Burdens Experienced by Siblings of Adolescents with Disruptive Behavior Disorders

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Introduction

- What is disruptive behavior disorder (DBD)?
- Prevalence
- Literature Review
Purpose

- To identify the burden (or challenges) that siblings of adolescents with DBD experience and to describe what the siblings believe they need from mental health professionals to ease associated distress.
Methods

- Design
  - Mixed-Methods descriptive study
    - Individual interviews
    - Self-report questionnaires
  - Sample
  - Recruitment
  - Data collection
**Sample**

<table>
<thead>
<tr>
<th>Size</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>9-23 (mean=14)</td>
</tr>
<tr>
<td>Male</td>
<td>12</td>
</tr>
<tr>
<td>Female</td>
<td>6</td>
</tr>
<tr>
<td>African American</td>
<td>10</td>
</tr>
<tr>
<td>White</td>
<td>2</td>
</tr>
<tr>
<td>Biracial *</td>
<td>4</td>
</tr>
<tr>
<td>Diagnosed with a Psychiatric Disorder**</td>
<td>10</td>
</tr>
</tbody>
</table>

*Majority were African American/Caucasian

**Included oppositional defiant disorder, conduct disorder, attention deficit hyperactivity disorder, and depression
Data Analysis

- Standard Content Analytic Procedures
Results

- Burdens
  - Stress
  - Blanket punishments
  - Disrupted plans
  - Assaults

- Coping with the Burdens
  - Avoiding trouble
  - Calming down
  - Fighting back
Results

- Perceived needs from Mental Health Professionals
  - Control adolescent's behaviors
  - Improve the family's communication
  - Arrange financial or household assistance
Study Limitations

Limitations

- Siblings with psychiatric diagnosis

Recommendations

- Validate findings using a larger sample
Figure 1. Percentage of Research Studies Focused on Impact on Siblings by Illness Type

- **Physical Illness**: 48%
- **Developmental Disorder**: 38%
- **Other**: 14%

Sample:
- 80% White
- 18% Black
- 2% Hispanic

Legend:
- Physical Illness
- Developmental Disorder
- Mental Disorder
Conclusion

- Appraise the entire family’s need
- Siblings may benefit from help
References


- Davies, K. & Honeyman, G. (2013) Living with a child whose behavior is described as challenging. Advances in mental health & intellectual disabilities. 7. 117-123.


References


