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

Search Categories
1. Intervention
2. Siblings
3. Youth with disability

Search categories were tailored to each database.

Databases
1. MEDLINE
2. EMBASE
3. CINAHL
4. Psycinfo

Results and Conclusions

Relevance

The needs of an entire family unit should be addressed.

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.

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