

Original Paper

Efficacy of adolescent parent management training in conduct disorder symptoms and Improve parents' parenting styles

Sohrabi F (M.Sc)^{*1}, Khanjani Z (Ph.D)², Zeinali Sh (M.Sc)³

¹Ph.D Candidate in Psychology, Young Researchers and Elite Club, Mahabad Branch, Islamic Azad University, Mahabad, Iran. ²Associate Professor, Department of Psychology, University of Tabriz, Tabriz, Iran. ³Ph.D Candidate in Psychology, University of Tabriz, Tabriz, Iran.

Abstract

Background and Objective: The therapy of psychological problems in children and adolescents not only has medicinal aspects, but also it is really considered as prevention of psychological disorders. The most common childhood disorders that may be referred to mental health professionals is behavioral disorders. Among these, the most common is conduct disorder. This study was done to determine the efficacy of adolescent parent management training in conduct disorder symptoms and improve parents' parenting styles in 14-16 adolescent.

Methods: In this clinical trial study, following the diagnosis disorder in 32 adolescent the subjects and their parents randomly divided into the intervention and control groups. Disease sign inventory (CSI-4) questionnaire, rabinson parenting style questionnaire and sanders educational package for adolescent were used in pre and post-test.

Results: Conduct symptoms in post test significantly reduced after scores modification ($P<0.05$). Scores in authoritarian parenting style significantly increased while permissive and authoritative styles reduced in comparison with controls ($P<0.05$).

Conclusion: Training parentings improve relationships between parents and children and in addition it is an effective intervention in the treatment of behavioral disorders in children and adolescents.

Keywords: Parent management training, Adolescent, Conduct disorder

* **Corresponding Author:** Sohrabi F (M.Sc), E-mail: sohrabi_faeze@yahoo.com

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