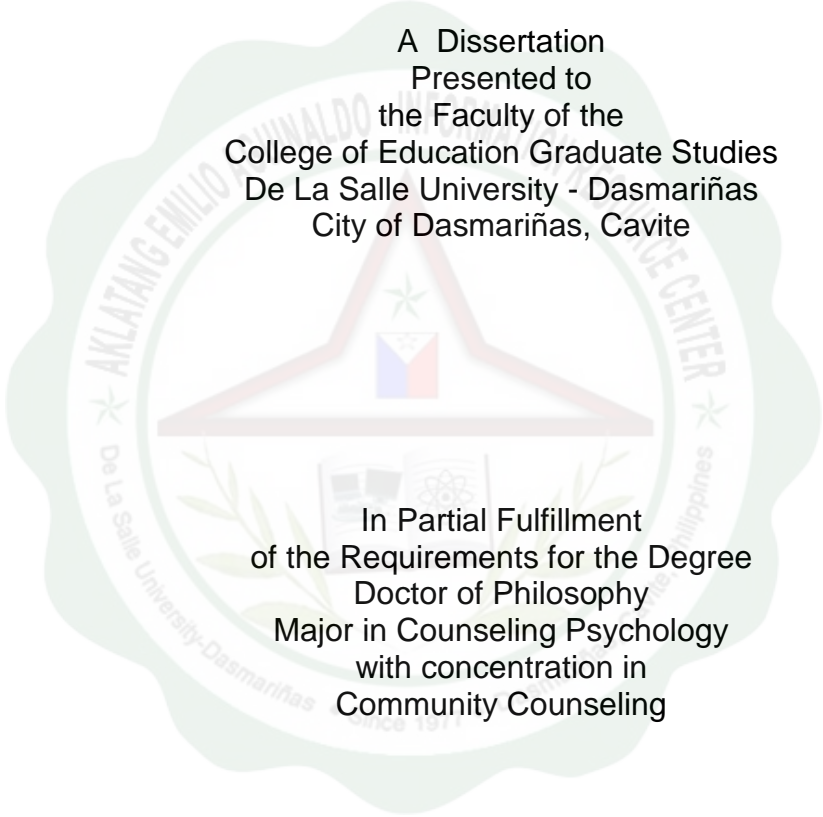


**EFFECTIVENESS OF MODIFIED RATIONAL EMOTIVE BEHAVIOR
THERAPY IN ALTERING IRRATIONAL BELIEFS AND
MINIMIZING THE ANXIETY OF MOTHERS OF
CHILDREN WITH AUTISM**



A Dissertation
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In Partial Fulfillment
of the Requirements for the Degree
Doctor of Philosophy
Major in Counseling Psychology
with concentration in
Community Counseling

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ABSTRACT

Title of the Research: **Effectiveness of Modified Rational Emotive Behavior Therapy in Altering Irrational Beliefs and in Minimizing the Anxiety of Mothers of Children with Autism**

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The study made use of single case (N=1) experiment design replicated six (6) times and the mixed design, qualitative and quantitative analyses of data to determine the efficacy of Modified Rational Emotive Behavior Therapy (MREBT) in the alteration of irrational beliefs and reduction of anxiety among mothers of children with autism (CWA)

The participants of the study were six (6) mothers of CWA suffering from high to very high levels of anxiety. Convenience and chain sampling were applied. Objective and subjective measures were utilized namely the Anxiety Scale Questionnaire (ASQ), twelve (12) Irrational Ideas of Dr. Ellis, MREBT Self-Help form, and the Client's Journal.

The results of the study before the treatment revealed that mothers engaged in self-talk of irrational beliefs created self-defeating emotions and behavior. However after the treatment, there were no identified irrational beliefs but instead reassuring personal beliefs (rational coping statements)

were formulated that open doors for acceptance of their children's conditions and offer emotional and behavioral growth and happiness.

The test showed that mothers of CWA had high and very high anxiety before the treatment and they obtained low to high average levels of anxiety after the treatment. The down trend of scores from pretest to posttest is indicative of positive changes in their way of thinking, feeling and behaving.

The study concludes that MREBT is considerably effective in challenging cognitive distortions and alteration of irrational beliefs to rational ones bringing about positive outlook towards their CWA and reduction of anxiety.

The current study thereby recommends that anxiety test be developed solely for mothers of CWA; the same study or comparable studies may be replicated and conducted, and more subjects be included for verification and generalizability of the results of the study; experimental studies be considered to the anxious mothers of CWA and group them according to degree of severity; the study be given to mothers who have children with chronic medical conditions and lifelong mental and/or developmental disabilities, and counseling and psychology researchers profoundly examine the methodology of this study specifically on the treatment interventions employed to identify the weak areas and may improve or develop eclectic treatment interventions.

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