

Burdens Experienced by Siblings of Adolescents with Disruptive Behavior Disorders

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Introduction

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



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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.



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Methods

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



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Sample

Size	16
Age	9-23 (mean=14)
Male	12
Female	6
African American	10
White	2
Biracial *	4
Diagnosed with a Psychiatric Disorder**	10

*Majority were African American/Caucasian

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



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Data Analysis

- Standard Content Analytic Procedures



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Results

- **Burdens**

- Stress

- Blanket
punishments

- Disrupted plans

- Assaults

- **Coping with the
Burdens**

- Avoiding trouble

- Calming down

- Fighting back



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Results

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



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Study Limitations

Limitations

- Siblings with psychiatric diagnosis

Recommendations

- Validate findings using a larger sample



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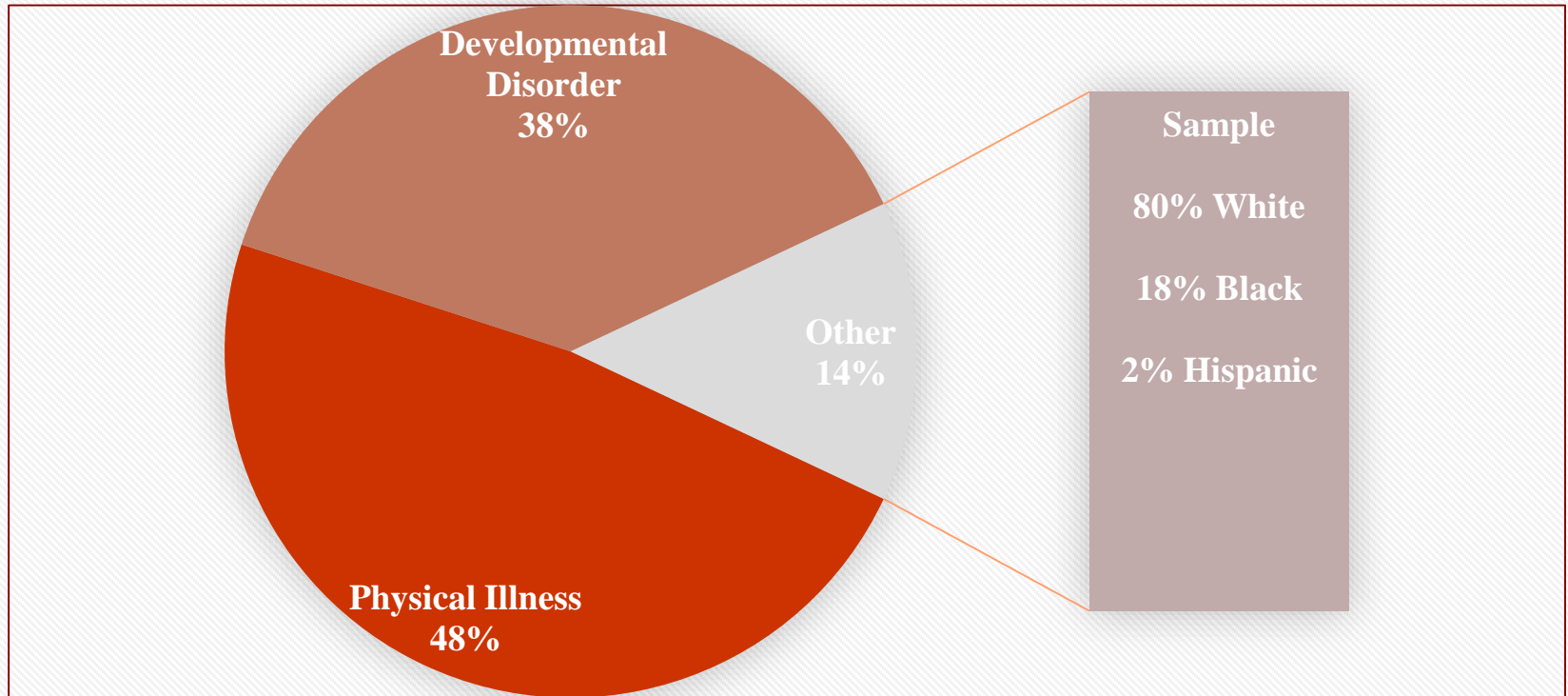
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Figure 1. Percentage of Research Studies Focused on Impact on Siblings by Illness Type



■ Physical Illness ■ Developmental Disorder ■ Mental Disorder



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Conclusion

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



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