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Research Article

The Effect of the Kozloff Educational Program on the Emotional Burnout and Rumination in Mothers of Children with Autism

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Abstract

Background: Typically, after marriage, couples prepare for a series of changes that occur due to the birth of a new child in their lives. Sometimes the child they are expecting has a disability and these changes are much more extensive than usual and it is very difficult for the parents to face and accept this issue.

Objectives This study aimed to explore the effect of the Kozloff educational program on the of emotional burnout and rumination in mothers of children with autism.

Methods: This research was a quasi-experimental study with a pre-test-post-test control group design. The statistical population consisted of mothers who had a child with autism and lived in Urmia City in 2023. The number of these mothers was 100. From among these people, a number of 30 people were selected through convenience sampling and were assigned in two experimental and control groups via simple random assignment (15 people in each group). Maslach Burnout Inventory (1981) and Nolen Hoeksema and Morrow's rumination response Scale (1991) were employed to collect information. The people of the experimental group were also trained in the Kozloff parenting program during 12 sessions of 90 minutes.. The data obtained from this research were analyzed using SPSS-26 software and multivariate covariance analysis.

Results: The findings indicated a statistically significant difference between the experimental and control groups following the intervention. In other words, the results of the analysis of covariance revealed that the Kozlov parent training program mitigated emotional burnout ($P<0.005$) and rumination of mothers with children with autism, ($P<0.005$) were significantly effective.

Conclusion:. This program reduces the psychological burden associated with caregiving by increasing mothers' knowledge about autism, improving parent-child interaction skills, and providing practical behavioral and educational strategies. Thus, training of the Kozloff parents' program can be applied to reduce emotional burnout and rumination of mothers with autistic children.

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Extended Abstract

Introduction

Normally, after marriage, couples prepare for a series of changes that occur in their lives owing to the birth of a new child. If the child they are expecting has a disability, these changes are far more extensive than usual, and it is very difficult for parents to face this issue and accept it. Autism is one of the important childhood disorders, which is a subset of autism spectrum disorders and is one of the neurodevelopmental disorders that persists throughout life. Typically, the mother is the first person who communicates with the child, and therefore mothers are given priority attention. Autistic children also need constant maintenance and require special conditions that should be provided by parents. In general, it can be stated that one of the influential factors in disorders such as autism in children and its treatment process is the mother's psychological characteristics, which has always been the focus of researchers. According to the mentioned materials, the mental health of mothers who have children with autism is very important and if their problems are not resolved, they are likely to expereince serious disorders.Thus, the aim of this study was to examine the effect of the Kozloff educational program on the of emotional burnout and rumination in mothers of children with autism.

Method

This research was a quasi-experimental study with a pre-test-post-test control group design, while based on the purpose, it is considered one of the applied studies. The statistical population consisted of mothers who had a child with autism and lived in Urmia City in 2023. The number of these mothers was 100. From among these people, a number of 30 people were selected as convenience sampling and were assigned in two experimental and control groups via simple random assignment (15 people in each group). After selecting the subjects according to the description of the sampling section and obtaining their consent, they were randomly grouped. Those in the control group did not receive any intervention. The people of the experimental group were also trained in the Kozloff parenting program along 12 sessions of 90 minutes. This program was designed by Campbell and Kozloff in 2007 and was translated into Farsi by Khodabakhshi Koolaee in 2016. After completing the training sessions, both groups were re-evaluated (post-test). Maslach Burnout Inventory (1981) and Nolen Hoeksema and Morrow's rumination response Scale (1991) were employed to collect information. In this research, the ethical points of the Declaration of Helsinki have been followed, which are: Explaining the goals for the research participants and obtaining informed written consent from them to take part in the research, giving the research sample the right to choose to enter and exit the research at any time, confidentiality of information, honesty in the selection of research units collecting as well as analyzing data. The data obtained from this research were analyzed using SPSS-26 software at two levels of descriptive statistics (mean and standard deviation) and inferential statistics (multivariate covariance analysis).

Results

The results indicated that there is a significant difference between the average scores of the two control and experimental groups in the variables of rumination and emotional exhaustion after the implementation of the training of the Kozloff parents' program for mothers with children with autism. Prior to running the analysis of covariance test, its presuppositions were checked. The investigation of normality, homogeneity of variances, and the assumption of homogeneity of regression slopes was also undertaken. According to the results of the mentioned cases, the implementation of covariance analysis was unimpeded .The results of the analysis of covariance demonstrated that the Kozlov parent training program reduced emotional burnout ($F=175.419$ and $P<0.005$) and subscales of rumination, including Reflection ($F=174.109$ and $P<0.005$), Brooding ($F=2.276$ and $P<0.005$) as well as depression-related rumination ($F=82.693$ and $P=0.005$) were significantly effective.

Discussion

Based on the findings of this research considering the effectiveness of training of the Kozloff parents' program on reducing emotional burnout and rumination of mothers with autistic children, training of the Kozloff parents' program can be employed to mitigate emotional burnout and rumination of mothers with autistic children.

Author Contributions: Author 1 was responsible for research plan design, data collection and analysis. Author 2 (Corresponding Author) was responsible for leading the overall research process and all authors discussed the results, reviewed and approved the final version of the manuscript.

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