Assessment and Intervention in the Adaption Process of Families of Children with Special Needs: Introducing the Double ABCX Model

□ **Mohamad Madhi** *, Ph.D. in Psychology and Education of Children with Special Needs, University of Isfahan, Iran

□ **Amir Ghamarani**, Assistant professor at Department of Psychology and Education of Children with Special Needs, Faculty of Psychology and Educational Sciences, University of Isfahan, Iran

Abstract

Research findings indicate that parents of children with special needs may experience more stress in different contexts, which can affect family performance and lead to incompatibility and vulnerability. The present study aims to introduce a multifaceted and widely used model for assessing and explaining compatibility of families of children with special needs. This study employs a review design, systematically reviewing the subject in valid scientific databases to investigate the Double ABCX model, examine its components, and introduce its application. The Double ABCX model is a multifaceted model of explaining the level of stress and compatibility of families of children with special needs. By employing this model, specialists, educators, and experts can tailor interventions to improve family performance while optimally assessing compatibility of families of children with special needs.

Keywords: Adaption Process, Children with Special Needs, Double ABCX Model, Perceived Stress

* E-mail: Mohamad_madhi@yahoo.com

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