



Compilation and validation of a parenting package based on the healthy human theory for mothers with children with externalizing disorders

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Abstract

Aim: The present study was conducted considering the breadth and comprehensiveness of the healthy human theory and its culture-based nature, with the aim of compiling and validating a parenting package based on the healthy human theory, especially for mothers with children with externalizing disorders. **Method:** The qualitative research method was an exploratory type (thematic analysis) inductive problem and need based on the process and rules of content analysis by Strauss and Corbin, and the content analysis method was used to compile the parenting package based on the healthy human theory. The research area includes 34 scientific texts that were selected by purposeful sampling and based on the relationship between the content and healthy human education strategies; Also, the professors and faculty of the Department of Psychology and Counseling of Isfahan Islamic Azad University, 6 of them were selected as a sample in order to evaluate the parenting package based on healthy people.

Results: The results of the method of Strauss and Corbin (1998) showed that 9 selected codes (being present, kindness to creatures, satisfaction with life and enjoyment, happiness, metacognition, forgiveness and forgiveness, forgetting, peace and meaning, hope) and the parenting package based on the healthy human theory was adjusted based on these dimensions according to the frequency of the semantic units of the selected codes, and its reliability and validity were confirmed based on the approval of experts and the agreement coefficient of the evaluators, which was 0.99.

Conclusion: Therefore, the compiled package, which is based on the culture of Iranian families, can be used to educate parents, especially mothers of children with behavioral problems, in order to improve their quality of life.

Keywords: parenting package based on healthy human theory, theme analysis, mothers with children with externalizing disorders.

Introduction

Symptoms of common mental disorders in children and adolescents have been conceptually organized in two broad dimensions. In the externalizing dimension, there are two main categories of behavioral problems. One category includes attention deficits, impulsivity, and hyperactivity associated with the diagnosis of Attention Deficit/Hyperactivity Disorder and aggressive behavior problems associated with the diagnosis of Oppositional Defiant Disorder or Conduct Disorder (Kimonis, Frick, & Fleming, 2019). Apart from the high comorbidity among externalizing disorders, there is also a significant co-occurrence of externalizing disorders with anxiety disorders and even internalizing disorders (Nap-Martiny, Morris, Vitchen, & Besdu-Baum, 2022); in other words, children with externalizing disorders may develop more serious behavioral disorders and antisocial personality disorders in adulthood (Manti, Giovanonne, & Sogos, 2019). Therefore, children with externalizing problems are considered a public health issue and are increasingly at risk of mood disorders, difficulties in establishing emotional-social relationships, school problems and learning disorders, delinquency, substance use, and becoming perpetrators and/or victims of violence (Francis, 2020; Sohrabi, Khanjani, & Zinali, 2015).

Naturally, an educational approach garners more attention and acceptance when it is more understandable and effective within the cultural teachings and environmental conditions in which it has developed. In this context, the focus on parenting education based on the theory of a healthy human being can be adapted to Iranian parents, helping them to gain insights and awareness in line with the principle of human creation and elevation, which is its essence. However, in Iran, extensive studies based on a theory that is entirely Iranian and indigenous, suitable for Iranian and Islamic cultural conditions, have not yet been conducted, and there is a noticeable research gap in this area. In addition to the gap in research and scientific studies, the use and application of teachings based on foreign theories have not been able to meet the needs of parents, especially mothers of children with externalizing disorders. Therefore, developing an educational package based on Iranian-Islamic culture specifically for these mothers can provide a better context for assistance and guidance. The validation of a parenting package based on the healthy human concept has been conducted for the first time in Iran, and its results can contribute to the academic and scientific knowledge of specialists in this field and lay the groundwork for further studies. Moreover, child and adolescent counselors and school counselors can benefit from the findings of this study to enhance parents' sense of self-efficacy and parental competence, and to improve the parent-child relationship, especially for mothers who play a primary role in child-rearing in our culture.

Method

The qualitative research method was an exploratory type (thematic analysis) inductive problem and need based on the process and rules of content analysis by Strauss and Corbin, and the content analysis method was used to compile the parenting package based on the healthy human theory. The research area includes 34 scientific texts that were selected by purposeful sampling and based on the relationship between the content and healthy human education strategies; Also, the professors and faculty of the Department of Psychology and Counseling of Isfahan Islamic Azad University, 6 of them were selected as a sample in order to evaluate the parenting package based on healthy people.

Results

The findings showed that the mindfulness package based on self-compassion and the cognitive therapy package based on mindfulness on the desire to eat ($F = 7.15$, $P = 0.001$) and eating behavior ($F = 5.74$, $P = 0.002$) have had a lasting positive effect on overweight women.

Conclusion

The objective of the present research was to develop and validate a parenting package based on the theory of the healthy human, specifically for mothers of children with externalizing disorders. The results of the need-based thematic analysis revealed that the structure and content of the parenting package based on the theory of the healthy human for mothers of children aged 6 to 12 with behavioral disorders consist of 9 semantic units: joy, metacognition, peace and meaning, life satisfaction and enjoyment, flow, hope, love for creation and self-kindness, forgiveness and forbearance, and transcendence. Self-help interventions for parents with a behavioral basis are considered an effective therapeutic option for children with externalizing disorders. Although parent-based interventions are regarded as effective treatments, the reported effects in meta-analyses are heterogeneous, and their implementation in clinical practice is less than optimal (Mingebach et al., 2018); therefore, comprehensive and culturally based interventions are needed to improve the mental health of parents of these children. The theory of the healthy human, a theory based on Iranian culture regarding humans, has been proposed. This theory comprises one principle and 12 characteristics that are referred to as the features of a healthy human. These characteristics span a spectrum from a healthy to an ill human, or in other words, from health to illness. The more a person possesses these characteristics and the attributes related to each characteristic, the closer they are to health and being a healthy human, and the fewer of these characteristics and attributes they have, the closer they are to illness and being an ill human (Aghaei, 2020).

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