



The Effectiveness of Cognitive-Behavioral Play Therapy on the Aggression & Anxiety of Mentally Retarded Students

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Abstract

Aim: The present article was done with the aim to investigate the effectiveness of cognitive-behavioral play therapy on the aggression & anxiety of mentally retarded students. **Methods:** The research method was quasi-experimental method with a pretest, posttest & delay post design plus control group. The statistical society of the study consisted of mentally retarded male students of second grade of elementary exceptional schools during 2021-2022 & among them 30 students were selected as the sample case & categorized in experimental group (15 students) & control group (15 students). Data collection tools included Shahim (2007) aggression questionnaire & March et al (1997) anxiety questionnaire. The validity of research instruments was confirmed by the approval of specialists, for the research instruments, the reliability was estimated & approved by calculating Cronbach alpha coefficient ($\alpha > 0.7$). Prior to the study, Pre-test of aggression & anxiety was implemented in both groups. The experimental group received cognitive-behavioral play therapy through the training package in 12 sessions, but the control group did not receive any training therapy. After the training course in the post-test stage, both of the groups answered to the same questionnaire of pre-test stage; & two months later, research instruments were performed again between both groups. **Results:** The research data was analyzed with between- within mixed subjects Covariance Analysis. The results revealed that the cognitive-behavioral play therapy had a positive effect on the reduction of students' aggression & anxiety & this effectiveness has been remained stable after two months ($P < 0.05$). **Conclusion:** According to cognitive-behavioral play therapy effectiveness & its stability in the present research, it was suggested to apply periodically the methods of cognitive-behavioral play therapy with the aim to decrease mentally retarded students' aggression & anxiety. **Keywords:** Aggression, Anxiety, Cognitive-Behavioral Play Therapy, Mentally Retarded.

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