

# 60 mothers with mental health conditions took part in a study about online parenting support



**31** mothers took part in an online parenting education group. They completed 30-minute lessons about parenting weekly and participated in a moderated email group, receiving support from other mothers with mental health conditions.

Topics included:

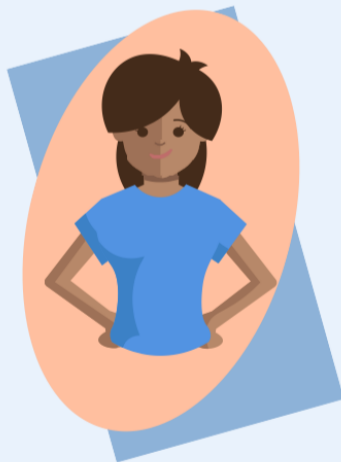


- How children of different ages grow
- How to reduce stress as a parent
- Positive parenting
- How to address mental health issues when parenting



Mothers in this group:

- Reported significantly less parenting stress.
- Were more satisfied in their role as a parent.



**29** mothers accessed a website with information about maintaining a healthy lifestyle.

Topics included:



- Healthy relationships
- Eating well
- Anger management
- Getting enough rest
- Exercise
- Annual physicals
- Quitting smoking
- Community involvement
- Emotional wellbeing

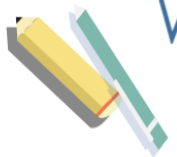


Mothers in this group:

- Reported more parenting stress over time.
- Were not any more satisfied in their role as a parent.



## What does this tell us about parents with mental health conditions?



- 1 They need mental health services that are made just for them.
- 2 The online supports used in this study helped them to gain better parenting and coping skills with less stress about parenting.
- 3 Information about how mental illness and parenting overlap improves the wellbeing of parents.

[www.tucollaborative.org](http://www.tucollaborative.org)

Kaplan, K., Solomon, P., Salzer, M.S., & Brusilovskiy, E. (2014). Assessing an internet-based parenting intervention for mothers with a serious mental illness: A randomized controlled trial. *Psychiatric Rehabilitation Journal*, 37(3), 222-231.

The contents of this document were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number #90RT5021-02-00). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this document do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.