Table 1

Sociodemographic Characteristics of the Participants included in Regression Models

Demographic Characteristics	N	%
Sex	**384**	
Female	366	95.3%
Male	18	4.7%
Relationship	**385**	
Biological Parent	349	90.6%
Adoptive Parent	32	8.3%
Stepparent/Legal Guardian	2	1.1%
Level of Education	**376**	
High School	41	10.9%
Occupational/Technical/Vocational Training	75	19.9%
University Degree	235	62.5%
Other	25	6.6%
Employment Status	**384**	
Full-time Employment	136	35.4%
Part-time Employment	69	18.0%
Other	179	46.6%
Marital Status	**385**	
Married	268	69.61%
Domestic Partnership	28	7.27%%
Other	89	23.12%
Location	**384**	
Urban Setting	170	44.3%
Suburban Setting	134	34.9%
Rural Setting	74	19.3%
Remote Setting	6	1.6%
Type of Child's Diagnosis	**385**	
Autism Spectrum Disorder	176	46.0%
ADHD	160	41.6%
Intellectual Disability	86	22.2%
Learning Disability	82	21.2%
Global Developmental Delay	71	18.3%
Cerebral Palsy	53	13.7%
Epilepsy	43	11.1%
Fetal Alcohol Spectrum Disorder	27	7.0%

Table 1

Sociodemographic Characteristics of the Participants included in Regression Models

Down Syndrome		12	3.1%
Spina Bifida		2	0.5%
Other		129	33.3%
	M	*SD*	*Range*
Age of Parents	43.14	7.40	24 - 69
Age of Children	11.71	5.72	2 - 42
Number of Children	2.22	1.14	1 - 9
Number of Neurodiverse Children	1.42	0.78	1 - 8
Years of Children's Diagnoses	7.60	5.53	1 - 34
Weekly Caregiving Hours	114.51	52.41	0 - 168

Table 2

Correlations between Parenting Trauma and Other Variables with Confidence Intervals

Variable	1	2	3	4	5
1. Parenting Trauma					
2. Global Physical Health	.17**				
	[.09, .25]				
3. Global Mental Health	.09*	.46**			
	[.01, .18]	[.39, .53]			
4. Functional Impairment	.29**	.41**	.61**		
	[.20, .37]	[.33, .48]	[.55, .66]		
5. PTSS	.35**	.42**	.58**	.68**	
	[.27, .42]	[.34, .49]	[.51, .63]	[.63, .73]	
6. Lifetime Trauma	.38**	.30**	.24**	.25**	.38**
	[.31, .45]	[.22, .37]	[.16, .32]	[.16, .33]	[.30, .45]

Note. Values in square brackets indicate the 95% confidence interval for each correlation.

* indicates $p < .05$. ** indicates $p < .01$.

Table 3

Regression Results using PCL-5 as the Criterion and PTC and LEC-5 as Predictors

Predictor	b 95% CI [LL, UL]	*Beta* 95% CI [LL, UL]	sr^2 95% CI [LL, UL]	r	Fit	Difference
(Intercept)	1.19** [1.05, 1.34]					
LEC-5	1.92** [1.50, 2.35]	0.38 [0.29, 0.46]	.14 [.09, .20]	.38**		
					R^2 = .142** 95% CI[.09,.20]	
(Intercept)	0.98** [0.82, 1.15]					
LEC-5	1.46** [1.02, 1.90]	0.29 [0.20, 0.37]	.07 [.03, .11]	.38**		
PTC	1.00** [0.64, 1.37]	0.24 [0.15, 0.33]	.05 [.01, .08]	.35**		
					R^2 = .191** 95% CI[.13,.25]	ΔR^2 = .049** 95% CI[.01, .08]

Note. b represents unstandardized regression weights. *beta* indicates the standardized regression weights. sr^2 represents the semi-partial correlation squared. *r* represents the zero-order correlation. *LL* and *UL* indicate the lower and upper limits of a confidence interval, respectively.

* indicates $p < .05$. ** indicates $p < .01$.

Table 4

Correlations between the BHS and Other Selected Scales with confidence intervals

Variable	Global Physical Health	. Global Mental Health	Social Support	Parenting
Barriers in Help-seeking (BHS)	.28**	.32**	-.27**	.09
	[.19, .36]	[.24, .40]	[-.36, -.19]	[-.01, .19]
BHS - support accessibility	.30**	.25**	-.20**	.08
	[.22, .39]	[.17, .34]	[-.29, -.11]	[-.02, .18]
BHS - personal belief	.21**	.26**	-.26**	.13**
	[.12, .30]	[.17, .34]	[-.34, -.17]	[.03, .23]
BHS - emotional readiness	.05	.05	-.07	-.02
	[-.05, .14]	[-.05, .14]	[-.16, .02]	[-.12, .08]
BHS - resource availability	.16**	.27**	-.15**	.04
	[.07, .25]	[.18, .35]	[-.24, -.06]	[-.06, .14]

Note. Values in square brackets indicate the 95% confidence interval for each correlation.

* indicates $p < .05$. ** indicates $p < .01$.