

ABSTRACT

Background:

Caring for children with IDD is a challenging and demanding extra care and attention due to deficiency in their adaptive skills. Parenting skill program designed to empower parents to assist their children with IDD in strengthening their adaptive abilities

Objectives: To assess the effectiveness of Parenting Skill Program on child's adaptive behavior, parental self- efficacy and mental well-being.

Methods: Quasi-experimental time series research design was adopted. Two special schools for children with IDD were randomly selected and assigned to experimental and control group. Total 160 parents of children with mild and moderate IDD were chosen by using a computerized- randomization table process and were allocated to experiment and control group. Structured interview was conducted and information regarding sociodemographic variables and pretest data on parental self-efficacy and mental well-being and Vineland Social Maturity Scale (VSMS) was collected from participants in experiment and control group at 1st month. It was followed by twelve interactive sessions spread over 3-months, with weekly sessions for parents in the experimental group. Posttest data of child's adaptive behavior, parental self- efficacy and mental well-being was collected at 6th, 9th, and 12th months from both groups.

Results: Results showed a significant increase in mean posttest score of adaptive behavior of children at 6th month 53.425 ± 8.95 , 9th month 52.850 ± 9.77 , 12th month 55.288 ± 8.87 , parental self- efficacy at 6th month 73.97 ± 7.46 , 9th month 81.60 ± 6.30 , 12th month 87.55 ± 6.66 and mental wellbeing at 6th month 46.54 ± 8.56 , 9th month 49.33 ± 8.57 12th month 53.53 ± 8.66 following the intervention in experimental group compared to

control group concluding that it was beneficial in improving parental self- efficacy and mental wellbeing and adaptive behavior of children (p 0.001).

Keywords: *Parenting Skill Program, Intellectual Developmental Disability, Child's Adaptive Behavior, Parental self-efficacy, Parental mental well-being.*