The effectiveness of martyr foundation family training classes on veteran wives’ stress and aggressiveness in Main Cities of Tehran Province

Zahra Alizadeh¹, Faride DokaneiFard*²
¹ Department of Counseling, Roudehen Branch, Islamic Azad University, Roudehen, Iran. Alizadeh.8391@gmail.com
² Department of Counseling, Roudehen Branch, Islamic Azad University, Roudehen, Iran
*Email corresponding: DokanheeiF@yahoo.com

Abstract

In this study, we surveyed the effectiveness of family training classes of martyr foundation on stress and aggressiveness of veteran wives in main cities of Tehran. The statistical population of this study consisted of veterans’ wives in the main cities of Tehran in year 93-94. The sample size was 30 people from this population, which is between the cities of Tehran, Rey city was chosen randomly. And then the cases were volunteer. And people are randomly divided into two groups of 15 people, tests and evidence. To measure stress and aggression, Harry questionnaire and Buss and Perry questionnaire were used respectively. The research of pre-test and post-test after the test and control groups, the experimental intervention (family training classes of martyr foundation: anger and stress management) on the experimental group for 12 sessions of 70 minute and a meeting was conducted in a week, and after the training program, the 2 groups were assessed. In order to analyze the data collected in addition to descriptive statistics, ANCOVA is used as statistical inference. Results obtained showed that the group of training classes was to improve the stress and aggression compared with the control group. And conclude that this training can be effective in improving anxiety and aggression.

Keywords: martyr foundation family training classes, stress, aggressiveness.
Introduction

Family in our country is more important because of specific cultural issues and values compared to Western countries. Therefore, efforts either for satisfying emotional and mental needs, or strengthening and continuity of family members, especially women within the family framework are importantly taken into account. In addition, because of the critical role of women in Iranian culture, the existence of problems, conflicts and ultimately the disintegration of the family can have harmful effects on families, children and society. [Kheiravaran, 2014]. People, particularly women, maybe involve in their lives and in their relationships with other people a set the expectations, beliefs and imaginary assumptions of themselves and others that are mainly unrealistic. Establishing and maintaining relationships in the family and society are considered as a skill and art that in addition to mental health and primary health experiences need specific skills [Turkington, 2010]. Domestic violence is a key issue that has been regarded from a different perspective such as of social, cultural, political, demographic and health ones. Given that a lot of researches have been conducted about the causes and prevalence of domestic violence in Western countries in recent decades and for several years in Iran. But there have been accomplished a few researches in terms of methods of treatment and prevention of this big problem providing families, children, spouses and society with various problems. As well as, the recent study concerning the anger contribution in psychotherapy suggests that anger is such natural emotions. That being said, you rightly affirm your anger, but next to it there must find a true way to crab the anger to be not either anger person, or his husband unharmed. The problem occurs when we repress anger or express it aggressively. According to many psychologists, anger is healthy if properly discharged. But, if this anger does not express and discharge properly, it can be unhealthy and even detrimental [Rafezi, 2004]. Anger is a universal emotion that is associated with destructive consequences and has long attracted the attention of scholars and specialists. All of us have experienced such anger and know the fact that there cannot be avoided and altered people and things that make us angry. Nevertheless, we can learn how to control our reactions. The objective of controlling anger is to reduce aggressive feelings and physical arousal developed by anger [Aboueye Mehrizi, 2009]. One of the behaviors that plays an important and effective role in the lives of everyone is aggression. Aggressiveness is such a behavior that is often emerged by people's reactions towards others inappropriate behavior. And, it may extend from an annoyed behavior to a severe and physical anger, of course according to age and culture of each society, it is regarded of humans’ natural reactions and indicates mental and emotional health [Akiba, 2009]. In some occasions, improperly taking advantage of aggression leads to some personal and interpersonal health problems for the people. Aggression is of the problems and issues of the people in the last century that has appeared many problems for the individual and his/her surroundings. It is also one of the most important factors affecting the mental health [Khodayarifard et al., 2007]. Therefore, the inability to manage aggression, in addition to personal discomfort, is followed by disruption of public health and interpersonal relationships, incompatibility and harmful consequences of aggressive behavior [Kendall, 2000]. Researches have shown that people who have subjected to aggressiveness and ill-treated behavior possess insecure attachment with their parents and cognitive-emotional problems such as anxiety, depression, sleep disorders, self-destructive behaviors, low self-confidence, social division and aggression are observed in them. Coupled with, applying two coping militancy and withdrawal
strategies are common in these patients and they have less able to express sympathy [Mehrabian, 2014]. Therefore, anger management interventions to reduce the severity, duration and frequency are indicating expression of anger with the help of adaptive responses to emphasize interpersonal issues [Navid, 2008]. Violence in families is posed as universal and historical phenomenon also being known as a major health problem in the world. Families in which violence is abundantly seen, authoritarian and without confidence and abnormal children are grow up and parents efficiency is too low. In addition, these individuals are gradually withdrawn and isolated. [Hajati et al., 2008]. In general, it can be stated that the effects of weaknesses and shortcomings in the management of anger is beyond the individual problems and damage interpersonal relationships as well as contribute in public health problems, emerging public incompatibility and detrimental consequences of aggressive behavior. Added to that, if the powerful emotion to be not controlled properly, it can prevent all-round success and optimal functioning of individuals, groups and communities [Vigil, 2008]. Something that in the new millennium is threatening the health and mental health does not cancer or heart disease, but stress as the main cause. That's because is dated back to constantly increasing of stress levels in all societies. We know that stress owns very broad and deep effects. For example, stress and emotional reactions associated with depression and anxiety cause to quickly afflict with colds and other illnesses than when we're not under stress. Perhaps, as afflicted to the risk of cancer, if we are under stress, premature die could be taken place. Recent investigations demonstrate that, affecting by chronic stress, different parts of the brain that are involved in emotional and cognitive functions are exposed to a lot of numerous harms. Because of these issues, it is necessitated to control stress in our stressful life. This fact is more important than economic and physical well-being. Because if health and mental functions under intense chronic stress reduce, we will be able to enjoy endeavors’ outcome, our properties and wealth and close contact with relatives [Thorrington, 2010]. Together with, by the industrialization of societies and increase of psychological pressures, persons already suffered from a lot of problems that everybody depending on his/her character and environmental conditions reacts to these pressures; such these problems and issues consist of stress that affect many people nowadays [Hosseini, 2011]. Based on Fite et al. [2007] when people are under stress, they should have the coping skills necessary to work to reduce stress. If the stress be managed and effective coping skills to be provided, a person will be able to meet the challenges and needs of his/her life in a better way. The purpose of anger and stress management interventions are to decrease emotional feelings and the physiological arousal induced by anger and stress, to increase awareness regarded to anger and stress, either to train awareness of the persons about anger and stress education, or practices and effective strategies in order to control it [ American Psychological Association: 2004]. Today, notwithstanding the creation of deep cultural and lifestyle changes, the majority of people lack the necessary and fundamental skills to deal with life issues and also this fact causes them to be vulnerable in dealing with issues of everyday life. Constructive interaction in relation to them and the environment trace back to have a healthy and normal character. In other words, the level of individual's adaptation to the environment can be deduced from his/her self-organized voluntary actions and behavior [Firoozabadi, 2008]. The strategies of coping with existing and emerging issues, how to communicate with others, adapting to changes, environmental pressures, etc., are of issues that will be discussed further in the new era. Success in this era requires skills that would be capable
of offering right living, meant a healthy and joyful life, coupled with the growth and development by itself [Fazli, 2007]. Learning and employing anger and stress control management incorporate therefore an important role in mental health. Along with the promotion of mental health level, person’s motivation to take care of him/herself and others as well as the prevention of mental and behavioral problems increase [Sultan, 2008]. Living in the present period compared to the last century is increasingly complex. Rules and provisions are varied based on the system that the human-beings at a certain time in which they function. Such a situation requires special skills, therefore learning other skills are not a simple and spontaneous process and require systematic and professional attention. The problem that is concerned with researcher in relation to mental and social health of such people is that lifestyle of veterans’ families is different than other people and these families live with their own problems that family members, especially spouses of veterans are more exposed to stress and consequently reflect themselves aggressiveness as having low resilience and tolerance. According to what were mentioned and the research problem, this question seems as to be: how do veterans’ spouses acquire the skills and techniques and apply them in different situations of life so in order to avoid psychosocial and behavioral damages? In other words, whether the family training classes can enhance veterans’ wives anger and stress in Tehran city, or not. Hence the researcher tends to finally answer the fundamental question that: do martyr foundation family training classes on veterans’ wives stress and aggressiveness control are effective in the main cities of Tehran Province?

Research methodology
This research is of quasi-experimental, pretest, posttest, control group and randomly assigned design. The study population included all veterans’ wives of Tehran cities during year 93-94. Study participants were moderately classified in terms of economic, social and cultural levels. The participants also had a good education and most of them were housewives. Sampling method in this study due to the nature of research was quasi-experimental, 30 patients were considered as the appropriate sample size who assigned randomly in two experimental and control groups of 15 persons. In this study, randomly sampling method was used to select the city, i.e. of the cities of Tehran (Damavand, Pardis, Rudhen, Boomehen, PAKDASHT, Varamin, Ghods, Eslamshahr, etc.) and Rey city were selected. Then volunteer method was used to choose the people for study. Likewise, in a statement, people who were willing to attend training classes visited the counseling center of martyr Foundation and registered. A total of applicants was 79 and aggression and stress questionnaires was administered over these people. And, those who scored high marks in the aforementioned questionnaire due to the quasi-experimental nature of study, 30 persons were considered as the appropriate sample size where randomly assigned in two experimental and control groups of 15 people.

Data collection tools: questionnaire is the measuring tool of the study. Research tools are include as:
A: Aggression Questionnaire: This questionnaire prepared by Arnold Ach- bass and Mark Perry in 1990 consisted of 29 questions. This questionnaire has four subscales of physical aggression, verbal, aggression and hostility. The content validity of the questionnaire was approved by Navabinejad and Sanaee Zakir and Moradi. Aggression questionnaire has a much desired internal consistency. Alpha coefficients for subscales of physical, verbal, anger and hostility aggression
were respectively 85%, 72%, 83%, 77% and the alpha coefficient of total of questionnaire scores is 89% [Golchin, 2002].

B: Harry stress questionnaire: the questionnaire was provided by S. Chandran Harry Ryan in 2005 for measuring stress in different life situations. The test contains 66 words. The test responses was awarded in a 5-degree range of do not accept 1 and fully accepted of 5. Questionnaire validity has been investigated based on the content validity. To do this, questionnaire phrases were delivered to 5 psychology professors who had expertise in the field of psychological pressure. Of 101 words carefully studied, they selected 66 phrases which were evaluated better. In total, this test is fitted tool for the diagnosis of the stress in individuals. To determine reliability, its internal consistency was computed by split-half method based on the responses of 50 students. The obtained results of Spearman-Brown formula to calculate the internal consistency of 74% and for the stability of the questionnaire to a sample of 50 students, retest correlation coefficient (within 4 weeks) was gained 79%.

(C) Training package:

Table 1. Summary of training package offered to groups

<table>
<thead>
<tr>
<th>Session</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>In addition to people’s knowledge about the rules and laws of the group and establishing good relationship, there were addressed the logic and the need for stress management and familiarity with stress-born agents and stress responses</td>
</tr>
<tr>
<td>2</td>
<td>Stress-related practice, awareness and training</td>
</tr>
<tr>
<td>3</td>
<td>Automatic thoughts and cognitive distortions</td>
</tr>
<tr>
<td>4</td>
<td>To learn more about cognitive distortions and negative thoughts, familiarity with logical thought process of replacement, replacement of automatic thoughts</td>
</tr>
<tr>
<td>5</td>
<td>Coping skills</td>
</tr>
<tr>
<td>6</td>
<td>Understanding the definition and benefits of social support, familiarity with the various sources of social support, meditation exercises</td>
</tr>
<tr>
<td>7</td>
<td>Awareness of anger excitement and its differences with fear, investigating the severity and cause of anger, being familiar with rational and irrational anger, exploring the benefits and risks of anger, self-monitoring activities.</td>
</tr>
<tr>
<td>8</td>
<td>Expressing the difference between anger and aggression, to detect physical-cognitive behavioral changes as being angry, addressing the issue of the threshold of anger, determining interactive relationship of behavioral cognitive excitement, familiarity with a variety of events triggering anger, indemnifying the relationship between anger and other emotions</td>
</tr>
<tr>
<td>9</td>
<td>Inspecting the role of beliefs, thoughts, and cognitive ideas on the formation of anger, addressing common false beliefs about anger, stating the effects of adult anger on children, monitor activity on cognitive errors</td>
</tr>
<tr>
<td>10</td>
<td>Training anger’s evaluation skills, correcting inner speeches, performing self-monitoring using daily notes</td>
</tr>
</tbody>
</table>
Social and communication skills training, familiarizing participants with the skills and methods of how to deal with angry people, reflecting emotions, using proper words and sentences.

Problem-solving skills training when faced with anger, saying something about effective causes and prevention of anger, summing up the materials provided during the period highlighting anger management, posttest implementation.

**Research findings**

According to the descriptive data, the average of pretest scores in both experimental and control groups implies that the average of aggression and its subscales pretest scores and stress in the pretest step is not much different. The averages of experimental group scores in either stress, or aggression were 90.60 and 82.26, respectively. Additionally, amongst the aggression subscale, the score of physical aggression subscale was higher than others. The average of scores in the control group (pretest) in stress and aggression were 88.60 and 81.20, in order. As well as, among the aggression subscales, the score of physical aggression was higher other subscales.

In this study, ANCOVA analysis was applied to evaluate the research hypothesis. The reason of using this test is dated back to utilizing pretest as a control variable in order to control the effect associated with previous preparation and adjustment of this variable impact in this study. Prior to using analysis of variance test, there ought to examine some of the key assumptions, because not considering these assumptions could presumably result research results in the bias. Pre-assumptions of using Analysis of covariance are included as: normal distribution of data – equality of error variances- the homogeneity of the regression lines which these three assumptions were studied before analysis of covariance for this study. Fortunately, all three assumptions regarding the analysis of covariance were established. Being stated that, the use of ANCOVA test to analyze the data of this study is appropriate. Covariance test results can be seen in Tables 1, 2 and 3.

First hypothesis: martyr Family Foundation training classes are effective on the stress of veteran’ wives in the cities of Tehran province.

Table 1. ANCOVA results for stress.

<table>
<thead>
<tr>
<th>Variation sources</th>
<th>Sum of squares</th>
<th>Freedom of degree</th>
<th>Mean of squares</th>
<th>F</th>
<th>Significance level</th>
<th>η</th>
<th>Etta coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covariate effect</td>
<td>198778.80</td>
<td>1</td>
<td>198778.80</td>
<td>3434.8</td>
<td>.000</td>
<td>.992</td>
<td></td>
</tr>
<tr>
<td>Group(experimental/control)</td>
<td>940.800</td>
<td>1</td>
<td>940.800</td>
<td>16.257</td>
<td>.000</td>
<td>.367</td>
<td></td>
</tr>
<tr>
<td>Error</td>
<td>1620.400</td>
<td>28</td>
<td>57.871</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>201340.00</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
According to the data in the table above, because the amount of $F = 16.257$ with degrees of freedom $(df = 1$ and $df = 28)$ is at significant level of $\alpha = 0.05$, therefore the null hypothesis is rejected and the research hypothesis is confirmed with 95% certainty. In other words, hypothesis: martyr Family Foundation training classes are effective on the stress of veteran’ wives in the cities of Tehran province. And, the impact of family martyr Foundation training classes on stress of veteran’ wives was estimated 36.7% according to the Etta coefficients. Also comparing two experimental and control groups shows a reduction in the average scores of people in the stress of experimental group at posttest stage.

Second hypothesis: martyr Family Foundation training classes are effective on the aggression of veteran’ wives in the cities of Tehran province.

Table 1. ANCOVA results for aggression.

<table>
<thead>
<tr>
<th>Variation sources</th>
<th>Sum of squares</th>
<th>Degree of freedom</th>
<th>Mean of squares</th>
<th>F</th>
<th>Significance level</th>
<th>$\eta$</th>
<th>Etta coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covariate effect</td>
<td>148544.033</td>
<td>1</td>
<td>148544.033</td>
<td>5643.974</td>
<td>.000</td>
<td>.995</td>
<td></td>
</tr>
<tr>
<td>Group(experimental/control)</td>
<td>736.933</td>
<td>28</td>
<td>26.319</td>
<td>50.155</td>
<td>.000</td>
<td>.642</td>
<td></td>
</tr>
<tr>
<td>Error</td>
<td>150601.000</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

According to the data of the posttest aggression table, as the amount of $F = 50.155$ along with degrees of freedom $(df = 1$ and $df = 28)$ is at a significance level of $\alpha = 0.05$. Hence, the null hypothesis is ignored and the research hypothesis is affirmed with 95% certainty. To put it differently, martyr Family Foundation training classes are effective on the aggression of veteran’ wives in the cities of Tehran province. As well as, the impact of family martyr Foundation training classes on aggression of veteran’s wives was measured 64.2% based on achieved Etta coefficients. Furthermore, comparing two control and experimental groups indicates that the average scores of the people in aggression in the experimental group of posttest stage has declined.

Table 4. ANCOVA results for aggression components.

<table>
<thead>
<tr>
<th>Aggression components</th>
<th>Variation sources</th>
<th>Sum of squares</th>
<th>Degree of freedom</th>
<th>Mean of squares</th>
<th>F</th>
<th>Significance level</th>
<th>$\eta$</th>
<th>Etta coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>Group(Experimental/control)</td>
<td>124.033</td>
<td>1</td>
<td>124.033</td>
<td>14.15</td>
<td>.001</td>
<td>.336</td>
<td></td>
</tr>
<tr>
<td>Verbal</td>
<td>Group(Experimental/control)</td>
<td>70.533</td>
<td>1</td>
<td>70.533</td>
<td>15.80</td>
<td>.000</td>
<td>.361</td>
<td></td>
</tr>
<tr>
<td>Anger</td>
<td>Group(Experimental/control)</td>
<td>56.033</td>
<td>1</td>
<td>56.033</td>
<td>8.304</td>
<td>.008</td>
<td>.229</td>
<td></td>
</tr>
<tr>
<td>Hostility</td>
<td>Group(Experimental/control)</td>
<td>86.700</td>
<td>1</td>
<td>86.700</td>
<td>10.27</td>
<td>.003</td>
<td>.268</td>
<td></td>
</tr>
</tbody>
</table>

Concerning the test hypotheses related to aggression components (physical, verbal, anger and hostility), results have shown that Family martyr Foundation raining classes affect all aggression components.
components of veteran’s wives in cities of Tehran province. However, the null hypothesis is rejected and the research hypothesis is confirmed with 95% certainty. In other words, martyr Family Foundation training classes influence the aggression of veterans’ wives in cities of Tehran province.

Discussion and conclusion

The results obtained regarding the effect of martyr Family Foundation training classes on stress and aggressiveness of veterans’ wives in cities of Tehran province indicated that holding such classes were effective on the stress and aggression of veteran’s wives in cities of Tehran province. In fact, this means that the effectiveness of this method on the stress and aggression of such subjects showed cognitive- in fact with cognitive awareness that people acquired with trainings on how to behavior, they could improve their behavioral and thoughts mischiefs. Also, by reducing the level of their cognitive errors, they had more positive social function and behavior better and easygoing in association with others plus reduce their negative thoughts of their lifestyle and attempt to provide better comfort for themselves and for other members. In the following, the researcher concluded that if there possible to offer appropriate educational methods preventing effectively cognitive and emotional errors and automatically negative attitudes, a big step towards health maintenance and stress and aggression can be done. Since the aggression in these families is due to existing more difficulties, so such a family environment may be causing the aggression. Previous researches demonstrate treatment usefulness and effectiveness of interventions in the field of aggression control; so that aggressiveness is the phenomenon which can be controlled and can be controlled or modified with appropriate teaching practices. Additionally, with respect to the sustainability of training, the results show that not only treatment results remain lasted, but also improved. Of most critical and important aggressive behaviors, the poorness of problem-solving skills, lacking the skills necessary to control aggression and lacking awareness of desirable communication skills can be pointed out. Added to that, even most of people when confronted with the anger-provoking situations are lacking the necessary skills to master their emotions, and the cause of the effectiveness of cognitive behavioral group therapy is that they offset a part of the skills’ deficiencies and shortcomings as well as make aware of person to special skills in order to master the emotions and excitments [Navid, 2006]. The basis of reducing aggression and stress is on anger and stress management. The results of this study are completely in compliance with the results of [Hashemian, 2006], [Jimeneza, L., Dekovecv, M., & Hidalgoa, ’09], [Bradbury KE, Clark, 2009], [Golsani and Saini, 2005], [Mahdizadeh, 2014]. As well as the results are relatively adapted with the results of [Mousavi, 2009], [Mehrhabian, 2014], [Sadeghi, 2001], [Len-Bowers et al., 2006], [Jimeneza, L., Dekovecv, M., & Hidalgoa, 2009], [Byrne, 2007], [Pellegrini, 2003]. In connection with the Family martyr Foundation training classes on aggression (physical) of veterans’ wives, the results are fully consistent with prior researches. It can be inferred that physical aggression to be defined in inflicting casualties and damage to other people, which is frequently done to achieve a wish. Examples of physical aggression includes hitting, pushing, kicking or threatening to be beaten. The purpose of training stress and anger management is how to cope with the issues. This is a way to strengthen the arguments and individual capacities to decide about the emerged problems which ultimately makes the person to possess anger and stress management skills. Consequently, he/she unlike the people who lack such skills, don’t
react aggression-borne actions. Our task is to guide the aggression in socially acceptable behavior by having the resources and skills that can be found using them with accommodation issues. Assumption proposed in such interventions refers to the lack of skills that are necessary for proper interaction in people's lives; so that some negative behaviors such as aggression is caused by the lack of these skills. Connecting with Families martyr Foundation training classes on aggression (verbal) of veterans’ wives, verbal aggression represents as the instrumental aspect of aggression and it can be resembled with revenge. The results of the research are fully consistent with prior researches. At the same token, regarding Family martyr Foundation training classes on aggression (anger) of veterans’ wives, it can be stated that Family martyr Foundation training classes for veterans’ wives lead to reduce the trait anger, the angry mood and angry response in people. The results of this study are in complete alignment with previous research results. Through educating anger and stress management, angry people can overcome their dramatization and self-defeating justice and develop positive attitude towards the wrongdoer. Aggressive individuals should learn how to deal with their anger and how to resume lost relationships with resolving the anger. If aggressive people be able to discover and understand the effect of injuries caused to other people, they experience regrets and apologize to their victims. Accordingly, aggressive behaviors are dramatically reduced which this may be acquired due to the findings of the current study through anger and stress management. In connection with the family martyr Foundation training class on aggression (hostility) of veterans’ wives, the results of this study are fully aligned with the findings of previous studies. Anger and stress management training gives rise to reduce self-imagined hostile thoughts. These techniques also reduce the documents of being hostile. Documented practices are called when the important and hostile counter-behaviors are appeared. Documenting and justifying can play an important role in the relationship. If someone has a positive justification from negative events, it help him/her feel better toward the opposite side that this fact can be achieved through a cognitive behavioral approach. So, it can be said that people who have better attitudes towards their opposite side behavior, they show more forgiving in their relationships. In the event of emerging damage of other people, he/she represents their behavior unintentional, unselfish, and no fault, and thus exerts a more positive and constructive attitudes which ultimately result in an improvement in relations.

According to the research findings the following proposals are presented:

- In future researches in addition to the test, other measurement methods such as interviews and observation and so forth to be used.
- Due to cultural differences in the different parts of Iran and the communication existing between cultural differences, It is recommended to pay more attention to this issue and the role of cultural factors and differences also be reviewed in the upcoming researches.
- According to researcher experiences in the course of this study, the majority of the participants in this study had little information on how to manage anger and stress. However, training programs planning for public awareness in relation to methods of anger and stress management is required.
- Martyr Foundation Organization is needed to provide such families with comprehensive mental health programs, and to communicate them next to it and to endeavor for their full-around development.
References


