The effectiveness of impulse control training on the self-efficacy of students with ADHD symptoms

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Abstract

The purpose of the present research was to examine the effectiveness of impulse control training on the self-efficacy of students with ADHD symptoms. This is an experimental study with a pretest/post-test design using an experimental and a control group. The statistical universe of this research consisted of all second and third-grade junior high school male students in Delijan city in the academic year 2011-2012. The sample comprised 40 boys with ADHD who were assigned to the two experimental and control groups. To collect data, a clinical interview, Adult ADHD Rating Scale-Self report form and the Self-Efficacy Scale were used. Multivariate analysis of variance showed that impulse control training significantly decreased ADHD symptoms and increased domains of self-efficacy in the experimental group (p<0.001). This finding has important implications as regards the education and mental health of students.

Keywords: impulse control training, ADHD, self-efficacy

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