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Poster Presentation Research

Comparing the Effectiveness of Child-Parent Relationship Therapy and Positive Parenting on Children Symptoms of Anxiety and Depression and Maternal Efficacy

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Abstract

Purpose of this study was comparison of efficacy of child parent relationship therapy and positive parenting on decreasing of symptoms of anxiety and depression of children and maternal efficacy. Research design of this study was semi-experimental research with a pre/post-test design and control group. Among all of the school children who have 7 and 8 aged in Isfahan city in the 2011-2012 school year, 20 children with anxiety/depression were selected as simple with cluster sampling method. Sample group divided into two groups. Ten of the mothers of the children attended in the parent-child relationship therapy based on group meetings and ten of them attended in the positive parenting based on group meetings for eight week in eight sessions with 120 minutes duration. Parent completed maternal efficacy (Dumka, 1996) and Achenbach questionnaire (Achenbach, 2001) in the pre-test, post-test. Analysis of covariance was used to analyze the data. According to results, both methods lead to significant reduction in children symptoms of anxiety and depression at (P<0.05), although significant increase of parenting self-efficacy observable only at child-parent relationship therapy (P<0.05). The use of both methods in order to reduce symptoms of anxiety/depression in children, recommended to child psychologists and educators. Although between these two methods only child-parent relationship therapy intervention led to increased self-efficacy parents.

Keywords: Anxiety/Depression Problems in Children, Maternal Efficacy, Child-Parent Relationship Therapy, Positive Parenting.

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