



Parents Knowledge and Acceptability of Mindfulness for Pediatric Asthma Care

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BACKGROUND

- In the United States, there are 6.4 million (8.4%) children with asthma
- Mindfulness can improve quality of life and reduce stress for adult asthma patients
- Few studies have examined parents' perceptions about mindfulness, and specifically parents of children with asthma

PURPOSE

This study aimed to assess knowledge of mindfulness and acceptability to learn about this technique among parents of children with and without asthma, and differences across education levels.

METHODS

DESIGN/SETTING

- National, cross-sectional, online survey through Qualtrics
- IRB approval obtained through University of Wisconsin Madison Education and Social/Behavioral Science IRB

PARTICIPANTS

- Participants included parents over age 18 with a child 0-18 years of age

VARIABLES

- Demographics: gender, race, education
- Whether the parent had a child 0-18 years of age with asthma
- A mindfulness knowledge score was assessed using an instrument adapted from a previous study including 11 true-false statements about mindfulness
- Parental acceptability was measured with questions on whether parents would be willing to learn about mindfulness and if they would be willing to learn from their health care provider

ANALYSES

- Comparison of mindfulness acceptability across groups of parents of children with and without asthma and across educational level were conducted using chi-square and Fisher's exact test

There may be an opportunity to educate parents of children with asthma about mindfulness, which may reduce stress for asthma patients and their families

RESULTS

Demographic characteristics (n=3000)

Gender	n (%)
Female	2621 (87.9%)
Male	360 (12.1%)
Race	
Asian	90 (3.0%)
Black	266 (8.9%)
Other	167 (5.6%)
White	2466 (82.5%)
Education	
College Degree	900 (30.0%)
No College Degree	2093 (69.9%)

Mean mindfulness knowledge scores

Parents of children with asthma	6.6 (SD 3.2)
Parents of children without asthma	6.3 (SD 3.7)

Willingness to learn about mindfulness

Parents of children with asthma	58%
Parents of children without asthma	56%

Willingness to learn about mindfulness from a health care provider

Parents of children with asthma	46%	p value <0.0001
Parents of children without asthma	38%	



Willingness to learn about mindfulness based on education

Parents of children with asthma & college	62%	p value <0.0001
Parents of children with asthma & No college	38%	
Parents of children without asthma & college	64%	p value <0.0001
Parents of children without asthma & No college	36%	

KNOWLEDGE OF MINDFULNESS QUESTIONS

Mindfulness is the act of calming the mind
Mindfulness is different for relaxation
Mindfulness keeps us focused on the present moment
Mindfulness can help people cope with stress
Mindfulness can make people become more aware of their negative thoughts
Mindfulness contributes to a healthy lifestyle
Mindfulness is the same as relaxation
Mindfulness is about emptying your mind
Mindfulness can be practiced in different ways
Mindfulness is only for religious people
Mindfulness should be practiced regularly to feel a benefit

CONCLUSIONS

- Finding suggest parents of children with and without asthma have some knowledge of mindfulness
- Parents of children with asthma may be more likely to show interest in learning about mindfulness from a health care provider than parents of children without asthma
 - These parents may be more accustomed to providers serving in educational roles
- Parents with college degrees may be more likely to show interest in learning about mindfulness

Future studies should examine whether mindfulness can improve the quality of life and reduce stress for pediatric asthma patients and their families

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