

The Effects of Family-Centered Psychological Interventions on Mental Health and Self-Esteem of Mothers Having Children with Intellectual Disability

Mehran Soleimani¹, Minoo Nouri^{2*}, Hassan Yaghoubi³

¹Assistant Professor of Department of Psychology, Faculty of Education and Psychology, Azarbaijan Shahid Madani University, Tabriz, Iran

²MA. Department of Psychology, Faculty of Psychology, Islamic Azad University, Urmia, Iran

³Assistant Professor of Department of Psychology, Faculty of Education and Psychology, Azarbaijan Shahid Madani University, Tabriz, Iran

*Corresponding Author Email: minoo.nouri.pt@gmail.com

Abstract

The current research has been conducted with the aim of surveying the effects of family-centered psychological interventions on the mental health and self-esteem of mothers having children with intellectual disability in the city of Tehran. This research is an applied, quasi-experimental study using pre-test and post-test with control group. The population includes all of the mothers in the city of Tehran who have children with intellectual disability. The sample consists of 36 mothers (18 individuals in experimental group and 18 individuals in control group) chosen by the use of convenience non-probability sampling, randomly divided into two groups. The necessary interventions were conducted on the experimental group during ten 90-minute sessions. Research tools include General Health Questionnaire 28 (GHQ28), and Eysenck Self-Esteem Questionnaire. Research data results were analyzed through statistical methods of covariance, MANCOVA, and by the use of SPSS statistical software. Results showed that family-centered psychological interventions have an effect on the promotion of mental health and its components such as anxiety, social functioning, and depression at level $p < 0.05$, but there was no significant difference observable for the component of physical symptoms. Also in case of self-esteem variable, the results showed that interventions did not have any significant effectiveness. The family-centered psychological interventions are effective on the mental health promotion of mothers having children with intellectual disability (ID).

Keywords: Psychological interventions, Mental health, Self-esteem, Intellectual disability.