



Compilation and validation of a parenting package based on the healthy human theory for mothers with children with externalizing disorders

Zahra. Khansari¹

Hajar. Torkan^{2*}

Mansour. Bahramipour³

1. Department of Psychology, Faculty of Educational Sciences and Psychology, Khorasgan Branch (Isfahan), Islamic Azad University, Isfahan, Iran

2. *Corresponding author: Assistant Professor, Department of Psychology, Faculty of Educational Sciences and Psychology, Khorasgan Branch (Isfahan), Islamic Azad University, Isfahan, Iran

Email: h.torkan@khuisf.ac.ir

3. Assitant Professor, Department of Psychology, Faculty of Educational Sciences and Psychology, Khorasgan Branch (Isfahan), Islamic Azad University, Isfahan, Iran

Email: h.torkan@khuisf.ac.ir | Received: 04.08.2023 | Acceptance: 29.12.2023

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 4, No. 5, Pp: 130-160
Winter 2023

Original research article

How to Cite This Article:

Khansari, Z., Torkan, H., & Bahramipour, M. (2023). Compilation and validation of a parenting package based on the healthy human theory for mothers with children with externalizing disorders. *aftj*, 4(5), 130-160.



© 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 present study was conducted considering the breadth and comprehensiveness of the healthy human theory and its culture-based nature, with the aim of compiling and validating a parenting package based on the healthy human theory, especially for mothers with children with externalizing disorders. **Method:** The qualitative research method was an exploratory type (thematic analysis) inductive problem and need based on the process and rules of content analysis by Strauss and Corbin, and the content analysis method was used to compile the parenting package based on the healthy human theory. The research area includes 34 scientific texts that were selected by purposeful sampling and based on the relationship between the content and healthy human education strategies; Also, the professors and faculty of the Department of Psychology and Counseling of Isfahan Islamic Azad University, 6 of them were selected as a sample in order to evaluate the parenting package based on healthy people.

Results: The results of the method of Strauss and Corbin (1998) showed that 9 selected codes (being present, kindness to creatures, satisfaction with life and enjoyment, happiness, metacognition, forgiveness and forgiveness, forgetting, peace and meaning, hope) and the parenting package based on the healthy human theory was adjusted based on these dimensions according to the frequency of the semantic units of the selected codes, and its reliability and validity were confirmed based on the approval of experts and the agreement coefficient of the evaluators, which was 0.99.

Conclusion: Therefore, the compiled package, which is based on the culture of Iranian families, can be used to educate parents, especially mothers of children with behavioral problems, in order to improve their quality of life.

Keywords: parenting package based on healthy human theory, theme analysis, mothers with children with externalizing disorders.

Introduction

Symptoms of common mental disorders in children and adolescents have been conceptually organized in two broad dimensions. In the externalizing dimension, there are two main categories of behavioral problems. One category includes attention deficits, impulsivity, and hyperactivity associated with the diagnosis of Attention Deficit/Hyperactivity Disorder and aggressive behavior problems associated with the diagnosis of Oppositional Defiant Disorder or Conduct Disorder (Kimonis, Frick, & Fleming, 2019). Apart from the high comorbidity among externalizing disorders, there is also a significant co-occurrence of externalizing disorders with anxiety disorders and even internalizing disorders (Nap-Martiny, Morris, Vitchen, & Besdu-Baum, 2022); in other words, children with externalizing disorders may develop more serious behavioral disorders and antisocial personality disorders in adulthood (Manti, Giovanonne, & Sogos, 2019). Therefore, children with externalizing problems are considered a public health issue and are increasingly at risk of mood disorders, difficulties in establishing emotional-social relationships, school problems and learning disorders, delinquency, substance use, and becoming perpetrators and/or victims of violence (Francis, 2020; Sohrabi, Khanjani, & Zinali, 2015).

Naturally, an educational approach garners more attention and acceptance when it is more understandable and effective within the cultural teachings and environmental conditions in which it has developed. In this context, the focus on parenting education based on the theory of a healthy human being can be adapted to Iranian parents, helping them to gain insights and awareness in line with the principle of human creation and elevation, which is its essence. However, in Iran, extensive studies based on a theory that is entirely Iranian and indigenous, suitable for Iranian and Islamic cultural conditions, have not yet been conducted, and there is a noticeable research gap in this area. In addition to the gap in research and scientific studies, the use and application of teachings based on foreign theories have not been able to meet the needs of parents, especially mothers of children with externalizing disorders. Therefore, developing an educational package based on Iranian-Islamic culture specifically for these mothers can provide a better context for assistance and guidance. The validation of a parenting package based on the healthy human concept has been conducted for the first time in Iran, and its results can contribute to the academic and scientific knowledge of specialists in this field and lay the groundwork for further studies. Moreover, child and adolescent counselors and school counselors can benefit from the findings of this study to enhance parents' sense of self-efficacy and parental competence, and to improve the parent-child relationship, especially for mothers who play a primary role in child-rearing in our culture.

Method

The qualitative research method was an exploratory type (thematic analysis) inductive problem and need based on the process and rules of content analysis by Strauss and Corbin, and the content analysis method was used to compile the parenting package based on the healthy human theory. The research area includes 34 scientific texts that were selected by purposeful sampling and based on the relationship between the content and healthy human education strategies; Also, the professors and faculty of the Department of Psychology and Counseling of Isfahan Islamic Azad University, 6 of them were selected as a sample in order to evaluate the parenting package based on healthy people.

Results

The findings showed that the mindfulness package based on self-compassion and the cognitive therapy package based on mindfulness on the desire to eat ($F = 7.15$, $P = 0.001$) and eating behavior ($F = 5.74$, $P = 0.002$) have had a lasting positive effect on overweight women.

Conclusion

The objective of the present research was to develop and validate a parenting package based on the theory of the healthy human, specifically for mothers of children with externalizing disorders. The results of the need-based thematic analysis revealed that the structure and content of the parenting package based on the theory of the healthy human for mothers of children aged 6 to 12 with behavioral disorders consist of 9 semantic units: joy, metacognition, peace and meaning, life satisfaction and enjoyment, flow, hope, love for creation and self-kindness, forgiveness and forbearance, and transcendence. Self-help interventions for parents with a behavioral basis are considered an effective therapeutic option for children with externalizing disorders. Although parent-based interventions are regarded as effective treatments, the reported effects in meta-analyses are heterogeneous, and their implementation in clinical practice is less than optimal (Mingebach et al., 2018); therefore, comprehensive and culturally based interventions are needed to improve the mental health of parents of these children. The theory of the healthy human, a theory based on Iranian culture regarding humans, has been proposed. This theory comprises one principle and 12 characteristics that are referred to as the features of a healthy human. These characteristics span a spectrum from a healthy to an ill human, or in other words, from health to illness. The more a person possesses these characteristics and the attributes related to each characteristic, the closer they are to health and being a healthy human, and the fewer of these characteristics and attributes they have, the closer they are to illness and being an ill human (Aghaei, 2020).

References

- Abbasalizadeh Ranjbari, R., Badri Gorgeri, H., & Esmailpour, K. (2021). The impact of forgiveness therapy in mothers of children with attention-deficit hyperactivity disorder on improving parent-child relationships. *Positive Psychology Research*, 7(2), 17-32. (In Persian)
- Aghaei, A. (2018). *The theory of the healthy human*. Isfahan: Nooshteh Publications. (In Persian)
- Aghaei, A. (2020). *The theory of the healthy human*. Isfahan: Nooshteh Publications. (In Persian)
- Amini, S., & Khoshoeei, M. (2017). The relationship between resilience and parental well-being with behavioral problems in elementary school students. *Journal of Exceptional Individuals Psychology*, 7(26), 159-176. (In Persian)
- Amiri, M., Mollai, G., Nesaeyan, A., Hajazi, M., & Asadi Gandamani, R. (2017). The effect of behavior management training for mothers on symptoms of oppositional defiant disorder in children. *Journal of Rehabilitation*, 18(2), 97-84. (In Persian)
- Asadi, A., & Aghaei, A. (2022). The effect of the healthy human theory educational package on self-efficacy and mental health of female middle school students. *Toloo-e-Behdasht*, 21(4), 55-80. (In Persian)

- Azazy, S., Nour-Eldein, H., Salama, H., & Ismail, M. (2018). Quality of life and family function of parents of children with attention deficit hyperactivity disorder. *East Mediterr Health J*, 24(6), 579-87.
- Battagliese, G., Caccetta, M., Luppino, O. I., Baglioni, C., Cardi, V., Mancini, F., & Buonanno, C. (2015). Cognitive-behavioral therapy for externalizing disorders: A meta-analysis of treatment effectiveness. *Behaviour research and therapy*, 75, 60-71.
- Beiranvand, M., Mousavi, S., Kakavand, A. R., Ghofouri, A., & Ouhadi, A. (2015). The effect of positive thinking education on life satisfaction and sense of meaning in life of mothers with children suffering from externalizing disorders. *Applied Counseling*, 5(1), 63-80. (In Persian)
- Bolali, R., & Aghayousefi, A. (2011). The effectiveness of parent training program on reducing children's behavioral problems. *Journal of Applied Psychology*, 5(4), 59-73. (In Persian)
- Booker, J. A., Capriola-Hall, N. N., Greene, R. W., & Ollendick, T. H. (2019). The parent-child relationship and posttreatment child outcomes across two treatments for oppositional defiant disorder. *Journal of Clinical Child & Adolescent Psychology*, 49(3), 405-419.
- Boostani, F., Barzegar, M., Samani, S., & Sohrabi, N. (2020). The relationship between children's behavioral problems and maternal violence in children with attention deficit hyperactivity disorder in Shiraz. *Women and Society Quarterly*, 11(4), 31-47. (In Persian)
- Bozorgmanesh, K., Nazari, A. M., & Zahra Kar, K. (2016). The effectiveness of family therapy on family cohesion and flexibility. *Journal of Comprehensive Nursing and Midwifery*, 26(82), 27-35. (In Persian)
- Chaudhury, P., Bhattacharya, B., & Saha, P. K. (2020). Parent-Child Relationship and Marital Quality of Parents of Conduct or Oppositional Defiant Disorder and Unaffected Individuals: A Comparative Study. *Psychological Studies*, 65(2), 124-136.
- Daniel, N. (2019). An Exploratory Study of How Parents Experience and Manage the Behaviours Associated with Oppositional Defiant Disorder. University of Johannesburg (South Africa).
- Darkeshnehdeh, R., Namdarpour, F., & Abedi, M. R. (2017). The effect of compassion-based therapy on the mental health of mothers of children with attention-deficit hyperactivity disorder. The 2nd International Congress on the Role of Women in Family and Society, Alzahra University. (In Persian)
- Di Giuseppe, M., Prout, T. A., Fabiani, M., & Kui, T. (2020). Defensive profile of parents of children with externalizing problems receiving Regulation-Focused Psychotherapy for Children (RFP-C): A pilot study. *Mediterranean Journal of Clinical Psychology*, 8(2).
- Faraghi Dastjerd, B., Sharifi Daramadi, P., & Noorali, F. (2019). The effectiveness of acceptance and commitment therapy-based educational program on parent-child interaction, parenting stress, and maternal rigidity in mothers with children with attention-deficit/hyperactivity disorder. *Journal of Mashhad University of Medical Sciences*, 62(6), 427-436. (In Persian)
- Francis, M. (2020). PARENT STRESS AND EXTERNALIZING BEHAVIORS ARE RELATED: THE REASON THEY ARE RELATED DEPENDS ON CHILD. A thesis submitted in partial fulfillment of the requirements for the degree of MASTER OF

- ARTS to the faculty of the DEPARTMENT OF PSYCHOLOGY of ST. JOHN'S COLLEGE OF LIBERAL ARTS AND SCIENCES at ST. JOHN'S UNIVERSITY.
- Gharibi, H., Fathiazar, A., Adibi, Y., Hatami, J., & Ghelichzadeh, R. (2011). Phenomenological study of mothers' experiences of living with hyperactive children. *Family Research*, 7(25), 5-25. (In Persian)
- Hemmati, Z., & Aghaei, A. (2021). The effectiveness of pleasure-based therapy based on the theory of the healthy human and cognitive-behavioral therapy on rumination and its dimensions in women going through emotional divorce. *National Conference on New Research in Psychology and Behavioral Sciences*, Khomeyni Shahr. (In Persian)
- Jafari Sani, B., Bayazi, M. H., & Timouri, S. (2021). The effectiveness of emotion regulation training on negative emotions and improving parent-child relationship in mothers of children with oppositional defiant disorder. *Analytical-Cognitive Psychology*, 12(48), 91-102. (In Persian)
- Kamali, Z., & Amani, A. (2020). The effectiveness of acceptance and commitment therapy-based treatment on parent-child relationship, parenting stress, and maternal stubbornness in mothers with children with attention-deficit/hyperactivity disorder. *Journal of Exceptional Individuals Psychology*, 10(38), 207-230. (In Persian)
- Karimzadeh, M., Rostami, M., Teymouri, R., Moazzen, Z., & Tahmasebi, S. (2017). The association between parental mental health and behavioral disorders in pre-school children. *Electronic physician*, 9(6), 44-97.
- Katzmann, J., Döpfner, M., & Görtz-Dorten, A. (2018). Child-based treatment of oppositional defiant disorder: mediating effects on parental depression, anxiety and stress. *European child & adolescent psychiatry*, 27(9), 1181-1192.
- Kimonis, E. R., Frick, P. J., & Fleming, G. E. (2019). Externalizing disorders of childhood and adolescence. In *Psychopathology* (pp. 427-457). Routledge.
- Knappe, S., Martini, J., Muris, P., Wittchen, H. U., & Beesdo-Baum, K. (2022). Progression of externalizing disorders into anxiety disorders: Longitudinal transitions in the first three decades of life. *Journal of Anxiety Disorders*, 86, 102533.
- Leitch, S., Sciberras, E., Post, B., Gerner, B., Rinehart, N., Nicholson, J. M., & Evans, S. (2019). Experience of stress in parents of children with ADHD: A qualitative study. *International journal of qualitative studies on health and well-being*, 14(1), 1690091.
- Manti, F., Giovannone, F., & Sogos, C. (2019). Parental stress of preschool children with generalized anxiety or oppositional defiant disorder. *Frontiers in pediatrics*, 7, 415.
- Mingebach, T., Kamp-Becker, I., Christiansen, H., & Weber, L. (2018). Meta-meta-analysis on the effectiveness of parent-based interventions for the treatment of child externalizing behavior problems. *PloS one*, 13(9), e0202855.
- Moen, Ø. L., Hedelin, B., & Hall-Lord, M. L. (2016). Family functioning, psychological distress, and well-being in parents with a child having ADHD. *SAGE Open*, 6(1), 2158244015626767.
- Peasgood, T., Bhardwaj, A., Brazier, J. E., Biggs, K., Coghill, D., Daley, D.,... & Sonuga-Barke, E. J. (2021). What is the health and well-being burden for parents living with a child with ADHD in the United Kingdom?. *Journal of attention disorders*, 25(14), 1962-1976.
- Piryayi, M., Kakavand, A. R., & Jalali, M. R. (2020). A comparison of perceived fairness, perceived social support, and forgiveness in mothers of children with attention deficit hyperactivity disorder and normal children. *Family Research*, 16(64), 493-511. (In Persian)

- Riyahi, F., Amini, F., Salehi Vissi, M., & Salehi Vissi, M. (2012). Children's behavioral problems and their relationship with maternal mental health. *Pars Journal of Medical Sciences (Jahrom Medical School)*, 10(1), 46-52. (In Persian)
- Sadeghi, M., & Hosseini Ramghani, N. (2016). The effectiveness of mindfulness-based parenting training on anxiety and worry in mothers with children suffering from attention-deficit/hyperactivity disorder. *Community Health*, 10(4), 1-13. (In Persian)
- Sanders, M. R. (2002). Parenting interventions and the prevention of serious mental health problems in children. *MJA*, 177, 7, 87-92.
- Sohrabi, F., Khanjani, R., & Zeinali, S. (2016). The effectiveness of parenting education on reducing conduct disorder symptoms and improving parenting styles. *Journal of Gorgan University of Medical Sciences*, 17(2), 23-32. (In Persian)
- Talebi, S., Azematilooti, H., Shafaat, A., Yazdani Cherati, J., & Jannati, Y. (2019). The effect of mindfulness-based parenting education on parents' psychological capital and self-efficacy of children with attention-deficit/hyperactivity disorder. *Journal of Mazandaran University of Medical Sciences*, 18(17), 107-119. (In Persian)
- Tehranidoust, M., Shahriari, Z., Mahmoudi Gharaii, J., & Alaqqbandarad, J. (2008). The effect of constructive parenting training on reducing children's behavioral problems. *Iranian Journal of Clinical Psychology and Psychiatry*, 14(4), 371-379. (In Persian)
- Weber, L., Kamp-Becker, I., Christiansen, H., & Mingebach, T. (2019). Treatment of child externalizing behavior problems: a comprehensive review and meta-meta-analysis on effects of parent-based interventions on parental characteristics. *European Child & Adolescent Psychiatry*, 28(8), 1025-1036.
- Zemestani, M., Gholizadeh, Z., & Alaei, M. (2018). The effectiveness of acceptance and commitment therapy on depression and anxiety in mothers with children with attention-deficit/hyperactivity disorder. *Journal of Exceptional Individuals Psychology*, 8(29), 61-84. (In Persian)
- Zoghi Paydar, M. R., Ghasemi, M., Bayat, A., & Sanaei Kamal, S. (2015). A comparison of the mental health of mothers with and without children with attention-deficit/hyperactivity disorder. *Exceptional Children Education*, 15(8), 5-15. (In Persian)