

EFFECTIVENESS OF PARENT TRAINING PROGRAMS FOR CHILDREN  
WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER



By

Fatima Masood Younus

A thesis

Presented to Bahria University, Islamabad

In Partial fulfillment of requirements

For degree of

Master in Philosophy

2018

**BAHRIA UNIVERSITY, ISLAMABAD**

**APPROVAL SHEET**

**SUBMISSION OF HIGHER RESEARCH DEGREE THESIS**

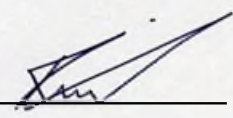
Candidate Name: Fatima Masood Younus

Discipline: Clinical Psychology (M.Phil)

Faculty/Department: Institute Of Professional Psychology (IPP)

*I hereby certify that the above candidates work, including the thesis, has been completed to my satisfaction and that the thesis is in a format and of an editorial standard recognized by the faculty/Department as appropriate for examination.*

Signature

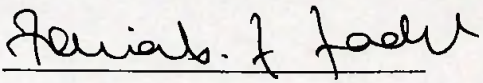
Principal Supervisor: 

Date: 21-June-2018

The undersigned certifies that:

1. The candidate presented at a pre-completion seminar, an overview and synthesis of major findings of the thesis, and that the research of a standard and extent appropriate for submission as a thesis.
2. I have checked the candidate's thesis and its scope, format and editorial standards are recognized by the faculty/department as appropriate.

Signature:

Dean/Head of Faculty/ Department: 

Date: 21-June-2018

## DECLARATION OF AUTHENTICATION

*I certify that the research work presented in this thesis is to the best of my knowledge. All sources and any help received in the preparation of this dissertation have been acknowledged. I hereby declare that I have not submitted this material either in whole, or in part, for any other degree at this or any other institution.*

Signature: 

Name: Fatima Masood Younus.

## ACKNOWLEDGMENTS

I would like to extend my gratitude to my thesis supervisor, Dr. Kiran Bashir Ahmed for her input and guidance during the course of my thesis. I would also like to thank those who encouraged me to carry on, when I was close to giving up due to the road bumps on my way. Furthermore, I would like to thank Miss Sidra, for all her help during the statistical analysis of my data. Additionally, I would like to thank the parents involved during the parent-training sessions, for their time and interest. Lastly, I would like to thank my family, for their support throughout.

### DEDICATION

I dedicate this thesis to my family,  
for their support and faith in me.

## TABLE OF CONTENTS

APPROVAL SHEET-----	I
AUTHENTICATION-----	II
ACKNOWLEDGMENT-----	III
DEDICATION-----	IV
TABLE OF CONTENTS-----	V
ABSTRACT-----	IX
<b>CHAPTERS</b>	
1. INTRODUCTION	
1.1. Problem Statement-----	3
1.2. Purpose of Research-----	3
1.3. Research Objective-----	4
1.4. Research Question-----	4
1.5. Significance of Study-----	4
1.6. Structure of Thesis-----	5
1.7. Definition of Key Terms-----	6
1.8. Summary-----	6
2. REVIEW OF THE LITERATURE	
2.1. What is ADHD?-----	7
2.2. History of Symptoms Related to Hyperactivity/Impulsivity and Inattention-----	7
2.3. Etiology of ADHD-----	10
2.4. Epidemiology of ADHD-----	13
2.4.1. Prevalence of ADHD Amongst the General Population--	15
2.4.2. Prevalence of ADHD within Males and Females-----	16
2.4.3. Prevalence of ADHD Based on Racial Characteristics---	18
2.5. Treatment Options for ADHD-----	21
2.5.1. Pharmacological Treatment for ADHD-----	21
2.5.2. Psychosocial Treatment for ADHD-----	25
2.5.2.1. Social Skills Training Program-----	25
2.5.2.2. School Based Intervention-----	27
2.5.2.3. Parent-Training Program-----	29
2.5.2.4. Play Therapy-----	32

2.5.3. Combination of Pharmacological and Psychosocial Treatment for ADHD-----	33
2.6. Theoretical Framework of the Study and Main Assumptions-----	35
2.7. Hypothesis-----	39
2.8. Summary-----	39
3. METHODOLOGY	
3.1. Research Design-----	41
3.2. Participants-----	41
3.3. Materials	
3.3.1. Defiant Children: A clinicans Manual for Assessment and Parent Training (2013) -----	42
3.3.2. Informed Consent Form-----	42
3.3.3. General Instructions for Completing the Questionnaire---	42
3.3.4. Child and Family Information Form-----	42
3.3.5. Developmental and Medical History-----	43
3.3.6. Home Situation Questionnaire-----	43
3.4. Procedure-----	43
3.5. Summary-----	51
4. RESULTS-----	50
5. DISCUSSION	
5.1. Conclusion-----	68
5.2. Implications of the Study-----	69
5.3. Limitations of the Study-----	69
5.4. Recommendations for the Future-----	69
REFERENCES-----	70
APPENDIXES	
A. Informed Consent Form-----	106
B. Client History Forms To Be Completed By Parent-----	108
C. Questionnaire-----	114
D. Session Handouts-----	116
E. Client Profiles-----	135

## LIST OF TABLES

Table 1	<i>Demographics of Child</i> -----	52
Table 2	<i>Demographics of Child's Family</i> -----	53
Table 3	<i>Developmental and Medical History (Mother's Pregna- ncy)</i> -----	54
Table 4	<i>Developmental and Medical History (Delivery of Child)</i> ----	55
Table 5	<i>Infant Health and Temperament During His/Her First Year</i> -----	56
Table 6	<i>Child's Health History</i> -----	57
Table 7	<i>Existence of Problem Situation in Pre-Test and Post- Test</i> -----	59
Table 8	<i>Descriptive Statistics of Pre-test and Post-test Mean Scores On the Home Situation Questionnaire (HSQ)</i> -----	60
Table 9	<i>Paired Sample Statistics comparing Pre-test and Post-test Mean Scores on the Home Situation Questionnaire</i> -----	61



## LIST OF FIGURES

Figure 1	Condition and Concerns that Occur with ADHD-----	36
Figure 2	The Four-Factor Model of child Oppositional Defiant Behaviour (Barkley, 2013)-----	37
Figure 3	The Logic Model Created by Evidence Based Prevention And Intervention Support Center -----	38
Figure 4	Proposed Theoretical Model of 'Parent-Training Program' and its Impact on Behavioral Problems-----	39
Figure 5	Bar Chart Showing the Difference in Pre-test and Post-test Mean scores on the Home Situation Questionnaire-----	61

## ABSTRACT

The aim of the study was to look at the effectiveness of parent training program for children with Attention Deficit Hyperactivity Disorder. It was assumed that the training would lead to a reduction in behavioral problems as reported by the parents. A total of 4 mothers participated in the intervention, with children lying between the age ranges of 4-12 years. For assessment and reassessment of the changes in behavioral problem, the 'Home Situation Questionnaire' by Russell Barkley was used. This questionnaire is based on a total of 16 situations, and the parents are required to mark the severity level if the situation is relevant to the child, with '1' representing mild and '9' representing severe. The result was analyzed paired sample t-test and demonstrated. The value of  $p > 0.05$ , which indicates that the difference in means found was not significant, therefore the hypothesis was disproven. The study provides some evidence for using parent-training programs in the Pakistani context, while also adding to the dearth of primary research in the area of parent training programs for children with ADHD in Pakistan, as well as the need for psychosocial interventions for the parents since they are the ones shaping the child's environment.