

Comparing the effectiveness of family management training (PMT) and attention process training (APT) in Children with hyperactivity disorder and attention deficit

Abstract

Background and Objective: *Hyperactivity disorder and attention deficit (ADHD) is one of the most common psychiatric disorders in school age children. The aim of this study was to compare the effect of family management training (PMT) and attention process therapy (APT) in Children with hyperactivity disorder and attention deficit.*

Methods: *In this interventional study, 35 patient with ADHD referred to the psychiatric clinic of Fatemi Hospital in Ardabil were selected and divided into three groups using block randomization method. Proper counseling was done and a written informed consent was obtained from parents of subjects before starting the treatment regimen. At the beginning of the study, all patients were evaluated in terms of degree of ADHD. After the end of treatment scores of the last assessment considered as a post-test scores and results compared. In intervention group 1 parents of subjects received parenting management training (PMT) treatment beside drug therapy. In intervention group 2 the child with ADHD were trained by a psychologist with attention process training technique (APT) beside drug therapy. In control group patients received only drug therapy same as other groups. The obtained scores from Conners Parenting Rating Score were recorded before and during the intervention in the patient's questionnaire.*

Results: *In this study, the mean age of the subjects (15 boy and 8 girl) was 8.4 ± 1.86 years old. The symptoms of children in both groups were decreasing over time, but symptoms reduction in the education process was more noticeable than the family management education group. There was no correlation between the genders of the children with the effect of the type of training on the reduction of ADHD symptoms.*

Conclusions: *Regarding the results of this study, attention training is more effective than parents' behavioral management training in decreasing the symptoms of ADHD children.*

Key words: *ADHD, attention process training technique, parenting management training*