



Sharing Experiences of Coping and Self-care

We want to better understand the coping and self-care strategies used by mothers of children with Autism Spectrum Disorder.

We are seeking mothers, who have at least one child diagnosed with Autism Spectrum Disorder, who was diagnosed for at least one year. The child must be 11 years old or less.

Mothers would be willing to share her experiences on her journey to cope and self-care in a 1 ½ hour individual interview.

A 10 minute initial phone screening will be completed to determine eligibility.

The interview would consist of 3 parts: (1) a life review, (2) sharing of 3 – 5 specific stressful events during the last two weeks, and (3) concepts of self-care as it applies to your life.

Mothers will be requested to fill out a demographic survey at the end of the interview.

Please contact [Manvir Gill](mailto:mgill@my.adler.edu) at 778-997-9763 or mgill@my.adler.edu for more information.

This study is being conducted by Manvir Gill under the supervision of Dr. Spencer Wade Registered Psychologist (Thesis Advisor), Adler School of Professional Psychology.

**Suite 1200-1090 West Georgia Street, Vancouver, BC V6E 3V7
T: 604-482-5510 F: 604-874-4634**