

Post-traumatic stress disorder for mothers who have children with special needs

اضطراب ما بعد الصدمة للأمهات المنجبات لمواليد من ذوي الاحتياجات الخاصة

Kedadra chaouki ^{1*}

¹ University of El-Oued, Kedadra-chaouki@univ-eloued.dz

Date of receipt: 17/01/2023 Date of revision: 25/05/2023 Date of acceptance:27/6/2024

Abstract

ملخص

This study aims to know post-traumatic stress disorder for mothers who give birth to children with special needs, and this is from the point of view of mothers who give birth to people with special needs, where we look at the impact of trauma on them, we relied on the method as a case study, and the data collection tool was the interview using observation. Where we reached the following results: Mothers who give birth to people with special needs suffer from different psychological, physical and social manifestations. Mothers who give birth to people with special needs suffer severe trauma as a result of experiencing the traumatic event

تهدف هذه الدراسة إلى معرفة اضطراب ما بعد الصدمة للأمهات المنجبات لمواليد من ذوي الاحتياجات الخاصة، وهذا من خلال وجهة نظر الأمهات المنجبات لذوي الاحتياجات الخاصة، حيث نبحث على مدى تأثير الصدمة عليهن، اعتمدنا على المنهج دراسة حالة، وأداة جمع البيانات فكانت المقابلة بالاستعانة بالملاحظة. حيث توصلنا إلى النتائج التالية: تعاني الأمهات المنجبات لذوي الاحتياجات الخاصة من مظاهر نفسية جسمية واجتماعية مختلفة

Keywords : Trauma, mothers, people with special needs

الكلمات المفتاحية: الصدمة، أمهات ، ذوي

الاحتياجات الخاصة

* Corresponding Author: kedadra chaouki, Email: Kedadra-chaouki@univ-eloued.dz

1- Introduction

Every woman wishes to be a mother and every mother wishes her son to be in good health, there is no mother who wants one of her children to be disabled in any way, as it is an experience that does not expect anyone to want to go through it. The pattern of her journey in life will change, the tensions that the mother is exposed to due to the presence of a child with special needs, and it is one of the most difficult circumstances that she can face, during the performance of its functions, the stress that the mothers of a child with special needs are exposed to coincides with the life of the family, which makes their situation more complex. The slow growth of the child and special measures for his physical care, intense training, disappointment and loss of dream all together cause psychological trauma (Sayed Youcef, 43, 2007).

The moment when it is discovered that one of the family members is from the category of people with special needs, is considered a sensitive stage in the life of its members, the importance of this stage is due to the fact that it leads to a radical change in the course of psychological and social life and the most important reactions that appear on this family, especially the mother. Shock and here we mean the parents' lack of belief in the facts, and it is the first psychological reaction that occurs when a child with special needs is born. Because the mother has drawn ideal pictures of what the child will be like at birth, when it comes other than what she expected, the shock will be great for her, it differs from one mother to another in terms of its degree and strength. This study seeks to shed light on the category of mothers of children with special needs.

2- Problematic:

Lifestyles have varied a lot, their requirements have become wide, so the individual is more likely to suffer from psychological problems and pressures (Hussein Faraj, 2008, p9).

Where it was expected that after a person has achieved this great leap in many material fields, he will feel happy, but the psychological site indicates an increase in the suffering of individuals and psychological pressures (Mouhamed Hacen Ghanem, 2018, p 29).

Some mothers who give birth to children with special needs may suffer from post-traumatic stress disorder, which is a mental illness classified by the American Psychiatric Association (APA). The disorder results when a

person experiences a very traumatic event (trauma) that goes beyond the confines of familiar human experience (Yakoub, 1999, p 135).

As the birth of a disabled child changes the family system as a whole, this requires the presence of a person accompanying him and taking care of his needs always, often the mother, a great burden falls on her, this exposes her to great psychological pressure, She experiences a feeling of anxiety, tension, fear of ignorance, thinking about her son's future, and feeling guilt. If the mother is a worker, the problem becomes more complicated, and necessitates repeating her absence from work because she spends most of the time driving her son to the clinic or rehabilitation center, this causes her to fear losing her job or lowering her social position, so the mother faces psychological pressure as a result of her thoughts and feelings, and the shock of discovering her son's health condition, It makes them live in a cycle of psychological conflicts, because the category of people with special needs need special care and attention. They are children who deviate from the normal or average level in a characteristic or aspect of personality to the extent that their needs necessitate special services, different from what is provided to their ordinary peers. like autistic children (Rouan, 2008, p 6).

Thus, we find that post-traumatic disorder is closely related to mothers who give birth to children with special needs. Hence, we ask the following main question:

- Is there post-traumatic disorder for mothers who have children with special needs.

2-1 Sub-questions:

- What are the effects of post-traumatic stress disorder for mothers who have children with special needs?
- What are the manifestations of psychological, social and physical trauma on mothers who give birth to people with special needs?
- What is the impact of having a child with special needs on the mother?

2-2- Principal hypothesis:

- PTSD affects mothers who have children with special needs.

2-2-1- Hypothesis the Study:

- Mothers who give birth to children with special needs suffer from various psychological, physical and social manifestations.
- Mothers who give birth to children with special needs suffer severe trauma from experiencing the traumatic event.

3- Importance of the study:

- The lack of studies and local scientific research that dealt with post-traumatic stress disorder for mothers who give birth to children with special needs.
- Highlighting an important group in society.
- Post-traumatic stress disorder is the disorder of the age, as traumatic events have witnessed terrible activity in recent years, and this psychological disorder is the latest form of mental illness that destroys the patient and his social relationship, so his study is a societal and international importance that should not be neglected.

4- Goals of the Study:

- Opening the way for more academic research and studies on the subject.
- Giving a clear idea and perception about the subject of the study.
- Enriching the knowledge and scientific balance.
- Knowing the extent of the impact of trauma on individuals, and the psychological and social symptoms that it causes.

5- Variable of the Study:

5-1- Post-traumatic stress: It is a disorder that affects an individual after experiencing a traumatic event or trauma that exceeds his ability to bear and comprehend.

5-2- People with Special Needs: They are the abnormal children who are born with disabilities (motor or hearing, seizure, autism or Down syndrome, for example) and need special care and attention.

5-3- Autism: The term autism is derived from a word that means introversion and is considered the third disability in the world in terms of the number of people affected by it. It is scientifically defined as a brain dysfunction and means the child's sudden refusal to deal with the people around him, especially with the family, and thus introverting himself in his own world (Es-Sayed & Abdellah, 2003, p14-19).

5-4- Mobility Disability: It is a type of disability that affects parts of the human body, whether the upper or lower extremities or both, and causes a disability to move and perform simple daily activities.

5-5- Mothers: The mother who gives birth to a child with special needs.

6- literature review:

6-1- The researchers, Addo Somaya and Shenofi Noura (2013)) prepared a study entitled: **“Psychological Stress and Coping Strategies for the**

Mother of an Autistic Child". The aim of this study is to reveal the level of stress among the mothers of the autistic child and to reveal the coping strategies they use in the face of stressful situations.

In this study, the researcher relied on the clinical approach, and used the semi-directed clinical interview as tools for the study. The measures of this study were the stress perception scale and the confrontation scale. The study sample included five cases who are mothers of children with autism.

The results of the study concluded to achieve the general hypothesis that mothers of autistic children use different strategies in facing stress, and the first partial hypothesis was verified, whereby strategies centered around emotion are accompanied by a high level of pressure, and the second partial hypothesis was verified where strategies centered around problem solving are accompanied by a low level of stress. the pressure.

6-2- The researcher Salama Radi Anis Al-Bastami (2013)) prepared a study entitled: "**The level of management of coping strategies for psychological stress among fathers and mothers of children with special needs in Nablus Governorate.**" The researcher used the descriptive approach, and the study sample included 255 mothers and fathers (46 fathers, 209 mothers), the study tool consisted of a questionnaire of coping strategies to collect information.

This study reached many results, including: The most commonly used strategies to adapt to psychological stress among fathers and mothers of children with special needs was the religiosity strategy, followed by the problem-solving strategy, then the social support strategy, then the cognitive building strategy, then the avoidance and escape strategy, and the last of which was the sports strategy.

There are no statistically significant differences between the average responses of the study sample members, strategies for coping with psychological stress, among fathers and mothers of children with special needs in Nablus governorate, due to the variable of the guardian's gender, economic level, social status, child's gender, severity of the situation, type of disability and place of residence.

The presence of statistically significant differences between the averages of the responses of the study sample members to the strategies for coping with psychological stress among the fathers and mothers of children with special needs due to the educational variable of the parent.

6-3- Aspects of benefit from literature review: Undoubtedly, the current study benefited greatly from previous studies, Where it tried to employ a lot of previous efforts to reach an accurate diagnosis of the problem and treat it comprehensively, Among the aspects of the scientific benefit of previous studies are the following:

The current study benefited from previous studies in arriving at an accurate formulation of the research title tagged with the sources of psychological stress among mothers with special needs.

The current study benefited from previous studies in reaching the appropriate approach for this study, and the current study drew the proposals of previous studies in support of the study's problem and its importance.

7- Definition of people with special needs:

Disability is an inherent phenomenon of all human societies, The incidence, types, and attitudes of societies vary according to the economic and social conditions of those societies. People with disabilities are known to have special needs. In order to clarify the reality of that term, it is necessary to know the meaning of disability in language and terminology.

As for the terminology : Other definitions have been put for people with disabilities or people with special needs, according to researchers, and these definitions include:

They are: (a case of nervous, skeletal or muscular weakness, and it is a chronic disease condition that requires therapeutic and educational intervention so that the physically disabled person can benefit. This disability includes cases of cerebral palsy, spinal disorders, muscular atrophy, multiple sclerosis, and epilepsy, which are disabilities that limit their ability to use their bodies normally and flexible Both together, which negatively affects their participation in one or more of their life activities) (Hasni Said, 2000, p 47).

Or it is: (Cases of individuals who suffer from a defect in their motor ability or motor activity, such that this defect affects the manifestations of their mental, social and emotional development and makes them unable to compete with other people, and this disability varies in terms of its severity, some of which are parental and others are acquired Because of wars, natural disasters, or work injuries, they may suffer the loss of one or more limbs

and lack the ability to move a member or group of members) (Abid, 1984, p 11, 12).

Or: (They are individuals who suffer as a result of acquired genetic or environmental factors from a lack of ability to learn or acquire experiences or skills and to perform work carried out by an ordinary, healthy individual similar in age and cultural, economic or social background) (Lebib Faraj, 2001, p 14).

The World Health Organization has defined disability as: (a state of deficiency or imbalance in physical or mental abilities due to genetic or environmental factors that hinder the individual from learning some of the activities carried out by a healthy individual of similar age) (Al-hebiti, 2002, p36).

8- Definition of maternity:

Perhaps the most important event in a woman's life is to give birth to her newborn, for childbirth means a major transformation in her life, and this is represented by her deep sense of maturity and her unlimited ability to give. And a growing sense of responsibility, and this can be accompanied by fear and suspicion of not being able to take care of the newborn (Faiz Kentar,1992, p6) .

Motherhood gives a woman a reason that her presence in life has meaning and purpose, so that children play an important role in pushing and motivating her to live. Some mothers see that motherhood is a kind of social and emotional investment. She lives in order to raise this child, who becomes the hope she awaits and dreams of, because it is the future she lives in and for him. The woman, due to her social circumstances, is expected to depend on others. The feeling that the child gives her of his total dependence on her compensates for this feeling of weakness and dependence. Finally, she found someone who wants her alone and depends on her in his life. Rather, he is a being who may die if you are not next to him, taking care of him and creating the appropriate conditions for him to grow. Sometimes a woman finds in her newborn the only way to realize herself and her ambitions that she was deprived of realizing, and she sees in the life of her child an opportunity to live again through him. It may come to her that the focus of her life is only about this child, whom she plans and imagines the right and the best, in the hope that in the end these aspirations that she expects from him will be realized, even if this is at the expense of

other considerations that concern her as an individual or affect the husband or the rest of the family (Mervet Abdennacer, SD, p 136-137).

9- Definition of psychological trauma:

Medically trauma is what harms the body, and it may cause wounds, fractures or burns. Trauma in psychiatry is an unexpected experience that one cannot accept at first glance and does not wake up from its impact until after a period of time and may cause anxiety that generates the neurosis known as trauma neurosis (El-Hanafi Abdel-Monaim, 1996, p 924).

Farouk Al-Sayed Othman defined it as a set of sensory reactions as a result of the individual's daily attitudes that are transmitted to the brain in the form of attitudes and expressions that are not immediately translatable, which subsequently leads to their confinement within the human psyche, and he sees it as an internal or external expression that leads to an acute and continuous emotional response (Farouk Al-Sayed Othman, 2001, p99).

Freud believes that trauma is summed up as an event in a person's life characterized by a circumstantial or permanent inability to respond in a familiar way, and that the importance of the event and its psychological duration are not due only to the seriousness of the act committed and to the internal fragility of the victim, but many, tiring, and manifold factors, including external and peripheral ones, intervene in it. or internally related to previously repressed perceptions and representations (Si Moussa Zegar, 2002, p 73).

10- Method:

A case study method was used Which according to "Mucchiei". It is a written or different text, and it is also a recorded oral testimony related to a concrete and realistic problematic situation that may be a semantic incident that refers to an exciting situation or psychological analysis. To analyze the problem or make a decision to succeed.

11- Data Tool:

In all the data on the subject of the study, the researcher relies on one or more tools to collect data. Given the nature of the topic we are studying, we have used two tools, namely, the clinical interview and observation, in order for the study to be accurate and objective.

11-1- Clinical Interview (Guided):

In this type of interview, the researcher proposes a topic, answers the question in his own way, and treats the topic in the way he wants. This type

of interview is used when the researcher has not yet been able to determine the aspects of his topic, so he suggests a set of general questions about the topic for a group of individuals he chooses according to certain variables, then through their answers he can focus on an aspect that makes him the core of his topic.

We have relied on the interview because it allows expressing as many spontaneous feelings and emotions as possible (Dibone Mohammed, 2011/2012, p69).

11-1-1- How to build questions:

We conducted a generalized study on the topic of post-traumatic stress disorder and a visit to the mothers, and through their conversation, we began to form a perception about the nature of the questions that we would ask the study sample during the interview. We wrote it and got 25 questions, Then we presented them to the supervisor and, in turn, he presented them to a committee "consisting of 4 professors", after they took an initial look at the questions submitted by the supervisor, they corrected them and reformulated them in an organized scientific way, serving the subject of the study that we will conduct and they deleted some questions that are not related to the topic and we have 18 Question are in the appendices.

11-1-2- Direct Observation

The process of controlling or observing the behavior of phenomena, problems, events and their physical and environmental components, and following up their progress and trends and their relationship in an organized, planned and purposeful scientific manner with the intention of explaining and determining the relationship between variables and predicting the behavior of the phenomenon or directing it to serve human purposes and meet his needs (Nael Hafez Al-Awamleh, 1995. p. 130).

We have adopted in our search for direct observation, this research tool would give us the opportunity to observe different behaviors and reactions of the examinee during the interview.

Through field observation:

Case "1":

- We noticed a request for an interview with a hesitation on the part of the mother.
- We noticed that the standard of living for case "1" is medium.

- We noticed that the mother could not get past a question and every time she came back to answer it and justify it.
- We noticed that despite the mother's poor educational level, she behaved as a conscious and educated person with her son.
- She was subjected to psychological pressure before and when her son was diagnosed with a disability due to financial circumstances.
- We noticed that the feet of the disobedient child are bowed.

Case "2":

- It was noticed that she hesitated when asking for an interview.

Fear of not being able to answer questions.

We noticed that she was a cheerful woman.

- We noticed an affordable physical condition.

- She answered all the questions smoothly.

It was noted that her son's condition has improved significantly.

She treats her son well, befitting his condition.

The child responds to the questions.

- He shook hands with the researchers.

- We noticed that the child does not suffer from stereotypical and calm behavior.

- We noticed that he does some handicrafts daily, such as forming dough.

We noticed that he has good eye contact and can focus, but he has difficulty speaking.

- He has independence.

He has some talents, such as memorizing a surah from the Noble Qur'an.

- It is not integrated with the school.

- We noticed it was clean.

12- Principal Study:

12-1- First Case: The first field visit with the first case took place on May 16 and lasted for 30 minutes at her residence, and the second interview was on May 19 and lasted for 30 minutes. We did not find it difficult for the respondent to respond with us and respond to all the questions easily, except for the reluctance to answer some somewhat embarrassing questions. This sample was chosen intentionally and we did not find it difficult to find.

12-2- Second Case: The first field visit took place with the second case on May 19, and it lasted for 30 minutes at her place of residence, in which we collected personal information on the sample. The second interview took

place on May 22, and we did not find any difficulty in the respondent's response to us, as she answered smoothly without hesitation and to all questions except for the question of integrating her son into the school, which Rejected by the director of the institution, the mother felt great sadness, and this sample was chosen intentionally and we did not find it difficult to find.

13- The Sample: Study population: mothers who gave birth to newborns with special needs.

13-1- The first case: S/CH: A 27-year-old woman when she gave birth to a disabled child, she has a family consisting of 3 members, the educational level is fourth primary, the financial situation is poor, the living conditions of the mother's death at the age of 12 years and she raised her sisters and brothers with harsh treatment by her stepmother, so that she leads a normal life With her husband now, we had difficulty that a family member insisted on staying with us in the hall when the interview took place.

13-2- Results Analysis: The respondent discovered that her son had a motor disability after the age of two years, with an indirect answer from the doctor, and she had no idea about her son's health condition. The motor disability is defined as: a partial or total inability or deficiency in motor performance as a result of heredity, injury, disease or practicing habits Wrong posture for long periods of time, which affects the individual and reduces his ability to perform the requirements of daily life that require movement (Islam Mohammed Abderrahman, 2018, p 5).

The respondent confirmed that she was not subjected to psychological shock when she discovered her son's disability, and this is explained by the fact that she does not know the meaning of shock from the ground up, and shock is defined as any accident that attacks a person and penetrates his defense system, with the possibility of severely ripping the individual apart, and the individual may result in changes in personality or An organic disease if it is not controlled and dealt with quickly and effectively, and psychological trauma leads to the emergence of deep fear, helplessness and terror (Abdel-Rahman Si Musa, Radwan Zaqar, 2002, p. 62).

The respondent suffered from anxiety and pressure during the days when he had appointments with the doctor, or massage sessions.

Although the educational level of the respondents was very modest, she was educated and made every effort to improve his condition and recover, and

followed the advice and directions of the doctor and did research and study on everything related to motor disability, and even disabilities similar to her to know the methods of treatment, and she did not hide that from people and did not bother her. Any concern about her social status, and she repeated the phrase “disability is not a defect” and was very concerned, so that she decided not to have other children until his health condition improved, and through her speech, she seemed to expect that her son would be a normal person (healthy), she does not feel now and does not feel. Previously, she was guilty of guilt, deficiency, or ashamed of him, especially that she had made every effort to cure him, and the doctor told her that his condition was constantly improving.

13-3- View results:

We visited the mother in the evening on May 16, 2021 at her residence located in Guemar, and the door was opened for us by her son, who suffers from a movement disability. We entered and found that she was waiting for us and received us. We thanked her for standing up for this interview, which will help us in this study, despite her preoccupations and responsibilities, We tried to create an appropriate and appropriate atmosphere in order to gain her trust and make her talk to us comfortably without tension and confusion. Then we started asking interview questions. Her answer was specific to the question posed, as we felt a clear confusion on her due to the presence of her daughter in the room and the kinship between her and the researcher, but if the question was asked to her, she answered it, but she did not go over it and kept repeating the answer every time even though we crossed it, then we ended our interview by thanking her once over. We gave her a dose of optimism and energy about her son's health status and reassured her that the effort made by her for him had not been blocked.

13-4- The Second Case: N/L: A 36-year-old woman when she gave birth to her son with autism, she has a family of 5, the educational level is fifth primary, the financial condition is affordable, the living conditions are good, she lives a stable and normal life with her husband and children, and we did not face any difficulty in conducting the interview.

13-5- Results Analysis: The signs began to appear on her child at the age of 40 months when she conducted an interview with a doctor. After the doctor performed preliminary examinations, it was found that her son has autism. Autism is defined as a term used to describe a developmental

disability, characterized by cognitive deficits and introverted-withdrawal tendency, which isolates the child from his surroundings. So that he lives closed in on himself, hardly feeling the events or phenomena around him (Ferraj Othman, 1994, p 28) The respondent confirmed that she was subjected to psychological trauma and some signs of symptoms began to appear, such as diabetes, sleep disturbances, and intrusive thoughts and images (Postel.J.1998.p32).

The respondent suffered from the inclusion of her son in education, as she received harsh expressions and treatment from a school principal. I still remember the first day of my son in school when we stood for the first time inside the school after he turned towards us and said to me with the letter that I will never forget them, your son is not fit for education, So she decided to support her child on her own, so she did not depend on therapists and did not fully teach the school, although the level of the respondent was average, but she had a high level of humility and confidence in the improvement of her son. When I bring her to her son, she surprises us that he has many talents thanks to the efforts of the mother and father, as a memorizer of the Noble Qur'an, and she concluded that she is proud of herself for being able to take care and protect her son despite the lack of support, but she feels guilty about his condition.

13-6- View results: We searched for the second case for a long time and found it difficult to find, and after finding her, we took permission from her and told her we will inform you of the interview date a day or two before, and after that we called We searched for the second case for a long time and found it difficult to find her. After finding her, we took permission from her and told her that we will inform you of the interview date a day or two before, after which we called her and set the date of the interview. Which happened on May 19 at eight o'clock in the morning, at her residence located in Qamar, and upon our arrival we found the door of the house open, and she was waiting for us and received us. She had 5 children who told us about their family arrangement, and they are in good health, except for one with autism, and she was a social woman who helped us create a suitable atmosphere for the interview. We asked her introductory questions outside the subject of the interview, "such as name, marital status, number of family members..." Then we started with the interview questions, her answer was lengthy, and she added some information from her, and answered all the

questions clearly and without hesitation, and in the interview she asked permission and went out and brought us hospitality and pictures of her son when he was young and some handicrafts such as forming dough in different shapes “square, circle, triangle.”, Her son, who has autism, came and asked him to shake hands with the researcher, then returned and sat next to her, So she asked him to recite the end of Surat Al-Baqarah because he had memorized it, but he refused because of his fever, she asked him about his name and surname and he answered that, but he has difficulty speaking, and he told us about a painful experience she went through and tears appeared in her eyes, she seemed to be very affected by the situation, which is that she took her son to integrate him into primary school, She received a harsh response from the school principal, who said to her in one letter: “I cannot spoil 36 students because of your autistic son.” So the words came down on her like a thunderbolt, and she returned to her house and fell to the ground crying, So her autistic son put his head on her and said to her, “It’s okay, Mom,” and she was talking about heartburn and choking, but she was surprised by her son’s unexpected reaction and gave her hope and gave her a positive impulse to motivate her to treat her son without institutions or rehabilitation centers as a “family effort”, and at the end of the interview We thanked her for her cooperation with us and her good treatment, and we expressed our opinion on her son's health condition, which seemed to be excellent due to the fact that the efforts made by family only.

14- Conclusion:

Mothers of children with special needs "autism, motor disability" face many circumstances in their lives that affect their balance and compatibility, causing them to change the behavior pattern and changes at the level of mental and emotional processes. For this reason, we chose to study the topic of post-traumatic stress disorder for mothers who gave birth to children with special needs, after discussion and deliberation among us, and presented it to people with experience in this field. It was approved and we started working on it. We started searching for references and sources on this subject, as we faced several difficulties, including the scarcity of samples to be interviewed, the lack of studies on this category, and the difficulty of the distance between the researcher and the study sample. Through what was discussed in this study, we found out that the category of mothers with special needs is exposed to post-traumatic stress disorder, as there is a

correlation between mothers with special needs and post-traumatic stress disorder, which is one of the dangerous phenomena that must be addressed to the causative factors. Applied studies have proven through the studied cases that having a child with special needs generates post-traumatic stress disorder, especially if mothers do not find in the environment in which they live the sufficient support to overcome their ordeal.

15- Suggestions and recommendations:

Given the extent of the suffering of mothers of children with special needs and through the results of the study that was reached, the researcher presented some suggestions and recommendations to pay more attention to this category.

Organizing courses that include a meeting between mothers to exchange experiences in dealing with disabled children.

Raising awareness of the community to care and support the category of mothers with special needs.

Intensification of psychological sponsorship programs by the psychologist for mothers with special needs. Increasing attention to the families of persons with disabilities, and working to deepen their awareness through educational publications and publications and holding training workshops in order to contribute effectively to the education and upbringing of their children.

Preparing a pregnant woman and setting her expectations that her son might have special needs in a way that does not cause her to develop PTSD.

16- References:

• Arabic References:

Ahmed Mohamed Abdel-Khaleq, Psychological Trauma, Raouaj for Publishing and Distribution, 2nd Edition, 2006.

Ashraf Mohamed Sharett, Mental health between theory and practice, University Library of Alexandria, Egypt, 2002.

Amal Rejaimia, Psychological Stress and Coping Strategies for Mothers of Children with Special Needs, Oum El Bouaghi, 2016.

Basi Hana, Parental treatment methods for children with autism, Master's note, (2016), Kasdi Merbah University, Ouargla, Algeria.

Colin Trill and Dr. Terry Basing, Autism Hyperactivity, Dyslexia and Performance, 1st Edition, Author's House for Publishing and Distribution, 2013.

Dr. Jabari Amna, Psychological Trauma and Ego Quality, Supplementary Note to Obtaining a Master's Degree, Mohamed Boudiaf University of M'sila, 1017, 2018. Islam Abdel Rahman Mohamed, People with Mobility Disabilities, Ingo Library Egypt, 2018.

Al-Jubouri Ali Mahmoud Kazem and Al-Jubouri Karim Fakhri Hilal, Mental Health Science and Application, Dar Al-Radwan for Publishing and Distribution, 1st Edition, Amman, Jordan 2013.

Hussein Abdel-Qader, and Ahmed Al-Nabulsi, Psychoanalysis: Its Past and Future, 1st Edition, Cairo, Dar Al-Fikr Al-Contemporary 2002.

Daou et al., Psychological stress and coping strategies for the mother of an autistic child, Master's thesis, Bouira, 2013.

Zureikat, Ibrahim Abdullah Faraj, Autism Traits and Treatment, (2010), Jordan, Wael House for Printing and Publishing.

Saeed Hosni, Introduction to Special Education for Children with Special Needs, Concept of Diagnosis, House of Culture for Publishing and Distribution, Glory, Teaching Methods, 2nd Edition, Amman, Jordan 2009.

Sharif Abdel Fattah Abdel Meguid, Special Education and its Remedial Programs, 1st Edition, Cairo Egypt, Ango Egyptian Library, 2011.

Al-Sabi, Abdullah, (2003), Autism and the Autism Spectrum, (1st Edition), Riyadh, Saudi Arabia, King Fahd National Library for Publishing.

Abd al-Rahman C. Moussa, Radwan Zaggar, Trauma and Mourning in the Adolescent Child, 1st Edition, Algeria, 2002

Abdul Latif Faraj, Psychological Disorders, 1st Edition, Amman, Jordan, Dar Al-Hamid, 2008

Abdel Moneim Hanafi, Encyclopedia of Psychology, Volume Three, 4th Edition, Medioli Library, 1994.

Ghassan, Yacob, The Psychology of Wars and Disasters and the Role of Psychotherapy, Beirut, Dar Al-Farabi, 1999.

Ghoneim, Mohamed Sabry, Between Education and Thinking, University Knowledge House for Printing, Publishing and Distribution, Alexandria, Egypt, Mobility Disability 2016.

Farraj Othman, Autism or Rumination Disability, the periodic newsletter of the Federation of Organizations for the Care of Special Groups and the Disabled, No. 40

Fahd bin Hamad Al-Maghlouth (2006), How do we understand and deal with autism, 1st floor, King Khalid Charitable Foundation, Riyadh.

- Al-Kafha, Tayseer, and Abdel-Aziz, Omar Fawaz, Introduction to Special Education, 4th edition, Amman, Dar Al-Masirah Publishing, 2010.
- Laaman Habiba, The Impact of Psychological Trauma on the Meaning of Life for the Physically Disabled as a result of Road Accidents, Adults, PhD thesis, Sétif University, 2018.
- Muhammad bin Khalaf Al-Hussaini Al-Shammari, Evaluation of Programs Offered to Autistic Students in the Kingdom of Saudi Arabia, Master's Thesis, University of Jordan.
- Mohamed Hassan Ghanem, Psychological, Mental and Behavioral Disorders, 2nd Edition, Anglo Egyptian Library, 2018
- Mohamed Dibon, Self-determination and separation among young people with epilepsy, Tlemcen, Algeria, 2012.
- Muhammad Azab, Post-Traumatic Stress Disorder in Predicting Alikinemia, 1st Edition, Amman, Jordan, Dar Farha for publication and distribution.
- Muhammad Lamin, Contribution to the Study of Suicide Attempt in Adolescents After Suffering the Trauma of Failure of Causes and Strategies, Annaba, 2009, 2010.
- Nadia Bint Abdel Rahman, Nutrition for mothers and supervisors of autistic children, Algeria, 1430/2009.
- Nael Hafez Al-Awamleh, Scientific Research Methods, Theoretical Foundations and Their Application in Management, 1st Edition, Beirut, Lebanon, Dar Al-Fikr, 1995.
- Nahla Ahmed Ali Amin, Psychological pressures for mothers of children with intellectual disabilities, Constantine, 1436/2015 AH.
- Al-Nawasiyah, Fatima Abdel Rahim, People with Special Needs, Introducing and Guiding them, Dar Al-Manhaj for Publishing and Distribution, Amman, Jordan 2013.
- Al-Fayrouzabadi Others, Al-Muheet Dictionary, Dar Al-Jeel, Beirut.
- Ibn Manzur and others, Lisan al-Arab, Dar al-Hadith, Cairo, 2003 AD.
- Ahmed Obaid, The World of Books, 6th Edition, Beirut - Lebanon, 1984 AD.
- Saeed Hosni, Motor and Sensory Disabilities, Al-Azza, 1st Edition, Al-Arz Edition, Jordan, 2000 AD.
- Othman Labib Farraj, New Strategies in Care and Rehabilitation Programs for Children with Special Needs, published in the Journal of Childhood and Development, No. 2, January 2001.

Hadi Noaman Al-Hiti, Mass Communication on the Phenomenon of Disability among Children, published in the Journal of Childhood and Development, No. 5, February 2002.

Fayez Kuntar, Motherhood, the development of the relationship between the child and the mother, the world of knowledge, Kuwait, 1992.

Mervat Abdel Nasser, DS, Women's Concerns, a comprehensive analysis of women's psychological problems, Madbouly Library, Egypt.

- **Foreign References:**

Postel 'Dictionnaire de psychiatrie et psychopathologie Clinique édition
Bordas paris, 1998

Pierre Marty, Les mouvements individuels de la vie et la mort masson, Paris
1976 .