

## **The Effectiveness of a Schema-based Parenting Program on Adolescents with Behavioral Problems' Resilience**

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### **Extended Abstract**

#### **Aim**

The purpose of this study is to examine the relationship between parenting based on incompatible schemas and the resilience of adolescents. The purpose of this study was to assess the efficacy of schema-based parenting on the resilience of adolescents with behavioral issues.

#### **Methodology**

This applied and quasi-experimental study was conducted using a two-group design, random assignment, and pre- and post-testing. The study population included adolescents with behavioral problems who were enrolled in the first year of secondary school in Bojnourd, Iran, in 2020-2021. The CBCL pupils with the highest behavioral problem scores from two boys' and one girls' schools were selected and randomly divided into two control (15 people) and experimental (15 people) groups. Participants completed the Connor-Davidson Resilience Scale (CD-RIS) pre- and post-tests prior to and following the intervention program. The inclusion criteria were a clinical score on the questionnaire based on the Achenbach experience, the age range of 12 to 15, the cohabitation of both parents, and the general health of the participating parent. The exclusion criteria included acute or chronic physical illness as well as any other medical condition that prevents participation in the meetings, receiving other psychological interventions, implementing a similar program, and undergoing drug therapy. Following the pre-test, the pre-test was administered to both groups. The experimental group participated in 13 90-minute sessions of schema-based parenting training, while the control group received no intervention. Then, post-tests were administered to both groups. Due to the observance of ethical principles, a schema-based parenting program was also administered to the control group after the conclusion of the research and the post-test. Ethical considerations included participation with informed consent and voluntariness, adherence to the confidentiality principle, providing adequate information to participants, conducting training sessions for the control group following the conclusion of the study, and the option to withdraw if unwilling. Cooperation was considered at each stage of the study.

#### **Findings**

The data were analyzed using a one-way ANCOVA in SPSS software version 24. The F-value (59.27) was significant at the  $P=0.01$  level. Significantly, the schema-based parenting program affected the component of resilience at a rate of 0.69.

#### **Conclusion**

According to the findings, schema-based parenting can increase resilience in individuals with behavioral problems and enable them to manage with adverse life events. Appropriate resilience in parents and their children of all ages can shield them from these environmental challenges and serve as an internal weapon.

**Keywords:** Adolescent, Behavioral Problems, Resilience, Schema-Based Parenting.