

# Construct & Content Validity of Online Educational Modules for Parents of Children With a Disability

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**PURPOSE:** Parents and caregivers of children with disabilities deal with unique responsibilities, barriers, and challenges, and occupational therapy has a major role in the education of families (Luelmo et al., 2021; Marsack-Topolewski & Grave, 2020; Rosetti et al., 2021). The purpose of this study is to develop evidence-based modules to educate parents of a child with a disability (Alexander & Dunn, 2018) and answer the research question: Do evidence-based online educational modules developed for parents of children with disabilities have construct and content validity?

**DESIGN:** This study used a construct and content validity design. Three participants were recruited from Chicagoland using a sample of convenience. Participants were allied health and education professionals with over 16 years of experience working with children with disabilities and their families.

**METHOD:** A literature review was conducted to identify the educational needs of caregivers of children with disabilities. Four online educational modules were then created: IEP, Future Planning, Caregiver Self-Care, and Physical Activity. To establish content validity, participants provided feedback on the content of the modules via an online survey.

**RESULTS:** The content, resources, and videos embedded in all four modules were deemed credible and current by all participants. Strengths identified included the variety of educational mediums, ease of use, and acknowledgment of caregiver mental health. Suggestions for improvement included providing resources for Spanish-speaking parents, considering the relevance of the Physical Activity module, and including videos in the Caregiver Self-Care module.

**CONCLUSION:** Parents of children with disabilities lack support and resources which impacts their quality of life and self-efficacy. Construct and content validity of the modules was established, indicating that the modules may be used as a valuable resource for parents of children with a disability.

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