

**Effects of Group CBT on Stress of Mothers with Intellectually
Disable Child**



Participant's Name: Shehnaz Akhter

Participant ID: 15007146015

Supervisor's Name: Dr. Zahid Mahmood

Institute of Clinical Psychology

University of Management and Technology, Lahore

2017

DECLARATION

I, Ms. **Shehnaz Akhter** ID: **14007146015** student of **MS Clinical Psychology** in the subject of **Clinical Psychology session** 2013-2016, hereby declare that the matter printed in the thesis title “Effects of Group CBT on Stress of Mothers with Intellectually Disable Child” is my own work and has not been printed, published or submitted as research work thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

Dated: - - -

deponent

Signature of

Certificate of Approval

Accepted by the institute of Clinical Psychology, University of Management and Technology, Lahore in partial fulfilment of the requirements for the degree of MS in Clinical Psychology

Dr. Zahid

Mahmood

Prof. Dr.

External Examiner

Prof. Dr. Zahid

Mehmood

Director

ICP, UMT,

Lahore

Deponent

Date: _____

Table of Contents

| | | Page No |
|--------------------|---------------------------|----------------|
| | Acknowledgement | i |
| | Abstract | ii |
| | List of tables | iii |
| | List of appendices | iv |
| Chapter I | Introduction | 1 |
| Chapter II | Literature Review | 6 |
| | Rationale of the study | 17 |
| | Research Question | 17 |
| | 1.1.1 Hypothesis | 17 |
| Chapter III | Method | 18 |
| | Research design | 18 |
| | Participants | 18 |
| | 2.1.1 Inclusion | 18 |
| | criteria | |
| | 3.1.1 Exclusion | 18 |
| | criteria | |
| | Measures | 18 |
| | 4.1.1 Ethical | 19 |
| | considerations | |

| | | | |
|-------------------|-------|---|----|
| | 5.1.1 | Development of a Maternal Stress Scale | 19 |
| | 6.1.1 | Intervention phase | 21 |
| | 7.1.1 | Procedure | 21 |
| Chapter IV | | Results | 26 |
| | | Sample description | 26 |
| | | Psychometric properties of the scale | 34 |
| | | Testing the main hypotheses | 37 |
| | | Summary of results | 40 |
| Chapter V | | Discussion | 41 |
| | | Implications of the study | 44 |
| | | Limitations and suggestions | 44 |
| | 8.1.1 | Conclusion | 44 |
| | | References | 45 |
| | | Appendices | 46 |

Acknowledgement

First and foremost, I would thank Allah Almighty, who gave me this opportunity to acquire knowledge and complete my thesis work. It is His blessings that I am able to do all this.

I would like to express my sincere gratitude to the Head of Department and my supervisor, **Dr. Zahid Mahmood** for his great concern, support and cooperation.

Most importantly, I am thankful to my parents who gave me confidence, courage and support. They are a blessing for me. Without their prayers, encouragement and love, this project was impossible to be completed.

Sincere thanks to all my friends and colleagues for their help, guidance, kindness and moral support.

Shehnaz Akhter

Abstract

The current study was conducted to examine the effectiveness of group cognitive behavioral method in managing the stress of mothers having an intellectually disable child using an ABA design. For this a manual of training program containing group cognitive behavior therapy was developed for managing the stress of mothers having an intellectually disable child. 20 household mothers from a special education center of 20-40 age range were selected after assessing and then mothers were randomly divided into the experimental and the control group equally. Both groups **in pretest and posttest** were assessed by using an indigenously developed **maternal stress scale**. **The experimental group was given the group cognitive behavioral therapy while the control group was only psycho-educated about stress.** For testing the main hypotheses, paired sample t-test was used that indicated that the stress is reduced in the experimental group after the application of group cognitive behavioral therapy than in the control group. From the findings it is concluded that stress management can be used in future for the reduction of stress of mothers with intellectually disable child.

List of Tables

| Table No | Page No |
|--|---------|
| Table 1..... | 27 |
| Mean and Standard Deviations of Age of the Participants ($N=100$) | |
| Table 2..... | 27 |
| Frequencies and Percentages of the Demographic Variables of the Participants ($N=100$) | |
| Table 3..... | 30 |
| Mean and Standard Deviations of Age of the Participants in the Experimental and the Control Groups ($n=20$) | |
| Table 4..... | 31 |
| Frequencies and Percentages of the Demographic Variables of the Participants in the Experimental and the Control Groups ($n=20$) | |
| Table 5..... | 35 |
| Reliability Coefficient of Maternal Stress Scale | |
| Table 6..... | 35 |
| Pearson Correlation Coefficient of Test-retest Reliability of MSS | |
| Table 7..... | 36 |
| Pearson Correlation Coefficient of Concurrent Validity of MSS | |
| Table 8..... | 36 |
| Percentage of Sample Falling in Different Severity Levels on the Maternal Stress Scale | |
| Table 9..... | 38 |
| Paired Sample t-test of Participants in Experimental & Control Group ($n=20$) | |

List of Appendices

Appendices

| | |
|-------------------|-------------------------------------|
| Appendix A | Demographic Sheet |
| Appendix B | Maternal stress scale |
| Appendix C | Reference Letter |
| Appendix D | Manual |
| Appendix E | Worksheets |
| Appendix F | Plagiarism Report |
| Appendix G | Certificate of Approval of Research |

Chapter I**Introduction**

Stress plays a vital role in everyday life. Life would be weary when a person is deprived of some stress. Stress is related to environmental event that could be relaxing or anxiety provoking (Nandamuri1 & Chaudhry, 2000). When it becomes chronic or acute, it significantly affects life (Seaward, 1997) physiologically, emotionally, cognitively and behaviorally (Vingerhoets, 2004). When stress in parents is concerned, it is found that parenting itself is stressful but the parents with intellectual disability children experience more stress (Ramzan & Minhas, 2014). In Pakistan, parents with intellectual disability experiences more stress because parents have to spend more time with the child with disability (Sajjad, 2011), bear more financial expenses of the child with disability in order to provide care and services required by the child (Azeem et al., 2013) and due to economic and social pressure Tabassum and Mohsin (2013). All these, affects the whole family (Azeem et al., 2013).