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## Providing a systematic review to investigate the problems of using rehabilitation services for people with mental disabilities

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### Abstract

Based on global statistics, about 1-2.5% of children suffer from mental disabilities and their development and independence will be affected by serious developmental defects and deviations and associated disorders. Due to the nature of these disorders, affected children face important challenges in life and need strong support from family, school, society and government. The special needs and behaviors of these children and the unfavorable prognosis of these disorders bring a lot of tension to the family, and this tension may affect their relationship with the child and the functioning of the child and the whole family. During the process of diagnosing the child, the family experiences negative emotions and self-evaluation, and in many cases experiences behaviors such as denying and hiding the problem. Parents of orphaned children experience significantly more stress and feelings of blame than parents of children with mental problems, cerebral palsy or genetic disorders and are more likely to suffer from depression. In Central Asia, many parents express the reason for hiding their child's problem as follows: "We ourselves are not ashamed to have a child with special needs. But if you look at the society, you will see that we cannot say that our child has special needs, so we have to hide the fact." Researches have shown that most children suffer from low mental ability spectrum disorders in care homes, and therefore their socialization problem aggravates their problems in the future. One of the reasons for keeping these children at home is their functional dependence on their parents and their extreme maladaptive behaviors. Concern about financial issues is another reason. The costs imposed on the families of these children are three times more than those of children of the same age and much more than the costs imposed on the families by mentally disabled or physically disabled children. In Asian countries, the medical and care costs of these children are approximately seventy percent of a government employee's salary; Many medical services are provided far from the family's place of residence and therefore, the family has to go to other places to receive these services. Therefore, in this article, a review and systematic presentation is given to examine the problems of using rehabilitation services for people with mental disabilities.

**Keywords:** Challenge, use, access, rehabilitation, health care, mental disabilities.

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## **1. Introduction:**

Mental disabilities spectrum disorder is a group of pervasive neurodevelopmental disorders that includes moderate to severe dysfunction in social and socialization skills, perceptive and expressive language, as well as repetitive and stereotyped behaviors and interests [1, 2, 3]. This disorder is one of the most common pervasive developmental disorders, which has been proposed as the most complex and at the same time the most unknown childhood disorder [4, 5, 6, 7]. The diagnostic criteria of this category of disorders are two general categories of symptoms including defects in communication and social interactions as well as limited, repetitive and stereotyped patterns in behavior, interests and activities [8]. The findings of the past years show that the prevalence of mental disabilities spectrum disorder is increasing with a high percentage [9], so that this disorder has the fastest growth rate among other disabilities since 2009 with an average annual increase of 10.9%. [10]. According to the latest statistics from the Centers for Disease Control and Prevention of the United States of America, one out of every 68 children is diagnosed with a mental disabilities spectrum disorder [11]. Also, the latest studies conducted in this field show the statistics of one out of every 54 healthy children in the United States of America [12]. Mental disabilities spectrum disorder can be a costly disorder during a person's life. Due to the prevalence, range of behavioral needs and characteristics of these people, interventions such as rehabilitation are necessary to teach social interactions and communication skills and prevent the development or exacerbation of behavioral defects [13]. Rehabilitation is defined as the process of combined use and coordination of medical, professional, social and psychological measures to create the ability of people to obtain the highest possible level of positive health and as a result to achieve social integration [14].

## **2. Problem statement:**

Among these rehabilitation interventions, we can mention applied behavior analysis and communication system using image exchange [15]. Timely diagnosis and treatment is one of the most important factors in optimizing the outcome of rehabilitation, and it should be noted that diagnosis is usually a prerequisite for families to access early interventions [16]. There are several rehabilitation interventions for people with intellectual disability spectrum

disorder. People with mental disabilities spectrum disorder need lifelong support and strive for employment, independent living and entering the society [17]. On the other hand, the use of rehabilitation interventions requires the benefit of suitable facilities and structures, including human resources, financial resources and equipment, support of experts, physical space, and the cooperation of children's families, especially parents [18].

According to what was said, one of the most essential needs of these people and their families is the use of rehabilitation services to improve the performance status in the mentioned areas. However, accessing and using rehabilitation services is challenging for these people [19, 20, 21]. Some health care providers are not prepared for their clients. In addition, therapists themselves report a lack of skills and tools needed to care for people with intellectual disability [22]. Lack of access to mental disabilities spectrum disorder specialists and rehabilitation services was another obstacle mentioned in some studies [23, 24]. The research team designed this research with the aim of systematic review and comprehensive classification of the challenges of accessing and using rehabilitation services for children with mental disabilities. Therefore, by examining the studies conducted in this field, by drawing single and coherent tables, the challenges were investigated and classified. It is expected that by conducting this research, the necessary evidence will be provided for policy makers and managers who intervene in the field of using rehabilitation services for children with mental disabilities, so that it is possible to improve the services in order to improve the living conditions of these people by solving the collected challenges, and finally It helped to improve the quality of life of these children.

### **3. Necessity of conducting research:**

The need to pay attention to the physical and mental health of children with special needs requires sufficient attention in plans and programs to improve and treat and generally rehabilitate these children, because they are always a problem for themselves, their parents, and the school. Therefore, the necessary treatment strategies can help parents and educators in the rehabilitation of these children, one of which is paying attention to the role of physical activity in improving and treating certain behavioral disorders of children.

William and Asher, in a study conducted on 65 students with mild mental disabilities, found that boys felt lonelier than girls. One of the basic elements of socialization in any culture is the acquisition of social skills. A person who has

one of the social skills can select and present appropriate behaviors in a given situation. There are various factors in the development of social skills, one of which is the effect of special physical activities on this skill, and among them, group sports are a type of physical activities that a person works in harmony with in a group to achieve the desired goal. As children experience success in physical education, their self-esteem and overall emotional development often improve. Also, movement is one of the most important methods of increasing children's awareness, which helps them acquire complex concepts. Movement is actually the first means by which a child understands himself and the surrounding environment and always makes him face the phenomenon of learning. One of the factors that can affect the cognitive and mental performance and academic progress of students is perceptual-motor activities and sports and training programs. A group of children who have problems with social skills and cognitive activities are mentally disabled children.

Because the review of studies shows that until a person does not enjoy social development, he cannot have optimal and effective relationships with other people who are related to him in some way, including efforts to achieve this goal, planning and providing Opportunities and activities in which the student participates fully actively and fruitfully, so that he feels well that his existence, presence and efforts are useful and valuable. Due to the fact that a large number of students with disabilities, the causes of their intellectual disability are related to structural factors and such children face problems in perceptual-motor and cognitive skills, therefore, physical activities affect the perceptual-motor functions of the mentally disabled person. It has a lot of impact.

#### **4. Background and research review:**

The process of socialization is one of the aspects of human development. The innateness of collective life in humans has made the necessity of contact with others inevitable. Social development includes healthy communication and success in people. Therefore, the issue of social adaptation has always been considered as one of the fields of activity of the education system. One of the consequences of a deficiency in social skills is social incompatibility. Scrutinizing interpersonal relationships for the first time by Sullivan (1953) gained its position in psychology under the title of "interpersonal relationships" theory. Hlondon and Hockman (1992) investigated the imaginative play of 18 4.5-year-old preschool children who were normal in terms of intelligence with

55 mentally disabled 5-year-old preschool children. They found that normal children engaged in social behaviors such as helping, cooperating and competing more during the game, while mentally disabled children repeated a social behavior more during the game, as a result, they were significantly lower than normal children in terms of sociality.

Majorek-Tuchman and Hauser (2004) examined the effect of exercise with music on five children with attention deficit/hyperactivity disorder. The results of this research showed that exercise with music had a positive effect on the behavioral problems and work speed of these children, and their hyperactivity was reduced in some areas. Mission (2006) has shown that physical fitness exercises and sports are one of the most effective ways for people to overcome their disability; Because it helps to learn sensory-motor skills, communication and socialization and increases self-esteem. Gable-Hall and Barry Chong (1993) concluded in a research that aerobic exercises have a positive effect on the behavioral and psychological state of mentally disabled people and related disabilities. Ghobari Bonab and Naboi (2008) in a research investigated the effect of morning exercise in reducing the aggressive tendencies of 60 mentally disabled students. The results showed that the aggressive tendencies of the experimental group were significantly reduced compared to the control group under the influence of morning exercise. In a research conducted by Strong (1992) on 174 kindergarten children, he concluded that there is a positive relationship between weakness in reading and weakness in motor skills. On the other hand, some researches have investigated gender differences in the field of social adaptation, and the results of these researches are contradictory. The results of some researches show a significant difference between girls and boys in the level of social adjustment.

## **5. Theoretical foundations of research:**

### **4.1. The concept of Mental disabilities:**

Mentally disabled children are among the most vulnerable groups in society, and if their condition is not addressed, they will have fewer jobs in the future and will also have less support and social connections. Therefore, the timely referral of the parents of these children to occupational therapy centers such as occupational therapy and the use of useful occupational therapy methods can have a significant effect on improving the future condition of such people. It was called mental disabilities, which is one of the most common developmental

disabilities in children. Mentally disabled children often have significant problems with their mental functions such as communication, decision making, learning and problem solving. Difficulty or deficiency in adaptive behaviors is also the second main characteristic of mentally disabled children. Compromising behaviors mean the skills necessary for daily life, such as dressing, eating, etc. These children may also show inappropriate behaviors such as self-harm and aggression, or they may even lack control over some of their behaviors, so that they annoy others. Fortunately, if mentally disabled children are supported by the relevant centers and given the necessary training, they can improve their skills to a great extent and, as a result, have a more independent life in adulthood. Therefore, never neglect mentally disabled children. To diagnose mental disabilities, three characteristics must be present in a person so that it can be said with certainty that he has mental disabilities.

- We've all taken an IQ test at least once in our lives. This test determines the IQ of each person. The average of this coefficient in the world is equal to 100. The general population has an IQ between 85 and 115. Those who have an IQ higher than this amount are smarter than normal. Meanwhile, those with mental disabilities have an interest between 70 and 75 or lower. Therefore, if a person has a score lower than this amount in this test, he is mentally disabled.
- Characteristic number two: As we mentioned earlier, a mentally disabled person shows less adaptive behavior than normal people. If someone has limitations in at least two of these behaviors, he is considered mentally disabled. Compromising behaviors include the ability to communicate with others, the ability to take care of oneself, having academic skills, having fun, and so on.
- Characteristic number three: Signs of mental disabilities are seen in a person before the age of eighteen. Therefore, if something happens to a person after this age that disturbs his mental function, that person is not mentally disabled.

#### **4.2. Types of mental disabilities:**

Mental disabilities have different types and levels, and the classification of mental disabilities in DSM 5 (Diagnostic and Statistical Manual of Psychiatric Disorders) is divided into four levels: mild, moderate, severe and profound. We will examine its types below.

**Mild mental disabilities:** This group of people experience slower mental development than their peers. They also go through a slower process in learning life and social skills. Due to the mildness of this disorder in these people, it can be said that they can do their work by themselves by getting minimal help from those around them and slowly learning the necessary skills.

**Moderate mental disabilities:** It can be seen from the name of this type that it is more severe than the previous category and milder than the next category. People with moderate mental disabilities need more support than mild mental disabilities. But this does not mean that they cannot cope with their work. On the contrary, this group will be able to experience a relatively independent life by slowly learning.

**Severe mental disabilities:** This group of people have a much slower growth process and do not have strong communication skills and do not speak fully. They may not even understand the words of others. With practice, these people will be able to live their own lives, but they must be under control to be in the community and among other people.

**Profound disability:** Most of those who have profound mental disabilities have congenital syndromes. These people are not able to live independently and are highly dependent on the supervision of those around them. Usually, this category has physical problems and is unable to communicate with others.

### **4.3. Treatment of mental disabilities:**

Unfortunately, there is no special medicine to improve the condition of children with mental disabilities. But to rehabilitate these people, there are various medical services that help them to adapt to their surroundings. Some use traditional medicine to treat mental disabilities. There are ways that help improve the situation and provide conditions for a better life for these loved ones. These ways are generally divided into three general bases as follows.

- In the first stage, the factors that aggravate this disorder should be considered and worked on. For example, if a person has some kind of metabolic disorder, the substances that reach his body should be controlled by adjusting the person's diet so as not to cause the disorder to worsen.
- In the second stage, it should be kept in mind that if other disorders occur along with mental disabilities in a person, it should be controlled. For

example, in some cases, mental disorders are also among other issues related to mentally disabled people that can be treated or managed.

- In the third stage, the speed of parents' reaction to this matter. This is because if you act on time, you can start empowering the child earlier so that the child is not deprived of various aspects of life such as education, learning skills and social support.

Mental disabilities is a brain disorder that depends on many factors. So far, doctors have not found a definitive treatment for this disorder. The best thing that the people around can do for such people is to prevent this disorder in the first place and in the next step to recognize and act quickly, which makes the child start learning skills faster. Many parents are looking for definitive answers to their questions in this field.

#### **4.4. Solutions to road transport problems:**

One of the important components in the dynamism and reliability of the country's economy is the development of transportation and balanced integration in various modes of transportation. In other words, if a proper transportation system is to be designed for the movement of goods, all the transportation infrastructures and the fleet of goods moving from the origin to the destination must be planned, implemented and managed in a completely coordinated manner [5]. As the main and vital economic artery of the country, the land fleet has a 90% share of the movement of goods within the country, directly and momentarily affecting the process of movement and the supply chain of goods and is one of the main parameters affecting the macro economy of the country. With the development of the country's ports and the increase in the number and capacity of border crossings and terminals with neighboring countries, and on the other hand, the requirement of high-level strategic plans for transportation and the development of the country's trade to increase non-oil exports, transit of goods and reduce the cost price of manufactured goods; It is very important to pay attention to ground transportation and try to solve the problems of this sector before it becomes a crisis [15]. Goods owners, transport companies, drivers and government regulations and laws are the main aspects of the formation of the country's ground transportation sector. Currently, high price factors and the need for significant liquidity in the supply and purchase of trucks, the high average life of the ground transportation fleet and high depreciation, and the need to supply and replace spare parts and consumable



items are among the main challenges affecting the ground transportation industry [21]. The country is in the current situation, of course, the lack of supervision of ground transportation companies and the high costs of bills of lading, duties and insurance are among the problems that the 2-fold increase in ground transportation fares over the past one year is one of the consequences of this issue. The above mentioned and the self-ownership structure of the land transportation sector has caused the drivers of the road transportation sector due to the inability to provide liquidity and the uncertainty of being able to manage maintenance costs, supply of spare parts and the high price of consumable items such as oil and tires. And the filter does not want to supply the truck. On the other hand, the lack of planning and the establishment of rules for the modernization of the transport fleet by the government and the lack of allocating the necessary incentives have increased maintenance costs, reduced income and unwillingness of truckers and drivers to work in this sector [22]. The final point is that in addition to all the development and infrastructure programs such as the development of ports, the creation of road infrastructure and the expansion of terminals and border crossings, in case of not paying attention to the modernization of the fleet, there is no plan to reduce the costs of maintaining the fleet and there is no effort to encourage capital. investors to invest and direct liquidity to this sector; The country's road transport sector will be severely challenged and the country's economy will also be affected. An issue that the timely supply and distribution of basic goods, the cost of export and transit, and the timely supply of raw materials to industrial factories will face serious problems in the next few years. Therefore, it is necessary to listen to the problems of the laborers of the ground transportation fleet and use The experiences of countries in the development of ground transportation, the amendment of laws and the reduction of overhead costs were focused on solving the obstacles and problems of this sector [8]. As we have mentioned, ground transportation is considered as the beating pulse of a country's economy. Despite the challenges of road transportation and the lack of promising prospects in the future to solve them, the economic damage caused by it can be easily predicted. But some road transport solutions are:

- Development of additional capacity of roads: One of the most common methods of dealing with road congestion in medium and small cities or in larger regions and centers is the construction of bypasses to direct traffic. Planners of the mid-twentieth century saw the construction of additional

road capacity in the form of new or improved highways as an acceptable solution to congestion in large cities. Expanding the country's highway network will not only help to solve the traffic problem, but will also speed up transportation [5].

- Providing transportation fleet improvement facilities: due to the existence of reasonable facilities for companies or private drivers, people will undoubtedly think of replacing their worn out cars due to the high replacement rate of car parts. Renewal of vehicles will have a significant impact on increasing the quality of freight services, reducing air pollution and increasing transportation security [16].
- Legislation for truck room renovations: Fleet renovations include cargo container renovations. This issue has a great impact on maintaining product quality. Unfortunately, the hygiene of the goods will not be maintained in the used shipping containers. Today, many utility companies such as Shayan Utility Company offer many good facilities for container renovation [19].
- Investing in the road improvement sector: One of the suggestions that may improve the quality of the roads is to entrust this sector to private companies. Of course, the government should have more supervision over the reconstruction of roads [2].

## **5. Review and analysis:**

The flourishing of individual talents and the consolidation of the foundations of collective life and the creation of understanding between human beings take place in the shadow of education. In the last century, many researches have been conducted in the field of education of exceptional people, especially people with developmental intellectual disabilities. One of the main characteristics of students compared to their normal peers is their slowness in learning materials and their inability to understand abstract materials and thoughts, which causes them to be unable to learn things. Compared to their normal peers, they lack a high level of generalization power, therefore, in the process of learning, the material should be planned in successive steps and presented in a way that the students have low performance in various academic aspects; They have disorders in attention, memory, language, information processing. This is because they cannot spontaneously use strategies to store and maintain information in memory.

They have difficulty recognizing situations or activities that help learning and memory. Therefore, they are incapable of reusing patterns or repeating them, as well as transferring information to short-term memory and from there to long-term memory. One of the skills that is closely related to memory and thinking is learning math. Because by observing, measuring, analyzing, inferring, comparing, proving and predicting a communication system, it helps the student to achieve accurate and correct understanding of information, patterns and reasoning. Solving the problem requires analyzing the problem, evaluating special information, organizing knowledge, and evaluating the desired action plan before implementing it and evaluating its outputs. These behaviors are not limited to thinking and organizing knowledge, but are related to adjusting and revising the program and evaluating the results. Learning to solve problems requires complex activities so that students can reach a logical and appropriate solution. The deeper the level of thinking and the more complex the memory task, the more memory problems students have compared to normal children. Considering the possibility of failure in students, the teacher should try to create a sense of worth and competence in students. It is necessary for teachers to be sensitive to the personality and motivational issues of mentally challenged students and pay attention to the fact that limited mental ability has a strong direct and indirect effect on learning.

The special class for disabled students should be organized in such a way that it provides the success and competence of the students and can satisfy their other needs. Today, the goal of teaching students is to help them learn the skills needed for normal life, and especially learning mathematics is very important in raising students' motivation. In addition to this, students' learning problems cause them to experience repeated failures in their academic field. School failures of students are often associated with dissatisfaction and blame from teachers and parents, and even depression of these students and may lead to absenteeism and running away from school, suitable teaching methods and compensatory classes to improve academic skills. Designed for students with intellectual disabilities. The main reason for the inability of this group of students to solve the problem is the incorrect use of learning and motivational strategies. One of the important methods in learning for mentally disabled children is cognitive strategies. Cognitive strategies refer to actions by which new information is linked and combined

with previously learned information and stored in long-term memory. The meaning of strategy is a general plan and plan that consists of a set of operations and is designed and implemented to achieve a certain goal. Learning and study strategies are skills that can be learned. Some students gradually learn these skills, but some cannot do it on their own and need to be trained.

The present study was a systematic review. This study examined the articles published in Farsi and English during the last decade on the challenges of accessing and using rehabilitation services for people with mental disabilities. Related articles, by extensive electronic search in international databases including Google Scholar, PubMed, Scopus, ProQuest, Science Direct, Syed and Megiran, using the keywords of challenge, use, access, rehabilitation, health care and mental disabilities (spectrum disorder). They were selected in a combined manner in the title and in the time period of 2010 to 2020. In the first stage of the search, 142 articles were obtained, after reviewing the titles of the articles, 102 articles were discarded due to being unrelated and repetitive, and 40 articles remained. Finally, 14 studies were selected by checking the methodological quality of the articles, the abstract of the articles and considering the inclusion criteria.

## **6. Results:**

Based on the inclusion and exclusion criteria, 14 of the remaining articles had the necessary quality to be included in the study. Among the most important features of these articles, we can mention the period of publication of articles between 2011 and 2020, of course, the highest frequency was related to 2019. The geographical location of the studies was scattered in different countries. The findings of this study showed that, in general, there are many challenges for people with mental disabilities spectrum disorder in terms of access and use of rehabilitation services, which are discussed below. The present study was conducted with the aim of reviewing the challenges of access to rehabilitation services and healthcare for people with mental disabilities. The evaluation of published articles refers to the following:

Some of the characteristics of services that define quality include: 1) efficiency: the ability to provide the best possible care to improve health, 2) effectiveness: the degree to which improvements are made, and 3) productivity: the ability to achieve The greatest amount of improvement in health at the lowest cost, 4)

Optimality: the most beneficial balance of costs and benefits, 5) Acceptance: consistent with patient preferences regarding access, physician-client relationship, amenities, effects of care, and cost of care, 6) Legitimacy: compliance with social preferences related to all of the above and 7) equity: the fairness of the distribution of care and its impact on health. As a result, health care professionals should consider the client's preferences and preferences as well as his social preferences in quality assurance and evaluation [35]. The findings of the research showed that the implementation and information structures in the field of rehabilitation and treatment programs for children with mental disabilities spectrum disorder are facing problems. Creating a systematic monitoring system is the solution offered in response to this challenge. On the one hand, the challenge of neglecting the structure and policies of rehabilitation puts the solution of systematic rehabilitation policies in front of the implementers, and on the other hand, the challenges of the poverty of knowledge and attitude and finally, the faulty information system are evident at different levels such as rehabilitation service providers, parents and society. This itself has caused or exacerbated problems in other sectors, such as family desperation, abandoned teamwork in the field of intellectual disability, and lack of commitment to professional ethics. Creating an efficient information system in accordance with the environmental and cultural conditions of each society in order to increase the level of knowledge and attitude of people in various areas of intellectual disability is a solution that can be suggested in facing this challenge.

The findings of Platus and Pisola's study in 2019 indicated that despite the growing number of adolescents and adults with mental disabilities, there is little information about the services needed and the barriers in this population. The barriers that parents stated regarding the services used included difficulty in accessing services, not being eligible for admission to receive services, difficulty in receiving information about services, and very high costs of providing services [33]. In another study, it was observed that the recipients of services for children with mental disabilities faced problems in the field of using services, lack of stable service provision, insufficient insurance coverage, and lack of parental participation in the care provided to children, which are problems in children with disabilities. The range of mental disabilities has been higher compared to children with other developmental and mental disorders [21]. Also, the evidence of a study in 2020 showed that the obstacles that primary care

providers listed regarding the care of children with mental disabilities spectrum disorder included lack of access to mental disabilities spectrum disorder specialists, lack of support from the government, lack of knowledge about the sources of spectrum disorder Mental disabilities is the lack of previous education about mental disabilities spectrum disorder, lack of self-confidence in managing medical problems, lack of awareness of the signs and symptoms of mental disabilities spectrum disorder, and lack of visit time [23]. On the other hand, the study of Remarker et al. in 2017 listed the most important barriers to health care for adults with mental disabilities spectrum disorder as fear or anxiety, concern about the cost and facilities that cause sensory problems, and difficulty in communicating with providers. In short, mentally disabled adults experience many of the same challenges as other disabilities. However, they experience these challenges at a higher rate and also experience special and unique barriers of intellectual disability [30]. Considering the importance of the costs of mental disabilities spectrum disorder in the challenges and especially the costs of rehabilitation services and addressing it in many studies, a research in 2018 examined the determinants of the economic burden of mental disabilities and its findings showed that low spectrum disorder Dementia imposes high costs on patients and their families. The costs of mental disabilities can be influenced by social factors such as age, gender, education, health insurance, occupation and income. Therefore, policy makers and health managers should take special measures to prevent and control this disorder, treat it, manage costs and provide social and economic support [36]. Duran and Sepak's research in 2016 indicated the lack of specific medical services for people with intellectual disability, especially in rural areas [28].

Ahmadi and his colleagues believe that there are similarities in the following three areas: lack of parents' information about how to access needed services, weak cooperation between parents and professionals in planning, implementing and evaluating medical services and heterogeneity of services provided in different centers. The most basic needs of Iranian parents were: requesting the continuation of medical services throughout the life of these children and not only in times of crisis, working with specialists whose expertise is in the field of children with mental disabilities and similar developmental disorders, better understanding and empathy of specialists And even society with family, an effective educational cycle that prepares the child for independent life, as well as having free time for parents to have fun with friends and family members [25].

Also, Abdi et al.'s study in 2015 showed that the most prominent challenge of people with disabilities, which includes children with mental disabilities, is the need to access rehabilitation services. The investigated barriers are classified into eight groups of deficits in the rehabilitation system, which include rehabilitation services, deficiencies in education, inefficiency in diagnosing and screening people with disabilities, deficiencies in monitoring rehabilitation, neglecting socio-cultural factors, access problems, non-identification, and financial problems in are rehabilitation. Also, the findings point to the strong and important role of therapists in receiving rehabilitation services and teamwork [27]. In 2018, Qalipour addressed the challenges of providing services to children with mental disabilities in Tabriz and the most important of these obstacles in the form of topics: diagnosis and treatment, service provider manpower, service provider structure, access and benefit from services, Expectations of service recipients, parents' education and participation, social position and status of mentally disabled, structure and delivery of mentally disabled services and performance of centers and guardians were categorized [37]. Evidence shows that people with disabilities have faced problems in accessing and paying for rehabilitation services [38, 39].

Access and use of rehabilitation services pose many challenges to people with disabilities and service providers, especially in rural and remote areas where there is a lack of human resources and rehabilitation equipment [41, 40], the most important of these challenges (which is a summary of the findings of the studies done in this context), is as follows:

**Challenges related to the high costs of services and the lack of a systematic support system:**

- Very high costs of providing services [25]
- Insufficient insurance coverage [21]
- Lack of support from the government [23]
- Fear or anxiety and worry about the cost [30]

**Challenges of access to rehabilitation services:**

- Unavailability of some necessary and important services for these children, such as occupational therapy [24]
- Lack of access to mental disabilities spectrum disorder specialists [23]
- Lack of special services for people with intellectual disabilities, especially in rural areas [28]

**The challenge of poverty of knowledge and attitude:**

- Lack of awareness of the signs and symptoms of mental disabilities [23]
- Lack of parents' information about how to access needed services [25]
- Lack of necessary knowledge about mental disabilities [31]

**The challenge of supervision and the uncertain structure of rehabilitation:**

- Problems in the field of using services, such as not providing fixed services [21]
- The structure and provision of mental disability services [37]
- Heterogeneity of services provided in different centers [25]
- Communication challenges between parents and service providers
- Lack of parental involvement in the care provided to children [21]
- Difficulty communicating with providers [30]
- Poor cooperation between parents and professionals in planning, implementing and evaluating medical services [25]

**Challenges of screening, diagnosis and rehabilitation:**

- Inefficiency in diagnosing and screening people with disabilities [27]
- Diagnosis and treatment process [37]

**and other challenges including:**

- Defects in supervision of rehabilitation [27]
- Service provider human resources [37]

It is hoped that the results of this research will provide a clear path for the policy makers, managers and planners in the field of rehabilitation of these children so that they can improve the executive structures and develop comprehensive rehabilitation programs to help children with mental disabilities spectrum disorder to achieve their rights like other members of the society. Help their people in the field of health and rehabilitation.

**Conclusion and Research suggestions:**

The findings of the present study showed that due to the nature of mental disabilities, there are many challenges for the family and rehabilitation service providers in terms of accessing and using these services. Rehabilitation services are not intended for the whole life of people with intellectual disability. Recognizing these factors will make program trustees and policy makers in the



field of rehabilitation, with a closer look at existing capacities, take more effective steps in providing services to people with mental disabilities and their families, and in order to achieve a more favorable situation, the necessary mechanism in the field of policy and Adopt and implement planning to ultimately lead to basic measures in the field of improving the rehabilitation services needed by children with mental disabilities. On the other hand, in order to increase the rehabilitation efficiency of these people, there is a deep need for short-term, medium-term and long-term planning.

Finally, research proposals are presented as follows:

1. Identifying the challenges of access and use of mental disabilities spectrum disorder rehabilitation services in Iran
2. Conducting researches to develop practical solutions for the upcoming challenges in mental disabilities rehabilitation services

#### Limitations

One of the limitations of this study is the non-review of articles in other languages (except Persian and English) due to the lack of proficiency in those languages.

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