Effect of group consultation based on maternal communication skills on the perspective of 13-15-year-old girls about sex dialogues

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**Background:** Adolescence is the most critical period of each individual’s life during which sexual and emotive maturity is reached. Such changes make adolescents curious about finding some sex-related information. Since the proper communications and discussions between the adolescents and their parents, especially their mothers, is one the most important information sources about this issue, the mothers need to have proper communication skills to transfer the required knowledge. The present study was conducted to determine the effect of group consultation based on maternal communication skills on girls perspective about sex dialogue in Gorgan, Iran.

**Materials and methods:** This pretest-posttest intervention study with a control population was conducted on 168 13-15 years old girls under the supervision of health centers of Gorgan (Iran) and their mothers (336 people) with study inclusion criteria on 2016. The subjects were selected based on point-to-point consistency and using effective variables and were allotted into two intervention and control groups using a simple randomized method. The data-collecting instrument used in this work is the demographic specification questionnaire and the 16-item girl-perspective Persian-translated sex-based girl-mother discussion questionnaire. After completing the questionnaires by the girls, the mothers in the intervention group were divided into 5-12 groups and subjected to 6-7 60-minute sessions of communication-based group consultation. Then, one week and one month after the sessions, the girls in intervention and control group were asked to complete the questionnaires. One week and one month after these consultation sessions, the girls in intervention and control groups were asked again to complete the questionnaires. The statistical analyses were performed using Mann-Whitney, independent t-test, repeated measure analysis of variance (ANOVA) and corrected post hoc Bonferroni tests at a confidence level of 95% and test power of 80% using SPSS v.16.

**Findings:** The results show that the average score of mother-girl sex dialogue in girls’ perspective in two intervention (40.95 ± 9.43) and control (38.80 ± 9.44) before the intervention has no statistically significant difference. However, after the intervention, the first and second follow-ups (one week and one month after the intervention, respectively) show a decrease in average sex dialogue score (36.20±9.98 and 31.41±8.86, respectively) in the intervention group, while these scores increased in the control group for these two follow-ups. Furthermore, one week after the intervention, a significant statistical difference is noticed between the scores of intervention (36.20 ± 9.89) and control (41.35 ± 9.35) scores (P = 0.001). Finally, the one-month follow-up intervention also revealed a statistically significant difference between the intervention (31.41 ± 8.86) and control (42.65 ± 9.17) scores (P < 0.001).

**Conclusion:** The results of this work show that the communication skills based on group consultation can be considered as an effective tool for improving the sex-based mother-girls communications. Such a consultation can be offered through the health caregiver, the midwifery counselors and midwives in health centers, and the parent-teacher meetings.
Keywords: Communication skills based on group consultation; perspective; sex-based mother-girl discussions