



# Comparison of the Effectiveness of Resilience Training and Positive Psychology on Resilience and social Adjustment of Mothers of Children with Gender Dysphoria Disorder

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Email: drmgolparvar@hotmail.com Received: 19.11.2022 Acceptance: 04.11.2023

Journal of  
Applied Family Therapy

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

Vol. 4, No. 4, Pp: 243-265  
Fall 2023

Original research article

## How to Cite This Article:

Baiei, D., Golparvar, M., & Aghaei, A. (2023). Comparison of the Effectiveness of Resilience Training and Positive Psychology on Resilience and social Adjustment of Mothers of Children with Gender Dysphoria Disorder. *aftj*. 4(4), 243-265.



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## Abstract

**Aim:** This research was administered with the aim of comparing the effectiveness of resilience training and positive psychology training on resilience and social adaptability of mothers of children with gender dysphoria disorder. **Method:** The current research was a quasi-experimental type with a pre-test, post-test design with a control group and a two-month follow-up. The statistical population included all mothers with children suffering from gender dysphoria, who were diagnosed through membership in official groups of people suffering from gender dysphoria and diagnosed through a diagnostic interview by a clinical psychologist in Isfahan city in 2022. Sampling was done using the accessible method based on the entry criteria and 45 mothers were selected and randomly and using lottery in three groups (two intervention groups and one control group) and each group was replaced by 15 people. Data were collected through social adjustment questionnaires of Bell (1961) and Connor and Davidson resilience (2003). Resilience training (edited and validated in the present study) and positive psychology based on the theory of Seligman et al. (2006) were each implemented during 9 sessions of 95 minutes and the control group received the training after completing the work. In line with the inferential analysis, the data were analyzed through variance analysis of repeated measures and Bonferroni's post hoc test using SPSS version 26 software. **Results:** The results showed that resiliency training and positive psychology were effective in improving the resilience of mothers ( $F=9.94, p<0.01$ ). However, resilience training and positive psychology were not effective in promoting social adaptation of mothers ( $F=3.80, p<0.05$ ). Also, there was a significant difference between the two groups of resilience training and positive training with the control group ( $p<0.01$ ), but there was no significant difference between the two experimental groups ( $p<0.05$ ). **Conclusion:** The results showed the effectiveness of resilience training and positive psychology on increasing the resilience of mothers of people with gender boredom. These two types of training can be used to help improve the resilience of the mothers of these people.

**Keywords:** Resilience training, positive training, gender dysphoria disorder, resilience, adaptability

## Introduction

It can be said that a considerable number of Iranian mothers, the negative effects of parenting children with gender dysphoria; Also, they experience psychological, social and emotional pressures caused by having children with this problem, and the experience of these pressures will lead to the creation of psychological problems such as low resilience and social adaptation, anger and aggression, and social perception heat in them. Considering that these two treatments are used to reduce the personal and social effects of mental problems, in this research, their effects are compared with each other in order to use them better in the variables of resilience and social adaptation in mothers of children suffering from gender boredom; Therefore, the question of the current research is whether the effectiveness of the resilience training package for mothers with children suffering from gender dysphoria is different from the positivity training on the resilience and social adaptation of these mothers or not?

## Method

The current research was a quasi-experimental type with a pre-test, post-test design with a control group and a two-month follow-up. The statistical population included all mothers with children suffering from gender dysphoria, who were diagnosed through membership in official groups of people suffering from gender dysphoria and diagnosed through a diagnostic interview by a clinical psychologist in Isfahan city in 2022. Sampling was done using the accessible method based on the entry criteria and 45 mothers were selected and randomly and using lottery in three groups (two intervention groups and one control group) and each group was replaced by 15 people. Data were collected through social adjustment questionnaires of Bell (1961) and Connor and Davidson resilience (2003). Resilience training (edited and validated in the present study) and positive psychology based on the theory of Seligman et al. (2006) were each implemented during 9 sessions of 95 minutes and the control group received the training after completing the work. In line with the inferential analysis, the data were analyzed through variance analysis of repeated measures and Bonferroni's post hoc test using SPSS version 26 software.

## Results

The results showed that resiliency training and positive psychology were effective in improving the resilience of mothers ( $F=9.94$ ,  $p<0.01$ ). However, resilience training and positive psychology were not effective in promoting social adaptation of mothers ( $F=3.80$ ,  $p<0.05$ ). Also, there was a significant difference between the two groups of resilience training and positive training with the control group ( $p<0.01$ ), but there was no significant difference between the two experimental groups ( $p<0.05$ ).

## Conclusion

The results showed the effectiveness of resilience training and positive psychology on increasing the resilience of mothers of people with gender boredom. These two types of training can be used to help improve the resilience of the mothers of these people. The training of resilience and positivity components is on the next level, in other words, for the effectiveness of resilience and positivity training on the social adaptation of mothers of children with gender dysphoria, communication skills must be taught first; After the necessary foundation is provided, resilience and positivity components should be taught. Also, since family conditions, educational

conditions, psychological status and social network are factors affecting social adaptation; Therefore, it is logical if we explain that resilience and positivity training for mothers are only part of the adaptation process, and in order for social adaptation to occur completely, it is necessary to make comprehensive changes (family conditions, educational conditions, psychological status and social network). In addition, because social adaptation is generally a long-term process, it is natural that no obvious changes can be observed in a short-term training period, and it is suggested that training programs be carried out continuously and the assessment of the social adaptation situation be examined in longer time intervals. Finally, it can be said that most of the researches that investigated the resiliency and positive education on social adaptation were on societies other than the mothers of people suffering from gender boredom; Therefore, it is necessary to conduct qualitative researches to study the social adaptation of these mothers in depth in order to find out the gaps in the educational requirements. In general, the results of the present study showed that resilience and positivity training are effective in increasing the resilience of mothers of children with gender dysphoria and had a significant impact on increasing the social functioning of these mothers. The results of this research can be useful for counselors, psychologists, family therapists and organizations that deal with people with sexual boredom. Also, this research had some limitations. Since this research was conducted in one city and for one gender (female), its results cannot be generalized to other cities and fathers of children with gender dysphoria. Therefore, it is suggested that this research be carried out in other regions and for men as well. So that in future studies, the effectiveness of these educational packages on mothers and fathers of children with gender dysphoria will be compared. Also, it is suggested that resilience therapy be compared with positivity therapy approaches and not just its educational package and with other therapies that can increase resilience and social adjustment, in order to know the most effective method.

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