

P02-183

THE EFFECTIVENESS OF LITTLE BIRD PROGRAMME ON IMPROVEMENT OF MENTAL HEALTH AND DECREASE PARENTAL STRESS IN MOTHERS OF AUTISTIC CHILDREN

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This study was a trial of an intervention named Little Bird aimed to decrease parental stress and improve mental health in mothers of autistic children. The sample was 24 mothers of autistic children. The intervention compared across two groups, an intervention group and non-intervention control group. The result indicate that, compared with the control group, mothers in intervention group reported significant improvement in mental health and significant decrease in parental stress following the intervention, at the end of programme and 1 month follow-up.