

## An online family intervention to reduce parental distress following pediatric brain injury

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20432280&lokasi=lokal>

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### Abstrak

This study examined whether an online problem-solving intervention could improve parental adjustment following pediatric traumatic brain injury (TBI). Families of children with moderate-to-severe TBI were recruited from the trauma registry of a large children's hospital and randomly assigned to receive online family problem solving therapy (FPS;  $n = 20$ ) or Internet resources (IRC;  $n = 20$ ) in addition to usual care. The FPS group reported significantly less global distress, depressive symptoms, and anxiety at follow-up than did the IRC group after controlling for baseline symptoms. The FPS group also reported significant improvements in problem-solving skills, although the groups did not differ significantly at follow-up. Findings suggest that an online, skill-building approach can be effective in facilitating parental adaptation after TBI.