



# Trauma Symptom Severity and Subjective Well-being in Caregivers of Children with Medically Complex Needs

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## INTRODUCTION

- ❑ Children with medically complex needs - most medically fragile among all children with specialized needs
- ❑ Often require intensive specialized care, which
  - ❑ Places additional demands on their caregivers (Teicher et al., 2023).
- ❑ Parent caregivers report elevated symptoms of trauma (Carmassi et al., 2020).

## STUDY AIMS

1. To describe the relationship between trauma symptom severity and subjective well-being in this population
2. To investigate potential mediators (i.e., resilience, emotional support, informational support, adaptive coping) of this relationship



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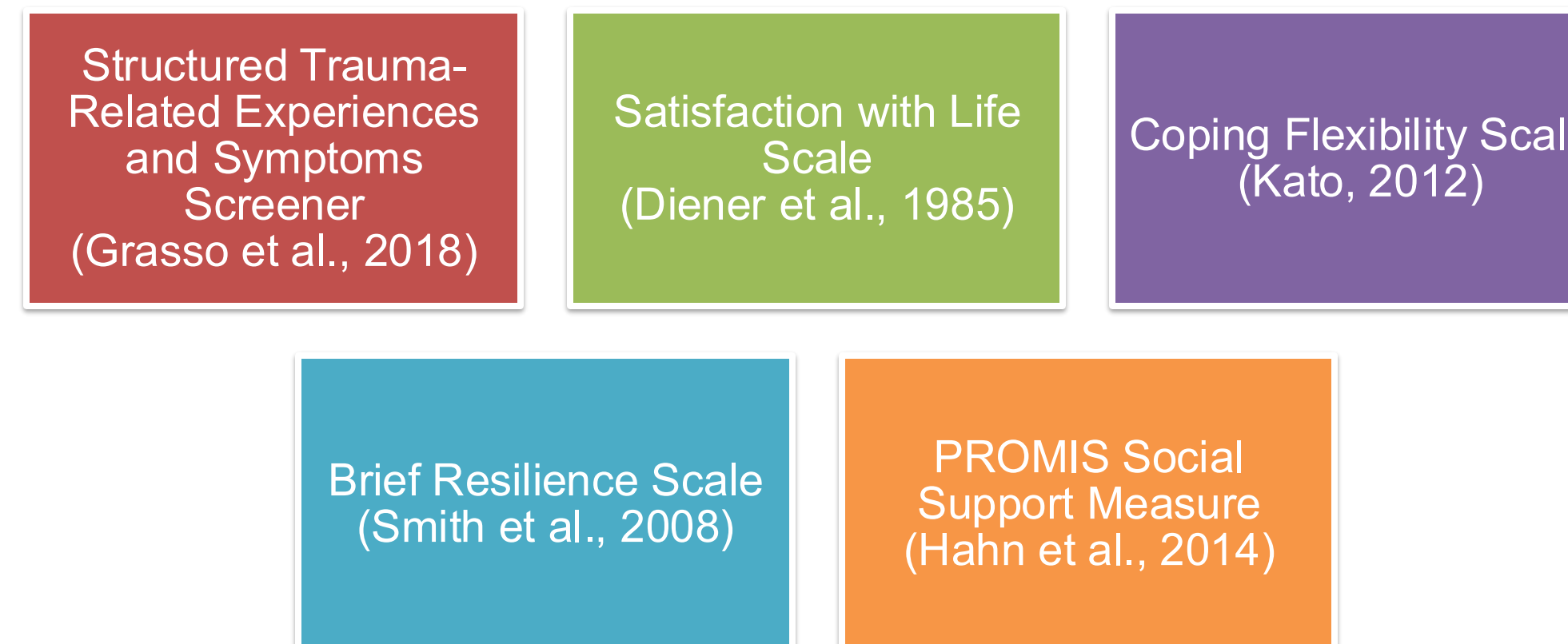


## METHOD

### Participant Characteristics ( $N = 121$ ):

- ❑ **Race:** White 53%, Black 38%, Multiracial 5%, Asian 2%, American Indian/Alaska Native 1%
- ❑ **Gender Identity:** Woman 91%, Man 7%, Non-binary <1%
- ❑ **HH Income:** 45% <\$50k, 23% \$50k – 99k, 32% \$100k+
- ❑ **Marital Status:** Married/Partnered 54%, Single 34%, Other 12%
- ❑ **NICU Stay:** 75% Yes, 25% No
- ❑ **Insurance:** Medicaid/CHIP 50%, Private 38%, Other 12%

### Measures:



### Procedure:

- ❑ Recruitment: during both in-person and telehealth routine appointments in an integrated care clinic in the Southeastern United States
- ❑ Completed a battery of questionnaires through the REDCap online survey platform
- ❑ Inclusion criteria - at least 18 years old, had a child enrolled in the complex care clinic, English speaking

## RESULTS

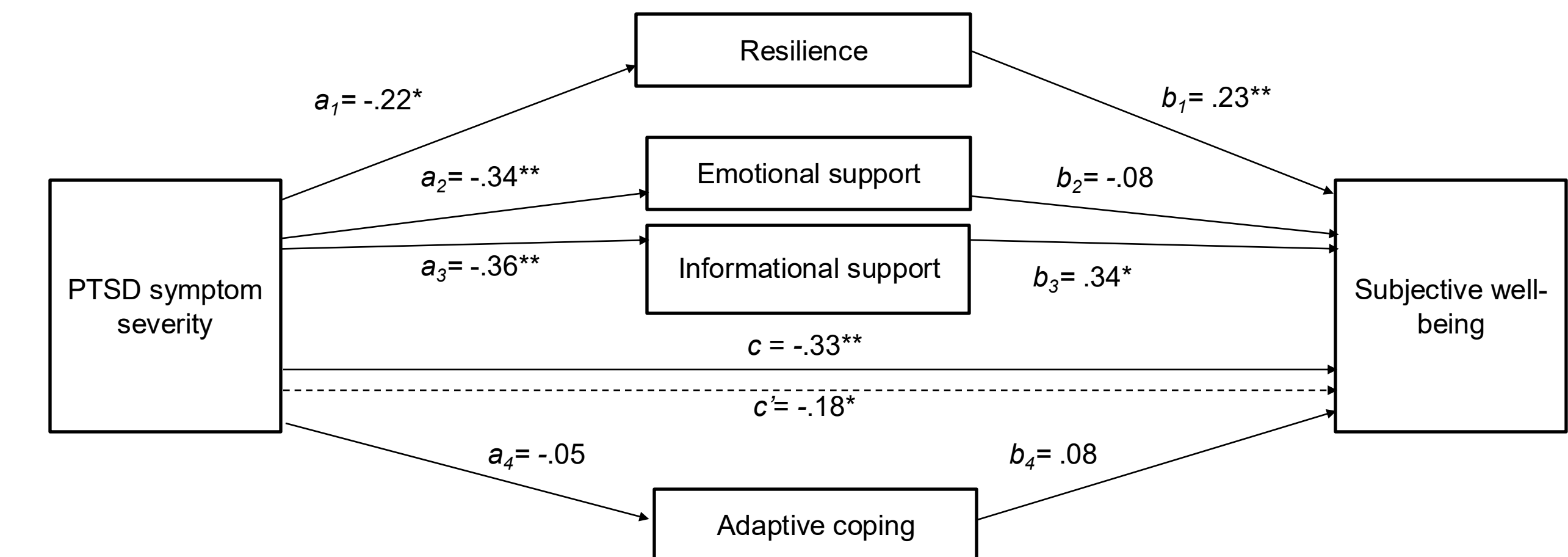


Figure 1: A Parallel Mediation Analysis of PTSD Symptom Severity on Subjective Well-Being

## DISCUSSION

- ❑ **Informational support** significantly mediated the relationship between PTSD symptoms and well-being.
  - ❑ May play unique and practical role in helping caregivers manage the demands of complex care settings (Hirt, 2023; Edelstein, 2017).
- ❑ **Resilience** also emerged as a significant mediator
  - ❑ Ability to adapt and recover from adversity may protect caregiver well-being despite trauma symptoms (Southwick et al., 2012).
- ❑ Persistence of a **direct effect** between PTSD symptoms and well-being
  - ❑ Additional factors, such as caregiver burden, financial stress, and sleep difficulties, may contribute to outcomes.
- ❑ Limitations: cross-sectional design, single-informant data collection