



Down Syndrome Families' Views On Different Perspectives

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ABSTRACT Saudi Arabia has a high prevalence of Down Syndrome (DS) cases. Down Syndrome has different age-related clinical problems. Early childhood problems in DS children are mainly related to congenital malformations. But late onset problems are psychosocial, behavioral, obesity, allergic problems, arthritis, malignancy, premature aging and Alzheimer disease and these problems are not related to congenital malformations. The aim of this study was an evaluation of the families' views regarding these complications. Preformed question form were given to families of Down syndrome cases referred to the department of Medical Genetic, KAU, Jeddah, and KSA, which had questions and four options related to different complications of Down syndrome especially psychosocial and behavior status. Thirty-eight Saudi families were interviewed. Affected individuals' ages ranged from 1 to 30 years and forty-seven percent were females. The most common concern for the parents was behavioral problems in 68.4 percent (26/38). In most of these parents (32%), a depression episode occurred at the initial time of diagnosis and was temporary. The most commonly identified cause of depression was insecurity about long-term future care of their offspring. Eighty percent (30 out of 38) of them were proud of their affected children. Down syndrome's families need proper psychological counseling and training for management of these different problems.