

Acceptance and commitment therapy on family adaptation and parent-child relationships in mothers of children with autism disorder

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Mothers of children with autism spectrum disorder (ASD) often face significant challenges in adapting to the demands of parenting and maintaining healthy parent-child relationships. In Iran, limited access to psychological interventions emphasizes the need for contextually appropriate, evidence-based approaches such as Acceptance and Commitment Therapy (ACT). This study employed an experimental design with a sample of 30 mothers of children diagnosed with ASD in Yazd, Iran. Participants were randomly assigned to either an ACT-based intervention group or a control group. The ACT group received eight structured sessions focused on psychological flexibility, mindfulness, and value-based parenting. Outcomes were measured using the Family Adaptability and Cohesion Scale IV (FACES-IV) and the Parent-Child Relationship Inventory (PCRI) in pre- and post-test phases. The results demonstrated a significant improvement in family adaptation and enhancement of the parent-child relationship in the ACT group compared to the control group. These findings suggest that ACT effectively addresses emotional regulation and strengthens familial bonds in mothers of children with ASD. Acceptance and Commitment Therapy (ACT) offers a culturally adaptable and impactful therapeutic approach for supporting mothers of children with ASD. This intervention enhances not only the psychological well-being of mothers but also the quality of family functioning. The study adds to the growing international evidence supporting ACT as a practical solution in diverse cultural settings.

Keywords : Autism spectrum disorder, acceptance and commitment therapy, family adaptation, parent-child relationship, psychological intervention, mothers.

Biography

Farangis demehri is a psychologist and university professor from Iran with over 10 years of experience working with children with intellectual disabilities and autism spectrum disorder. She has authored several research articles in the field of child psychology and has led therapeutic workshops for parents and professionals. Her current research interests include family therapy, cognitive rehabilitation, and acceptance-based interventions.

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