Extended Abstract

A Study of the Effects of Cognitive- Behavioral Skills Group Training on Manifest Anxiety in Children with ADHD

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Introduction
Attention-deficit hyperactivity disorder (ADHD) is a heterogeneous disorder with unknown etiology. ADHD often overlaps with other conditions such as anxiety and mood disorders. The core features of ADHD are poor attention, excessive impulsivity and hyperactivity. The aim of this research is to investigate the therapeutic effects of cognitive behavioral skills group training focused on children and focused on mother + children on manifest anxiety in children with ADHD.

Research Questions
1- Does cognitive-behavioral skills group training focused on children and focused on mother + children significantly decrease the degree of physiological signs of anxiety in children with ADHD?
2- Does cognitive-behavioral skills group training focused on children and focused on mother + children significantly decrease the degree of the worry and oversensitivity in the children with ADHD?
3- Does cognitive behavioral skills group training focused on children and focused on mother + children significantly decrease the degree of the manifest anxiety in the children with ADHD?
Methods

The research was conducted among the male students of the grade five in the primary school in Shiraz, Iran. The participants were diagnosed as ADHD, according to a diagnostic interview by researchers. The children were selected using CSI-4 that was completed by teachers. A sample of 57 students were selected from the population randomly. The sample was assigned into 3 groups of equal sizes that were composed of 2 treatment groups, and one control group. Subjects responded simultaneously in pretest and posttest situations to the manifest anxiety scale respectively and their teachers responded to CSI-4 questionnaire too.

Results

Three main results were concluded: 1) Cognitive-behavioral skills group training focused on children and focused on mother + children significantly decreased the degree of physiological signs of anxiety in children with ADHD. 2) Cognitive-behavioral skills group training focused on children and focused on mother + children significantly decreased the degree of the worry and oversensitivity in the children with ADHD. 3) Cognitive behavioral skills group training focused on children and focused on mother + children significantly decreased the degree of the manifest anxiety in the children with ADHD.

Discussion and conclusion

As a result, Cognitive-behavioral skills group training had a significant effect on the manifest anxiety in the children with ADHD. The series of studies confirmed curative effects of cognitive–behavioral skills group training on ADHD (Rohde; Clarke; Mace; Jorgensen & Seeley, 2004). Based on the results, it could be said cognitive –behavioral skills can improve parents’ attitudes toward children’s problems such as cognitive error and communication deficit. The final conclusion is that parenting and family interventions as well as intervention focused on children significantly decreased the
degree of the manifest anxiety in the children with ADHD

**Keywords:** 1. Attention Deficit/ Hyperactivity Disorder (ADHD) 2. Manifest Anxiety in Children 3. Cognitive behavioral Skills Group Training.