

Poster presentation

How can we help the siblings of retarded children?

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Background

this research tries to investigate the efficacy of cognitive behavioral intervention on siblings of mental retarded children.

This was a randomized clinical trial on 32 siblings (6–12 years old) of children who suffered from mental disability, in child guidance clinic in the year 2004. The data collection tool included clinical interview according to DSM-IV-TR criteria and also Rutter's questionnaire.

Materials and methods

This was a randomized clinical trial on 32 siblings (6–12 years old) of children who suffered from mental disability, in child guidance clinic in the year 2004. The data collection tool included clinical interview according to DSM-IV-TR criteria and also Rutter's questionnaire. The children who had behavioral problem were selected and divided to two control and case groups. The case group and their parents participated in 8 therapeutic sessions, for one hour every week. After six weeks these case and control groups were re-evaluated by questionnaire and interview. The results were analyzed by SPSS software. randomized clinical trial.

Results

The mean score for Rutter's questionnaire was 17.08 ± 5.6 and 14.66 ± 5.63 before and after intervention, respectively. A significant difference was observed between the scores of before and after intervention ($p < 0.005$).

Discussion

Cognitive and behavioral interventions, reduce the emotional and behavioral problems in the siblings of mental disabled children, considerably. Increasing the knowledge of these children and giving them a chance to express themselves and their problems regarding their siblings are

factors that can positively affect their behavior. this of course needs further planning and consideration.

References

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