

## عنوان مقاله:

Comparison of the Effectiveness of Brief Self-Regulation Couple Therapy and Spirituality Therapy on Social Perspective Taking Mothers with Intellectually Disabled Children

## محل انتشار:

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## خلاصه مقاله:

An intellectually disabled child has some negative effects on parents' mental health. Social Perspective-taking is one of the variables that affects mothers of intellectually disabled children. The present study aims to compare the effectiveness of Brief Self-Regulation Couple Therapy and spiritual therapy on the social perspective-taking of mothers with the intellectually disabled children. This was an experimental study with a pretest-posttest design and a control group. The statistical population consisted of all mothers with intellectually disabled students in Tehran ۱۴th district, selected by simple random sampling and divided into three Brief Self-Regulation Couple Therapy ( $n = ۱۰$ ), Spirituality Therapy ( $n = ۱۰$ ) and control ( $n = ۱۰$ ) groups. The data collection tool was Social Perspective-Taking Scale. The data were analyzed through descriptive statistics, multivariate analysis of covariance and SPSS-۲۴ statistical software. Analyzing the data showed that both methods of Brief Self-Regulation Couple Therapy and spiritual therapy, affect the social Perspective-taking of mothers with intellectually disabled children. In addition, the results of comparing the two methods showed that spirituality therapy is more effective than Brief Self-Regulation Couple Therapy on the social Perspective-taking of mothers with intellectually disabled children. Regarding the effectiveness of Brief Self-Regulation Couple Therapy, both methods can be used to improve Mothers' social Perspective-taking with intellectually disabled children.

## کلمات کلیدی:

intellectual disability, self-regulation couple therapy, social perspective-taking, spirituality therapy

## لینک ثابت مقاله در پایگاه سیویلیکا:

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