

## Abstract

Simplifying Mental Illness plus Life Enhancement Skills (SMILES; Pitman & Matthey, 2004) is an intervention plan for the children of mentally ill parents to enhance their capabilities, resilience, self expression, and creativity, to lower down their feelings of loneliness and to boost up their self-worth. The present research was carried out to translate and culturally adapt SMILES program, and to study the effectiveness of the adapted program on children and adolescent offspring of depressive parents. This research project comprises five studies. Preliminary study was conducted to find out the relationship of maternal depression with children's behavioral problems and childhood depression. Sample consisted of 30 depressive mothers and their children. Siddiqui Shah Depression Scale (Siddiqui & Shah, 1997), Child Problem Checklist (Tariq & Hanif, 2007), and Childhood Depression Scale (Khan, 2006) were used. Results showed significant positive correlations of maternal depression with children's behavioral problems and childhood depression ( $r = .58, .55$ ) respectively. Translation and adaptation process of SMILES Program was completed in Study II. Study III was carried out to establish the validity of translated and adapted version of SMILES Program on children of depressive parents. Sample consisted of 50 parents and 50 children of age range from 8 to 12 years. Children were divided into two groups (25 children were placed in experimental group and 25 in control group). Child Problem Checklist, Knowledge Questions, and Life Skills Questions were administered on all the children in experimental and control groups in pre-assessment. Afterward, SMILES Program was administered on children in experimental group. In post-assessment, scores of all children were again measured with the same instruments which were used in pre-assessment.