

## Relationship between Codependency, Perceived Social Support, and Depression in Mothers of Children with Intellectual Disability

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**Abstract :** The goal of this research was to study the relationship between codependency, perceived social support and depression in mothers of children with intellectual disability (ID). The correlational method was used in this study. The research population is comprised of mothers of educable children with ID in the age range of 25 to 61 years. From among this, a sample of 251 individuals, in the multistage cluster sampling method, was selected from educational districts in Tehran, who responded to the Spann-Fischer Codependency Scale (SFCDs), the Social Support Questionnaire and the Beck Depression Inventory (BDI). The findings of this study indicate that among mothers of children with ID depression has a positive and significant correlation with codependency ( $P < 0.01$ ,  $r = 0.4$ ) and a negative and significant correlation with the total score of social support ( $P < 0.01$ ,  $r = -0.34$ ). Moreover, the results of stepwise multiple regression analysis showed that codependency is allocated a higher variance than social support in explaining depression ( $R^2 = 0.023$ ).

**Keywords :** codependency, social support, depression, mothers of children with ID

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