



# The effectiveness of parenting education based on acceptance and commitment on parenting styles and anxiety in mothers with children with attention deficit / hyperactivity disorder

*Afsaneh Khajvand Khoshali*<sup>1</sup>

**1 \*Corresponding author:** Assistant Professor of Department of Psychology, Faculty of Humanities, Gorgan Branch, Islamic Azad University, Gorgan, Iran.

Email: Khajvand\_a@gorganiau.ac.ir Received: 23.12.2022 Acceptance: 12.11.2021

*Journal of  
Applied Family Therapy*

eISSN: 2717-2430  
<http://aftj.ir>

Vol. 3, No. 4, Pp: 421-436  
Winter 2023

Original research article

## How to Cite This Article:

Khajvand Khoshali, A. (2023). The effectiveness of parenting education based on acceptance and commitment on parenting styles and anxiety in mothers with children with attention deficit / hyperactivity disorder. *afjt*, 3(4): 421-436.



© 2023 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

## Abstract

**Aim:** The aim of this study was to investigate the effectiveness of family empowerment based on socio-emotional learning on changing the emotional atmosphere of the family and prevention of addiction in adolescents with substance dependent parents. **Methods:** The method of the present study was quasi-experimental with pre-test-post-test design and control and follow-up group. The statistical population consisted of adolescents with substance dependent parents who had referred to drug addiction treatment centers in Tabriz. 30 of them were sampled in a targeted and accessible manner and were randomly assigned to the experimental and control groups. Research data were collected using the Nordgah Fard Family Emotional Atmosphere Questionnaire (1994) and the Mousavi et al. Addiction Tendency Scale (2008) and analyzed by repeated measures analysis of variance. **Results:** The results of the present study showed that family empowerment is effective on changing the emotional atmosphere of the family and prevention of addiction in adolescents with substance dependent parents and this effectiveness is stable in quarterly follow-up. **Conclusion:** According to the results of the present study, it can be concluded that family empowerment based on socio-emotional learning is one of the effective therapies on the emotional atmosphere of the family and addiction prevention.

**Keywords:** *Social-Emotional Learning, Family Emotional Atmosphere, Prevention, Addiction.*

**References**

- Allahyari, M. (2021). The Effectiveness of Parenting Education based on Acceptance and Commitment on Anger and Emotional Self-Regulation of Mothers of Children with ADHD. *Journal of Human Relations Studies*, 1(2), 27-34.
- Amerian, E., Noohi, Sh., & Jan Bozorgi, M. (2021). Evaluation of Ali's personality model of fathers and adolescent girls' moods: The intermediary role of inefficient parenting styles. *Psychology growth*. 1 (1): 1-4.
- Baumrind, D. (1971). Current patterns of parental authority. *Developmental psychology*, 4(1p2), 1.
- Beck, A. T., Epstein, N., Brown, G., & Steer, R. A. (1988). An inventory for measuring clinical anxiety: psychometric properties. *Journal of consulting and clinical psychology*, 56(6), 893.
- Buri, J. R. (1991). Parental Authority Questionnaire. *Journal of Personality Assessment*, 57(1), 110-119.
- Cortese, S., Aoki, Y. Y., Itahashi, T., Castellanos, F. X., & Eickhoff, S. B. (2021). Systematic review and meta-analysis: resting-state functional magnetic resonance imaging studies of attention-deficit/hyperactivity disorder. *Journal of the American Academy of Child & Adolescent Psychiatry*, 60(1), 61-75.
- Coyne, L., & Murrell, A. (2009). *The joy of parenting: An acceptance and commitment therapy guide to effective parenting in the early years*. New Harbinger Publications.
- Esmaeili, F., Tahmasebi, S., Mohammadi Aria, A., & Rezasoltani, P. (2020). Investigating the Relationship between Parenting Styles and Ethical Development of Parenting Children with Child Attachment Mediation. *Rehabilitation Magazine*. 3 (22): 362-377.
- Jafari, M., Badami, R., & Meshkati, Z. (2021). The Effect of Perceptual-Motor Parent-Child Exercises on Executive Functions in Girls with Attention-Deficit/Hyperactivity Disorder: A Randomized Clinical Trial. *Journal of Research in Rehabilitation Sciences*, 17.
- Kazda, L., Bell, K., Thomas, R., McGeechan, K., Sims, R., & Barratt, A. (2021). Overdiagnosis of attention-deficit/hyperactivity disorder in children and adolescents: a systematic scoping review. *JAMA network open*, 4(4), e215335-e215335.
- Kosha, M., Naghipour, S., & Falahi Khesht Masjedi, M. (2021). Relationship between emotional intelligence and parenting stress in mothers of children with attention deficit hyperactivity disorder. *Journal of Guilan University of Medical Sciences*. 2 (30): 98-107.
- Mahomed, R., Alexander, D., & Maree, J. (2021). Raising children: single parents' parenting styles with children living with attention-deficit/hyperactive disorder. *Early Child Development and Care*, 1-16.
- Mehraban, S. A., Karami, A., Asadzadeh, H., & Sotoudeh Asl, N. (2018). Formulation of structural model for forecasting academic achievement through parenting styles and parent-child interaction in secondary school students in Tehran. *Family and Research Quarterly*. 16 (2): 7-25.
- Montgomery, D. (2015). The effects of acceptance and commitment therapy on parents of children diagnosed with autism.
- Moyer, D. N., Page, A. R., McMakin, D. Q., Murrell, A. R., Lester, E. G., & Walker, H. A. (2018). The impact of acceptance and commitment therapy on positive parenting strategies among parents who have experienced relationship violence. *Journal of Family Violence*, 33(4), 269-279.
- Nourredine, M., Gering, A., Fournieret, P., Rolland, B., Falissard, B., Cucherat, M., ... & Jurek, L. (2021). Association of attention-deficit/hyperactivity disorder in

- childhood and adolescence with the risk of subsequent psychotic disorder: a systematic review and meta-analysis. *JAMA psychiatry*, 78(5), 519-529.
- Özaslan, A., & Yıldırım, M. (2021). Internalized stigma and self esteem of mothers of children diagnosed with attention deficit hyperactivity disorder. *Children's Health Care*, 50(3), 312-324.
- Rava, N. (2021). Effectiveness of Acceptance and Commitment Based Therapy on Psychological Capital in Mothers of Children with Autism Spectrum Disorders. *Journal of Human Relations Studies*, 1(3), 16-22.
- Ronald, A., de Bode, N., & Polderman, T. J. (2021). Systematic review: How the attention-deficit/hyperactivity disorder polygenic risk score adds to our understanding of ADHD and associated traits. *Journal of the American Academy of Child & Adolescent Psychiatry*, 60(10), 1234-1277.
- Sarizadeh, M. S., & Akbari, F. (2021). The Role of Positive Youth Development, Religious Coping, and the Parenting Styles in Adolescent Students' Life Satisfaction. *International Journal of School Health*, 8(2), 62-71.
- Tardast, K., Amanolahi, A., Rajabi, Gh., & Aslani, Kh. (2020). The Effectiveness of Parenting Based on Acceptance and Commitment on Children's Anxiety and Parenting Stress. *Monitoring Magazine*. 20 (1): 91-107.
- Whittingham, K., Sheffield, J., & Boyd, R. N. (2016). Parenting acceptance and commitment therapy: a randomised controlled trial of an innovative online course for families of children with cerebral palsy. *BMJ open*, 6(10), e012807.
- Zarei, F., Asadpour, E., & Mohsenzadeh, F. (2021). The effectiveness of acceptance and commitment therapy on marital satisfaction and self -efficacy of mothers with children with cerebral palsy. *Journal of Cognitive Sciences*. 20 (105): 1493-1511.
- Zeinali, H., Panah Ali, A., & Alivandi Vafa, M. (2021) Comparison of Cognitive Therapy Therapy, Maa Behavioral Education, Children's Verbal Education on Improvement of Attention Disorders Syndrons and 10-10 years of age. *Journal of Razi Medical Sciences*. 7 (28): 110-124.