

## The Effectiveness of Positive Psychology Training on Quality of Life in Mothers of Children with Cancer

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### Abstract

**Background:** The aim of this study was to evaluate the effectiveness of education of positive psychological concepts on quality of life in mothers of children with cancer.

**Methods:** The present study is a quasi-experimental study with pretest and posttest with control group. In terms of research category, in terms of purpose, it is an applied research. In order to collect the necessary data for research and to investigate the hypotheses, according to the nature of the research subject, the 36-item Quality of Life Questionnaire, sf=36 by Varosherbon in 1992 were used. The statistical population of this study includes mothers of children with cancer hospitalized in Mahak Hospital. The sample size is equal to 30 people who are divided into two groups of control (15 people) and experimental (15 people) and training of positive psychology was implemented for the experimental group.

**Results:** In this study, hypotheses were examined using analysis of covariance tests. The mean score of Quality of life in experimental group in posttest was significantly higher than control group ( $p=0.0001$ ).

**Conclusion:** The results showed that teaching positive psychological concepts improves quality of life in mothers of children with cancer.

**Keywords:** Training of positive psychology, Quality of life, Mothers of children with cancer