Comparing the Mental Health in Mothers of Children with and without Attention Deficit Hyperactivity Disorder (ADHD)

Mohammad Reza Zoghchipaydar, Masoumeh Ghaseni, Ahmad Bayat, Samaneh Sanayee Kamal

Exceptional Education. 2016; 8 (136):5-14

Background:
Hyperactivity is one of the most common behavioral disorders that increase risks of mental health in parents, especially mothers. The purpose of this research was survey on mental health components in mothers of children with ADHD in comparison with normal children in Hamadan province.

Method:
The method of this research was causative-comparative. Population of study includes all mothers of Hamadan city in 2011. 200 mothers of children with ADHD and normal children were selected in cluster-random sampling method in two stages from elementary school in Hamadan. Data were collected by using Conner (parent form) and SCL-90 questionnaires and were analyzed using 18-SPSS software. Statistical method for analyze the data was MANOVA.

Results:
Results showed that there is a significant difference between mental health of mothers of children with ADHD and normal children (P < 0.01). Also, there was a significant difference between somatization, obsessive-compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation and psychotic of mothers having ADHD and normal children.

Conclusion:
It can be concluded that mothers of children with ADHD have less mental health than mothers with normal children. Hardships of life with a child suffering ADHD is not ineffective; thus recommended that precautionary, educational and therapeutic interventions to give this group of mothers in order to improve the mental health of them.