## 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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