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## ABSTRACT

Development of group psychotherapy program for mothers whose LBW children experienced NICU admission

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The purpose of this research was to develop a group psychotherapy program for mothers raising toddlers born with ELBW/VLBW during the period of 1.5 to 3 years, and to evaluate the effects of this program. The program consisted of two parts: "a basic program" promoting mothers' self-awareness and understanding child behavior, and "a follow-up program" remedying for mothers' PTSD symptoms. Both programs employed pair-work and group work to facilitate interaction among mothers. Six out of ten mothers who participated in more than six sessions were analyzed who showed higher on the pre-program depressive mood and PTSD symptoms measures than mothers of normal-birth-weight infants in other studies. Depressive mood decreased significantly after the basic program and slightly rebounded after the follow-up program, and PTSD symptoms of intrusion and avoidance were consistently ameliorated throughout the program. The reasons for the mothers having difficulty in continuing participation included such as high depressive state, nurturing twins, continuing children's medical procedures. The significance of implementing the group psychotherapy program at the center for mothers who gave birth to low birth weight children while having infants who receiving long-term care at NICU was discussed.

**Key Words:** ELBW/VLBW, group-psychotherapy, parent program, PTSD, depressive mood

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