



## The Effectiveness of Reality Therapy on Worry and Rumination in the Mothers of Children with Intellectual Disability

Behzad Taghipuor<sup>1\*</sup>, Maryam Tousi<sup>2</sup>, Fariba Abdi<sup>3</sup>

1. Ph.D., Department of Psychology, Faculty of Education and Psychology, University of Mohaghegh Ardabili, Ardabil, Iran.

2. M.A. student, Department of General Psychology, Faculty of human Sciences, Buin zahra Branch, Islamic Azad University, Buin Zahra, Iran.

3 - M.A., Department of Clinical Psychology, Faculty of human Sciences, Ardabil Branch, Islamic Azad University, Ardabil, Iran.

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### Corresponding Author:

Behzad Taghipuor

### Email:

behzad.taaghipuor1386@gmail.com

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### Abstract

The present study was conducted with the aim of determining the effectiveness of reality therapy on worry and rumination in the mothers of children with intellectual disability. The statistical population was whole client mothers of the children with intellectual disability in Ardabil Seyed Hatami comprehensive health clinic in the year 2021. 30 mothers were selected through the purposive sampling method and randomly assigned into two equal experimental and control. Experimental group received 8 weeks of reality therapy 90 minutes each session, and two months later, the follow-up phase was done. During this period, the control group did not receive any intervention. Pennsylvania Worry Questionnaire (PSWQ) of Meyer, Miller, Metzger and Borkovec (1990) and Rumination Response Scale (RRS) of Nolen-Hoemsema and Morrow (1991) were used in pre-test, post-test and follow up to assess the subjects. Data were analyzed by Multivariate Analysis of Covariance (MANCOVA) and Analysis of Covariance (ANCOVA). The result showed that reality therapy was effective on worry and rumination. Therefore, it could be said that the reality therapy reduced worry and rumination scores in mothers of children with intellectual disability and the result were consistent in follow-up.



## Extended abstract

**Introduction:** The existence of a disorder such as having a child with intellectual disability in the family affects the functioning of the whole family. Raising an intellectually disable child imposes a lot of stress on mothers and other family members in the long term. Awareness of several cognitive and emotional factors that are involved in the pathology of mothers of children with intellectual disability can play an important role in improving the mental health and quality of life of these mothers. Two of these factors that have attracted the attention of many researchers and therapists were worry and rumination. Mothers of intellectually disable children experience clinical anxiety about their children in most of their lives. Compared to mothers of normal children, these mothers have low mental health and experience very high clinical anxiety. One of the things that can guarantee the mental health of these mothers is performing therapeutic interventions to improve their worry and rumination. One of these effective interventions in enriching the lives of these mothers is reality therapy. Facing the facts of life, accepting responsibility and evaluating right and wrong behaviors are among the principles that reality therapy emphasizes on. The main goal of reality therapy is to give therapy seekers the power to repair their relationship with the environment they have chosen and find better and more appropriate ways to satisfy their needs (power, survival, love and affection, freedom and fun) to choose. According to these cases the purpose of the research was to examine the effectiveness of reality therapy on worry and rumination in mothers of children with intellectual disability.

**Method:** The statistical population was whole client mothers of the children with intellectual disability in Ardabil Seyed Hatami comprehensive health clinic in the year 2021. 30 mothers were selected through the purposive sampling method and randomly assigned into two equal experimental and control. Experimental group received 8 weeks of reality therapy 90 minutes each session, and two months later, the follow-up phase was done. During this period, the control group did not receive any intervention. Pennsylvania Worry Questionnaire (PSWQ) of Meyer, Miller, Metzger and Borkovec (1990) and Rumination Response Scale (RRS) of Nolen-Hoeksema and Morrow (1991) were used in pre-test, post-test and follow up to assess the subjects. Data were analyzed by Multivariate Analysis of Covariance (MANCOVA) and Analysis of Covariance (ANCOVA).

**Results:** The results of data analysis showed that the reality therapy had effects in reducing the worry and rumination of mothers with intellectually disable children. The result of comparing post-test of scores in two group showed that there was significant difference in worry and rumination scores intervention group and the control.

**Conclusions:** Mothers of intellectually disable children are clinically worried about their child, this discomfort affects the mother's mental health in various ways. These mothers choose worry as an emotional state to have a child with intellectual disability. And their point of view is that because I have a intellectually disable child, I should always be concerned about my moods, my child's and other people's views. Sometimes this worry manifests itself in mothers in the form of being unconscious and not accepting the reality (having a child with intellectual disability). Mothers are extremely concerned about various issues in their lives, which affects the quality of life and health of mothers.



One of the techniques of reality therapy in explaining emotional behaviors is choosing an individual form. Mothers are taught that anxiety is their choice. She can consider better choices that benefit herself and her family. The mother is responsible for her choices and has the right to choose better choices with her responsibility. In reality therapy, mothers are taught not to dwell on their negative past, and instead, they can bring it to the present and talk about the successes, relationships and positive things they had in the past. In the treatment sessions, mothers are also helped to provide better choices instead of their negative rumination thoughts with various reality therapy techniques such as accepting responsibility, self-evaluation, convincing, choosing and confronting. Choosing the source of control voluntarily and internally is in conflict with the nature of rumination, which itself leads to a reduction in the thinking style (rumination) in them. Hence, the use of this therapeutic approach in treating the mothers of children with intellectual disability are suggested to therapists, especially those working in the field of mothers with children suffering intellectual disability.

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