

A Survey of Effectiveness of Cognitive Therapy on Anger Management of Mothers of Mentally Retarded Children

By

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Abstract

The present study is an attempt to survey the effects of cognitive therapy on anger management among mothers of mentally retarded children. Using experimental design framework, 30 mothers of mentally retarded mothers in Esfarayen City were selected and grouped in control and experiment groups. Study population was comprised of 100 mothers. The study is a pretest-posttest design with control group. To measure aggression of the participants, Siegel Multidimensional Anger Questionnaire was used. An eight 120min session intervention was administered on the experiment group over a 2 months period. The collected data were analyzed using covariance analysis and the results showed that group cognitive therapy and anger management training improved the participants' performance in managing their aggression. It can be concluded, therefore, that cognitive therapy is an effective intervention to improve anger management of mothers of mentally retarded children.

Keywords: *cognitive therapy, anger management, mothers of mentally retarded children*