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PREDICTORS OF MENTAL HEALTH DISTRESS IN MOTHERS WITH AUTISM CHILDREN

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Introduction: Taking care of a child with Autism has been shown to place a significant burden on the caregiver's, especially mothers (Khodabakhshi Koolaei, 2008).

Objectives: Purpose of this study is to identify mental health distress in mothers with Autism children.

Methods: 50 mothers who had a child with Autism (APA, 2002) and 50 mothers who had not a child with Autism (control healthy group) selected in present study. A total 100 mothers were answered General Health Questionnaire (GHQ) Persian version. The mean of age of children was 10.50 years old.

Results: The results indicated health -related distress (GHQ) was markedly increased in comparison to healthy controls. Mothers with Autism children reported high level of depression and Anxiety disorder than healthy group. Also, 66% of mothers reports very low level social function.

Conclusion: According to the results, mothers with Autistic Children experiences high level of stress and mental health problems. It is noteworthy to noted, the psycho-educational family, social network and supportive psychotherapy are offer to these mothers and other member of family.