

# Perspectives On Behavior Therapy In The Eighties

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Research Article

## The Efficacy of Dialectical Behavior Therapy in Decreasing High Risk Behaviors Among Students Suffering From Attention Deficit / Hyperactivity Disorder

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### Abstract

**Background:** Attention deficit/hyperactivity disorder is a kind of disorder that may lead to interpersonal, emotional, educational and domestic problems. Moreover, it may lead to high-risk behaviors among teenagers and this area of research is now a focus of attention for many researchers in order to find solution for its treatment and prevention.

**Objectives:** The aim of present study was to determine the efficacy of dialectical behavior therapy on the decrease of high risk behaviors among students suffering from attention deficit/hyperactivity disorder.

**Methods:** This research was done experimentally and through designing pre-test and post-test and using control group. Research population included all male third-grade high school students suffering from attention deficit/hyperactivity disorder (case study: Ardabil city, 2015). Research sample included 40 male students suffering from attention deficit/hyperactivity disorder who were selected through multi-step cluster sampling and classified into two groups: experimental group (n = 20 subjects) and control group (n = 20 subjects). For data collection we used Iranian teenage risk rating scale, Conner's Adult ADHD Rating Scale- Self report form and subscale and diagnostic interview based on DSM-5. The data were analyzed by univariate analysis of covariance (ANCOVA) model in the SPSS software version 22.

**Results:** The results of univariate analysis of covariance showed that dialectical behavior therapy had been effective in decreasing high-risk behaviors ( $P < 0.001$ ). The data analysis had showed that there was a significant difference between high-risk behaviors of control and experiment groups in the post-test.

**Conclusions:** According to the findings training dialectical behavior is effective in controlling emotional behavior and in regulation of emotions; therefore, along with other therapeutic methods we can use this approach as an effective way to decrease psychological and behavioral problems mainly high risk behaviors of teenagers suffering from attention deficit/hyperactivity disorder.

**Keywords:** Attention Deficit / Hyperactivity Disorder, High-Risk Behavior, Dialectical Behavior Therapy

### 1. Background

Attention deficit / hyperactivity disorder (ADHD) is one of the common problems among children and teenagers who refer to psychiatrists and psychologists [1]. It is a behavioral pattern which is sometimes prolonged up to adulthood and eventually it is emerged with a disproportionate degree of lack of attention, impulsivity and hyperactivity [2]. The main attributes of ADHD is the continuous pattern of inattentiveness or hyperactivity-impulsivity, which is in contradiction to one's function and growth. For diagnosing symptoms of attention deficit/hyperactivity disorder such a behavior must be shown 6 months among children before 12 years old and 5 months among teenagers and adults. The common definition of ADHD includes 18 behavioral symptoms, which are divided into two 9-symptom sets: attention deficit

and hyperactivity-impulsivity; and they are in turn divided into 3 subsets for ADHD: 1. Attention deficit domination; 2. Hyperactivity-impulsivity domination; 3. A combination 1 and 2, which a complete syndrome. Studies in different societies show that about 5% of children and 2.5% of adults in different cultures are suffering from ADHD. In a normal population ADHD is more common among boys than girls and its ratios among children and adults are 2:1 and 1.6:1, respectively. Attention deficit as a main symptom emerges more among girls [3]. Such a disorder is along with other problems such as educational performance, weak relationship with family and friends, low psychic health and drug abuse at the lower ages [4]. In a research, Faraone and Biederman [5] study the record of educational failure and emotional problems such as anxiety and depression among teenagers with symptoms of atten-

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Perspectives on Behavior Therapy in the Eighties. M. Rosenbaum, C. Franks and Y. Jaffe (Eds), New York: Springer Publishing. Co., , pp. , \$Perspectives on Behavior Therapy in the EightiesM. Rosenbaum, C. Franks and Y. Jaffe (Eds), New York: Springer Publishing Co., , pp.Perspectives on Behavior Therapy in the Eighties (Springer Series on Behavior Therapy and Behavioral Medicine, 9): Medicine & Health.Available in the National Library of Australia collection. Format: Book; xv, p.: ill. ; 24 cm.Perspectives on behavior therapy in the eighties / Michael Rosenbaum, Cyril M. Franks, Yoram Jaffe, editors. RC B4 P Cover Image.Learned resourcefulness as a behavioral repertoire for the self-regulation of C. M., Jaffe, Y. (Eds.), Perspectives on behavior therapy in the eighties (pp. ).Institute for Rational-Emotive Therapy, 45 East 65th Street, New York, NY Y. Jaffe (Eds.), Perspectives in behavior therapy in the eighties (pp.Advances in Behaviour Research and Therapy . M. Rosenbaum, C.M. Franks, Y . Jaffe (Eds.), Perspectives on behavior therapy in the eighties, Springer, New.Cognitive Therapy (MBCT) and Dialectic Behavior Therapy (DBT), have Since their first publications in the eighties, laboratory studies by Wegner and his.As modifications and new approaches came into vogue in the 80s and 90s, the characteristics with cognitive behavioral therapy (CBT), and how these two .. Narrative therapy: A return to the intrapsychic perspective?.Behavior therapy: Overview and personal reflections. In M., Rosenbaum,C. M., Franks,Y. Jaffe,(Eds.), Perspectives on behavior therapy in the eighties, New.Integrative change model in psychotherapy: Perspectives from Indian thought . the late eighties and the nineties saw the resurgence of scientific research related . The text is more than behavior therapy or systematic desensitization or client.Part of the Perspectives on Individual Differences book series (PIDF) Conditioned Stimulus Behavior Therapy Cognitive Therapy Physiological Arousal Verbal.Beck AT: Cognitive therapy of depression: New perspectives, in Clayton P (ed): Franks CM, Jaffe Y (eds): Perspectives on Behavior Therapy in the 80s.Cognitive-behavioral therapy (CBT) is a type of counseling aimed at Beginning in the eighties and continuing through today, there has been.Cognitive Functional Therapy with Peter O'Sullivan a clinician's perspective and a manual therapist since mid-eighties and still practices to this day. but how sometimes one's own behaviour can prolong a pain event.cal, and behavioral characteristics that suggest the sorts of interventions that Perspectives on behavior therapy in the eighties. New York: Springer, An Overview of Behavioral Treatment of Autistic Persons. In M. Rosenbaum, C. M. Franks, & Y. Jaffe (eds). Perspectives on Behavior Therapy in the Eighties.Behavioral treatment and normal educational and intellectual functioning in young Franks, & Y. Jaffe (Eds.), Perspectives on Behavior Therapy in the Eighties.An Overview of Behavioral Treatment of Autistic Persons. In M. Rosenbaum, C. M. Franks, & Y. Jaffe (Eds.), Perspectives on Behavior Therapy in the Eighties.

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