Title: The effectiveness of mental rehabilitation based on positive thinking skills training on increasing happiness of physical and motor disabled male adolescents

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Abstract: Abstract
Introduction and Objective: disability can have an impact on physical and motor disabled male adolescent's quality of life and can lead to isolation and depression. So propose of this research has studied the effectiveness of mental rehabilitation based on positive thinking skills training in group form on increasing happiness of physical and motor the disabled at Tehran Emam Ali Education complex in 2013.

Method and material: the study is an experimental research and used pre-test, post-test plan with a control group. Whole physical and motor the disabled boy of this education complex made researching statistical community. 16 boy selected by synthetic sampling include: Stratified sampling, purposive sampling, randomly sampling (those who had under average happiness scores) and arranged randomly in 2 experimental and control groups. Positive thinking skills training to experimental group was done in 8 sessions, 45’ minute and 2 sessions in a week. The used tool in this research is oxford happiness questionnaire

Results: result this research using analyses of covariance showed that Positive thinking skills training had meaningful and positive effect on increasing happiness of subjects

Conclusion: Based on research findings, it could be concluded that positive thinking skills training increases the happiness score of physical and motor disabled male adolescents, so it is suggested this training method to be used in both normal and special schools and counseling clinics, to increase mental health of physical and motor disabled male adolescents.

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