

The Effectiveness of Group Triple P-Positive Parenting Program-on Behavioral Disorders among Iranian Children with ADHD: A randomized Controlled study

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Introduction: Attention Deficit Hyperactivity Disorder(ADHD) is one of the most common psychiatric disorders of childhood(1).Although Stimulant Medicine and Occupational Therapy services have Important Roles on Treating ADHD signs and symptoms, Psychosocial Interventions are needed to Improve Children's Behaviors and Parent–Child Interaction(2).regarding the role of occupational therapy and its holistic view on family system(3),a kind of Group Parent management Training is added to routine medical and occupational therapy services which are taken in Iranian health centers and investigated its added effect in this article.**Objective:**The Object of the present Study is to investigate the Effectiveness of Group positive parenting Program(Triple P)on Behavioral disorders among ADHD children referring from Occupational Therapy Centers.**Materials and Methods:**In this quasi experimental Study,Using Simple Randomized sampling,54 children with ADHD meet study criteria and their mothers were recruited from 7 Mental Occupational Therapy Clinics.They allocated into two Equal groups(n=27).Both groups received routine Occupational Therapy and Medication.Positive Parenting Program manual (Revised by Sanders in 2005)added to the Intervention Group program.These sessions lasted 2 hours a week for 8 weeks.Data was collected from their mothers at baseline survey and eight weeks later, at the end of Intervention,by using 2 questionnaires: Demographic questionnaire and Conner's Parent Rating Scale(CPRS 48).

Results:The Results of this study confirmed that although both Groups showed significant improvements in all subscales of Behavioral questionnaire(CPRS) by using Paired T test , related to control group.Intervention group made significant improvements in Conduct subscale(P=0.000),Anxiety subscale(P=0.000),Hyper active Index subscale(P=0.016),and Total(P=0.000).But their psychosomatic subscale, Learning Subscale and Impulsion and Hyperactivity Subscale Didn't change clearly.

Conclusion: adding eight sessions Group positive parenting program to routine medication and OT services is significantly effective in decreasing Behavioral Disorders and anxiety Status of 4 to 10 year old ADHD children.Then this psychosocial Intervention could be used as an effective complementary method beside medication and Occupational therapy Programs.

references:

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