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Impact of paediatric bronchial asthma on parental mental health

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Introduction and objectives: Bronchial asthma is a chronic illness imparting a heavy burden to families with affected children. In Sri Lanka prevalence rate is 15% to 20%. Studies conducted in developed countries have identified psychological impairment in parents with asthmatic children while in Sri Lanka there is a deficiency of such studies. Thus our objectives were to assess the psychological impact of asthma in children on their parents and to determine the factors affecting disease control.

Method: We conducted a case control study at Colombo South Teaching Hospital recruiting 74 parents of asthmatic children as cases and 69 parents of children with no chronic illness as controls. Validated 30 item General Health Questionnaire (GHQ) was distributed. Data