

## **Abstract**

The purpose of present research was to find the level of subjective, objective burden and psychological distress in parents of children with autism and intellectual disability disorder. It was also aimed to explore gender differences on subjective, objective burden and psychological distress in those parents. It was further aimed to find out interaction between gender and child's disorder on Burden Assessment Scale and Kessler Psychological Distress Scale (K-10). Purposive sampling was used for data collection. 200 parents (100 parents of autistic kids and 100 parents of intellectually disable kids) were included. BAS Urdu version translated and validated by Ilyas and Malik (2009) and Urdu version of K-10 by Mudassir Hussain and Rukhsana Kausar were used. Results showed that parents were suffered from high subjective, objective burden and psychological distress but those did not differ in terms of subjective, objective burden and psychological distress. Multiple Linear Regression showed that only subjective burden is the predictor psychological distress. ANOVA showed that subjective burden was higher in parents who lived in joint family system and objective burden was higher in parents who had low monthly income. MANOVA showed significant gender differences on psychological distress. Mothers were suffering more from psychological distress than fathers. Moreover, interaction between gender and child's disorder on BAS and K-10 was non-significant. This study is highly valuable for mental health professionals such as psychiatrists, clinical psychologists, social workers and policy makers to move their focus towards the problems of the parents of kids with autism and IDD.

**Keywords.** subjective, objective burden, psychological distress, autism, intellectual disability multiple linear regression analysis