Effectiveness of Mindfulness-based cognitive therapy (MBCT-C) on Emotion Regulation in children of divorce

Abstract

Introduction: Parents' divorce is one of the major stressors in children's life. Many children of divorce show symptoms of anxiety, depression, and anger or other mental health problems.

Objective: The aim of this research was to examine the Effectiveness of Mindfulness-based cognitive therapy (MBCT-C) on Emotion Regulation in children of divorce.

Method: Participants are boys and girls aged 10-13 (N=30). All participants were randomly assigned into two groups: a waiting list control group (N=16) and an experimental group (N=14). Measures include emotion regulation checklist (ERC; Shield & Cicchetti, 1998) and child acceptance (mindfulness measure (CAMM, Greo & et al, 2005).

Result: The result of this study revealed the significant enhancement in emotion regulation, acceptance and mindfulness in children of divorce.

Conclusion: The results of this study can be interpreted as promising and we call for future research to further examine the usefulness of mindfulness-based cognitive therapy for empowering children after divorce.

Keywords: mindfulness, emotion regulation, divorce, child.