

Original Paper

Effect of therapeutic intervention on general health of child abused mothers

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Abstract

Background and Objective: Child abuse is a common phenomenon with variety of reasons; the most important one is mother psychiatric disorders. Concurrent interventions in the family can recover the mother and reduce child abuse. This study was done to evaluate the effect of therapeutic intervention on general health of child abused mothers.

Methods: This clinical trial study was conducted on 57 children and their child abused mothers whom referred to child psychiatry and pediatric department of Imam Hossien hospital, Tehran, Iran during November 2009- April 2010. Children and their families were visited by a psychiatrist and depend on the child and the family after either pharmaceutical or psychological interventions was taken. Parent management training was done for all mothers in 8 weekly sessions. General health questionnaire were filled by mothers before intervention in the third and sixth months following the intervention.

Results: Total score of general health, depression and anxiety of child abused mothers were 31.3 ± 1.90 , 5.26 ± 0.66 , 8.10 ± 0.46 , respectively. It was significantly increased after six months intervention in comparison with pre-intervention (37.3 ± 2.34 , 7.48 ± 0.72 , 10.44 ± 0.58 , respectively).

Conclusion: Appropriate therapeutic intervention and parent management training for mothers can improve general health of child abused mothers.

Keywords: Child abuse, Mother, General health, Parent training, Anxiety, Depression

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