

Title: The Effectiveness of Acceptance and Commitment Therapy in Developing Psychological Hardiness among Mothers of Mentally Retarded Children.

Abstract:

This study aimed to verify the effectiveness of a counseling program based on acceptance and commitment therapy in developing psychological hardiness among mothers of mentally retarded children. The study relied on using the experimental method, and the researcher prepared psychological hardiness scale and its psychometric properties were verified. The main study sample consisted of (20) mothers of mentally retarded children, and they were divided into two groups, one experimental and the other control, each group consisted of (10) mothers.

The results of the study showed the following:

1. There are statistically significant differences between ranks of the mean scores of the experimental group members in the pre-test and post-test of the psychological hardiness scale in the direction of the post-test.
2. There are statistically significant differences between ranks of the mean scores of the members of the experimental group and control group in the post-test of the psychological hardiness scale in the direction of the experimental group.
3. There are no statistically significant differences between ranks of the mean scores of the experimental group members in the post-test and follow-up-test of the psychological hardiness scale.