

Abstract

Background and purpose: Cerebral palsy is a special psychological condition that threatens the physical and mental health of children and their families. The occurrence of this chronic disease has a profound effect on the life of the child and the family. In many cases, it seems that the pressures caused by caring for a sick child increase to such an extent that the parents' sleep and resilience undergo destructive changes that can affect the quality of life of parents and their children. The present study was conducted to investigate the relationship between sleep quality and resilience in mothers with children with cerebral palsy in Ardabil city.

Materials and methods: The method of this research was descriptive and correlational. The statistical population of the research was mothers with a child with cerebral palsy who referred to the Bo Ali educational and therapeutic center in Ardabil city. The samples studied in this research were 119 mothers who were selected by available sampling method. Pearson correlation, regression analysis, t-test and one-way analysis of variance were used to analyze the data.

Findings: The mean total resilience score was 68.15 ± 18.34 and the mean total sleep quality score was 6.39 ± 2.06 . Resilience and sleep quality had a significant relationship with each other. As the condition of mothers' sleep quality worsens, the level of resilience decreases ($r = -0.295$, $p < 0.05$). The results of regression analysis showed that sleep quality can provide the best prediction for resilience. There was a significant correlation between all dimensions of sleep quality and resilience (except the use of sleeping pills ($p > 0.05$)). There was a significant correlation between all dimensions of resilience and sleep quality (except spiritual effects ($p > 0.5$) ($p < 0.05$)).

Conclusion: According to the results of this study, improving the sleep quality of mothers of children with cerebral palsy increased resilience. In order to break the vicious circle of sleep problems and its disastrous consequences on the well-being of families, the issues and deficiencies identified by parents in health care should be taken into consideration. Health care systems should implement programs to improve the sleep quality of mothers with children with cerebral palsy. To finally improve the resilience of the research community.

Keywords: sleep quality, resilience, cerebral palsy, mothers.