

## **Unraveling the Nexus: Character Strengths of Self-Regulation, Humor, and Spirituality in Addressing Psychological Risks Among Vietnamese Parents of Children with Autism**

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**Abstract :** Parents of children with autism are reported to have a higher level of distress than typically developed children's parents. This study is a mixed methods study to exploit the relationship between character strengths of self-regulation, humor, and spirituality with psychological risks of parents of autistic children in the Vietnamese social context. The study conducted a quantitative survey and qualitative interview with the participation of 45 samples (N=45) in the quantitative phase and five samples (N=5) in the qualitative phase. Accordingly, quantitative results have shown a negative correlation of humor with psychological risks in parents of autistic children in Vietnam. Although the relationship between self-regulation and spirituality with psychological risks in parents of autistic children has not been proven, research has also shown notable impacts on the influences of the Vietnamese cultural and social context in the formation of these character strengths and their relationship with psychological risks of parents of autistic children in Vietnam.

**Keywords :** autism spectrum disorder, parent of autistic child, character strengths, psychological risks

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