

A comparison of subjective well-being, lifestyle, and psychological characteristics (anxiety, stress, depression) between mothers of babies with Down syndrome and mothers of normal babies

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The purpose of this study was to measure the amount of mental well-being, lifestyle and psychological characteristics in mothers with normal children and mothers with Down syndrome children in Rasht. The research was a causal-comparative type (post-event). In this research, referring to the Welfare Organization and the Education Organization and awareness of the centers that teach children with Down syndrome and find the number of these children in Rasht and collecting the necessary samples these centers randomly and through those responsible for the center, the mothers of these children will be referred if they wish and complete the questionnaire. The control samples were selected through demonstration using convenience sampling method through maternal age, healthy age, age, educational level and cultural and economic level. In this research, 100 mothers with Down syndrome children and 100 mothers with normal children were selected as samples. The sampling method is also a targeted sampling. In this research, for assessing the mental well-being of Keyes and Magyar-Moe well-being Questionnaire (2003) and to assess the lifestyle, LSQ and the DASS-21 questionnaire was used to measure depression, anxiety, and stress. In this research, descriptive statistics (frequency, percentage, mean and standard deviation), Kolmogorov-Smirnov inferential test, multivariate analysis of variance, independent t-test was used in SPSS software. As seen, the Cronbach's alpha coefficient of all variables is higher than 0.55; therefore, the reliability of the questionnaires is acceptable. The mean comparison test was used to examine the research hypotheses. The results of the first hypothesis on the components of subjective well-being

through multivariate analysis of variance showed that the average of the mothers with Down syndrome children in terms of emotional well-being, psychological well-being and social well-being are significantly lower than those of normal mothers (P

Keywords : Mental well-being, Lifestyle, psychological characteristics, Down syndrome

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