The families’ knowledge about allergic daily problems – Investigation of the mother’s depression and anxiety by a questionnaire

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Aim: We aimed to search; the awareness of the families about food allergy; the families knowledge about allergic life threatening events; the daily problems the families are experiencing; and to investigate the mother’s depression and anxiety by a questionnaire.

Methods: This study is done between 2014 and 2016 in Yeditepe University Medical Faculty Departments of Pediatric Allergy and Pediatric Gastroenterology, to the children who have been following for food allergy and who were still on diet to the allergen food by evaluating the data from the patient files retrospectively. Among 51 patients with allergy 51 mothers fulfilled STAI-1 and STAI-2 questionnaires and Beck’s depression scale. There were 51 children with food allergy, their mothers fulfilled the questionnaire. There were 51 children in the control group and their mother also fulfilled the questionnaire.

Results: 51 mothers of those 114 children fulfilled the questionnaire and among those 51 mothers 21 children (41,2%) were girls and 30 (58,2%) were boys. STAI 1 and 2 anxiety points were higher among 51 mothers having children with food allergy when compared to the 51 mothers having children without any food allergy. Mothers with children with food allergy who fulfilled Becks depression scale had higher points than control group. Professional carrier of 30%, social life 39% and economic status of 45,1% was effected among mothers having anxiety. 37,2% of mothers with anxiety had difficulty attending family activities and 23,5% had problems with her partner because of the child’s health problems. 45,1% of mothers having either anxiety or depression could not send her child to school/kindergarten.

Conclusion: Mothers having children with food allergy experience daily life difficulties, have concerns while sending their children to school, picnic or outdoor. Those mothers are more anxious and depressed and their social life and professions are negatively effected.