

Psychological impact on parents of children with congenital adrenal hyperplasia: a study from Sri Lanka

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Abstract

Introduction: Congenital adrenal hyperplasia (CAH) is a group of autosomal recessively inherited disorders with significant morbidity. The long-term implications result in immense psychological stress to the parents. This study assessing the psychological impact on the parents is a first in Sri Lanka and one of the few worldwide.

Objective: Document the presence of depressive symptoms in parents of children with CAH.

Design: Study participants were 37 parents of children diagnosed with CAH who were attending an endocrinology clinic of the largest children's hospital in Sri Lanka. Centre for Epidemiological Studies-Depression scale (CES-D), a psychometrically sound scale for assessing depressive symptomatology, was used.

Results: The study classified 59% of the parents as being affected, and the psychological impact on them did not reduce with time.

Conclusion: Parents of children with CAH demonstrated symptoms of depression that did not abate with the passage of time.

Keywords: [congenital adrenal hyperplasia](#); [depression](#); [parents](#); [Sri Lanka](#)

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