

## عنوان مقاله:

The Effectiveness of Emotion Regulation Training on Negative Emotions and Mental Health in Mothers of Children with Oppositional Defiant Disorder

## محل انتشار:

مجله بین المللی علوم رفتاری، دوره 16، شماره 4 (سال: 1402)

تعداد صفحات اصل مقاله: 6

## نویسندگان:

Behnam Jafari-Sani - *Department of Psychology, Torbat-e Jam Branch, Islamic Azad University, Torbat-e Jam, Iran*

Mohammad-Hossein Bayazi - *Department of Psychology, Torbat-e Jam Branch, Islamic Azad University, Torbat-e Jam, Iran*

Saeed Teymouri - *Department of Psychology, Torbat-e Jam Branch, Islamic Azad University, Torbat-e Jam, Iran*

## خلاصه مقاله:

**Introduction:** Children with Oppositional Defiant Disorder (ODD) have deep effects on mothers' negative emotions and mental health due to problems such as restlessness, lack of attention and impulsivity. The aim of this study was to compare the effect of emotion regulation training on negative emotions and mental health in the mothers of children with ODD. **Method:** This semi-experimental study was carried out on mothers suffering from ODD referred to the education and training clinics of Mashhad, ۲۰۲۰. To do so, ۴۰ people were selected by purposive sampling and were randomly placed in two experimental and control groups. Data were collected using the children's oppositional defiant disorder scale Homersen (۲۰۰۶), the Watson, Clark Wetelgen (۱۹۸۸) negative affect scale, and the Goldberg and Hiller mental health scale (۱۹۷۹). For the experimental group, emotion regulation training was held in eight sessions of ۹۰ minutes; however the control group did not receive any intervention. Data were analyzed by SPSS-۲۱ software, and the covariance analysis method. **Results:** Findings revealed that emotion regulation training can improve mental health and its components such as excessive support, excessive negligence, rejection and acceptance in the mothers of children with ODD; while the emotion regulation training decreased negative emotion in mothers ( $p < ۰.۰۰۱$ ). **Conclusion:** Emotion regulation training with increasing knowledge and flexibility of mothers of children with ODD led to improvement of mental health and reduction of negative emotions.

## کلمات کلیدی:

Emotion regulation training, negative emotion, mental health, oppositional defiant disorder

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1706434>

