

The Effectiveness of Mindfulness-Based Stress Reduction on Worry and Quality of Life in Mothers of Children with Epilepsy

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Introduction

Epilepsy -the most common chronic neurological disease of childhood- is unpleasant for family members, especially mothers, that suffering from high anxiety. Such chronic diseases like epilepsy can also put the family at risk over a long period, as well as leading mothers to not pay enough attention to other aspects of life. Therefore, families having children with such disabilities are exposed to many stressors that can hinder family development. This study aimed to evaluate the effectiveness of mindfulness-based stress reduction on worry and quality of life in mothers of children with epilepsy.

Method

The design of this quasi-experimental study was pretest-posttest with a control group. The study population was all mothers of Children with Epilepsy in Isfahan. The sample of this study was 30 of these mothers who were purposefully selected from the Epilepsy Society and randomly divided into two groups (experimental and control). The experimental group was trained in a mindfulness-based stress reduction program for eight sessions of 90 minutes, and the control group did not receive any intervention during this period. The Pennsylvania State worry Questionnaire (1990) and the Ware & Sherbourne Quality of Life Questionnaire (1992) were used to collect data. The results were analyzed using an analysis of covariance.

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Results

The results showed that educational intervention reduced worry and increased quality of life in two main dimensions (physical health and mental health) in mothers with epileptic children ($p < 0.05$).

Discussion

Mindfulness-based stress reduction programs can reduce worry and increase the physical and mental health of mothers with epileptic children. Therefore, counselors and therapists can use mindfulness-based stress reduction therapy as an intervention method to reduce worry and increase physical and mental health in mothers of children with epilepsy.

Keywords: Epilepsy, mindfulness-based stress reduction, worry, quality of life, mothers.

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