The Effectiveness of Parent Management Training (PMT) on Anxiety and Depression in Parents of Children With ADHD

Mahbobe Firouzkouhi Moghaddam; Reyhaneh Forouzan Nia; Tayebeh Rakhshani; Amir Hossien Heidaripoor; Samira Taravatmanesh

DOI: 10.17795/semj38795
Open Access: http://emedicalj.com/?page=article&article_id=38795

Abstract

Background:
Attention deficit hyperactivity disorder is one of the most common psychiatric problems in childhood and adolescence.

Objectives:
The aim of this study is to evaluate the effectiveness of parent management training (PMT) and a positive parenting program on children’s behavioral problems and parents’ anxiety and depression reduction.

Patients and Methods:
In this semi-experimental study, which was conducted in Zahedan 2011, 36 parents of ADHD children whose kids had been on medications from at least 8 weeks before the study participated. Data were collected by Conners questionnaires for parents and DASS questionnaires about anxiety and depression. We used paired t-tests, chi-square statistical procedures, and SPSS version 16 software for data analysis. The P < 0.05 was considered significant.

Results:
The mean Conners parents scale in the case group was (104.7 ± 11.04) before and (92.4 ± 8.72) after intervention. In the control group, it was (102.3 ± 22.38) before and (102.2 ± 19.94) after the intervention. The Conners scale changes in the case group before and after intervention was statistically significant (P-value = 0.0001) and in the control group there was no significant change in the Conners scale (P = 0.945).

Conclusions:
In general, this study showed that the parent behavioral management training could reduce ADHD symptoms in preschool children. One of the limitations of this study was the number of cases; therefore, a further survey with a larger group might be considered.