A comparison of the effectiveness of behavioral management training to parents and the children narrative therapy on reducing the symptoms of Attention Deficit / Hyperactivity Disorder

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Abstract
According to the clinical importance of the Attention Deficit, Hyperactivity Disorder is one of the most common neural-behavioral disorders in children as well as its impact on the family system. This study is aimed at comparing effectiveness of the behavioral management training to parents and narrative therapy on symptoms of the children who are afflicted by the Attention Deficit/ Hyperactivity Disorder. This quasi experimental study is of the pretest-posttest with the control group. Statistical community included all of the children, out of 30, suffered from ADHD, between 7 to 12 years old, in the city of Sari, in companion with their mothers, who were selected and assigned to three groups. The first group, received 8 sessions of narrative therapy, the second one received 9 sessions of behavioral management training to mothers based on Barkley’s model, and the third group, received nothing. Parental Stress Index Test was utilized in order to collect data, and analyzing data fulfilled in the form of analysis of variance. The results showed that there is a significant difference between the treatment groups of behavioral management training to parents and the narrative therapy. Conclusion: Findings of the study shows that the method of narrative therapy is more effective in reducing the symptoms of Attention Deficit /Hyperactivity Disorder and this therapeutic approach can be utilized as well as the pharmacotherapy.