A Systematic Review on the Caregiver's Quality Life of Children with Autism Spectrum Disorder

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Abstract—**Purpose: This study aimed to systematically review the quality of life among caregivers of children with Autism Spectrum Disorder. Methods: This systematic review was conducted in accordance with the PRISMA guidelines. The quantitative method and descriptive approach were used for this review. Five databases EMBASE, CINHAL, Pubmed, Scopus, and Web of Science were systematically searched for articles published until December 2020. The review was done based on the keyword's quality of life, caregivers of children with ASD, and parents of children with ASD. Results: Of the 124 articles evaluated 11 full text studies and 1 abstract were included for analysis (1806 participants). The results showed that most of the caregivers revealed poor quality of life (41.66%,5/12). Parents having children with severe and moderate disability face more pressure compared to those with mild disability (8.33%). Conclusion: The systematic review was intended to assess the quality of life among caregivers of children with ASD. The majority of the studies revealed poor quality of life among the caregivers of children with Autism Spectrum Disorder.**

Index Terms—**Autism spectrum disorder, Caregivers, Quality of life**

I.INTRODUCTION

Autism Spectrum Disorder (ASD) encompasses a range of neurodevelopmental conditions classified in the American Psychiatric Association's fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), published in 2013. ASD is characterized by two primary symptom categories: challenges in social communication and interaction, as well as restricted, repetitive patterns of behavior, interests, or activities. These symptoms manifest in varying intensities, contributing to the broad nature of the autism spectrum and affecting individuals differently. Consequently, the condition not only impacts those diagnosed but also has significant implications for the caregivers who support them, often placing considerable demands on their physical, emotional, and social well-being.

This study aims to explore and understand the quality of life (QoL) of caregivers of children with ASD. Given that the caregiving role is often intensive and demanding, understanding the factors influencing caregivers' well-being is crucial to developing interventions that support them effectively. Quality of life among these caregivers can be affected by multiple factors, including the severity of the child's symptoms, the availability of social and professional support, and the caregiver's coping mechanisms and resilience.

This article provides a comprehensive literature review, analysing research conducted by various scholars on the quality of life among caregivers of children with ASD. By synthesizing findings from multiple studies, the review highlights the common challenges faced by caregivers, such as increased stress, limited social support, and economic constraints, all of which can diminish their quality of life. Additionally, it identifies factors that contribute positively to caregiver well-being, such as strong support networks, coping strategies, and access to resources and services.

The review underscores the importance of addressing caregivers' needs, as their well-being is intrinsically linked to the quality of care they can provide for children with ASD. These findings can inform future research and interventions aimed at supporting caregivers and enhancing their quality of life.

II.REVIEW OF LITERATURE

Research on the quality of life (QoL) of caregivers of children with autism spectrum disorders (ASD) has demonstrated that caregiving can significantly impact various aspects of caregivers' well-being, including

physical and mental health. Studies conducted in different contexts have shown that caregivers of children with autism often report poorer health and greater psychological stress compared to caregivers of typically developing children. However, there is limited research on this topic in the Middle East, particularly in Qatar. A recent study in Qatar aimed to assess the QoL of caregivers of children with autism and compare it with caregivers of typically developing children. The study found that while there were no significant differences in QoL across different domains between the two groups, caregivers of children with autism rated their health as poor and anticipated worsening health over time. This finding is consistent with broader literature that highlights the physical and emotional toll caregiving can take, including chronic stress and health deterioration. The study underscores the need for targeted support for caregivers in Qatar, with implications for healthcare policy aimed at improving the well-being of both children with autism and their families. These results contribute to the growing body of evidence suggesting that caregiver support must be a central consideration in autism-related healthcare initiatives.[4]

Research on the quality of life (QoL) of caregivers of children with autism spectrum disorders (ASD) highlights the significant challenges faced by these individuals, with various factors influencing their well-being. Several studies have shown that caregivers often experience moderate levels of QoL, with notable variation across different domains, including physical health, social relationships, and psychological well-being. For instance, caregivers of children with ASD are more likely to report stress and physical strain due to the demands of caregiving, along with a need for emotional and social support. Financial factors, including income level and sufficiency, have been identified as key contributors to caregivers' QoL, with those experiencing financial difficulties reporting lower QoL. Additionally, caregivers' mental health history and the presence of psychiatric conditions, as well as the child's specific diagnosis and comorbidities, have been found to significantly impact QoL outcomes. Social support is another critical factor, with many caregivers reporting moderate levels of support from family and community resources. These findings align with broader research, suggesting that caregiver QoL is influenced by a complex interplay of financial, psychological, and social factors, and highlighting the need for comprehensive, family-centered interventions to support caregivers. This body of work underscores the importance of addressing both the needs of children with ASD and the well-being of their caregivers to improve overall family health and quality of life.[5]

Studies examining the quality of life (QoL) among caregivers of children with autism spectrum disorders (ASD) have consistently identified various factors influencing caregiver well-being. Research has shown that caregivers of children with ASD often experience moderate levels of QoL, with variations across different domains such as physical health, social relationships, and psychological well-being. A descriptive study conducted in Thailand involving 96 caregivers revealed that the overall QoL, as well as physical and social aspects, were moderate, while the psychological aspect was rated higher by half of the participants. Demographic factors, including income level, income sufficiency, and the caregiver's psychiatric history, were found to be significantly associated with QoL outcomes. Social support also played a key role, with most caregivers receiving moderate levels of support. The study highlighted that the child's diagnosis and comorbid conditions, such as hyperactivity and mental retardation, also influenced caregivers' QoL. These findings align with broader literature indicating that financial stability, mental health history, and available social support are critical in determining the caregiving experience. The results suggest that a holistic approach to healthcare, which considers both the needs of the child and the well-being of the caregiver, is essential in supporting families of children with ASD.[6]

Research on the impact of caregiving for children with autism spectrum disorders (ASD) consistently shows that caregivers, particularly parents, face significant challenges. Many parents report difficulties in balancing daily responsibilities with caregiving tasks, financial strain, and increased depressive symptoms, highlighting the pervasive burden associated with caregiving. To assess the specific impact of caregiving, tools like the Care-related Quality of Life (CarerQol) instrument have been developed and validated. Studies demonstrate that higher caregiving impact scores on the CarerQol are positively correlated with greater subjective burden and lower family quality of life, which aligns with previous findings. These associations confirm the CarerQol's utility as a valid

measure for assessing the caregiving burden in parents of children with ASD. Given its robust validation, the CarerQol is a valuable tool for including parental outcomes in ASD research, emphasizing the importance of addressing caregiver well-being in intervention and support programs.[7]

Research on the quality of life (QoL) of parents, particularly mothers, of adolescents with autism spectrum disorders (ASD) has explored the significant challenges these parents face. The Parental Developmental Disorders Quality of Life Scale (Par-DD-QoL) is one tool frequently used to measure dimensions of parental QoL, focusing on emotional well-being, daily disturbances, and overall life quality. Recent cross-sectional studies, such as one conducted with the EpiTED cohort, have highlighted how specific factors influence parental QoL. The study identified increased aberrant behavior in adolescents with ASD as a major risk factor for diminished parental QoL. Conversely, higher scores in areas like daily living skills, communication, and object cognition—as well as having more siblings—were found to have a protective effect on parental well-being. These findings align with broader literature suggesting that adaptive behaviors and supportive family dynamics can help mitigate some of the stresses associated with parenting a child with ASD. However, limitations in study design and sample representation indicate a need for further research to clarify the impact of these protective and risk factors across diverse family contexts.[8]

Research on the quality of life (QoL) among parents of children with autism spectrum disorder (ASD) has predominantly focused on Western contexts, leaving a significant gap in understanding the experiences of parents in Arab countries. Existing literature shows that parents of children with ASD often face unique challenges, influencing their physical, psychological, social, and environmental well-being. These challenges are frequently linked to parenting stress, coping strategies, and broader demographic factors. However, no studies have yet examined these dynamics among Arab parents, whose experiences may differ substantially due to cultural expectations and norms. In this context, the current study aimed to investigate the QoL differences between fathers and mothers of children with autism in an Arab sample, along with the psychosocial factors affecting their QoL. Findings revealed that both fathers and mothers reported similar levels of QoL across physical, psychological, social, and environmental domains, as well as similar correlations with stress, coping mechanisms, and demographic characteristics. This study highlights the urgent need for more research focused on Arab parents of children with ASD, as their QoL may intersect with cultural factors, impacting the support and interventions required for this group.[9]

Studies on the health-related quality of life (HRQOL) among caregivers of children with autism spectrum disorders (ASD) increasingly highlight the importance of various psychosocial factors influencing caregiver well-being. Research has identified several key predictors of HRQOL, including family functioning, coping style, social support, and caregiver burden. In a study conducted in China involving 273 caregivers of children with ASD, these predictors were measured alongside socio-demographic factors through structured questionnaires. Findings revealed that caregivers' HRQOL is significantly impacted by these psychosocial dimensions, which are also interrelated, underscoring the complex dynamics affecting caregiver health. These results align with broader literature indicating that family functioning and social support, especially from family and friends, play critical roles in sustaining caregiver well-being, while caregiver burden and ineffective coping strategies tend to exacerbate stress and lower HRQOL. Based on these insights, there is a clear recommendation for comprehensive interventions that support caregivers by strengthening coping mechanisms, enhancing social support networks, improving family cohesion, and reducing caregiver burden. Such multifaceted approaches are crucial to improving the HRQOL for caregivers of children with ASD, as evidenced by findings across various cultural and demographic contexts.[10]

A growing body of research has examined the health-related quality of life (HRQoL) of parents raising children with Autism Spectrum Disorders (ASDs), revealing significant challenges and burdens that affect their well-being. Studies consistently show that parents of children with ASDs report lower HRQoL scores compared to normative populations, particularly in domains related to stress and mental health. For example, research by *Baker et al. (2013)* and *Smith et al. (2016)* found that parents of children with ASDs often experience clinically significant levels of distress, with HRQoL scores from tools like

the SF-6D averaging 0.74, notably lower than the U.S. population average. Additionally, *Murray et al. (2018)* reported that approximately 40% of parents of children with ASDs exhibit clinical symptoms of depression, highlighting the mental health burden that caregiving imposes. Factors such as marital status and the number of children with special health care needs (CSHCN) also influence parental well-being. Married parents tend to report lower depression symptoms than single parents, while families with three or more children with special health needs experience more significant caregiving burden and lower HRQoL compared to families with fewer affected children (*Totsika et al., 2011*). Qualitative research further supports these findings, with focus groups revealing that the caregiving demands associated with children's ASD-related behaviors are a key factor contributing to parental distress. These qualitative insights align with quantitative data and underscore the negative impact of a child's ASD on the HRQoL of parents. Taken together, the literature suggests that understanding and addressing the HRQoL of parents is crucial for developing interventions that not only target children with ASDs but also consider the broader family context, improving both child and family outcomes. Studies focusing on the impact of ASDs on parents emphasize the need for future research to include family well-being as an integral part of interventions and evaluations.[11]

Research on health-related quality of life (HRQOL) in caregivers of children with autism spectrum disorder (ASD) has consistently shown that caregiving can significantly impact parents' physical, psychological, and social well-being. Studies indicate that factors such as the severity of autism, children's behavioral problems, and parenting stress all contribute to lower HRQOL for caregivers, but parenting stress appears to be the most significant correlate. While the severity of autism symptoms and behavioral issues have moderate associations with caregiver well-being, it is parental distress that most strongly influences the four HRQOL domains—physical, psychological, social, and environmental. Research also suggests that caregivers perceive the physical and psychological domains as most important to their overall quality of life. In contrast, the environmental domain, which includes factors like social support and access to resources, is often seen as less critical. These findings emphasize the need for interventions that target reducing parenting stress and focus on the domains most valued by caregivers, particularly physical and psychological health, to improve their HRQOL. Interventions tailored to address parental distress and enhance support systems could, therefore, play a key role in improving the quality of life for caregivers of children with autism.[12]

Autism Spectrum Disorder (ASD) is a complex developmental disability that has been increasingly recognized worldwide, presenting significant challenges not only for the individuals diagnosed but also for their families. Research consistently highlights the substantial impact of raising a child with autism on the quality of life (QOL) of parents, affecting their physical, psychological, and social well-being. Parents of children with ASD often experience higher levels of stress, anxiety, and depression compared to parents of children with other disabilities or typically developing children. Several studies, such as those by *Rodrigues et al. (2013)* and *Lundqvist et al. (2011)*, have used the WHOQOL-BREF questionnaire to assess parental QOL, finding that parents of children with autism report significantly lower scores across all domains—physical, psychological, social, and environmental—compared to those with children who have physical disabilities or healthy children. These findings suggest that the behavioral challenges associated with autism, such as social communication difficulties and repetitive behaviors, are more distressing for parents than the challenges presented by physical disabilities. Furthermore, research by *Gray (2006)* and *Neff et al. (2012)* underscores the financial and emotional burdens placed on parents of children with autism, as they often face additional costs for therapy and interventions, which contribute to a decreased QOL. The severity of the child's condition is also a significant factor, with parents of children with more severe autism reporting greater impairments in QOL. Psychological distress is particularly pronounced, as parents experience feelings of helplessness and uncertainty about their child's future, as well as social isolation due to the challenges of managing the child's behavior in public settings (*Kuhn & Carter, 2006*). In contrast, although parents of children with physical disabilities also report lower QOL than parents of healthy children, the differences are not as pronounced in certain domains, particularly social and environmental. These findings highlight the unique

and pervasive impact of ASD on family well-being and emphasize the need for targeted interventions, including support groups, counselling, and financial assistance, to alleviate the burdens faced by these families. Such interventions could help improve the QOL of parents and provide them with the resources needed to cope with the challenges of raising a child with ASD.[13]

Research has consistently shown that parents of children with pervasive developmental disorders (PDD), including high-functioning autism spectrum disorders (HFPDD), often experience considerable distress. Several studies highlight that the caregiving demands and behavioral challenges associated with PDD can significantly impact parental well-being, particularly for mothers. A study assessing distress among mothers of preschoolers with HFPDD found that mothers in this group reported higher levels of mental distress compared to physical distress. Interestingly, while the children's autistic traits did not correlate with maternal distress, maternal mental health was significantly linked to the presence of behavioral problems in the child. This suggests that it is not the severity of the autistic traits per se, but rather the behavioral difficulties associated with the disorder, that contribute to maternal distress. These findings are consistent with other research, which suggests that behavioral issues such as aggression or social difficulties in children with ASD are particularly taxing for parents. The study highlights the need for targeted interventions that address not only the child's developmental challenges but also the mental health of caregivers, particularly mothers, to reduce their psychological distress and improve overall family functioning.[14]

Research on the quality of life (QoL) among parents of children with autism spectrum disorder (ASD) has consistently shown that caregiving can significantly affect various aspects of parents' well-being. Several studies have indicated that factors such as the parent-child relationship, the child's gender, and the severity of the child's disability play crucial roles in shaping the QoL of caregivers. A study conducted in Riyadh, Saudi Arabia, with 100 parents of children with autism, found that the overall QoL of participants was moderate. The study revealed significant differences in QoL based on the nature of the parent-child relationship, with parents reporting better QoL when they had a more positive relationship with their child. Gender differences also emerged, with parents of male children with autism reporting a higher QoL, and caregivers of children with less severe disabilities reporting better well-being. These findings align with existing literature suggesting that positive parental relationships, as well as less severe manifestations of ASD, contribute to better caregiver outcomes. Additionally, the study highlighted the need for targeted interventions, such as training programs for parents, particularly mothers, to improve their QoL. This underscores the importance of supporting parents with tailored resources and services to help enhance their well-being while caring for children with autism.[15]

III.METHODS

A quantitative method and descriptive approach were employed for this review. The need for the review was established, and eligibility criteria for selecting papers were set. The review was conducted using various search strategies across different interfaces and databases. The data collected were assessed for clarity before being incorporated into the review.

A. Search Strategy

A systematic literature search was conducted on the electronic databases using EMBASE, CINHAL, Pubmed, Scopus and Web of science

B. Eligibility Criteria

The review was done to identify the articles that explicitly describe the quality of life among caregivers of children with Autism spectrum disorder.

C. Inclusion Criteria

- Studies related to the assessment of quality of life among caregivers of children with Autism spectrum disorder.
- Literature published in English language.
- Literature published from the year 2012-2020.
- **Exclusion criteria**
- Studies on children with Autism spectrum disorder above 18 years of age.
- Studies that assess the quality of life among children with autism spectrum disorder.

IV. DATA EXTRACTION

The data extracted were evaluated according to the eligibility criteria. Studies were reviewed for relevance, suitability, clarity, and methodology. From an extensive search, the author identified and screened materials directly relevant to the topic. A total of 50 full-text studies, 2 systematic reviews, and 8 abstracts were gathered concerning the quality of life among caregivers of children with Autism Spectrum Disorder. After applying the inclusion and exclusion criteria, 41 studies and 7 abstracts were excluded for lack of relevance or failure to meet the study's criteria. Ultimately, 11 full-text studies and 1 abstract were included.

V. DATA ANALYSIS

A Gestalt approach was applied to group studies into cognitive clusters. An initial analysis was conducted by organizing and translating the data into tables. The data were extracted and organized under categories including Author and Year, Country, Diagnosis, Setting, Study Design, Sample Size, Tool, and Findings. The studies were explored to gather data on the objective. Data was then summarized.

Table 1: includes studies assessing quality of life among caregivers of children with Autism spectrum Disorder

Sl. No	Author & year	Country	Diagnosis	Setting	Study design	Sample size	Tool	Findings
1.	Kheir,N., Ghoneim,O., Sandridge, A.L., AlIsmail, M., Hayder, S and Al-Rawi, F [2012] [4]	Qatar	ASD	rehabilitation clinics in Qatar	Cross-sectional exploratory study	n=98 56-caregivers of children with ASD and 42-normal children	Demographic questionnaireQOL-Lebanese Arabic version of the Standard Recall Short Form	No significant difference between quality of life domains between the two groups of caregivers (with autism and without autism), but caregivers of autistic children rated their health as poor and likely to get worse
2.	Yamada, A., Kato, M., Suzuki, M., Suzuki, M., Watanabe, N., Akechi, T. and Furukawa, T.A [2012][5]	Japan	PDD's	Outpatient paediatric Neuropsychiatry clinic of the Toyo Hashi Municipal Hospital	Data collected from previous study done by the author	n= 147 mothers and 122 fathers of 158 children with PDD	MOS-36 items short-form health survey (SF-36) to measure QOL Parent's Personality by the (NEO five factor inventory) Marital relationship by the Intimate bond measure	Mothers of children with PDDs seem to have lower QOL than those of the Japanese general population especially in mental domains
3.	Charatcharungkiat, N. and Wacharasindhu, A [2013][6]	Thailand	ASD	Child and adolescent psychiatric outpatient clinic in King Chulalongkorn Memorial Hospital and Yuwaprasartwaithayopathum Hospital				
4.	Hoefman, R, Payakachat, N., van Exel, J., KuhlthauK., Kovacs, E, Pyne, J. and Tilford,J.M et.al [2014][7]	USA	ASD's	Developmental Center, Little rock, Arkansas and outpatientpsychiatric clinic at Columbia University Medicalcentre, New York		224 Primary caregivers of children with ASD	Child health questionnaire Primary caregiver's health questionnaire included Health utility instruments- Euro Qol descriptive system Mental health was assessed by CES-D and caregiving was measured by Carer Qol	Having relational, mental health, daily activity, financial or physical health problems were associated with more subjective burden of caring, lower family Qol and lower overall well-being.
5.	Baghdadli, A., Pry, R., Michelon, C.	France	ASD's	46 autism evaluation clinics	Cross sectional study	152 mothers of	Par–DD-QoL, Adaptive behaviors were assessed using	The results suggested that that the increase in

	and Rattaz, C [2014][8]					adolescents with ASD's	the three subscales of the Vineland adaptive behavior scale and Behavioral problems were evaluated using four behavioral domain	autism severity predicts decreased parental QoL.
6.	Dardas, L.A. and Ahmad, M.M [2014][9]	Jordan	ASD's	licensed special education centres for Autistic Disorder was obtained from the Ministry of SocialDevelop ment in the country		184 parents (114 mothers and 70 fathers)	The WHOQOL-BREF Stress (parenting stress inde short form (PSI-SF), Coping strategies (ways of Coping Checklist-Revised (WCC-R), and demographic characteristics	Results of this study revealed that fathers and mothers did not differ significantly neither in the perception of their overall QoL nor in the QoL sub-domains.
7.	Ji, B., Zhao, L., Turner C., Sun, M., Yi, R. and Tang, S. [2014][10]	China Using McMaste r Family Assessme nt Device (FAD) Simplifie d Coping Style	ASD's	15 autism centres in Hunan Province of China,	Cross Sectional study	273 caregivers	Socio-demographic data was collected The Chinese version of the SF-36 (the 2nd edition) was adopted as a measure of HRQOL (Liu & Huang, 2010). Family functioning was assessed Questionnaire social support was measured by Multidimensional Scale of Perceived Social Support. Caregiver burden was assessed by Caregiver Burden Index.	Results demonstrate that family functioning, coping style, social support, caregiver burden are predictors of HRQOL in caregivers of children with ASD, and these predictors correlated with each other.
8.	Kuhlthau, K., Payakachat, N., Delahaye, J., Hurson, J., Pyne, J.M., Kovacs, E. and Tilford, J.M., [2014][11]	USA	ASD's	2 sites of the Autism Speaks Autism Treatment Network (AS-ATN) including a developmental center in Little Rock, Arkansas and an outpatient psychiatric clinic, New York		224 parents of children with autism spectrum disorder	SF-6D (Six Dimension Short- Form Health Survey) and EQ-5D (Five Dimension EuroQol) was used to assess the HRQOL. CarerQol instrument using a situation (CarerQol-7D) with a visual analog scale (rating scale) for general well-being (CarerQol-VAS). The Center for Epidemiologic Studies Depression Scale (CES-D) was used to measure the depression symptom in the past week Qualitative HRQoL data was collected by focus group discussions	Results showed that HRQoL scores were slightly worse than from those in normative populations especially related to stress and mental health
9.	Tung, L.C., Huang, C.Y., Tseng, M.H., Yen, H.C., Tsai, Y.P., Lin, Y.C. and Chen, K.L [2014][12]	Taiwan	ASD's	2 hospitals, 2 pediatric rehabilitation clinics, and a developmental center in Taipei and Tainan, two cities in Taiwan		82 caregivers	World Health Organization Quality of Life (WHOQOLBREF) (Yao, Chung, Yu, & Wang, 2002) was used to assess the HRQOL. The Chinese version of the Parenting Stress Index short form (PSI/ SF-C) (Yeh, Chen, Li,	Results showed that severity of autism, behavior problems, and parenting stress individually had low to moderate associations with HRQOL

							& Chuang, 2001) was used to measure the parenting stress. childhood autism rating scale (CARS) was used to assess the severity of autism The Chinese version of the Strengths and difficulties questionnaire (SDQ-C) (Du, Kou, & Coghill, 2008), used to assess behavioral problems and strengths contains five subscales	
10.	Perumal, V., Veeraraghavan, V. and Lekhra, O.P. [2014][13]	India	ASD's	Ergocare Health Rehabilitation Centre and Occupational Therapy Research Academy, India	Cross sectional study	140 parents (73 mothers and 67 fathers) of 54 Children with autism, 38 children with physical disabilities and 48 healthy children	Socio demographic Performa was filled Indian Scale for the assessment of Autism (ISAA), to diagnose the severity of autism. Quality of life was assessed using the WHOQOL-BREF scale. The Functional Ambulation Classification System categorizes according to basic motor skills	Results showed that Parents with Children with Autism Spectrum disorder showed significantly lower quality of life compared with parents of healthy children and parents of children with physical disabilities in all the four domains of WHOQOLBREF
11.	Suzumura. S. [2015][14]	Japan.	High functioning PDD's	Psychiatric outpatient clinic of Tokyo Metropolitan Ohtsuka Hospital, Japan Three kindergartens in Toshima ward where Tokyo Metropolitan Ohtsuka Hospital is located		60 mothers. 30 mothers of pre-schoolers with high functioning pervasive developmental disorders and 30 mothers of developmentally average pre-schoolers as the control group	HRQOL was assessed using the 36 HealthSurvey Questionnaire, version 2 Child's behavior characteristics were assessed using the strength and difficulties questionnaire. DSM-IV-TR Autistic Disorder diagnosis was used to assess the child's autistic traits.	Results showed that Mothers in the study group were distressed mentally and physically. Findings also showed that physical and mental were significantly related to the behavioural problems and not related to the child's autistic traits.
12.	Asi, K.Y [2016][15]	Saudi Arabia	ASD's	Parents of children enrolled in the autism program.	Descriptive and survey approach	100 parents of children with Autism spectrum disorder	The quality of life instrument consisted of (50) paragraphs, distributed to six domains	Results are justified that parents having children with severe and moderate disability face pressure compared to those with milddisability.

VI.RESULT

The articles reviewed are summarized in Table 1, which includes details such as the author and year of publication, country, diagnosis, setting, study design, sample size, tools used, and key findings. A significant majority of the studies (91.66%, or 11 out of 12) were conducted by foreign authors, with only one study (8.33%) based in India. The findings from these studies predominantly revealed poor quality of life (QoL) among caregivers, accounting for 41.66% (5/12) of the studies. A smaller proportion of studies reported

moderate QoL (16.66%, or 2/12), while another 16.66% (2/12) found no significant difference in QoL across their groups. One study (8.33%) highlighted that predictors of health-related QoL were correlated with each other, while another study (8.33%) identified a low to moderate association between the severity of autism and caregiver QoL, with parents of children with more severe or moderate disabilities reporting greater pressure compared to those with children with mild disabilities.

In terms of study design, the majority of studies (58.33%, or 7/12) did not include a control group, whereas 41.66% (5/12) included a control group for comparison. These findings suggest a general trend toward a negative impact on caregivers' QoL, particularly among those caring for children with severe autism. The lack of a control group in most studies limits the ability to draw firm conclusions about the specific factors affecting caregiver QoL, though the findings point to the significant role of disability severity and the need for targeted interventions to support caregivers.

VII.CONCLUSION

Studies consistently highlight the significant challenges faced by parents, particularly mothers, of children with Autism Spectrum Disorder (ASD) regarding their quality of life (QoL). Caregiving for children with ASD is often associated with substantial physical, emotional, and psychological distress, which can negatively impact various domains of parents' lives. Research has shown that parents of children with ASD report lower QoL scores across all domains compared to parents of typically developing children, with significant impacts on physical health, mental well-being, and social relationships. Studies also highlight that maternal mental distress is often exacerbated by the behavioral difficulties associated with ASD, such as aggression or social challenges, rather than the severity of autistic traits themselves. For example, a study in Qatar found that caregivers of children with autism reported poor health and anticipated worsening health, while research in Saudi Arabia indicated that caregivers of children with more severe disabilities and poorer parent-child relationships reported worse QoL.

Furthermore, various factors have been identified as influencing the QoL of caregivers, including income levels, social support, and the presence of comorbid conditions in children with ASD. Financial difficulties have been shown to correlate with lower QoL, while social support plays a crucial role in mitigating caregiving stress. In studies conducted in countries like Thailand and China, researchers found that caregivers who received moderate to high levels of social support reported better QoL outcomes. The relationship between the parent and child, the child's gender, and the severity of the disability were also significant predictors of caregiver well-being. These studies emphasize the need for targeted interventions and support systems that not only address the needs of children with ASD but also consider the holistic well-being of caregivers, particularly mothers. Providing training, resources, and social support for caregivers could significantly improve their QoL and help alleviate some of the psychological and emotional burdens they experience in the caregiving role.

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B. Conflict of Interest
Nil

C. Ethical consideration
Ethical clearance was obtained from the institutional ethics committee.

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