

**“Enhancing Interprofessional  
Collaboration and Learning for  
Strengthening Primary Health Care”**

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## TUFH 2021 ABSTRACTS

Title	IMPROVING MENTAL HEALTH OF MOTHERS WITH AUTISTIC CHILDREN: THE IMPACT OF THE COVID-19 PANDEMIC IN BINA ANGGITA BANTUL SCHOOL
Type	Oral Presentation <i>Innovative Ways for Community Mobilization and Engagement of Stakeholders</i>
1st Author	SITI NASHRIA RUSDHY
Co-Authors	Winengku Basuki Adi
Country	INDONESIA
Abstract N <sup>o</sup>	TUFH750
Content	<p>Background: Mothers of autistic children bear heavy physical, psychological, and social burden. Without appropriate intervention the situation can escalate and can lead mothers to commit suicide. Mothers with autistic children have a high risk for disability, which can affect their ability to care for their children. Additionally, the COVID-19 pandemic is a new stressor with potential for increasing stress and anxiety. This intervention aimed to improve the mental health of mothers with autistic children impacted by the Covid-19 pandemic. Method: The subjects of this community service intervention are 24 mothers of students (children with autism) of SLB Bina Anggita Bantul. Activities were conducted from August to November 2020; two meetings were held through Google Meet followed by two weeks of mentoring. The research tool consisted of modules on Covid-19 and anxiety management. Anxiety management comprised of modules on early detection of mental disorders, social and religious support training, mental health disorder counseling, and training on local cultural games. Tailor Manifest Anxiety Scale (TMAS) was used to measure anxiety levels before and after the intervention. Result: Number of respondents experiencing mild anxiety before and after intervention were 12 (57.2%) and 16 (76.2%) respectively. Number of respondents experiencing moderate and severe anxiety reduced from 4 (19.1%) to 2 (9.5%) and 5 (23.7%) to 3 (14.3%) respectively after the intervention. Conclusion: Training to improve mental health of mothers with autistic children during Covid-19 pandemic can reduce anxiety in mothers of autistic children at Bina Anggita Bantul School.</p>