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**Title: 12650- Effectiveness of Life Skills Training on Family and Social Self-esteem in Exceptional Children's Mothers**  
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**Abstract: Abstract**  
Objective: The aim of the present research was to study the effect of life skills training on family and social self-esteem in exceptional children’s mothers.  
Method: This study was based on a quasi-experimental pretest and posttest research design with control group, the sample was comprised 30 mothers with one exceptional child divided into two groups of experimental and control. The experimental group received training for 4 skills of 10 life skills including self-awareness, problem solving, coping with stress, and communication skills. The instrument of data collection was Cooper Smith’s self-esteem questionnaire. The data analyzed using ANCOVA test.  
Results: Life skills training was effective for increasing family self-esteem ($p < 0.001$, df = 1.27, $F = 17.79$) and social self-esteem ($p < 0.001$, df = 1.27, $F = 14.54$) of the mothers of experimental group.  
Conclusion: Life skills training can increase family self-esteem and social self-esteem of exceptional children's mothers.  
**Key words: Life Skills Training, Family Self-esteem, Social Self-esteem, Mothers, Exceptional Children**  
**Presentation: Poster**