

## 研究業績 英文表記

和文	
表題	発達障害のある子どもの保護者に対するストレス緩和ケアの効果に関する研究
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英文	
Title	A Study on the Effectiveness of Stress Relief Care for Parents of Children with Developmental Disabilities
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Abstract	<p>The purpose of this study is to examine the effects of stress relief on parents of children with developmental disabilities by physiological indices (salivary amylase, blood pressure, pulse), changes in feelings (self-reflection report), and stress level (VAS). In 2018, we conducted a preliminary study, and in 2019, we conducted a main study, in which we provided stress relief care (hand care, head care, and foot care [reflexology]) to 11 parents. As a result, there was a significant difference in the physiological index in terms of pulse rate measured by an automatic blood pressure monitor. In terms of psychological indicators, the degree of “relaxation” increased and the degree of “bother” decreased after the treatment. In addition, all parents showed an increase in satisfaction and a decrease in stress level. Some parents asked for regular stress relaxation sessions, suggesting the need to create an environment for continuous stress relaxation care.</p> <p>In the future, we will examine the effects of the frequency of stress relief care, increase the number of participants in the automatic blood pressure monitoring system, set up a control group, and continue to examine whether it is useful as an indicator of stress. We will also conduct a longterm follow-up study on the effects of reducing parental stress on children at home by conducting interviews.</p>
keyword	developmental disorders, sutress, support for guardians

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