



### Effectiveness of Child-Parent Relationship Therapy on Reducing the Children's Physical Complaints and Improving Family Functioning

Elahe Aghayi<sup>1\*</sup>, Elnaz Pishghadam<sup>2</sup>, Maryam Bayat<sup>3</sup>, Ahmad Abedi<sup>4</sup>

<sup>1</sup> Department of Educational Psychology, Psychology Faculty, Kharazmi University, Tehran, Iran.

<sup>2</sup> Department of Counseling, Psychology Faculty, Isfahan University, Isfahan, Iran.

<sup>3</sup> Department of Psychology, Psychology Faculty, Tarbiyat Modares University, Tehran, Iran.

<sup>4</sup> Department of Psychology of Children with Special Needs, Psychology Faculty, Isfahan University, Isfahan, Iran.

**Published: 1 Oct 2014**

#### Abstract

One of the children problems is persistent physical complaints without clear medical cause, that often have a negative effect on children performance. Purpose of this study was investigation of effectiveness of child parent relationship therapy on reducing somatic complaints in children 7 and 8 aged and improving family functioning. Methodology of this study was Quasi-experimental research with two groups. After the initial screening of 300 girls aged 7 and 8 at Isfahan city in 2011-2012 school year, 20 children who based on Achenbach questionnaires on in somatization subscale were needed to clinical attention were selected with using cluster sampling and randomly assigned in two experimental and control groups. Afterward Mothers in the experimental group attended in (CPRT) for eight week in eight sessions with 120 minutes duration. Mothers of both groups completed Achenbach (1991) and family functioning (Bernard bloom, 1985) questionnaire in the pre-test, post-test. Analysis of covariance was used to analyze the data. The results of the study showed that there was significant different means of somatic problems at two experimental and control groups. In the other words the parent-child relationship therapy leads to decreasing children somatic complaints ( $P < 0.05$ ). In addition this method lead to family performance at intervention group ( $P < 0.01$ ). Child-parent relationship therapy is an effective method in reducing somatic complaints in children and improves family functioning.

**Keywords:** Child-Parent Relationship Therapy, Family Functioning, Somatic Complaints.

**\*Corresponding Author:** Elahe Aghayi

**Email:** [elahe\\_aghayi@yahoo.com](mailto:elahe_aghayi@yahoo.com)