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### The Impact of Child's Severity on Quality-of-Life among Parents of Children with Autism Spectrum Disorder: The Mediating Role of Optimism

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#### Abstract

**Objective:** Investigate the impact of child severity and optimism on quality-of-life in parents of children with Autism Spectrum Disorder (ASD). Additionally, the role of optimism as mediator between child's severity and parental quality-of-life was also evaluated.

**Material and Method:** Three hundred three parents of children with ASD were recruited from the local autistic centers and schools in Bangkok, Thailand. A set of demographic information sheet, the Childhood Autism Rating Scale (CARS), the Life Oriented Test-Revised (LOT-R), and the WHOQOL-BREF test were submitted for collecting parental information.

**Results:** Using Pearson Correlation, a significant negative association was found between child's severity and parental quality-of-life while optimism was found to correlate positively with parental outcomes. The finding from path-analysis confirmed that impairment of language and repetitive behavior of an ASD child associated with optimism that, in turn, predicted level of parental quality-of-life in all domains.

**Conclusion:** The current findings assured a role of optimism as mediator between child's severity and parental quality-of-life. Implications for the development of intervention focused on enhancing parent's optimism were recommended.

**Keywords:** Autism spectrum disorder (ASD), Optimism, Quality-of-life, Mediating role

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