

**Abstract****Introduction/Problem**

The mental health of the sibling without the disability may get overlooked due to the amount of attention and care the sibling with the disability must receive. Our study suggests that negative effects may be seen among the siblings without a disability due to the difference in care and attention they may receive.

**Purpose**

The purpose of this study is to examine the impact of having a sibling with a disability and the possible effects on mental health for the sibling without a disability.

**Methods**

This study is a mixed-methods study including quantitative and qualitative data utilizing a Qualtrics survey. The survey includes three demographic questions, two open-ended questions, and eleven quantitative questions. Participants will include adults without a disability, who have a sibling diagnosed with a physical, developmental, or cognitive disability. Participants will be recruited through Facebook sibling support groups, posts on Twitter and Instagram, and Tennessee Occupational Therapy Association (TNOTA).

**Findings**

We are currently in the data collection process and findings will be reported during our poster presentation. We anticipate finding that growing up with a sibling with a disability will lead to a higher chance of negative effects on mental health for the sibling without a disability.

**Contribution to Occupational Therapy**

This project is important because the mental health of siblings is often overlooked and may have a significant impact on family well-being. Results may be helpful in guiding therapists to design treatment sessions to promote sibling interactions and family engagement.

**Professional Writing**

We plan to submit for publication following the completion of our data collection and analysis process.