The effect of resilience and psychological hardiness on mental health of mothers of children with attention deficit hyperactivity disorder (ADHD)

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Abstract

The goal of the study was to investigate the effect of resilience and psychological hardiness on mental health of mothers of children with attention deficit hyperactivity disorder (ADHD) and to determine the contribution of each of the predicting variables in predicting mental health. The statistical population of this descriptive correlation study included all the mothers who consecutively referred to the child and adolescent psychiatric clinics of shahid Modares, Noor, Farabi & shahid Rajaii hospitals in Isfahan city that had at least one child with clinically diagnosed ADHD, aged between 6 to 12 years old. 141 mothers were selected through convenience sampling method. Research tools included the questionnaire of Goldberg & Hillier’s General Health (1979), Connor & Davidson’s resilience (2003) and Kobasa’s Hardiness (1982). Stepwise multiple regression analysis used for statistical analysis. The research results showed that hardiness and resilience were able to predict mental health significantly (p<0.001). In this research resilience was the best predictor of mental health. The findings indicate that hardiness and resilience are important and fundamental in the preservation and promotion of mental health in mothers of children with attention deficit hyperactivity disorder (ADHD). The two mentioned variables are able to explain the high rate of mental health variation and considering them in mental health is essential.