

## Anxiety and Depression in Caregivers of Autistic Children

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**Abstract :** This study was carried out to see the anxiety and depression in caregivers of autistic children. The objectives of the research were to assess depression and anxiety among caregivers of autistic children and to find out the experience of caregivers. For this purpose, the research was conducted on a sample of 39 caregivers of autistic children. Participants were taken from a special school. To collect data for this study each of the caregivers were administered questionnaire comprising scales to measure anxiety and depression and some responses of the participants were taken through interview based on a topic guide. Obtained quantitative data were analyzed by using statistical analysis and qualitative data were analyzed according to themes. Mean of the anxiety score (55.85) and depression score (108.33) is above the cutoff point. Results showed that anxiety and depression is clinically present in caregivers of autistic children. Most of the caregivers experienced behavior, emotional, cognitive and social problems of their child that is linked with anxiety and depression.

**Keywords :** anxiety, autism, caregiver, depression

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