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### Introduction

People diagnosed with PWS require special care that is psychically and emotionally demanding. Mothers are usually the main caregivers of their children, meaning they may present difficulties adapting to the new situation. Being a caregiver could also be a risk factor for their mental health. There are few studies that focus on the mothers of people diagnosed with a disease. This study aims to evaluate the psychological adaptation and mental health of mothers of people with PWS.

### Methods

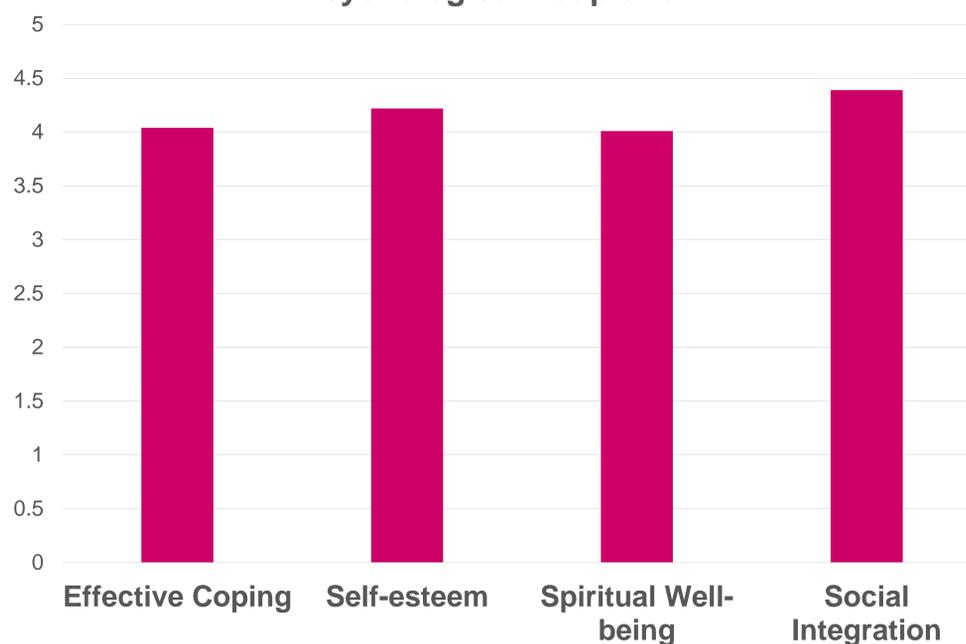
The study has a non-experimental quantitative design, with a descriptive and cross-sectional scope. The sample consisted of 23 mothers with children with SPW between 1 and 35 years old. The protocol consisted of a sociodemographic questionnaire, the Psychological Adaptation Scale (PAS) and the Adult Self Report (ASR). Values from the PAS go from 0 to 5 and a score greater than 3 represents an adequate adaptation. The ASR includes a total score of mental health problems (emotional and behavioral).

### Results

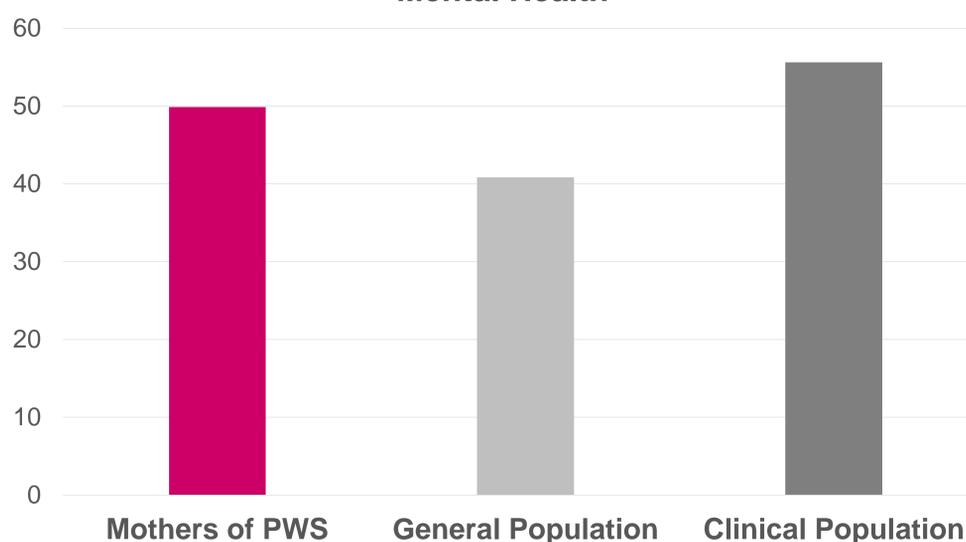
Mothers of people with PWS showed a mean of 4.16 for the general Adaptation Scale. Concerning the different dimensions that compose psychological adaptation, a mean of 4.04 was obtained for effective coping; 4.22 for self-esteem; 4.01 for spiritual or existential well-being; and, finally, 4.39 for social integration.

Regarding mental health, a mean of 49.86 (SD = 25.13) was found for the mental health problems scale. This results were compared with those of a previous study that measured mental health problems in general population (M = 40.83) and mental health clinical population (M = 55.60), in Argentina.

#### Psychological Adaptation



#### Mental Health



### Conclusions

Referring to psychological adaptation levels, results show high levels in all of its dimensions. In other words, despite the overload and stress that caring for people with PWS represents, mothers are able to adapt psychologically to the disease.

On the other hand, the mental health of the mothers of people with PWS seems to be affected, presenting problem levels much higher than the Argentine adults of the general population and resembling more the mental health clinical population, i.e. people who attend therapy.

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