

Supplementary File S1

Scale of Family Problems of Students with Learning Disabilities (Developed for the Present Study)

Instructions:

Please indicate the extent to which each statement reflects your experience. Use the following scale:

1 = Low, 2 = Moderate, 3 = High

Economic Problems (EP)

1. I face financial difficulties due to my child's educational needs.
2. The cost of special education services is a burden on my family.
3. I spend a significant amount on tutoring or therapy.
4. Managing daily expenses has become difficult.
5. I had to reduce or quit my job due to caregiving responsibilities.
6. Transportation costs for school/services are high.
7. Medical or assessment expenses are difficult to afford.
8. Overall, my child's condition increases financial stress.

Psychological Problems (PP)

1. I often feel stressed because of my child's learning difficulties.
2. I feel anxious about my child's future.
3. I feel emotionally exhausted due to caregiving responsibilities.
4. I feel frustrated when helping my child academically.
5. I experience feelings of sadness or depression.
6. I feel overwhelmed balancing family responsibilities.
7. I worry about my child's academic performance.

Social Problems (SP)

1. I have less time for social activities.
2. I feel socially isolated.
3. I avoid social gatherings due to my child's condition.
4. Relatives do not fully understand my situation.
5. I receive limited support from society.
6. I feel judged by others.
7. My relationships with friends have reduced.
8. Family gatherings are difficult to attend.
9. I feel uncomfortable discussing my child's condition.
10. Community awareness about learning disabilities is low.
11. I face difficulty explaining my child's needs.
12. I feel excluded from social events.
13. People blame me for my child's condition.
14. My social life has declined.
15. I find it difficult to maintain relationships.