

**EFFECTIVENESS OF CBT FOR PRENATAL STRESS IN MOTHERS HAVING
AUTISTIC CHILDREN: AN INTERVENTION BASED STUDY**



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ISLAMABAD, PAKISTAN

2018

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BY

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IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
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2018

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“My great parents and siblings for their endless support, encouragement and sacrifices throughout my life and for giving me strength to reach for stars and chase my dreams”

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ABBREVIATIONS

CBT	Cognitive Behavior Therapy
PSS	Parental Stress Scale
ASD	Autism Spectrum Disorder
ADHD	Attention-Deficit Hyperactive Disorder
IQ	Intelligence Quotient
CT	Cognitive Techniques
BT	Behavioral Techniques

ABSTRACT

Autism Spectrum Disorder (ASD) is a life-long neurodevelopmental disorder that is incurable. Parents of such children go through a lot because of the diagnosis, stigmatization, behavioral problems of their child and various other factors. This parenting stress causes a lot of difficulties especially for mothers, as they are caregivers and they are more attached with their child. Cognitive behavior therapy has been found effective for various psychological disorders. The current study was conducted to investigate the effectiveness of CBT for parental stress in mothers who have an ASD diagnosed child. For this purpose six participants were recruited from a private autism center of Islamabad. All six participants were females who were non-working, having only one autistic child and no disable children. After intake session, Parental Stress Scale was administered in order to assess the stress level before and after providing CBT. Scores before and after providing CBT were compared. The results concluded that combination of cognitive and behavioral techniques is effective for reducing the stressed symptoms face by mothers.

Key words: autism spectrum disorder, cognitive behavioral therapy