The effect of behavior parent training to mothers of children with Attention Deficit/ Hyperactivity Disorder: impact on their children’s behavioral problems and on the decline of ADHD symptoms

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ABSTRACT

Introduction:
The purpose of the current study was to investigate the effect of training behavior modification methods to mothers of children with Attention Deficit Disorder (ADHD) on reducing behavior problems and ADHD symptoms in their children’s.

Method:
The research method was quasi-experimental with pre-test and post-test design and control group. To do so, 24 mothers of children with ADHD were selected and divided into experimental and control groups (12 mothers in each group). Participants filled the Revised Conners’ Parent Rating scale (CPRS-R) and Children’s Behavioral Performance at Home questionnaires. In the next step, the experimental group was instructed behavior modification methods in 9 ninety-minute sessions while the mothers in control group went on their normal procedures. At the end of the instructional session, both groups filled out the mentioned questioners as the post-test. Covariance analysis and t test was used for analyzing data. Result: Results from t-test showed behavior modification improved children’s behavioral problems. At the same time, Analysis of Covariance showed the training had decreased hyperactivity symptoms and ADHD index among children of the experimental group, as compared to those of the control group; however, the training was shown to have no effect on attention deficit.

Conclusion:
In conclusion, findings of this study suggest behavior modification training to mothers can help them decline their children’s behavioral problems.