

## عنوان مقاله:

Effectiveness of emotion-regulation training in resilience, psychological wellbeing, and quality of life among mothers with mentally disabled children

## محل انتشار:

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## خلاصه مقاله:

**Abstract:**Background: Emotion-regulation is a process that helps to adjust emotions either consciously or unconsciously. This study aimed to investigate the effectiveness of emotion-regulation training on resilience, psychological well-being, and quality of life among mothers having mentally disabled children.**Materials and methods:** The study was semi-experimental with a pretest-posttest design and control group. The statistical population included all mothers having mentally disabled children under auspices of the Welfare Authorities of Bushehr in ۲۰۱۷-۱۸. ۳۰ mothers were selected by convenience sampling method. They were divided into two groups including experimental and control ( $n_1=n_2=15$ ). Data collection was conducted using resilience, psychological well-being, and quality of life questionnaires. Data was analyzed using descriptive statistics and Multivariable Analysis of Covariance as well as SPSS version ۲۶.**Findings:** The results indicated a significant difference between mean scores of resilience, psychological well-being as well as quality of life among subjects of experimental and control groups in the posttest step ( $p < 0.05$ ).**Conclusion:** Emotion-regulation training seems to be an efficient and promising way due to its nature for treatment and work with mothers of mentally disabled children

## کلمات کلیدی:

Keywords: emotion-regulation training, resilience, psychological well-being, Quality of Life

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