

# **Relationship between Mindfulness, Rumination with Psychological Disturbances and Positive and negative affection of mothers with specific learning disorder children**

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**Abstract** Living with learning disorder child is very challenging for parents and creates a different level of stress for them. The aim of this study was to investigate the Relationship between Mindfulness, Rumination with Psychological Disturbances and Positive and negative affection of mothers with specific learning disorder children. The research method was descriptive correlational. The statistical population of the study consisted of all mothers with specific learning disorder children referred to the schools of children with learning disorder in Rasht in the Second semester of the academic year 2017-2018. Of this, 540 were Simple available sampling ed and according to the conditions The entrance and exit of the research were 220 people and the questionnaire of Kentucky Mindfulness Skills (2002), Nullen and Hoeksma's rumination (1991), psychological distress Kessler et al (2002) and Positive and Negative Affection Watson, Clarke and Telegen (1988) were completed. The data were analyzed using Pearson correlation coefficient and multiple regression. The findings of the study showed that there is a negative and significant relationship between mindfulness with psychological distress and negative affection and positive relationship with the positive affect (P

**Keywords :** Key Words: mothers with specific learning disorder children, rumination, psychological disturbances, Positive and Negative Affection

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