

A Review on Psychosocial Effects of NICU Admission on Parents

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ABSTRACT

Introduction: Many neonates spend long periods of time in the neonatal intensive care unit (NICU) and have health problems when they are discharged. The impact of the condition, the availability of resources, and parental characteristics all influence family psychological reactions.

Objective: This review looked at how the intensity of infant health is measured and linked to emotional (e.g., psychological health) and communal (e.g., parent-baby relationship) effects for parents.

Methods: A review of the literature was conducted to determine the psychological impact of NICU hospitalization on parents. To systematize baby health, researchers used validated evaluations, indices of neonatal health (e.g., diagnosis, length of stay), and unique metrics. **Results:** Parents of newborns with more medical concerns reported a greater impact on the family, as well as increased worry and intrusive parenting techniques. A validated appraisal of the baby's condition based on a parent's report is essential to enable more approachable and widely distributed research among medical institutions.

Conclusion: Assessing the severity of NICU newborn health and family effects can help identify families who are at risk of experiencing negative psychological consequences.

Keywords: Psychology; NICU; Parents; Review

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