Comparison of Child and Parent Cognitive Behaviour Therapy on Reduction of Attention Deficit Hyperactivity Disorder Symptoms in Children

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Abstract

Objective: Attention deficit hyperactivity disorder (ADHD) is a common early-onset childhood disorder that is introduced by attention deficiency, hyperactivity and impulsivity. The aim of this study was to compare the effect of parent and child Cognitive Behaviour therapy in reduction of symptoms of ADHD in 7 to 12 aged children.

Method: This research is performed in the scope of semi-experimental research. For testing the above phenomenon a sample were selected including 50 children, referred to child and adolescent psychiatry clinic who were suffering from ADHD on the basis of the recognition of the psychiatrist and according to the questionnaire prepared specially to diagnose this type of interference DSM-IV-TR. Then the sample randomly assigned in to three groups, 17 parent CBT group, 18 child CBT group and 15 control group. The parents and children in the experimental groups were subjected to cognitive and behavioural therapy for 8 sessions each for 1.5 hour. Treatment outcomes were assessed using the DSM-IV-TR questionnaires which were filled by teacher and parents of the children suffering from ADHD at baseline week 1, 4 and 8. For the purpose of data analysis I have used the one-way analysis variance (ANOVA).

Results: The results from analyzing the data obtained from the research showed that at the end of the therapy, in cognitive and behavioural groups reduction of attention-deficiency and hyperactivity was significant $p \leq 0.02$ in children suffering from ADHD in comparison with the control group.

Conclusions: we can conclude that parent and child based cognitive behaviour therapy will affect the decrease of attention-deficiency and hyperactivity in these children and it is suggested that the specialists and psychologists can also use drug therapy along with the other common treatments as a complementary therapy for decreasing the mentioned symptoms in children suffering ADHD.