



Effectiveness of Child-Parent Relationship Therapy (CPRT) on Parenting Stress and Child-Parent Relationship of Mothers of Children with Attention Deficit/ Hyperactivity Disorder

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Abstract

The present study was conducted with the aim of determining the effectiveness of child-parent relation therapy on parenting stress and child-parent relationship of mothers of children with attention deficit/ hyperactivity disorder. The statistical population was whole mothers of the children with attention deficit/ hyperactivity disorder who referred to the psychological clinic in Ardebil city whom 30 of them were selected using convenience sampling method and assigned randomly in experimental (n=15) and control group (n=15). The research was quasi-experimental study, included pretest, posttest and follow-up with control group. Subjects were measured by Abidin parenting stress index-short form (1983) and Pianta child-parent relationship scale (1994). The experimental group participated in 10 sessions (60 minutes) of parent-child relationship therapy and the control group didn't receive any intervention. Follow up was done after a month and a half. Data were analyzed by multivariate analysis of covariance (MANCOVA) and analysis of covariance (ANCOVA). The results indicated that child-parent relationship therapy (CPRT) made a significant difference between the two groups in terms of their means scores in parenting stress and child-parent relationship ($P < 0/05$). The results showed that therapy based on the parent-child relationship could be considered as an effective way to reduce parenting stress and promote the parent-child relationship of mothers of children with attention deficit / hyperactivity disorder. This finding should be used to treat mothers of children with attention deficit/hyperactivity disorder. The results were persistent during the follow up.



Extended Abstract

Introduction: The functioning of the family depends on the existence of coherence between members, success in applying disciplinary models, ability to coordinate changes, resolve conflicts and disputes, observance of boundaries between individuals, implementation of rules and principles governing this institution with the aim of protecting the whole family system. These new responsibilities are stressful for parents in themselves, and they may sometimes feel ineffective in their parenting role. In such cases, parents feel unable to control the situation and this feeling of uncontrollability brings them more stress. On the other hand, the presence of a child with a disability affects the psychological and social functions of family members. Previous studies have shown that the birth of a child with psychological or developmental problems is a very stressful task for parents. It can even be said that the parenting experience changes. This disorder affects both the child and the parents. One of the most common child psychiatric disorders is attention deficit/hyperactivity disorder. Attention deficit/hyperactivity disorder (ADHD) is a chronic neurodevelopmental disorder that is characterized by three categories of problems related to inattention, hyperactivity and impulsivity. It has adverse consequences such as academic problems, behavioral disorders, social and family problems. Attention deficit/hyperactivity disorder in children is associated with problematic family functions, such as family stress, parental trauma, and maladaptive parent-child relationships. One of the methods that is used in the range of therapists' efforts in this children, is therapy based on the parent-child relationship. Therefore, the present study was conducted to investigate the effectiveness of child-parent relationship therapy (CPRT) on parenting stress and child-parent relationship of mothers of children with attention deficit/hyperactivity disorder.

Methods: The research was quasi-experimental with pre-test, post-test, control groups and follow-up design. The statistical population of this study consisted of all mothers of children with attention deficit/ hyperactivity disorder who referred to the psychological clinic in Ardabil. 30 mothers with children having attention deficit/ hyperactivity disorder were selected using convenience sampling method and assigned randomly in experimental (n=15) and control groups (n=15). Data were collected by Abidin Parenting stress index-short form (1983) and Pianta child-parent relationship scale (1994). The experimental group received 10 sessions of parent – child relationship therapy in 60 minutes twice a week. However, the control group didn't receive any intervention. Data were analyzed by multivariate analysis of covariance (MANCOVA) and analysis of covariance (ANCOVA) via SPSS-23 software.

Results: The results showed that child-parent relationship therapy (CPRT) made a significant difference between the two groups in terms of their means scores on parenting stress and child-parent relationship (conflict, intimacy and dependency) ($P < 0.05$). The results of data analysis showed that therapy based on the parent-child relationship caused the decrease in parenting stress and improve the child-parent relationship of mothers of children with attention deficit/hyperactivity disorder.



Conclusion: The findings indicated that child-parent relationship therapy (CPRT) in general decreased parenting stress and improve the child-parent relationship of mothers of children with attention deficit/hyperactivity disorder. This finding was in line with research that had confirmed the effectiveness of child-parent relationship therapy (CPRT) on parent-child relationship. This finding should be used to treat mothers of children with attention deficit/hyperactivity disorder. According to such studies and the results of the present study, it can be said that parent-child relationship based therapy on reducing parenting stress and promoting parent-child relationship (conflict, closeness, dependence) of mothers with children with attention deficit/hyperactivity disorder was effective. Therefore, parent-child relationship therapy can be used along with other therapeutic and educational methods for these children. In explaining this result, we can also emphasize the support of the child during the training sessions. Play therapy was an opportunity to experience a safe relationship with a sense of acceptance, independence and self-confidence through the help of others. Assigning responsibility to the child during play, as well as trusting the child's abilities, enabled them to experience close bonding, security, and understanding that underlie secure attachment. As a result, it satisfied the child's need for security and attention and could reduce the dependence between mother and child.

Keywords: Child-parent relation therapy, Parenting stress, Child-parent relationship, Attention deficit/hyperactivity disorder

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