

Suppl.1 Causes of worsening children and parent QOL

<b>QOL of Children</b>	<b>Presence (M ± SD)</b>	<b>Absence (M ± SD)</b>	<b>P value</b>
Mother with usual working pattern	69.5 ± 7.6	73.7 ± 11.6	*0.028
Changes in sleep rhythm of children	69.0 ± 12.6	74.6 ± 8.0	*0.002

  

<b>QOL of Parent</b>	<b>Presence (M ± SD)</b>	<b>Absence (M ± SD)</b>	<b>P value</b>
Mother with usual working pattern	57.3 ± 7.7	62.2 ± 8.8	*0.002
Changes in sleep rhythm of children	57.2 ± 8.5	62.9 ± 8.2	*<0.001
Parenting adviser; grandparents	62.7 ± 8.1	58.7 ± 8.9	*0.008

\*  $p$  value <0.05

QOL; quality of life; N, number; M, mean; SD, standard deviation; ADHD, attention deficit hyperactivity disorder; ASD, autism spectrum disorder; SLD, specific learning disorder; FSIQ, full scale intellectual quotient

Suppl 2. Results of related factors for maintaining QOL

(a) Alteration of children's sleep rhythm

<b>QOL of Children</b>	<b>Preservation (M ± SD)</b>	<b>Aggravation (M ± SD)</b>	<b><i>P</i> value</b>
CES-D	18.5 ± 12.2	20.9 ± 9.6	0.422
STAI, state	49.4 ± 12.7	56.4 ± 10.3	*0.026
STAI, trait	49.3 ± 12.6	55.6 ± 10.9	*0.049
PSI, parent domain	108.8 ± 20.9	128.4 ± 20.1	*0.016
PSI, children domain	99.2 ± 16.5	120.0 ± 18.0	*<0.001
CBCL, internalizing index	63.5 ± 11.6	73.5 ± 7.9	*<0.001
CBCL, externalizing index	62.6 ± 9.6	71.7 ± 9.4	*<0.001
<b>QOL of Parent</b>	<b>Preservation (M ± SD)</b>	<b>Aggravation (M ± SD)</b>	<b><i>P</i> value</b>
CES-D	15.1 ± 7.3	24.9 ± 12.0	*<0.001
STAI, trait	49.3 ± 11.0	57.3 ± 11.7	*0.010
STAI, state	47.2 ± 10.9	58.7 ± 10.4	*<0.001
PSI, parent domain	106.9 ± 21.0	132.7 ± 15.5	*<0.001
PSI, children domain	103.5 ± 20.4	117.5 ± 17.2	*0.007
CBCL, internalizing index	65.6 ± 11.6	72.3 ± 9.3	*0.021
CBCL, externalizing index	66.2 ± 9.9	68.6 ± 11.1	0.4

(b) Mother with usual working pattern

<b>QOL of Children</b>	<b>Preservation (M ± SD)</b>	<b>Aggravation (M ± SD)</b>	<b><i>P</i> value</b>
CES-D	13.7 ± 10.8	20.0 ± 10.0	*0.040
STAI, state	47.7 ± 11.2	54.5 ± 9.7	*0.033

STAI, trait	57.3 ± 9.5	47.3 ± 9.0	*<0.001
PSI, parent domain	104.9 ± 19.3	132.3 ± 18.6	*<0.001
PSI, children domain	98.8 ± 16.3	118.6 ± 16.2	*<0.001
CBCL, internalizing index	61.0 ± 7.7	72.1 ± 5.9	*<0.001
CBCL, externalizing index	63.4 ± 5.6	70.9 ± 7.7	*<0.001
<b>QOL of Parent</b>	<b>Preservation (M ± SD)</b>	<b>Aggravation (M ± SD)</b>	<b>P value</b>
CES-D	11.2 ± 6.5	22.5 ± 11.1	*<0.001
STAI, state	46.9 ± 7.5	55.6 ± 11.9	*0.005
STAI, trait	46.2 ± 7.6	58.8 ± 9.1	*<0.001
PSI, parent domain	109.7 ± 22.2	129.0 ± 20.5	*0.004
PSI, children domain	104.9 ± 21.8	113.8 ± 15.0	0.112
CBCL, internalizing index	64.0 ± 9.3	69.8 ± 7.3	*0.023
CBCL, externalizing index	66.3 ± 7.3	68.6 ± 8.0	0.313

\* *p* value <0.05

QOL; quality of life; N, number; M, mean; SD, standard deviation; ADHD, attention deficit hyperactivity disorder; ASD, autism spectrum disorder; SLD, specific learning disorder; FSIQ, full scale intellectual quotient; CES-D, Center for Epidemiologic Studies Depression Scale; STAI, state trait anxiety inventory; STI, parenting stress index; CBCL, child behavior checklist