

The effectiveness of mindfulness training on family functioning and well-being of mothers of children with separation anxiety

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This study aims to investigate the influence of mindfulness training on family functioning and subjective well-being of mothers who have children suffering separation anxiety disorder. Research methodology was semi-experimental and its design was of pretest-posttest type with a control group. The statistical population of the research included all mothers of children who were aged 4-6 years old and suffered separation anxiety disorder in kindergartens of district 4 in Tehran City. 30 mothers with children afflicted with the aforementioned disorder were ed as sample members using cluster multistage sampling method. They were randomly put into two groups: experiment group and control group (each group containing 15 people). In this research, a researcher-made questionnaire for measuring separation anxiety disorder, Kantril's questionnaire for measuring subjective well-being (1965) and Epshtein et al's questionnaire (1983) for measuring family functioning were used in pretest and posttest stages for gathering data. Then, the experiment group received mindfulness training for 8 sessions each lasting 120 minutes while the control group members did not receive any kind of intervention. After training, both control and experiment groups responded to Kantril's subjective well-being questionnaire (1965) and Epshtein et al's family functioning questionnaire (1983). Covariance test was used to analyze data. Findings revealed that mindfulness training was effective in family functioning and subjective well-being of mothers with children suffering separation anxiety disorder (p

Keywords : separation anxiety disorder, family functioning and subjective well-being, mindfulness training

