

Quality of Life Among Parents of Children with Autism Spectrum Disorder in Algeria

Ratiba BENYETTOU, ratiba.ben-yettou@univ-alger2.dz	Clinical Psychology	University of Algiers 2, Algeria
Rabea TRIBECHÉ, rabea.tribeche@univ-alger2.dz	Clinical Psychology	University of Algiers 2, Algeria
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Abstract:

This study aims to assess the quality of life (QoL) of parents raising children with autism spectrum disorder (ASD) in Algeria. To achieve this, a descriptive correlational methodology was adopted, with data collected from parents of forty families across different regions using an adapted version of the Family Quality of Life Scale, originally developed by the Beach Center on Disability at the University of Kansas, USA.

The findings indicate that most parents reported either a high or moderate QoL, with only a small percentage experiencing a low QoL. Correlation analyses revealed a strong positive relationship between QoL and social support, including disability-related assistance, as well as a very strong correlation with family interaction. These results underscore the importance of structured support networks and cohesive family dynamics in enhancing overall well-being.

The study confirms that social support networks, particularly those tailored to disability-related needs, play a crucial role in fostering better outcomes for families of children with ASD. Based on these insights, the research highlights the need to enhance social and disability-related support services, implement policy-driven interventions, and develop awareness programs to further improve parental QoL.

Keywords: Algerian context; Autism spectrum disorder; Family quality of life; Parents of children with ASD; Quality of life.

Introduction:

Quality of life (QoL) has been extensively studied as a measure of individuals' overall well-being, incorporating health, emotional state, social relationships, and access to essential resources (World Health Organization, 2018). For families, quality of life (QoL) reflects the capacity to maintain a stable and fulfilling life, despite external challenges.

This study investigates the concept of QoL in general and specifically in relation to parents raising children with ASD. The motivation for this research stems from the increasing prevalence of ASD worldwide and the need to understand the challenges faced by families in diverse socio-cultural contexts. Algeria, like many developing countries, faces gaps in healthcare services, financial assistance, and social inclusion efforts for ASD families. By assessing the QoL of these families, this study aims to highlight key areas requiring policy intervention and support mechanisms.

1-Reaserch problem:

Parents of children with autism spectrum disorder (ASD) encounter multiple challenges that significantly impact their quality of life (QoL). These challenges include emotional distress, financial burdens, social isolation, and difficulties in accessing specialized healthcare and education services (Cappe et al., 2020; Vasilopoulou & Nisbet, 2016). The well-being of these parents is not only crucial for their own mental and physical health but also plays a pivotal role in their ability to provide effective care and a stable environment for their children.

Numerous studies have demonstrated that parents of children with ASD experience lower QoL compared to parents of neurotypical children (Estes et al., 2013). Research indicates that psychological distress, sleep disturbances, reduced social participation, and financial difficulties are among the primary factors contributing to this decline in well-being (Hayes & Watson, 2013). Additionally, the severity of ASD symptoms has been identified as a key determinant in parental stress levels and reduced QoL, with higher levels of behavioral problems in children correlating with increased parental anxiety and depression (Zablotsky et al., 2013).

In the context of Algeria, parents of children with ASD face additional socio-cultural and systemic challenges. Studies focusing on north africans countries indicate that stigma, limited professional support, and inadequate healthcare services contribute to a higher

prevalence of psychological disorders and poor QoL among ASD caregivers (Dardas & Ahmad, 2014).

Despite these challenges, Algeria has recognized the need for intervention, with the government launching the National Autism Plan to improve early diagnosis, increase access to specialized services, and enhance support systems for families (Algerian Ministry of Health, 2022). However, the extent to which these initiatives have improved the QoL of parents remains largely unexplored. Given these factors, this study aims to assess the quality of life among parents of children diagnosed with ASD in Algeria by examining the relationship between disability-related support, the quality of family interactions, and overall family quality of life.

1.1- Research Question :

- How does raising a child with autism spectrum disorder (ASD) impact the quality of life of parents in Algeria?

1.2-Research Hypotheses:

- H1: The quality of life of parents raising children with ASD in Algeria is moderate.

- H2: The availability of social support networks, including disability-related services and strong family interaction, is positively correlated with improved parental QoL.

2- Significance and Objectives of the Study:

2.1. Significance of the Study:

Understanding the key factors influencing parental quality of life (QoL) is crucial in enhancing support systems for caregivers of children with autism spectrum disorder (ASD). This research seeks to enrich the existing literature on ASD caregiving, particularly within the Algerian context, by identifying the primary stressors and support mechanisms that affect parental well-being. The findings will serve as a foundation for evidence-based policy recommendations, healthcare improvements, and the enhancement of structured social support systems, ultimately easing the challenges

faced by ASD families. Bridging these gaps is essential to creating a more inclusive and supportive environment for both parents and children with ASD in Algeria.

2.2- Objectives of the Study:

The main goal of this study is to assess the quality of life of parents raising children with ASD in Algeria and explore the key factors influencing their well-being. More specifically, it aims to:

- Assess the overall QoL of parents of children with ASD.
- Investigate the impact of social support networks—including disability-related services and family interactions—on parental stress reduction and overall QoL.
- Offer actionable recommendations for policymakers, healthcare providers, and social organizations to develop targeted and effective support strategies for ASD families.

3-Study Concepts:

3.1- General Concept of Quality of Life (QoL):

Quality of life is a broad measure that includes physical health, psychological well-being, social inclusion, financial security, and environmental conditions. According to Felce & Perry (1995), QoL is determined by an individual's ability to achieve personal aspirations and maintain satisfactory living conditions. Key components of QoL include:

- **Physical Well-being:** Access to healthcare, nutrition, and a healthy lifestyle.
- **Psychological Well-being:** Emotional stability, life satisfaction, and resilience.
- **Social Integration:** Interpersonal relationships, community involvement, and social support.
- **Economic Stability:** Employment opportunities and financial resources.
- **Environmental Factors:** Safety, housing conditions, and access to services.

3.2- Family Quality of Life and Parenting a Child with ASD:

Family Quality of Life (FQoL) builds upon the broader concept of Quality of Life by emphasizing the collective well-being of all family members (Hoffman et al., 2006). Raising a child with autism spectrum disorder (ASD) can have a profound effect on FQoL, as families often face a combination of emotional, financial, and social challenges. These include managing difficult behaviors, coping with limited access to resources, and dealing with financial pressures related to therapy, education, and healthcare. Research consistently shows that parents of children with ASD tend to report lower overall life satisfaction compared to parents of neurotypical children (Ouellet-Lampron et al., 2022).

Several key factors influence FQoL in families of children with ASD. Parental stress is heightened due to the increased caregiving demands and ongoing responsibilities associated with supporting a child on the spectrum (Higgins et al., 2005). However, access to strong social support networks has been shown to buffer the effects of stress and enhance well-being (Benson, 2010). Financial strain is another major contributor, as families often bear significant costs for specialized interventions and support services (Sharpe & Baker, 2007). In addition, the presence of ASD in the family can place pressure on marital dynamics and sibling relationships, potentially affecting the overall emotional climate of the household (Rivard et al., 2014).

3.3- Autism Spectrum Disorder:

Autism Spectrum Disorder (ASD) is a lifelong neurodevelopmental condition characterized by differences in social communication, behavioral patterns, and sensory processing. The spectrum nature of autism means that it manifests differently from one individual to another, ranging from individuals with significant support needs to those with high-functioning abilities. This condition

affects people across all cultures, socio-economic backgrounds, and geographic regions, making it a global public health concern.

According to the World Health Organization (WHO), approximately 1 in 100 children worldwide is diagnosed with ASD, though recent studies suggest that prevalence may be higher in certain regions due to improved diagnostic awareness and criteria (WHO, 2021). The causes of autism are not fully understood but are believed to result from a combination of genetic and environmental factors. Research has identified numerous genetic variations associated with ASD, while prenatal and early-life environmental influences, such as exposure to toxins or complications during pregnancy, may also play a role.

3.3.1- Autism: A Major Public Health Concern in Algeria:

According to the World Health Organization (WHO), autism affects approximately 1% of the global population. In Algeria, with a population of 45.02 million as of July 1, 2021 (Ministry of Health, Population Directorate) and an annual birth rate of around one million, it is estimated that over 450,000 individuals are on the autism spectrum. This growing prevalence has made autism a public health and education priority, highlighting the urgent need for improved screening, diagnosis, and care services in line with international best practices.

Recognizing the challenges associated with autism, Algeria has implemented its first national intersectoral autism plan, designed to improve support for individuals with ASD. This strategy, developed in accordance with international recommendations, focuses on:

- Enhancing autism care and intervention services, ensuring accessibility and quality.
- Training professionals to better diagnose and manage ASD.
- Providing support for families and caregivers, acknowledging their critical role in autism care.
- Promoting research and data collection to advance knowledge and improve long-term outcomes.

4- Methodological Procedures of Field Study:

4.1-Study Methodology:

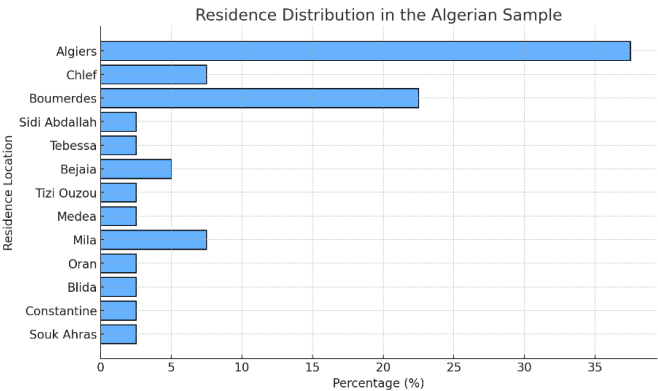
This study employs a descriptive correlational methodology to assess the quality of life of parents raising children with autism spectrum disorder (ASD) in Algeria. The descriptive approach enables a comprehensive analysis of their living conditions.

4.2- Study Boundaries:

4.2.1- Temporal Boundaries: The study was conducted between September 2023 and February 2024.

4.2.2- Spatial Boundaries: The study was carried out in several Algerian cities.

Graph (01): Residence distribution in the study sample



The bar chart above shows that the study sample is heavily concentrated in urban areas, particularly Algiers (over 35%) and Boumerdes (around 22%). Other regions like Mila, Chlef, and Bejaia each contribute between 5% and 10%, while cities such as Tizi Ouzou, Oran, and Constantine are minimally represented (under 5%).

4.2.3- Study Population and Sample: The research targeted 40 parents of children diagnosed with ASD across the aforementioned regions. The selection aimed to cover a diverse socio-economic

background and capture a representative sample of parents dealing with the challenges of raising children with ASD in Algeria.

- **Sample characteristics:**

Table (01): Parent’s characteristics

Parent Characteristic	Sample
Most Common Fathers' Age Group	45–55 years (40%)
Most Common Mothers' Age Group	35–45 years (65.5%)
Fathers with University Education	52.5%
Mothers with University Education	45%
Marital Status (Married)	85%
Most Common Number of Children	4 children (35%)
Living Standard (Medium)	80%

Table (02): Child’s characteristics

Child Characteristic	Sample
Most Common Age Group	10–15 years (60%)
Gender Distribution (Male)	Above 80%
Most Common Age at Diagnosis	2–5 years (close to 100%)
Access to Specialized Care	90% have access

The tables (1) and (2) provide a concise overview of parent and child characteristics in the Algerian sample.

Parents in the sample are generally older, with fathers most commonly aged 45–55 and mothers aged 35–45. Education levels are relatively high, with over 50% of fathers and 45% of mothers holding a university degree. Most families are married (85%), have larger household sizes (most commonly 4 children), and report a medium standard of living (80%).

As for the autistic children, the majority are male (above 80%), and 60% fall in the 10–15 age range, suggesting a slightly older child population in the sample. Importantly, diagnoses mostly occur early, with close to 100% diagnosed between 2–5 years of age, and 90% of children have access to specialized care.

Overall, the sample reflects families with moderate living conditions, high marital stability, and early autism detection, although larger family size and age distribution may influence the parental burden and access to resources.

4.3- Data Collection Tools: The tool used for data collection in this study was an adapted version of the Family Quality of Life Scale (FQoL), developed originally by the Beach Center on Disability. This scale assesses various dimensions of family well-being, including emotional, financial, and social aspects.

4.3.1- Description of the scale: The Family Quality of Life Scale consists of multiple subdimensions measuring family interactions, parenting, emotional stability, material well-being, and disability-related support. The tool has been validated in various cultural contexts and is widely used in disability research.

To ensure linguistic, cultural and psychometric validity for Algerian families, the Family Quality of Life Scale (FQOLS) was translated from English to Arabic and adapted to the Algerian population by the researcher. This adaptation process involved :

- Translation and Back-Translation: The initial translation of the tool from English to Arabic was conducted by the researcher, who then submitted it for review and correction to several professors within the Department of Psychology at the University of Algiers 2. To ensure accuracy and conceptual equivalence, the tool was subsequently back translated into English by independent professionals.

- Pilot Testing and Validation: The adapted version was tested on a sample of Algerian families with children with ASD (n=70), to evaluate its reliability, validity, and cultural sensitivity. Statistical analyses confirmed that the scale maintained its psychometric properties and accurately reflected the experiences of Algerian parents.

4.3.2- Reliability and Validity of the Scale:

- **Reliability of the Scale:** To measure the reliability of the scale, this study utilized Cronbach's Alpha coefficient.

Table (03): Reliability of the Study Scale

Number of items	Cronbach's Alpha
25	0.941

The data from the table above indicate that the Cronbach's Alpha value is 0.941, demonstrating a high level of internal consistency for the tool used.

The instrument employed in this study is designed to assess the quality of life of parents raising children with ASD in Algeria. The high reliability of the scale ensures the consistency and precision of the measurements, thereby strengthening the credibility of the study's findings. This reliability confirms that the tool provides stable and replicable results when applied to the target population, which is essential for ensuring the validity of the conclusions and the soundness of the recommendations derived from the study.

- **Validity of the Scale:** The validity of the scale was determined through correlation coefficients between different subdimensions and their respective items, as shown in the table below:

Table (04): Pearson Correlation Coefficients Between Scale Items

Subdimension	Item	Correlation Coefficient	Significance Level
Family Interaction	1	0.619	0.01

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	7	0.831	0.01
	10	0.891	0.01
	11	0.838	0.01
	12	0.868	0.01
	18	0.724	0.01
Parenting	2	0.652	0.01
	5	0.695	0.01
	8	0.692	0.01
	14	0.815	0.01
	17	0.734	0.01
	19	0.750	0.01
Emotional Well-being	3	0.813	0.01
	4	0.782	0.01
	9	0.760	0.01
	13	0.760	0.01
Material Well-being	6	0.745	0.01
	15	0.589	0.01
	16	0.628	0.01
	20	0.744	0.01
	21	0.750	0.01
Disability-related Support	22	0.825	0.01
	23	0.834	0.01
	24	0.863	0.01
	25	0.887	0.01

The results from the table below indicate a strong positive correlation between various subdimensions of family quality of life and their respective items, all showing statistical significance at the 0.01 level. These findings confirm the internal consistency and validity of the scale in assessing the quality of life of parents raising

children with ASD in Algeria.

The correlation coefficients for family interaction range from 0.619 to 0.891, indicating a strong relationship between these items and the overall construct. The highest correlation (0.891, item 10) suggests that strong family bonds and communication play a crucial role in parental well-being. From a sociological perspective, this emphasizes the importance of family support and cohesion in reducing stress and enhancing the overall quality of life for parents of children with ASD.

The parenting subdimension also demonstrates strong positive correlations (ranging from 0.652 to 0.815), with item 14 showing the highest correlation (0.815). This suggests that effective parenting strategies and support systems significantly influence parental well-being. Parents who receive adequate resources and guidance in managing ASD-related challenges experience lower stress levels and greater satisfaction in their caregiving role.

The results reveal high correlation coefficients (0.760 to 0.813) for emotional well-being, indicating that psychological health is a key determinant of overall parental quality of life. The strongest correlation (0.813, item 3) underscores the significant impact of emotional stability on parents' ability to cope with the demands of raising a child with ASD. These findings support existing research that highlights the critical role of mental health support and stress management interventions in improving parental QoL.

The material well-being subdimension shows moderate to strong correlations (0.589 to 0.750), with item 15 having the lowest correlation (0.589). This suggests that while financial stability is important, other factors (such as emotional and social support) may have a greater impact on overall well-being. Nonetheless, the results confirm that economic resources and access to financial aid play a role in reducing parental stress and ensuring better caregiving conditions.

The highest correlations in the study are found in the disability-related support subdimension (0.825 to 0.887), with item 25 showing the strongest correlation (0.887). These results highlight the crucial role of structured support services, including specialized healthcare, therapy, and community programs, in enhancing parental QoL. Parents who have access to these resources are more likely to experience lower stress, improved coping mechanisms, and higher overall satisfaction in their caregiving role.

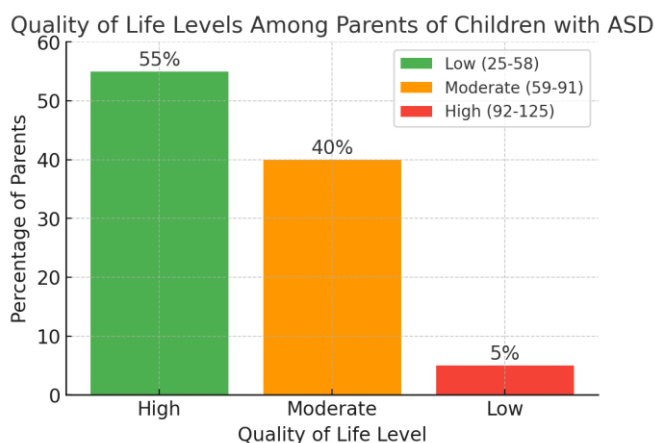
5- Presentation and Interpretation of Study Results:

5.1. Presentation and interpretation of the First Hypothesis Results:

- The level of quality of life of parents raising children with ASD in Algeria is moderate.

To verify the validity of this hypothesis, percentages, means, and standard deviations were calculated for the responses of the sample participants to the items of the Family Quality of Life Scale.

Graph (02) : Quality of Life Distribution Among Parents of Children with ASD



The graph above shows the results of the Family Quality of Life Scale (FQoL) assessment, indicating that the quality of life among parents of children with autism spectrum disorder (ASD) in Algeria

is generally high to moderate. Specifically, 55% of parents report a high quality of life, 40% a moderate quality of life, and 5% experience a low quality of life.

Table (05) : Descriptive Statistics of Family Quality of Life (FQoL) Scores

Variable	N	Minimum	Maximum	Mean	Standard Deviation
Total FQoL	40	32.00	113.00	88.60	17.89
Valid N	40				

The table above shows that the mean FQoL score of 88.6 out of 125 places the sample in the higher-moderate range of quality of life. The minimum score recorded was 32, while the maximum reached 113, indicating a considerable range of responses. Additionally, the standard deviation of 17.89 suggests low variability among responses, reflecting a relatively homogeneous sample. These findings challenge the initial research hypothesis, which proposed that parents of children with ASD in Algeria would experience a moderate level of quality of life. Instead, the results suggest that their perceived quality of life is higher than expected, highlighting the potential influence of support systems, coping mechanisms, religion, faith, or other unaccounted factors that may contribute to parental well-being.

These results align with findings from Wang et al. (2018) and Vasilopoulou & Nisbet (2016), which indicated that despite the emotional and financial burden of raising a child with ASD, a substantial number of parents report maintaining a high quality of life, particularly when they have strong family support networks or access to specialized services.

Similarly, Cappe et al. (2020) found that among French parents of children with ASD, the quality of life varied significantly based on the availability of government assistance and professional support

structures. In the Algerian context, the results suggest that while a majority of parents experience relatively high quality of life, there remain significant areas for improvement, particularly in terms of financial stability, healthcare access, and societal inclusion.

The contradiction between the hypothesis and actual results indicates a more nuanced reality where certain protective factors mitigate the expected decline in quality of life. However, the fact that 40% of parents still report a moderate quality of life and 5% report a low quality of life highlights the need for further interventions to ensure that all parents of children with ASD can attain optimal well-being.

5.2- Presentation and interpretation of the second Hypothesis Results:

- The availability of social support networks, including disability-related support services and strong family interaction, positively correlates with improved QoL in ASD families.

To verify the validity of this hypothesis, Pearson's correlation coefficient was used to measure the strength of the relationship between social/family interaction and disability-related support, and the total score of family quality of life, as measured by the FQoL scale.

Table (04): Correlation between Family Quality of Life (FQoL) and Key Support Factors.

Variable	Pearson Correlation (r)	Significance (p)
FQoL Score	1.000	•
Disability-Related Support	0.785**	0.000
Family Interaction	0.883**	0.000

(**Correlation is significant at the 0.01 level, two-tailed.)

The table above shows the Pearson correlation analysis, which was conducted to examine the relationships between family quality of life (FQoL), disability-related support, and family interaction

among parents raising children with ASD in Algeria. The results indicate a strong positive correlation between family interaction and FQoL ($r = 0.883$, $p < 0.01$), as well as a significant correlation between disability-related support and FQoL ($r = 0.785$, $p < 0.01$).

These results support the second hypothesis, which proposed that the availability of disability-related support services and strong family interactions positively correlate with improved quality of life (QoL) in ASD families. These findings align with previous international research, emphasizing the impact of family interactions and disability-related support on family QoL. The strong correlation between disability-related support and FQoL is consistent with the findings of Vasilopoulou and Nisbet (2016), who found that parents of children with ASD experience heightened stress levels, but structured disability-related services help alleviate this burden. Similarly, Zablotsky et al. (2013) demonstrated that parents who receive adequate institutional, social, and disability-related support report lower psychological distress and improved emotional well-being. These findings reinforce the importance of formal assistance programs, including access to therapy, specialized education, financial aid, and respite care, in enhancing parental resilience and reducing caregiver burden.

Furthermore, the strong correlation between family interaction and FQoL supports the findings of Pozo et al. (2014), who emphasized that family cohesion and communication significantly influence the well-being of caregivers. Families that maintain strong emotional support systems, shared caregiving responsibilities, and open communication tend to report higher QoL and lower stress levels. These results are also consistent with Hayes and Watson (2013), who found that parenting stress is significantly higher among parents of children with ASD compared to neurotypical children, but strong family interactions and structured disability-related support can mitigate these stressors and improve overall well-being.

In addition, Smith et al. (2012) highlighted the significance of informal social support and structured disability services, demonstrating that these factors mediate the relationship between caregiver burden and FQoL. Their study underscores the importance of peer networks, community-based interventions, and access to ASD-specific therapies in improving family well-being. Similarly, Al-Kandari et al. (2017) found that disability-related support is positively linked to life satisfaction among parents of children with ASD, emphasizing the need for tailored services that address both the medical and social needs of ASD families.

These findings collectively highlight the interdependent nature of family interactions and disability-related support in shaping the quality of life for parents raising children with ASD. Ensuring accessible support services, promoting strong family interactions, and expanding structured disability care systems is critical to enhancing the well-being of these families. Policymakers and practitioners should focus on expanding disability-related services, providing family-centered counseling, and developing community support programs that strengthen both family cohesion and access to specialized ASD interventions. Strengthening both family bonds and access to structured disability-related services can significantly enhance parental resilience, reduce caregiving stress, and improve the overall quality of life for ASD caregivers.

6 - Study Findings, Recommendations and limits:

6.1- Study Findings:

The study investigated the quality of life (QoL) among parents of children with autism spectrum disorder (ASD) in Algeria, as well as the role of social support networks in influencing their well-being. The key findings are as follows:

- **Quality of Life of Parents of Children with ASD :**

- Most parents (55%) reported a high quality of life, while 40% indicated a moderate quality of life, and 5% experienced a low quality of life.
- The mean Family Quality of Life (FQoL) score was 88.6 out of 125, placing the sample in the higher-moderate range.
- These results challenge the initial hypothesis, which suggested a moderate QoL among parents. Instead, findings suggest that many parents have access to coping mechanisms and support systems that improve their well-being.
- The findings align with previous studies (Wang et al., 2018; Vasilopoulou & Nisbet, 2016) indicating that despite emotional and financial burdens, a substantial number of parents maintain high quality of life when they receive strong social support.
- **Impact of Social Support on Quality of Life:**
 - The study found strong positive correlations between FQoL and two key factors:
 - Family interaction ($r = 0.883$, $p < 0.01$)
 - Disability-related support ($r = 0.785$, $p < 0.01$)
 - These results confirm the second hypothesis, demonstrating that social support networks, including family cohesion and access to disability-related services, play a crucial role in improving parental well-being.
 - Previous studies (Pozo et al., 2014; Zablotsky et al., 2013) have similarly emphasized the importance of structured support services and strong family relationships in reducing stress and enhancing quality of life.

6.2- Study Recommendations and Suggestions: Based on these findings, the following recommendations are proposed:

- **Strengthening Disability-Related Support Services**
 - Expand access to funded professional therapy, specialized education, and financial aid for ASD families.

- Enhance community-based interventions and support networks tailored for parents of children with ASD.
- **Promoting Family Interaction and Support**
- Develop family counseling programs to strengthen communication and shared caregiving responsibilities.
- Encourage community-driven initiatives that foster peer support among ASD caregivers, such as multifamily therapy programs, which provide structured group-based interventions to enhance coping strategies and resilience.
- **Policymaking and Institutional Support**
- Implement policies that provide financial assistance and healthcare services to families of children with ASD.
- Advocate for increased governmental investment in disability-related resources, including respite care and educational support.
- **Awareness and Education Programs**
- Conduct public awareness campaigns to reduce stigma and promote societal inclusion for ASD families.
- Offer workshops for parents to learn adaptive coping strategies and stress management techniques.

6.3- Study limits: Despite the valuable insights provided by the current study, some limitations must be acknowledged:

- **Small Sample Size:** The relatively small number of participants (n=40) reduces the generalizability of the findings and limits the ability to apply conclusions to the broader population of parents of children with ASD in Algeria.
- **The use of a Descriptive Quantitative Methodology:**
Relying solely on a descriptive quantitative approach may not have fully captured the complex emotional, social, and psychological experiences of the participants. A mixed-methods approach, incorporating qualitative interviews, could have offered deeper insight into parental experiences.

7- Conclusion:

This research highlights the notably high quality of life reported by many Algerian parents raising children with autism spectrum disorder (ASD), despite the significant caregiving challenges typically associated with this role. Strong family cohesion and structured disability-related support emerged as crucial factors positively influencing parental well-being. It is important to emphasize that the majority of parents in this sample were members of parent support associations, suggesting that involvement in organized networks significantly contributes to their resilience and overall quality of life.

Furthermore, these findings align with broader societal developments in Algeria, particularly the recent implementation of the First and Second National Autism Plans, aimed at improving support services, promoting awareness, and fostering social inclusion of individuals with ASD and their families. To capitalize on these initiatives, collaborative efforts among policymakers, healthcare professionals, community organizations, and parent associations must continue to grow, strengthening comprehensive support systems tailored to the specific needs of ASD families.

Future research should further explore additional influencing factors such as economic conditions, cultural practices, and regional disparities, to inform the development of more inclusive, culturally relevant, and sustainable strategies aimed at enhancing parental quality of life.

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