



The Effectiveness of Logo Therapy on the Psychological Well-being, Communication Skill & Maternal Parenting Stress of Mothers of Children with Intellectual Disability

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Abstract

Aim: The present article was done with the aim to investigate the effectiveness of the logo therapy on the psychological well-being, communication skills & maternal parenting stress of mothers of Children with Intellectual Disability. **Method:** The research method was quasi-experimental method with a pretest & posttest design plus control group. The statistical society of the study consisted of all the mothers of Children with Intellectual Disability in exceptional schools of Urmia city during 2021-2022; among them 30 students were selected in available sampling method as the sample case & categorized in experimental group (20 mothers) & control group (20 mothers). Data collection tools included Riff (1989) psychological well-being questionnaire, Matson (1983) scale to evaluate mothers' communication skills & Abidin (1983) maternal parenting stress. Prior to the study, pre-test of psychological well-being, communication skills & maternal parenting stress was implemented in both groups. The experimental group received Farahini's (2019) logo therapy through the training package in 10 sessions, but the control group did not receive any training therapy. After the training course in the post-test stage, both of the groups answered to the same questionnaire of pre-test stage. **Results:** The research data was analyzed with one way & Multivariate Covariance Analysis. The results revealed that the logo therapy had a positive effect on the increase of psychological well-being & its four subscales, communication skills & maternal parenting stress & its subscales ($P < 0.05$). **Conclusion:** According to the effectiveness of the Logo therapy in the present research, it was suggested to the principles of exceptional schools to establish relations among school officials & mothers with intellectually disabled children, through training & counseling sessions to improve these mothers' psychological well-being & communication skills & also, to reduce their parenting stress.

Keywords: Psychological Well-being, Communication Skills, Maternal Parenting Stress, the Logo Therapy, Children with Intellectual Disability.

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