

The Effectiveness of Hope-Based Group Therapy in Improving Mental Health Components in Mothers of Intellectual Disability Children

Bakhshipour A.¹, Shahideh M.*², Aghdasi N.³

Abstract

Introduction: Hope is one of the important factors of psychological support in difficult and critical life situations, and as an important adaptation mechanism, it helps people emotionally so that they can more easily endure crises in their lives. The aim of this study was to evaluate The Effectiveness of Hope-Based Group Therapy in Improving Mental Health Components in Mothers of Intellectual Disability Children.

Methods: This study was conducted with a quantitative approach and a quasi-experimental method using a pre-test-post-test design with a control group. The statistical population of the study consisted of mothers of mentally retarded children who had referred to counseling and psychotherapy centers in Esfarayen in 1399. Using available sampling method, 32 people were selected and randomly replaced in two groups of 16 experimental and control. Participants answered the Goldberg Mental Health Questionnaire in the pre-test and post-test stages. The experimental group received hope-based group therapy intervention in 8 sessions of 1.5 hours and two sessions per week, while the control group did not receive any intervention during the study period. Data were analyzed using analysis of covariance at the level of 0.05.

Results: The results showed that hope-based group therapy had a significant effect on mental health (and its components) in mothers of mentally retarded children ($p < 0.001$).

Conclusion: According to the research findings, group hope therapy can be considered as an effective intervention in improving the mental health of mothers of Intellectual Disability children.

Keywords: hope, Intellectual Disability mental health, mother

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1 . Faculty member of Islamic Azad University, Bojnourd Branch, Department of Psychology, Bojnourd, Iran

2 . Corresponding, PhD Student in Counseling, Islamic Azad University, Bojnourd Branch, North Khorasan, Iran. Kmaryam.shahideh9323@gmail.com, ORCID: 0000-0003-0820-9274

³ - Master of Family Counseling, Bojnord University, Bojnord, Iran