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#### **The effect of family counselling on anxiety, depression and stress level of disabled children's mothers**

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**Background & Aim:** It was aimed to research the effect of family counselling (FC) on anxiety, depression and stress levels of disabled children's mothers.

**Method:** The research was done on mothers of 80 children who were randomly selected among 200 disabled children having training at a private education and rehabilitation centre. Mothers were separated into two equal groups. The mothers in study group are equally divided into 5 groups. Each group had six FC sessions. Perceived Stress Scale (PSS), Beck Depression Scale (BDS) and Beck Anxiety Scale (BAS) were performed three times: at the beginning of the study, just after the counselling sessions were finished and after three months. The same questionnaires were performed to the control group at the same times without giving counselling. The study data were analysed with SPSS. Categorical data were presented as number and percentage; numeric data were presented as mean and standard deviation for descriptive statistics. Student t test, Mann-Whitney U test, Repetitive ANOVA, Unidirectional ANOVA, Ki Kare and Fisher's Exact Tests were used as hypothesis testing.  $p < 0.05$  was considered statistical significance limit.

**Results:** The main outcome of our study was the difference of the mean PSS, BDS and BAS scores of mothers in study group before and after giving counselling services. The mean PSS, BDS and BAS scores of the second tests that were done after counselling were found significantly lower than the first test mean scores. There were no significant differences between the control group mothers' first and second PSS, BDS and BAS mean scores.

**Conclusion:** The mothers of disabled children expose to more anxiety, depression and stress than the other people of community and they need more psychological support and FC can fulfil this support.