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**THE EFFECTIVENESS OF STRESS REDUCTION SKILLS- BASED TRAINING
THE MIND AWARENESS ON DECREASING ANXIETY DEPRESSION IN
PARENTS OF CHILD ABUSE FAMILY**

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ABSTRACT

The purpose of current research is to determine the effectiveness of stress reduction skills-based training die mind awareness on decreasing anxiety and depression in parents of child abuse family referring to Centers under the support of Social Welfare Organization of Tehran Municipality District 12. A quasi-experimental method (including pre-test and port test with a control group) was used in this regard. The statistical population of die research covered all die child-abusing mothers living in Tehran municipality district 12. The sampling method was based a random sampling; and die data collection tools included depression, anxiety, and stress questionnaire (DASS21 questionnaire) as well as die protocol of Jon Kabat Zinn's dieory-based training for mindfulness (mind awareness) training sessions. For die purpose of sampling, 100 questionnaires were at first distributed. Those 30 questionnaires which had died lowest rank were randomly dien substituted by two 15-member groups: tentative and control groups. Data was dien analyzed using covariance test. The covariance test analysis demonstrated diat mindfulness-based treatment training had a 95 percent effect on stress and anxiety reduction among child-abusing mothers.

Keywords: Anxiety, Depression Mindfulness (mind awareness), Stress

INTRODUCTION

One of the most common problems that all people of different ages are attacked is stress. Most people think they know about what is stress, but relatively few have the understanding of its effects on the body are

aware and know how to control it and even use it to your advantage stress factor that is impossible without stress in dealing with issues that are not cognitive r events that clearly threaten the person makes it prepared[5], What causes stress in a person's

stress may be ineffective in another. Not only in their experiences of life events, but vulnerability to these events is different. Stress in a special position to evaluate the situation and force it depends on the person dealing with the situation and force, but in any case this will result in a reduction in mental health and increased anxiety and depression[2], Mindfulness means paying attention specifically targeted at the current time, free from prejudice and judgment[4], In mindfulness, one at a time to be aware of how the mind learns skills and identify ways more useful. For the mind to be considered in two ways: a "to do" and the other "being". In mind, we come to know the mind of a way to move the other way. Mindfulness involves behavioral strategies, cognitive and meta-cognitive process is particularly focused which in turn is bolted down to prevent snake reducing negative mood, negative thinking, worrying and growing tendency to answer new comment Pleasant thoughts and emotions come and create leads[4], Considering the important role of mindfulness training in interpersonal relationships and mental health of parents and family members is very important in life Highlighted the need to use this method seems.

MATERIALS AND METHODS

In this study, quasi-experimental (pretest, posttest control group) were used. The

sample of this study, all women of child abuse in twelve cities of Tehran, In this study, a simple random sampling method available questionnaire for depression, anxiety and stress (DASS21) (lovibond 1995). And protocol-based mindfulness training sessions was based on Kabat theory (2008) respectively.

A total of 100 questionnaires were distributed to a sample of the first 30 people who have achieved a minimum score Randomly divided into two groups of 15 test and control were replaced. Reliability and validity of the questionnaire in Iran by Samani and Jookar(2007). Studied the retest reliability for scale depression, anxiety, and stress respectively 0.80, 0.76, 0.77 And alpha to scale depression, anxiety and stress respectively 0.81, 0.74, 0.78 Have been reported. The validity of this scale method of verification factor analysis and principal component method was used (Behrooziyar 2007).

RESULTS

First hypothesis: Mindfulness-based stress reduction skills to reduce parental anxiety hurt the twelve families of children is effective in Tehran. For purposes of analysis of covariance initially paid the assumptions, analysis of covariance can be used to make assumptions.

Kolmogorov-Smirnov test of normal distribution assumption is checked, the results of Table 4-5 is normally distributed.

According to the table 3, F achieved a significant level of less than 0.05 shows the linearity assumptions relationship is established.

According to the table 4, F achieved a significant level of homogeneity of the slope of the regression coefficients greater than 0.05 shows assumptions are well established. It can be used analysis of covariance.

In order to evaluate the effectiveness of training mindfulness to reduce symptoms of anxiety in women of child abuse, as has Kolmogorov-Smirnov test of normal distribution assumption that examination of the screw, the results table 7 is normally distributed.

According to the table 8, F achieved a significant level of less than 0.05 shows the linearity assumptions relationship is established.

According to the table 9, F achieved a significant level of homogeneity of the slope of the regression coefficients greater than 0.05 shows assumption is the well established so, It can be used analysis of covariance.

been observed the training sessions Reduce anxiety in the experimental group as well as the effect size (0.179) shows the extent it is appropriate, Therefore, we conclude that mindfulness-based stress reduction skills training on reducing anxiety in parents of child abuse twelve Tehran's regional influence.

The second hypothesis: Mindfulness-based stress reduction training on depression in parents of child abuse twelve Tehran's regional influence. For purposes of analysis of covariance initially paid the assumptions, analysis of covariance can be used to make assumptions.

In order to evaluate the effectiveness of training mindfulness in reducing depressive symptoms in mothers of child abuse, as can be seen Training sessions have been causing anxiety in the experimental group reduced the amount of the effect size (0.223) shows the extent it is appropriate, Therefore, we conclude that mindfulness-based stress reduction skills training on reducing anxiety in parents of child abuse twelve Tehran's regional influence.

Table 1: Levine test to verify the homogeneity of variances

F	Degree of freedom 1	Degree of freedom 2	Confidence level
0.000	1	28	1.000

Given the condition of homogeneity of variance table in the $p > 0.05$ is not significant, so the default is to establish homogeneity of variances

Table 2: Kolmogorov-Smirnov test to verify the normality of distribution

Average	Count	Z	Confidence level
16.53	30	0.709	0.697

Table 3: The linearity of the relationship between pre-test and post-test

Total squares	Degree of freedom	F	Mean square	Confidence level
61.33	1	8.17	61.33	0.000

Table 4: F test to verify the homogeneity of the slope of the regression coefficients

Total squares	Degree of freedom	F	Mean square	Confidence level
61.33	2	24.59	30.67	0.051

Table 5: Analysis of covariance anxiety in the two control groups

The source changes	Total squares	Degree of freedom	Mean square	F	Confidence level	Effect size
Pretest	63.241	1	63.241	8.524	0.052	0.179
Group	43.341	1	43.341	38.887	0.000	
Error	30.093	27	1.115			
Total	13931.000	30				

Table 6: Levine test to verify the homogeneity of variances

F	Degree of freedom 1	Degree of freedom 2	Confidence level
9.14	1	28	0.051

Given the condition of homogeneity of variance table 6 in the $P > 0.05$ is not significant, so the default is established homogeneity of variance.

Table 7: Kolmogorov-Smirnov test to verify the normality of distribution

Average	Count	Z	Confidence level
20.55	30	0.682	0.613

Table 8: The linearity of the relationship between pre-test and post-test

Total squares	Degree of freedom	F	Mean square	Confidence level
82.08	1	10.88	82.08	0.001

Table 9: F test to verify the homogeneity of the slope of the regression coefficients

Total squares	Degree of freedom	F	Mean square	Confidence level
82.08	2	17.22	82.08	0.001

Table 10: Analysis of covariance depression in the two control groups

The source changes	Total squares	Degree of freedom	Mean square	F	Confidence level	Effect size
Pretest	84.702	1	84.702	8.81	0.060	0.223
Group	22.949	1	22.949	18.63	0.000	
Error	39.831	27	5.69			
Total	12776.00	30				

CONCLUSION

The results of the first hypothesis: Mindfulness-based stress reduction skills to reduce parental anxiety twelve families of child abuse are effective in Tehran. Showed that 99 percent of mindfulness-based stress reduction can be confidently said that the training were effective in reducing anxiety in women. Studies concerning the effects of

education on reduction of anxiety and researches about mindfulness training, the results are confirmed. As Jahoda (2008, quoted from Ahadi 2011) considers mental health by reducing anxiety. The purpose of this research Lerner & Clum[3], Show the effects of mindfulness training on Avery and confidence, coping with stress learning environment, reduce

anxiety, improve interpersonal communication has to be effective. Humburg(2010) Mindfulness training, which is a sub-skills programs are effective in reducing anxiety is known. The results of the second hypothesis: Mindfulness-based stress reduction training on depression in parents of child abuse twelve Tehran's regional influence. The results showed that with 99% confidence we can say that mindfulness-based stress reduction training is effective in reducing depression in mothers. Studies concerning the effects of mindfulness-based stress reduction training and research on depression in close to the subject, the results are confirmed.as Vuchinich[5],Reduce depression knows restart their lives. In line with this standard (2010) mindfulness-based stress management training is considered effective in treating depression.the results of Lerner & Clum research[3],Mindfulness-based stress reduction reflects the impact of education on the treatment of depression, hopelessness youth attempted suicide are depressed.

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