

# Stress and Coping Mechanism in Parents of Children with Autism Spectrum Disorder: A Comparative Systematic Review across World and Global Perspectives

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## Abstract:

**Background:** The aim of review is to provide a summary of stressors and coping approaches adopted by parents and of children with autism spectrum disorder.

**Methods:** This comparative review searches using electronic literature databases were conducted to retrieve peer-reviewed articles published from 2015 to 2025 on the topic of Autism spectrum disorder related parental stress and coping. The database searched was Scopus, ScienceDirect, Elsevier, Springer, PubMed, Google Scholar. 44 papers that met inclusion criteria (i.e., (1) study samples included parents/caregivers of children with a diagnosis of any category of ASD, and (2) studies have examined either (i) used standardized and validated tool or (ii) individual factors affecting parental coping; or (iii) psychosocial outcomes of parents in relation with coping with parental stress.3) Full text in English, examined coping mechanism and stress of ASD parents). Studies found were conducted in countries according to 6 continents (Asia=19, Europe=14, North America=2, South America=5, Australia=2, Africa=2) but none from some countries which was not met inclusion criteria.

**Results:** Across the studies some main stressors were found to be associated with parental stress: financial burden, self-criticism, intensity of symptoms of their children, child's inappropriate behaviors, child's future concern, concern about child's communication and social skills, stigmatization (from society and neighbors), poor family functioning, increased workload, and social withdrawal. In this study coping strategies/mechanisms were found mostly used coping strategies/mechanisms: social support, problem focused, emotion focused, acceptance, positive reappraisal, religious belief, denial, social withdrawal, self-blame, emotion expression.

**Conclusion:** The limitations in the current review were identified. The limited number of studies available from the search suggest a need for expand reaches on ASD and parenting stress, coping mechanism in the Australia, Africa, North America. The identified stressors may show a need when sociocultural makers for mental health professionals to support parents of children with ASD and help the parents how they changed their maladaptive coping strategies into adaptive and positive coping mechanism.

## Keywords:

Parenting Stress, Coping Mechanism, ASD, Autism Spectrum Disorder.