

Table 1. Clinical background of children and their parents

Children	Total
Male: Female	104:32
Age M \pm SD	10.6 \pm 2.6
WISC/WAIS FSIQ M \pm SD	84.9 \pm 15.5
ADHD N, (%)	78 (57.4)
ASD N, (%)	65 (47.8)
SLD N, (%)	9 (6.6)
Alteration of sleep rhythm N, (%)	57 (41.9)
Use of social media and games; \geq 5 hours N, (%)	27 (19.9)
Changes in education N, (%)	
Online school classes available	12 (8.8)
Learning with handouts at home and a few school days	123 (90.4)
Regularly go to school	1 (0.7)
Parent	Total
Participants; Mother: Father: Other than parents	131: 3: 2
Participants; Age M \pm SD	42.4 \pm 5.8
Single parent family (only mother family) N, (%)	12 (8.8)
Mother's working situation N, (%)	
Usual working pattern	46 (33.8)
Changed working pattern ¹⁾	59 (43.4)
House keeping	31 (22.8)
Parenting adviser; grandparents N, (%)	61 (44.8)

Parenting adviser; medical or welfare support organizations available N, (%) 104 (76.5)

(%) Data indicate proportion of each characteristic in every group.

† Changed working pattern suggested short working hours, stopped working, tele-work, etc.

N, number; M, mean; SD, standard deviation; FSIQ, full scale intellectual quotient;

ADHD, attention deficit hyperactivity disorder; ASD, autism spectrum disorder; SLD,

specific learning disorder

Table 2. Questionnaires administered children and their parents

Questionnaire:	Median, Range	N (\geq Cut-off) (%)	Cut-off
Children			
Averaged sub-scale values of Kiddo-KINDL	72.5, 41.3–95		—
CBCL, internalized index	65.5, 40–93	49 (36.0)	≥ 70
CBCL, externalized index	65.0, 39–91	38 (27.9)	≥ 70
Questionnaire: Parents			
Averaged sub-scale values of WHO-QOL-BREF	61.0, 35.6–86.8		—
CES-D	14.5, 0–56	62 (45.6)	≥ 16
STAI, state	49.0, 22–80	12 (8.8)	Woman: $\geq 64^{\ddagger}$ Man: $\geq 66^{\ddagger}$
STAI, trait	49.0, 23–78	13 (9.6)	Woman: $\geq 65^{\ddagger}$ Man: $\geq 66^{\ddagger}$
PSI, parent domain	115.5, 66–169	23 (16.9)	$\geq 137^{\ddagger}$
PSI, children domain	104.0, 54–152	51 (37.5)	$\geq 111^{\ddagger}$

‡ Score was above the 95 percentiles.

N, number; CBCL, Child behavior checklist; WISC-IV, Wechsler Intelligence Scale for

Children – Fourth Edition; WHO, world health organization; QOL; quality of life; CES-

D, Center for Epidemiologic Studies Depression Scale; STAI, state trait anxiety

inventory; STI, parenting stress index

