



UNIVERSITI PUTRA MALAYSIA

***EFFECTIVENESS OF BEHAVIORAL PARENT TRAINING PROGRAM IN
REDUCING SYMPTOMS OF ATTENTION DEFICIT HYPERACTIVITY
DISORDER AMONG CHILDREN AND PARENTAL STRESS***

MAJID DARVISHI ZADEH

FPP 2012 60

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By

MAJID DARVISHI ZADEH

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
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January 2012

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in partial fulfillment of the requirement for the degree of Doctor of Philosophy

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January 2012

Chairperson: Maznah Bt. Baba, PhD

Faculty: Educational Studies

The general purpose of this study was to examine the effectiveness of Behavioural Parent Training Program (BPTP) in reducing symptoms among ADHD children and Parental Stress. Specifically, the study examined the effectiveness of BPTP in reducing selected symptoms of ADHD which included: (i) inattention, (ii) hyperactivity, (iii) hyperactivity-impulsivity, (iv) hyperactivity-impulsivity-inattention as total symptoms and (v) Parental Stress. Using an Experimental Randomized Pre-test Post-test Control Group Design, sixty parents of ADHD children from an ADHD centre for children with behavioural and emotional disorders in Kermanshah City, Iran, were randomly assigned to experimental and control groups. Each group consisted of 15 pairs of parents. The

parenting programme developed by Barkley (1997), was administered in nine 90-minute sessions over nine weeks with a one-month follow-up session. Treatment outcomes were evaluated by using ADHD Rating Scale-IV: Home Version (DuPaul, 1998) and Parental Stress Index /Short Form (PSI/SF) (Abidin, 1995). Additionally, Conners' Parent Rating Scales-Revised: Short Form (CPRS-R: SF, 1997) was used to evaluate ADHD symptoms not covered by the ADHD Rating Scale-IV. The instruments were completed by the parents in four scheduled administrations, namely at: (i) pre-intervention, (ii) post-intervention 1, (iii) post-intervention 2, and (iv) follow-up.

The results of an independent t-test on ADHD Rating Scale-IV, CPRS-R, and Parental Stress Index (PSI/SF) show no significant differences between the experimental and the control groups at the pre-intervention stage. Two-way repeated measures ANOVA investigating the significance of differences within and between groups of the subscales of the instruments across the four scheduled administrations showed a significant reduction in all four combinations of ADHD symptoms as well as reduction in parental stress as measured by the abovementioned instruments. The results imply that BPTP can be effective in reducing ADHD symptoms in children, reducing parental stress and also other behavioural problems related to ADHD which were also measured by the instruments. The outcome of the study could benefit family counselors, and psychologists, specifically in conducting psycho-educational interventions as a single treatment for parental management of ADHD children.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Doktor Falsafah

**KEBERKESANAN PROGRAM LATIHAN TINGKAH LAKU IBU BAPA
DALAM MENGURANGKAN SIMPTOM GANGGUAN ATENSI
DEFISIT/HIPERAKTIF DALAM KALANGAN KANAK-KANAK DAN STRES
IBU BAPA**

Oleh

MAJID DARVISHI ZADEH

Januari 2012

Pengerusi: Maznah Bt. Baba, PhD

Fakulti: Pengajian Pendidikan

Tujuan am kajian ini adalah mengkaji keberkesanan Program Latihan Tingkah Laku Ibu Bapa untuk mengurangkan simptom dalam kalangan kanak-kanak ADHD dan stres ibu bapa. Secara khususnya, penyelidikan ini mengkaji keberkesanan Program Latihan Tingkah Laku Ibu Bapa untuk mengurangkan simptom ADHD yang meliputi: (i) ketakperhatian, (ii) hiperaktif, (iii) hiperaktif-impulsif, (iv) hiperaktif-impuls-ketakperhatian, dan (v) stres ibu bapa. Dalam kajian yang menggunakan reka bentuk eksperimental rawak ujian pra dan pasca serta berkumpulan kawalan ini, enam puluh ibu bapa kepada kanak-kanak ADHD dari sebuah pusat ADHD untuk kanak-kanak yang mempunyai gangguan tingkah laku dan emosi di Bandar Kermanshah, Iran, telah diagihkan secara rawak kepada kumpulan eksperimen dan kawalan. Setiap kumpulan terdiri daripada 15 pasangan ibu bapa. Program keibubapaan yang dibangunkan oleh

Barkley (1997) telah dikendalikan sebanyak sembilan sesi selama sembilan minggu dan diikuti oleh sesi susulan selepas satu bulan. Setiap sesi mengambil masa selama 90 minit. Hasil rawatan telah dinilai dengan menggunakan *ADHD Rating Scale-IV: Home Version* (DuPaul, 1998) dan *Parental Stress Index /Short Form (PSI/SF)* (Abidin, 1995). Sebagai tambahan, *Conners' Parent Rating Scales-Revised: Short Form (CPRS-R: SF)*, (1997) telah digunakan untuk menilai simptom ADHD yang tidak dirangkumi dalam *ADHD Rating Scale-IV*. Para ibu bapa telah menjawab instrumen tersebut dalam empat pengendalian yang berjadual iaitu: (i) pra-intervensi, (ii) pasca-intervensi 1, (iii) pasca-intervensi 2, dan (iv) susulan.

Keputusan ujian-t independent ke atas *ADHD Rating Scale-IV*, *CPRS-R*, dan *Parental Stress Index (PSI/SF)* menunjukkan tiada perbezaan signifikan di antara kumpulan eksperimen dan kawalan dari segi simptom ADHD dan tahap stress ibu bapa di peringkat pra-intervensi. Analisis ANOVA dua hala berulang yang mengkaji perbezaan dalam dan antara kumpulan dari segi subskala instrumen kajian dalam empat pengendalian ujian tersebut mendapati bahawa terdapat pengurangan yang signifikan ke atas kesemua empat kombinasi simptom ADHD serta stress ibu bapa. Hasil kajian member implikasi bahawa BPTP berkesan dalam mengurangkan simptom ADHD dalam kalangan kanak-kanak, stress ibu bapa serta lain-lain masalah perlakuan yang berkaitan yang turut diukur oleh instrument kajian. Keputusan kajian ini memberi manfaat kepada kaunselor keluarga dan ahli psikologi, khususnya bagi intervensi psiko-pendidikan sebagai rawatan tunggal bagi ibu bapa menguruskan anak mereka yang mengidap ADHD.

Dedication

To my late Father, I never forget him,

My loving mother

My lovely wife Mozhgan

And my nice daughter Hana

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It is a fact that a person cannot go through life without the help and guidance from others. One is always indebted, knowingly or unknowingly, to those who have rendered such help and guidance. However, it might not be possible for me to mention their names here and it is beyond my capacity to verbalize my gratitude personally to each one of them. This present work has materialized with the significant input of these individuals.

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patience and perseverance during my absence. I owe a lot to my mother, because her faith in me taught me to have faith in myself. To my dear wife and my daughter, Hana, thank you for your understanding and patience during my study. I am also deeply indebted to many individuals who assisted me in conducting this research. I would like to offer my sincere gratitude to **Professor Russel Barkley** from USA for his guidance and his permission for using his program, **Dr. Yadollah Abolfathi Momtaz**, **Associate Professor Dr. Rezaei** from Kermanshah University of Medical Science in of Iran for his assistance in statistical analysis of my thesis, **Dr. Hamid Alizadeh from Allameh Tabatabaiee** University in Tehran for his support, **Dr. Saeid Raofi** and my best friend **Sallar Taheri** for their valuable help. Finally, I would like to say “To my friends, thank you for your love, support and encouragement. **Above all, I thank God because "with God, all things are possible."**

APPROVAL

I certify that a Thesis Examination Committee has met on 31 January 2012 .to conduct the final examination of Majid Darvishi Zadeh on his thesis entitled “Effectiveness of Behavioural Parent Training Programme (BPTP) in reducing symptoms of ADHD among children and parental stress.” in the Universities and University Colleges Act 1971 and the Constitution of the University Putra Malaysia [P.U. (A) 106] 15 March 1998. The committee recommends that the student be awarded the Doctor of Philosophy.

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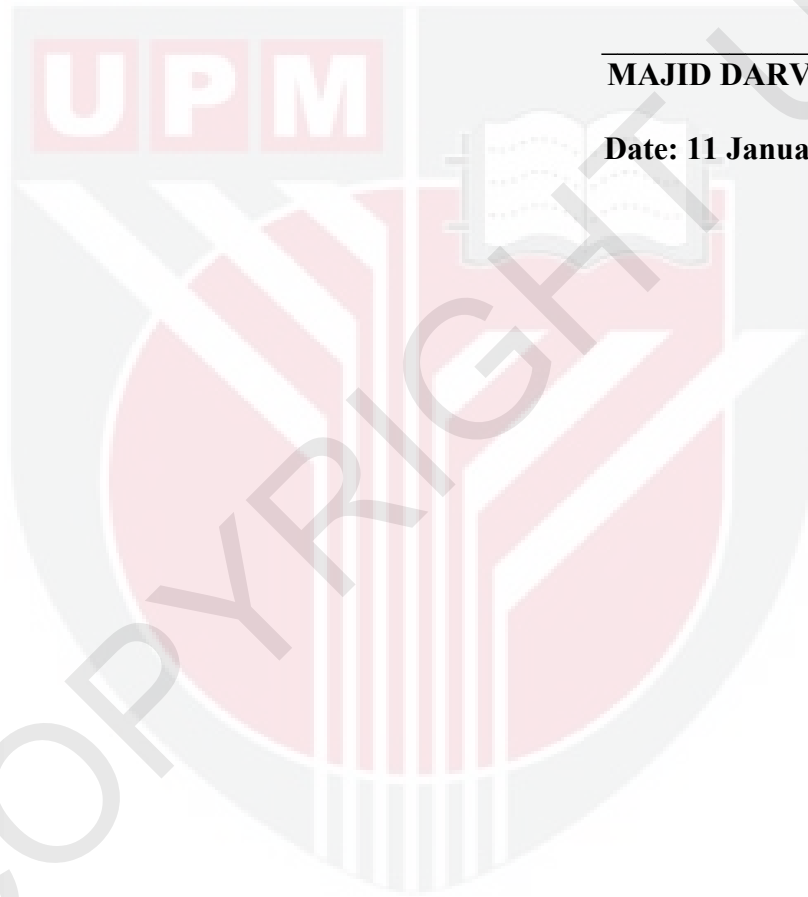
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DECLARATION

I declare that the thesis is my original work except for quotations and citations, which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

MAJID DARVISHI ZADEH

Date: 11 January 2012



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LIST OF ABBREVIATIONS

1. DF: Degree of Freedom
2. F: Frequency
3. SD: Standard Deviation
4. SPSS: Statistical Package for the Social Science
5. IV: Independent Variable
6. DV: Dependent Variable
7. PE: Pre-test Experimental
8. PC: Pre-test Control
9. BPTP: Behavioral Parent Training Program
10. CPRS: Conner's Parent Rating Scale
11. PSI: Parental Stress Index
12. P-CI: Parent- Child Interaction
13. ADHD: Attention Deficit/Hyperactivity Disorder
14. HV: Home Version
15. E: Experimental
16. C: Control
17. BMT: Behavioral Modification Technique
18. ANOVA: Analysis of Variance

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