

## Evaluating the effectiveness of anger management training on social skills of children with Attention-Deficit Hyperactivity Disorder (ADHD)

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**ABSTRACT:**

The aim of this study was to evaluate the effectiveness of anger management training on social skills of children with Attention-Deficit Hyperactivity Disorder (ADHD). Thus, 20 subjects were selected from the primary school children in district II of the city of Tehran who had referred to health clinics of district II and diagnosed by a psychologist to have ADHD through Conners' Teacher Rating Scale (CTRS). They were randomly divided into two control group (n = 10) and experimental group (n = 10). Then, the subjects completed Social Skills Rating System (SSRS) and Multidimensional Anger Scale (MAS), and their scores were considered as the pre-test scores. In the next step, the experimental group received program for anger management intervention based on cognitive-behavioural approach in eight sessions of group training, two hours a week, while the control group received no intervention. At the end of the intervention, both groups were assessed by post-test, and after two months, both groups were followed up. Finally, the data obtained were statistically analyzed using one-way analysis of covariance (ANCOVA). The results showed that anger management training has been effective on increasing the social skills of children with the symptoms of (ADHD). The findings suggested that along with other ADHD treatments, reduced amount of anger and increased social skills can be expected through anger management training.

**Keywords:**

Attention-Deficit Hyperactivity Disorder (ADHD), Anger, Social skills, Anger management training.