

Comparison the Effectiveness of Cognitive-Behavioral Therapy Based on Mindfulness and Relaxation Training on Resiliency, Emotional Regulation and Mental Health Indices in Mothers of Children with Leukemia

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The diagnosis of cancer among children is has a significant stress for their families. The purpose of this study was to Comparison the Effectiveness of Cognitive-Behavioral Therapy Based on Mindfulness and Relaxation Training on Resiliency, Emotional Regulation and Mental Health indices in mothers of children with leukemia. the present study is a semi-experimental pretest-posttest with control group. 45 mothers with childhood leukemia who referred to the oncology part of 17 Shahrivar hospital in Rasht city were randomly divided into 3 groups: Mindfulness Therapy (15), Relaxation Training (15) and control group (15). Then, they completed questionnaires of general health (GHQ). Then, the treatment program was performed for 2 experimental groups for 2 months (8 sessions of 2 hours). After 2 months, was performed follow up. the results were analyzed by repeated analysis of variance and Tukey test with Spss19 software. The results showed that there was no difference between mindfulness and relaxation groups in resiliency, emotional regulation, mental health indices ($p > 0.05$). there was difference between mindfulness and control groups in resiliency, positive regulation regulation, mental health indexes (P

Keywords : Cognitive-Behavioral based Mindfulness Therapy, Relaxation Training, Resiliency, Emotional Regulation, Mental Health, Leukemia

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