social-ecological model
 - Routinely educate parents about the symptoms of ADHD
- More studies are needed to:
 - Address parental barriers
 - Identify facilitators to seek mental health





References

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Background

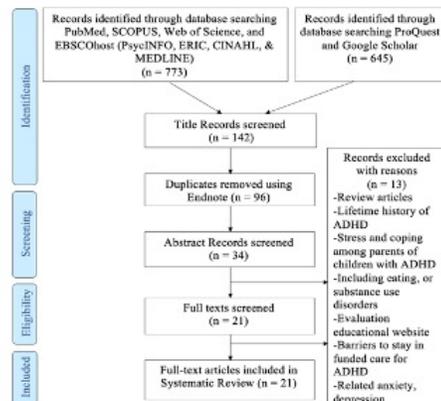
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- Parents may experience some barriers that may delay parents from seeking mental healthcare for their children.

Purpose

- To summarize existing evidence of parents' barriers to seeking mental healthcare for children at risk of ADHD.
- **Hypothesis:** Parental barriers would be identified from different levels of socio-ecological model.

Methods

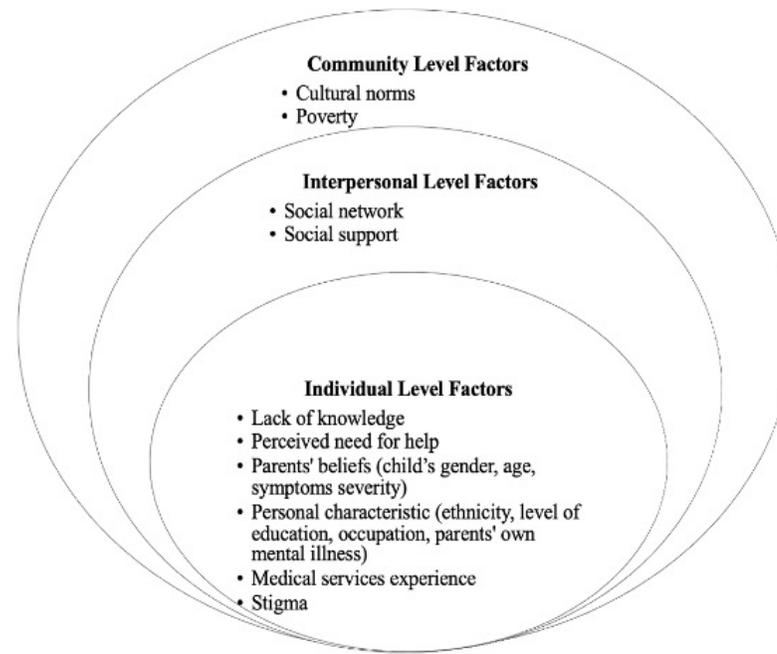
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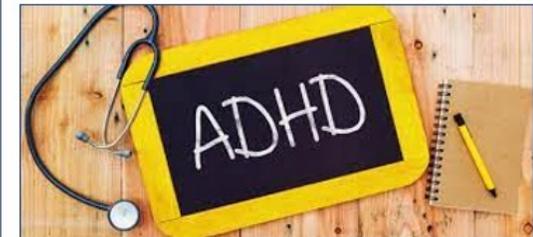
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- The included studies addressed different parental barriers under the three levels of the social-ecological model, including individual, interpersonal, and community levels.
- Some of the parental barriers were interrelated and could naturally be located under any of the three levels.

Figure 2. Parental Barriers to Seek Mental Healthcare for Children at Risk of ADHD based on the Social-Ecological Model



Conclusions

- Increasing parents' awareness of the process of seeking mental healthcare has the potential to help identify children at risk for ADHD earlier.
- Parents from different cultures have different thresholds for distinguishing between normal and abnormal child behavior.
- Parents are likely to seek help only after perceiving the behavior as abnormal.



Recommendations

Practice

Healthcare providers should:

- Provide psychoeducational intervention that aim to reduce parents' barriers at different levels of the social-ecological model
- Routinely educate parents about the symptoms of ADHD considering that parents have different personal characteristics, background knowledge, and social network supports.

Research

More studies are warranted to:

- Address parental barriers at the organizational/health system level.
- Identify the facilitators to mental health.





For more questions;
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