Effectiveness of Reality Therapy Training on Resilience and Psychological Well-Being of Mothers of Children with Intellectual Disabilities

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Abstract

Background: Reality therapy is a kind of psychotherapy in which attempts are made to resolve problems with respect to the concepts such as reality , responsibility , correct and incorrect in one's life .

Objectives: The present study aimed to investigate the effect of using group reality therapy on resilience and psychological well –being in mothers of children with intellectual disabilities in Sosangerd city .

Method: A quasi –experimental design with pre –test , posttest and control groups was used . The statistical population of this study included all the mothers of children with intellectual disabilities in Sosangerd city . Thirty mothers of children with intellectual disabilities were selected through convenience sampling , and were put into two groups of 15 as experimental and control groups . The experimental group received 10 sessions of 90 –minutes training each week . Reality therapy was performed in 8 sessions in .Data were gathered using Conner and Davidson Resilience Questionnaire and Reef Psychological Well –Being Questionnaire .

Results: The results showed a meaningful difference between the two groups in tems of resilience and psychological well –being indicating the effectiveness of reality therapy training among the mothers in the experimental group .

Conclusion: Reality therapy training is an effective and useful technique to improve the mental health of mothers of children with intellectual disabilities . This technique can be used in therapeutic and clinical interventions .

Keywords: Reality Therapy , Resilience , Psychological Well –being , Intellectual Disabilities

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