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I, Nancy Thakur, declare that the thesis entitled “**Effectiveness of Parenting Skill Program on child’s adaptive behavior, parental self-efficacy and mental well-being among the parents of children with Intellectual Developmental Disability in selected Special Schools of Delhi.**” is my own work conducted under the supervision of Dr. Kamli Prakash (Supervisor) and Dr. Sanchita Pugazhendi (Co Supervisor) at Himalayan College of Nursing, Swami Rama Himalayan University, Jolly Grant, Dehradun and is approved by Departmental Research Committee in Nursing Sciences.

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Nancy Thakur
Registration No.
DD20185010014

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Dr. Kamli Prakash

Professor

**Himalayan College of Nursing
Swami Rama Himalayan University**

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Dr. Sanchita Pugazhendi

Professor

Himalayan College of Nursing

Swami Rama Himalayan University

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Registration No.
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Director Research
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Swami Rama Himalayan University
Swami Ram Nagar, Jolly Grant
Dehradun-248016, Uttarakhand, India

**EFFECTIVENESS OF PARENTING SKILL
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PARENTAL SELF-EFFICACY AND MENTAL
WELL-BEING AMONG THE PARENTS OF
CHILDREN WITH INTELLECTUAL
DEVELOPMENTAL DISABILITY IN SELECTED
SPECIAL SCHOOLS OF DELHI.**



**Thesis Submitted in Partial Fulfillment of the Award
of Degree of Doctor of Philosophy
In Nursing Sciences**

SUBMITTED BY NANCY THAKUR

**CO-SUPERVISOR
DR. SANCHITA PUGAZHENDI**

**SUPERVISOR
DR. KAMLI PRAKASH**

**Swami Rama Himalayan University Swami Ram Nagar,
Jolly Grant, Dehradun**

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Nancy Thakur

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**Director Research
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Swami Rama Himalayan University
Swami Ram Nagar, Jolly Grant
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Submitted by

Nancy Thakur

For the Degree of

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is evaluated and approved by

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Nancy Thakur

With grateful heart

Nancy Thakur

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LIST OF ABBREVIATIONS

Terminology	Descriptions
IDD	Intellectual developmental disorder
WHO	World Health Organization
NSS	National Sample Survey
AAIDD	American Association on Intellectual and Developmental Disabilities
UNICEF	United Nations International Children's Emergency Fund
IQ	Intelligent Quotient
CST	Caregiver Skills Training Program (CST),
NCR	National Capital Region
UT	Union Territory
VSMS	Vineland Social Maturity Scale
WEMWBS	Warwick-Edinburgh Mental Well-being Scale
HPM	Health promotion model
PSP	Parenting Skill Program
QOL	Quality of life
NFHS	National Family Health Survey
SSA	Sarva Shiksha Abhiyaan
BT	Behavioral Therapy
DD	Developmental Disorders
MSRP	Mindful stress reduction program
SSTPPI	Stepping Stones Triple Positive parenting program intervention
ADHD	Attention Deficit Hyperactivity Disorder
ASD	Autism Spectrum Disorder
SPSS	Statistical package for social sciences
SD	Standard deviation
%	Percentage
df	Degree of Freedom
n	Total number of samples
et al	And all others