

## **Conclusions**

The presented study demonstrated a significant negative association between rumination and mental health among the parents of differently-abled children. Therefore, the study expands the understanding of the metacognitive model of depression by examining the factors associated with metacognitive beliefs of rumination in parents of differently-abled children. The findings provide a preliminary foundation for follow-up work in designing novel and effective prevention against parent depression from metacognitive and developmental perspectives.

## **Limitations**

As the study sample was limited to parents only, we cannot generalize our findings on other caregivers/family members.

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