



The effectiveness of play therapy on the aggressive behavior of children with ADHD

Samaneh. Panahian Amiri ¹

Kolsoum. Akbar Nataj ²

Mohammadkazem. Fakhri ³

1. PhD Student, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran.

2. Assistant Professor, Department of Nursing, Faculty of Nursing and Midwifery, Islamic Azad University, Chalous Branch, Chalous, Iran.

3. Assistant Professor, Department of Psychology, Sari Branch, Islamic Azad University, Sari, Iran.

Email: k.akbarnataj@iausari.ac.ir | Received: 06.02.2022 | Acceptance: 09.07.2022

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 3, No. 3, Pp: 62-64
Fall 2022

Original research article

How to Cite This Article:

Panahian Amiri, S., Akbar Nataj, A K., & Fakhri, M K. (2022). The effectiveness of play therapy on the aggressive behavior of children with ADHD. *aftj*, 3(3): 62-64



© 2022 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Abstract

Aim: The aim of this study was to determine the effectiveness of play therapy on the aggressive behavior of children with ADHD. **Methods:** The statistical population of this study includes all children with confrontational disobedience disorder in Babol in 2019, from which 60 people were purposefully selected and using a random method in two groups of play therapy and control group, each group was assigned 30 people. Data were obtained using a child behavioral problems questionnaire in three time periods: pre-test, post-test and follow-up. Play therapy was performed in ten sessions for 2 hours weekly for the experimental group. Analysis of variance with repeated measures and SPSS software were used to analyze the data. **Results:** The results showed that there was a significant difference between the effectiveness of play therapy on improving aggressive behavior ($F=38.86, p<0.001$) in children with ADHD. **Conclusion:** The study showed that play therapy reduced the aggressive behavior of children with ADHD and this treatment can be used to improve the aggressive behavior of children with ADHD.

Keywords: play therapy, aggressive behavior, children, ADHD.

References

- Byrd, A. L., & Manuck, S. B. (2014). MAOA, childhood maltreatment, and antisocial behavior: meta-analysis of a gene-environment interaction. *Biological psychiatry*, 75(1), 9-17.
- Cortese, S. (2020). Pharmacologic treatment of attention deficit-hyperactivity disorder. *New England Journal of Medicine*, 383(11), 1050-1056.
- Cortese, S., Adamo, N., Del Giovane, C., Mohr-Jensen, C., Hayes, A. J., Carucci, S., & Cipriani, A. (2018). Comparative efficacy and tolerability of medications for attention-deficit hyperactivity disorder in children, adolescents, and adults: a systematic review and network meta-analysis. *The Lancet Psychiatry*, 5(9), 727-738.
- Davis, T., & Barnes, T. (2021). Would You Like to Play? Using Strategies from Play Therapy to Support Young Children with Aggression. *The Alabama Counseling Association Journal*, 65.
- Delavarian, M., & Afrooz, G.A. (2019). Investigating the accuracy and sensitivity of the intelligent screening system for predicting children at risk of neurodevelopmental disorders (attention deficit hyperactivity disorder and dyslexia). *Journal of Learning Disabilities*, 10(1): 87-109 (Persian)
- Demontis, D., Walters, R. K., Martin, J., Mattheisen, M., Als, T. D., Agerbo, E., & Neale, B. M. (2019). Discovery of the first genome-wide significant risk loci for attention deficit/hyperactivity disorder. *Nature genetics*, 51(1), 63-75.
- El-Nagger, N. S., Abo-Elmagd, M. H., & Ahmed, H. I. (2017). Effect of applying play therapy on children with attention deficit hyperactivity disorder. *Journal of nursing education and practice*, 7(5), 104.
- Golegirian, S., Deira, A. (2016). Comparison of the effect of metacognitive therapy and attachment-based therapy on externalizing behavioral problems of aggressive children. *Children's Mental Health Quarterly*. 4 (1): 24-34 (Persian)
- Grobbel, R., Cooke, K., & Bonet, N. (2017). Ethical use of touch and nurturing-restraint in play therapy with aggressive young children, as illustrated through a reflective supervision session. *Touch in Child Counseling and Play Therapy: An Ethical and Clinical Guide*. London, UK: Taylor & Francis.
- Hassanzadeh, M., Malek, A., Norouzi, S., Amiri, S., Sadeghi-Bazargani, H., Shahriari, F., & Small, B. (2021). Psychometric properties of the Persian version of preschool age psychiatric assessment (PAPA) for attention-deficit/hyperactivity disorder: Based on DSM-5. *Asian journal of psychiatry*, 58, 102618.
- Hejrani-Diarjan, H., Shahriari Ahmadi, M., & Esteki, M. (2020). The Comparison of the Effectiveness of the Behavioral Cognitive Play and Child-parent Interaction Based Play Application on Anger, Anxiety and Emotional Cognitive Regulation in Aggressive Students. *International Journal of Behavioral Sciences*, 14(3), 108-115.
- Knell, S. M., & Ruma, C. D. (2003). Play therapy with a sexually abused child. *Cognitive therapy with children and adolescents: A casebook for clinical practice*, 338-368.
- Layton, T. J., Barnett, M. L., Hicks, T. R., & Jena, A. B. (2018). Attention deficit-hyperactivity disorder and month of school enrollment. *New England Journal of Medicine*, 379(22), 2122-2130.
- Meany-Walen, K. K., Kottman, T., Bullis, Q., & Dillman Taylor, D. (2015). Effects of Adlerian play therapy on children's externalizing behavior. *Journal of Counseling & Development*, 93(4), 418-428.

- Mehnagar, F., & Ahmadi, A. (2019). The effect of neuropsychological rehabilitation on visual memory performance and social adaptation in children with attention deficit hyperactivity disorder. *Journal of Qom University of Medical Sciences, 14*(3): 1-9 (Persian)
- Morshed, N., Davoodi, I., & Babamiri, M. (2022). Effectiveness of group play therapy on symptoms of oppositional defiant among children. *Journal of Education and Community Health, 2*(3), 12-18.
- Murshid, N., Davoudi, A., & Babamiri, M. (2014). The effectiveness of group play therapy on the symptoms of stubbornness-disobedience in children. *Education and Community Health Quarterly, 2*(3), 12-18 (Persian)
- Oh, H., & Kim, K. (2019). Effect of a Multi-Sensory Play Therapy Program on the Attention and Learning of Children with ADHD. *Journal of the Korean Society of Integrative Medicine, 7*(4), 23-32.
- Ray, D. C., Purswell, K., Haas, S., & Aldrete, C. (2017). Child-centered play therapy-research integrity checklist: Development, reliability, and use. *International Journal of Play Therapy, 26*(4), 207.
- Ritzi, R. M., Ray, D. C., & Schumann, B. R. (2017). Intensive short-term child-centered play therapy and externalizing behaviors in children. *International Journal of Play Therapy, 26*(1), 33.
- Robinson, A., Simpson, C., & Hott, B. L. (2017). The effects of child-centered play therapy on the behavioral performance of three first grade students with ADHD. *International Journal of Play Therapy, 26*(2), 73.
- Rostami, R., Mojtahedy, S. H., Heidari, Z., Ranjbari, G., Sadeghi-Firoozabadi, V., & Ahmadi, M. (2017). Investigation of cognitive-behavioral play therapy effectiveness on cognitive functions in aggressive children. *International Journal of Educational and Psychological Researches, 3*(3), 186.
- Salter, K., Beamish, W., & Davies, M. (2016). The effects of child-centered play therapy (CCPT) on the social and emotional growth of young Australian children with autism. *International Journal of Play Therapy, 25*(2), 78.
- Swank, J. M., & Smith-Adcock, S. (2018). On-task behavior of children with attention-deficit/hyperactivity disorder: Examining treatment effectiveness of play therapy interventions. *International Journal of Play Therapy, 27*(4), 187.
- Zolrahim, R., & Azmoudeh, M. (2018). The effect of cognitive-behavioral game therapy on social anxiety and aggressive behaviors of elementary school children. *Children's Mental Health Quarterly, 6* (4):240-231 (Persian)