“NEGATIVE FEELINGS AND EMOTIONAL ADJUSTMENT OF FAMILIES WITH CHILDREN AFFECTED BY CONGENITAL HEART DISEASE”
“Negative feelings and emotional adjustment of families with children affected by congenital heart disease”

Three scales in diagnosis, hospitalization and return home. Aspects studies: Feelings, Thoughts, Conduct, Useful conduct, Information resources and Useful resources.

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1. Intensity of negative feelings similar in diagnosis and hospitalization.
2. Diagnosis stage: coping strategies are oriented to manage emerging emotions.
3. Hospitalization stage: coping strategies focus on how to manage the problem.
4. Return home stage: negative feelings are less intense. Fear and anguish continue.
5. Return home stage: the parents say they don’t feel support when adapting at home.

No significant values in peer-to-peer support in D. and H periods.
Qualitative research:
Theoretical Context

Purpose the research:

• To deeply study the return home time.
• To offer support groups to parents.

Previous studies have shown:

• Positive influence of social support on health issues and on online support groups.
• Contradictory results from online groups on depression and distress.
1. INTERVIEWS:
   a. With a variety of eight people
   b. Asked about subjects of interest for families in the return home period.

1. TWO GROUPS LED BY PSYCHOLOGISTS:
   a. One with 5 mothers and another with 5 fathers.
   b. The leading question: do you think an online parent-to-parent group will help you to cope with the return home difficulties?
1. A positive reaction to participation in online peer-support, if it would help with emotional release. ("They know that others understand what they are going through")

2. A negative reaction to possible distortion was pseudo-medical consultations ("there are mothers who seem to know more than the cardiologist knows").

3. The response was unclear on the subject if to participate in the online group could increase rather than decrease negative feelings. ("I quit a heart disease group because it was so depressing").
MOODLE PILOT COURSE:

- Lasting three months
- 12 fathers and mothers, members of Menudos Corazones.
- Is online parent-to-parent support a more effective strategy for coping with distress if placed within a semi-structured learning experience?
THANK YOU VERY MUCH

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