

Key components of interventions in face-to-face and virtual settings for siblings of children and youth with chronic conditions: A scoping review

Kiriakidis, A., Al-Hakeem, H., Hooper, M., and Scratch, S.

Background



Siblings of children with disabilities are at a significant risk for mental health concerns. [1]

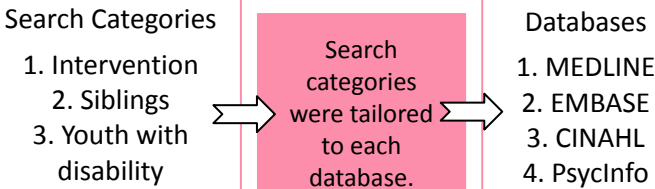
Support programs are effective in offering siblings the social and emotional assistance needed to help them succeed. [1]

Objective

Identify the different elements that contribute to the successful implementation of sibling interventions.



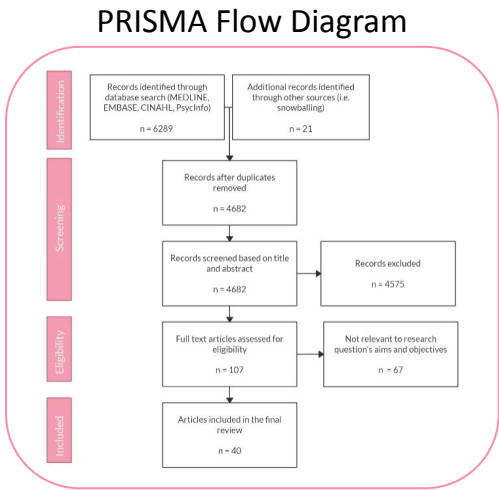
Method



Sibling interventions that include group components are most effective in helping children build resilience and positive relationships.



Results and Conclusions



40 studies were eligible to be reviewed.

Interventions with positive long-term effectiveness primarily included group therapy. When interventions were facilitated in a group setting, siblings felt less alone and enjoyed meeting others like them.

Relevance



Siblings of children with various disabilities are often overlooked in the provision of services to families. [1]

It is essential that effective components of interventions are identified to ensure this population is supported.



The needs of an **entire family unit** should be addressed.

Reference: [1] Gettings, S., Franco, F., & Santosh, P. J. (2015). Facilitating support groups for siblings of children with neurodevelopmental disorders using audio-conferencing: a longitudinal feasibility study. <https://doi.org/10.1186/s13034-015-0041-z>