

**Research Article**

## **THE EFFECT OF GROUP COGNITIVE THERAPY ON SELF-BLAME THOUGHTS OF MOTHERS WITH CHILDREN WHO HAVE AUTISM DISORDER**

**Shahla Amani<sup>1</sup> and \*Qumarth Karimi<sup>2</sup>**

<sup>1</sup>*Department of Psychology, Sanandaj Branch, Islamic Azad University, Sanandaj, Iran*

<sup>2</sup>*Department of Psychology, Mahabad Branch, Islamic Azad University, Mahabad Iran*

*\*Author for Correspondence*

### **ABSTRACT**

This study is done to determine cognitive therapy group on reduction of self-blame thoughts of mothers with children who have autism disorder by using quasi-experimental research method. This statistical population includes all of the mothers who have children 8 to 12 years old with autism disorder of abnormal children centers of education organization. These centers were 8 schools at Sanandaj city. According to the statistical population volume, the entire mother with children 8 to 12 years old who were affected by autism at abnormal children centers at Sanandaj city was selected as a statistical sample by available statistical sample. Measurement tools were written questionnaires (pensiluanial worry questionnaire), Ashnayder adult hope scale and therapeutics meaning questionnaire (pil). To examine the variable relationship, it is used T-analytical statistics. The results showed that therapeutics group on worry feeling reduction, life meaning enhancement and hope increment had significance effect.

**Keywords:** *Therapeutics Group, Self-Blame Feeling, Mothers of Children Autism Disorder*

### **INTRODUCTION**

Autism range disorders are the term which refers to chronic therapeutics problem that appeared at childhood. These disorders include chronic confusion on social growth, child behavioral and emotion that have wide complications on growth process. Autism disorder as a developmental disorder is a severe delay or the lack of communicative skills or lack of accountability to others on social skills so that children with disorder show server faults on interpersonal communication and complex relationship. On the other hand, this disorder effects on parents. Their parents have a lot of stress on their role.

As a result, it causes disorder on family performance. Most families suffer from negative effects of such disable children and they must accept the fact that such children have special conditions. The studies show that the negative effects of disabled or frail child cause tension and pressure on family members, especially on mother.

Because mother is the first person who communicate with child directly. Emotions such as self-blame or sin and guilt and frustration and deprivation can make the mother dissociable and disaffection to communication with environment. These emotions reduce the self-esteem and feelings of low self-perceptions and mother's sadness and sorrow which lead to low self-esteem, depression and endanger mother's mental health. Self-blame is one of the disorders that involve the mother's child. Self-blame thoughts are unwanted and unpleasant thoughts that most of the ordinary persons experience it (Freeston *et al.*, 1993; Niler and Beck, 1989; Rachman and Desilva, 1978; Salkovskis and Harrison, 1984; Khajedin *et al.*, 2011) this thoughts contents include damage to self or others which is distinctive from intensity, consequence and frequency (Berman, Abramovitz, Purdue and wheat man 2010). Self-blame thoughts are important factors to determine the sadness intensity and the worry resulting from these thoughts. Therefore this thoughts lead to a collection of signs such as high anxiety and sin feeling. Depression and obsession, the perceived responsibility, sin feeling are related to Fusion thin king. Also Fusion thinking lead to extremist perceived responsibility feeling and experience quilt thought (Basaknezhad *et al.*, 2013). Therefore, persons who think they were culprit on doing some actions, they feel guilt. For example, person who believes he is culprit on his children's illness, he will experience severe self-blame and guilt feeling and he ascribes any kind of problem or probable death to himself.

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There is such a wrong belief and self-blame feeling in mothers with autistic children (Riahi *et al.*, 2011). Counseling and support services have special role on their problems reduction. Group cognitive therapy has special importance among the proposed remedies to deal with self-blame and depression sin feeling and it is a low cost and short term intervention. Through knowledge, treatment of logical thinking will be formed and it helps the patient to communicate with his thoughts differently and develops control and cognitive awareness and obtains this belief that there is more than one way to observe things (Velez and Papa, 2004). The individual recognizes his feelings in a group without fear of punishment and blame and he feels security. He can encounter worries and his problems and tries to find a solution.

According to the mentioned subjects, this research tries to answer the question that does cognitive therapy group effects on self-blame thoughts of mother with autistic affected children?

### **Previous Studies**

Riyahi *et al.*, (2011) concluded on their studies under the effect of cognitive behavioral and therapy support group on mental health and irrational belief's mothers of children with autism disorder that cognitive behavioral and support therapy group could promote the mental health in the experimental health group than the control group at post test phase. Yousefyan (2013) on their study as a compare of the effectiveness of cognitive therapy and mind fullness-based cognitive-behavioral group therapy concluded that cognitive group therapy based on the mind fullness and behavioral cognitive therapy had positive effect on self-esteem improvement. Basak *et al.*, (2013) on a study under the behavioral-cognitive therapy group effectiveness on thought fusion belief, thoughts suppression and sin feeling on students concluded that test group subjects showed significance reduction in comparison with control group on every there variables such as action-thought fusion belief, thoughts suppression and sin group. Therefore, by paying attention to obtained results of this study, behavioral-cognitive therapy group can increase knowledge and reduce the action-thought fusion belief signs, thought suppression and sin feelings on student girl's population.

Fereydooni *et al.*, (2011) on their studies as a therapy group effect on depression level and Shahed and Isargar students educational performance, after the cognitive therapy group education, there was significance difference related to the control group. Berjis *et al.*, (2011) on their studies as an anxiety level comparison, Hope and life meaning on mothers with autism children, learning inability and deaf children. Concluded that there is a significant relationship between hope level and life meaning. By increasing of life meaning on mothers with autism children, deaf children and learning inability children, hope is increased and anxiety is reduced. Liyoud and Hlostings (2009) on their studies as a investigation of hope relationship and mental health realized that mothers with autism children had lower scores in comparison with others two group. Makintosh and Mayers (2011) on their studies as a hope and anxiety comparison on mothers with autism range disorder (1999 mothers) and Dawn syndrome (60mothers) showed that mothers with autism children reported lower lope and anxiety related to the future. Kwidmir and Tosoun (2009) on their studies a showed that psychological experiences of mothers with autism children are similar to the experiences of other inability mother's children. According to the mentioned subjects, the studied hypothesizes are mentioned below:

- 1) Cognitive therapy group has special effect on mothers with children autistic disorder self-blame feeling reduction.
- 2) Cognitive therapy group has significant effect on life meaning increment of mothers with children autistic disorder.
- 3) Cognitive therapy group has significant effect on worry and anxiety reduction of mothers with children autistic disorder.
- 4) Cognitive therapy group has significant effect on motivation and hope level enhancement of mothers with autistic disorder children.

### **Statistical Population**

This statistical population includes all of mothers with 8 to 12 years old children that have autism at special children centers of education organization that they were 8 people at Sanandaj schools based on the given statistics. Based on the lowest statistical population level, all of the mothers with autism 8 to 12

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years old children at special children centers of Sanandaj education organization were selected as a statistical sample. It is used available sampling method.

**Measurement Tools**

To measure the research structure, it is used written questionnaire to collect data and information that includes:

1) Pensilvania worry questionaice (PSWQ): it is a sixteen question reporting scale that measures the severe excess uncontrollable worry.

On five grade li kert range (Davey and wells 2006) and questionnaire scores range is between 16 to 80.

2) Ashnayder adults hope scale. This scale is designed for ages up to 15 years old by Ashnayder and it has 12 question and it includes motivation scale that deal with evaluate respondent from 1 (completely wrong) to 4 (completely right). Scores range is between 8 to 64.

3) Life meaning questionnaire: this is a self-report scale that measures the life meaning and Person's purposive. Person may obtain the lowest score of 20 and the highest score of 60. The score lower than 30 shows the lack of meaning at life. The score between 30 to 45 is the representative of average life meaning and the score higher than 45 is indicative of completely meaning ful life.

**RESULTS AND DISCUSSION**

**Study Results**

**Table 1 (T-test): The effect of cognitive therapy group on self-blame feeling reduction of others with autistic disorder children**

Significance	Freedom rate	T-amount	Standard deviation	Average	Self-blame
0.000	7	-9.963	5.64	-19.875	Pretest-post test

To test the cognitive therapy effect on self-blame feeling reduction of mothers with autistic disorder children, it is used average difference test (T-test).

The obtained date show that the obtained significance level (sig=0/000) is lower than research Alpha ( $\alpha=0/05$ ). So there is a significant difference between average self-blame feeling of mothers with autistic disorder children on the current study ( $t=-9/963$ , sig=0/000). We can say that cognitive therapy group has significant effect on self-blame feeling reduction of mothers with autistic disorder children.

**Table 2: Investigation (T-test) of the cognitive therapy group on life meaning enhancement of mothers with autistic children**

Significance	Freedom rate	T-amount	Standard deviation	average	Life meaning
0.000	7	-6.544	3.94	-9.125	Pretest-post test

To test the effect of cognitive therapy group life meaning enhancement of mothers with autistic children. It is applied average different test (T-test). The obtained data and their significance show that the significance level (sig=0/000) is lower than research alpha ( $\alpha=0/5$ ) so there is a significant difference between life meaning increment of mothers with autistic children before and after the cognitive therapy group implementation on the current study. ( $t=-6/544$ , sig=0/000). As a result, we can say that cognitive therapy group has significant effect on life meaning increment of mothers with autistic disorder children.

**Table 3: To investigative the cognitive therapy group on anxiety and worry reduction of mothers with autistic disorder children**

significance	Freedom rate	T-amount	Standard deviation	average	Life meaning
0.000	7	7.256	3.7	9.5	Pretest-post test

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To test the cognitive therapy group effect on anxiety reduction of mothers with autistic disorder children it is used averages difference tests (T-Test). The obtained data and their significance show that the obtained significance level (sig=0/000) is lower than research Alpha ( $\alpha=0/05$ ). So there is a significant difference between anxiety and worry reduction level mothers with autistic disorder children before and after the cognitive therapy group implementation on the current study (sig =0/000, t=7/256). As a result, we can say that cognitive therapy group had significant effect on anxiety and worry reduction of mothers with autistic disorder children.

**Tables 4: To test the cognitive therapy group effect on motivation and hope level increment on mothers with autistic disorder children.**

Significance	Freedom rate	T-amount	Standard deviation	Average	Hope and motivation
0.000	7	-12.477	4.6	-20.25	Pretest-post test

To test the cognitive therapy effect on motivation and hope level increment on mothers with autistic disorder children, it is used average difference test (T-test). The obtained data and. Their significance show that the obtained significance level (sig=0/000) is lower than research alpha ( $\alpha=0/05$ ). So there is a significant difference between average hope level and motivation of mothers with autistic disorder children on the current study. (t=12/48, sig=0/000). As a result, we can say that cognitive therapy group has meaningful effect on hope level increment and motivation of mothers with autistic disorder children.

**Conclusion**

Hypothesis's test result showed that cognitive therapy group has significant effect on self-blame reduction of mothers with autistic disorder children. The obtained result shows the significance relationship and temporary hypothesis confirmation. Self-blame feeling level of mothers with autistic disorder children is reduced after cognitive therapy group implementation. The findings of this hypothesis are consistent with the obtained results of the Berjis *et al.*, (2012) and Forokh (2012) studies. Forokh (2013) on his study concluded that cognitive and support therapy group could develop mental health of the experiment group individuals toward control group at posttest level. Berjis *et al.*, (2012) have concluded that by increasing of life meaning on mothers with autism children, deaf children and children with learning inability, hope is increased and anxiety is reduced. The obtained results show that life meaning increment on mothers with autistic disorder children has increased after cognitive therapy group implementation. This findings study is consistent with Berjis *et al.*, (2012) studied. Based on the scientific studies results with cognitive therapy process, life meaning, self-esteem and cognitive wellbeing are increased and self-blame is reduced. From fled man and Eshayder point of view (2005) and enough resource to achieve meaningful goals lead to life meaning increment. The other hypothesis results that are confirmed are mentioned below:

Cognitive therapy group have significance effect on anxiety reduction and mother's worrying with autistic disorder children. Anxiety level and mother's anxiety with autistic disorder children are reduced after cognitive therapy group implementation this findings hypothesis is consistent with Berjis *et al.*, (2012) studies. Life significance is a structure wider than can solve the life problems and encourages persons to act positively. Results also showed that cognitive therapy group makes a significant effect on hope. Level increment and mothers motivation with autistic disorder children. The finding of this study is consistent with Berjis *et al.*, (2012) studies. Because Berjis *et al.*, (2012) conduced that by increasing life meaning on mothers with autism children, deaf children and learning inability children, hope has been increased and anxiety is reduced and vice versa. According to the obtained average level, anxiety is at high range and mothers are worry about their children future. Hope is a factor that can affect on this mothers anxiety reduction. Hope acts like a supportive factor against cognitive anxiety. Hopeful mothers have more factors at their life to achieve the goals. When they encounter the obstacles, they maintain their motivations and they obtain negative emotions. In fact, frustration is. The major depression component. In

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other words, agency or factor component is an individual belief that person can feel to try different ways to achieve the goals. In fact, hope is a positive power that increases motivation and goals promotion. Mothers who have high hope. They may have stronger drivers and more energy to follow their goals. Their motivation returns to some behaviors that develop children growth.

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