



The Effectiveness of Group Positive Parenting Program (Triple-P) on the Mother-Child Relationships With Intellectual Disability

***Mohammad ASHORI¹, Gholamali AFROOZ¹, Aliakbar ARJMANDNIA¹, Masoume POURMOHAMADREZA-TAJRISHI², Bagher GHOBRI-BONAB¹**

1. Dept. of Psychology and Exceptional Children Education, School of Psychology and Educational Sciences, University of Tebran, Tebran, Iran
2. Pediatric Neurorehabilitation Research Center, Dept. of Psychology and Exceptional Children Education, University of Social Welfare and Rehabilitation Sciences, Tebran, Iran

***Corresponding Author:** Email: ashorihh2@gmail.com

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Dear Editor -in-Chief

The most commonly used definitions of intellectual disability (ID) have been promulgated by the American Association of Intellectual Developmental Disorder (AAIDD). The most recent version stated that it is a disability: "characterized by significant limitations both in intellectual functioning and in adaptive behavior as expressed in conceptual, social, and practical adaptive skills. This disability originates before age 18" (1). The quality of family life is fundamental to the wellbeing of children. Family relationships in general and the parent-child relationship in particular have a pervasive influence on the psychological, physical, social and economic wellbeing of children (2).

This paper describes the program's comprehensive model of parenting and family support that was named group positive parenting program (Triple-P), which aims to better equip parents in their child-rearing role (3). Several researches have been done about the effect of group Triple-P on parent-child relationship (3-5). However, the program is, as yet, unproven for relationships of mother-child with ID. The purpose of this study was to determine the effectiveness of group Triple-P on the relationships of mother-child with ID in Tehran Province.

In this semi-experimental study with pre-test and post-test design, parent-child relationship scale (PCRS) was completed in 40 randomly selected mothers of children with ID before and after the intervention. The PCRS is a 33-item self-report instrument to assess a parent's perception of his or her relationship with a target child (6). The mothers were assigned in experimental and control group randomly and in equal. Experimental group participated in 8 sessions (each session lasts for 60 minutes; twice a week) and were trained by Triple-P, but control group did not. ANCOVA was used for analyzing the data. There was difference between experimental and control groups according to relationships of mother-child with ID (Table 1). The scores mean of relationships of mother-child have increased in post-test situation in comparison with pre-test.

The Kolmogorov-Smirnov test showed that all variables were normal and Leven test was not significant ($P>0.725$). In order to compare the relationships of mother-child of experimental and control groups in post-test, ANCOVA was used. Its results have reported in Table 2.

Table 1: Descriptive indices of experimental and control groups in pre-test and post-test

Variable	Situation	Experimental group		Control group	
		Mean	Std deviation	Mean	Std deviation
Total positive relationship	Pre-test	66.85	2.94	66.10	1.51
	Post-test	88.45	2.64	67.05	2.30

Table 2: The results of ANCOVA of experimental and control groups

Source of change	SS	df	MS	F	Sig	η^2
Pre-test	114.198	1	114.198	35.298	0.001<	.488
Group	4230.811	1	4230.811	1307.743	0.001<	.672
Error	119.702	37	3.235			
Total	4813.500	39				

As indicated in Table 2, there is a significant difference ($P < 0.001$) between experimental and control groups. Also, according to η^2 , 67% of variation of relationships of mother-child can be explained by participating in group Triple-P sessions. Findings showed that the group Triple-P had a positive effect on the promotion of relationships of mother-child. Triple-P aims to enhance family protective factors and to reduce risk factors associated with severe behavioral and emotional problems in children and adolescents. It seems that group Triple-P important role on relationships of mothers and ID children and led to promote of their interactions. The sample sizes for groups are relatively small and no opportunities for follow-up study were the most limitations of present study. It is recommended that paying attention to parents and ID children, personality characteristics, age, gender and ID level of the children can provide more detailed results which are beneficial for promotion of relationships of the mothers and ID children.

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The authors declare that there is no conflict of interests.

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