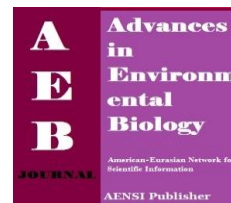




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### Study Validity Program of Combining Involvement of Knowing Behavioral (CBT) and Empowerment Skills among Children that Suffer from Autism in Western Areas of Iran

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#### ABSTRACT

This study titled, Study validity program of combining involvement of knowing behavioral (CBT) and empowerment skills among children that suffer from autism in western areas of Iran, tries to investigate four important factors in CBT and to this aim, descriptive method was used and liker test also was used to analyze data. The sample method in this research is 20 individuals of children that suffer from autism in western areas of Iran. Results of test show that some factors such as CBT, behavior, knowing, behavioral and empower skills are very important in prevent and therapy of autism.

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### INTRODUCTION

Autism is a serious disease that appeared in children and majority is before 3. It seems that number of children that suffer from autism, are increase, although there is not a complete therapy to autism, but serious attention to it can change life of children who suffer from it. This disease such as all other diseases has some symptoms that some of them were referred as following:

- 1- Delay in learn speaking
- 2- Child may seems deaf, while his/ her acoustic experiments been normal
- 3- All repetitive behaviors and games and abnormal like to some devices and sense angry during change routine program.
- 4- Disability in pronunciation some names, eye contact, avoid demanding help
- 5- Disability to start conversation and talk with others
- 6- Be sensitive to optic, noise and not attention to pain
- 7- Strange food habits, for ex, eat none food things such as soil

Children that suffer from autism have problem in making communication. When these children became older, some of them may turn to normal life, while others may remain in problem. Majority of these children that suffer from autism are slow in learning science and some of them have symptoms that show low science. It is seem that autism is a genetic disease. There are many researches about relation between autism and vaccinations, but they couldn't found any relationship between them. Indeed all children with any originality and nationality may suffer from autism, but some factors can increase the risk of this disease that are as following:

- 1-gender, boys 5 times more than girls are in risk of autism
- 2-family background, in families that a child suffers from autism, its risk to family children is more in compare to other children.
- 3-other disordering, children that suffer from an specific disease, are in risk of autism more than other children.
- 4-parent age, there is a negative relationship between parent age and autism in their children.

Indeed this disease and methods to its therapy are in attention of many researchers, although there is not any way to prevent from autism, but on time therapy can improve this disease. Although there is not a complete method to identify and therapy of autism, but there are some ways that help to improve it. One of the most important methods that can help to improve autism is behavioral- knowing (CBT) method. Many researches

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confirm efficiency of this method on autism and in this paper we want study it effect in autism and compare results with other researches.

#### Research method:

Present research is application one and its method is semi experimental and has pretest and post test with control group with sampling and divide samples to two groups: experimental and control group. Independent variable in this research is CBT that experimental group are under this variable and control group are without any experiment. Dependent variable in this research is autism behavior. Statistic society in this research is all children that suffer from autism in west areas of Iran. 20 individuals with random method were selected top participant in this study and the range of their age was 1.5-3. They divided to two groups and one receives CBT and other receives any thing. During research 2 individual from each group refuse to continue and so each group was contain 8 individuals. Indeed method of research was in this way that 6 section and each section 120 min was executed. This method was executed by help empowerment skills that are very helpful to children. In this research, methods of descriptive statistics were used to organize quantitative data. Also analyze test of variance and inductive analyze were used to analyze of hypothesis.

#### Research instruments:

This questionnaire was contain 29 questions and measure 4 factors of behavior (5 question), efficiency of CBT (9 questions), empowerment skills (7 questions) and knowing program (8) questions. Scaling method is based on Licker method from 1 to 5 and its reliability was obtained by contemporary asymmetric reliability.

#### Findings:

The aim of present research was Study validity program of combining involvement of knowing behavioral (CBT) and empowerment skills among children that suffer from autism in western areas of Iran. Descriptive and inductive methods were used to analyze and organize obtaining data and results are in table 1.

**Table 1:** frequency and percent to financial conditions of family

Percent (control group)	Frequency (control group)	Percent (experiment group)	Frequency (experiment group)	Financial conditions of families
50	4	37/5	3	Under poverty
25	2	37/5	3	Poverty
0	0	12/5	1	Middle
25	2	1	Rich	25
100	8	8	total	100

<sup>1</sup> Based on table1, to experiment group, most frequency is for under poverty and poverty and in control group is to under poverty.

**Table 2:** Indexes of descriptive statistics to age of two groups.

maximum	minimum	Standard deviation	mean	Age
3	1/2	0/021	2/38	Experiment
3	1	0/038	2/24	control

Based on table 2, mean and standard deviation to experiment group are 2/38 and 0/021 and in control group are 2/24 and 0/038.

**Table 3:** Mean and standard deviation of performance in experiment and control groups in questionnaire in pre test and post test.

variable		Mean (control group)	Standard deviation (control group)	Mean (experimental group)	Standard deviation (experimental group)
	Pretest	102/21	5/43	104/23	8/14
behavior	Posttest	101/46	10/21	102/21	9/21
	Continue	101/46	0/45	107/65	7/24

Based on table 3, most score in behavior is 107/65 and minimum is 101/46.

**Table 4:** Results of test inter tests to behavior.

Change sources	Radical totals	Freedom degree	Radical mean	Amount of F	meaningfulness	Effect size
Group	2072/12	1	2072/12	20/01	0/001	0/60
error	87/24	14	1354/45			

Results of these test show that effect of inter group is meaningful in behavior. In other words, there is a meaningful difference between behavior scores of control and experimental group and this score in group that receive CBT is more than control group.

*Discussion and conclusion:*

Researches in this subject show that autism can be control and some features of people that suffer from autism are different from common people but they can be controlled and improved. In this discussion of Study validity program of combining involvement of knowing behavioral (CBT) and empowerment skills among children that suffer from autism in western areas of Iran, it can be said that autism is because of different reasons and it seems that it is a genetic disease, researchers try to find a gene that is cause of this disease, also researchers studies on environmental factors such as virus inflections- progeny problems to finding their relationship with autism. This research performed some studies and obtained some conclusions as following, Based on table1, to experiment group, most frequency is for under poverty and poverty and in control group is to under poverty. Based on table 2, mean and standard deviation to experiment group are 2/38 and 0/021 and in control group are 2/24 and 0/038. Results of intertest to behavior show that effect of inter group is meaningful in behavior. In other words, there is a meaningful difference between behavior scores of control and experimental group and this score in group that receive CBT is more than control group.

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