

Comparison of the effectiveness of three intervention methods neurofeedback, parental management training and combination therapy on reducing symptoms of conduct disorder in children

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Abstract

Aim: The purpose of this research was to study and compare three therapeutic methods, namely neurofeedback, parental management training and combination intervention on the reduction of conduct disorder symptoms in children. **Method:** The method was quasi experimental, with pretest, posttest and a one month follow up and the sample consisted of 25 parents who met entrance criteria out of a total of 58 parents who were referred to Mehr and Pouyesh counseling Centers in the City of Mashhad with their children aged 8-12 years. All children were diagnosed with conduct disorder in 2012-13. Participants were then assigned to the three intervention groups. Research tool used was the Child Symptom Inventory-4 (Csj-4) created by Galow and Sprafkin (2007). **Results:** The use of neurofeedback alone, increased mean scores of conduct disorder albeit not significantly. The Combined approach also failed to reduce the disorder. Only parental management training significantly reduced symptoms. In comparison with males, females showed significantly more reduction in symptoms. Results in follow up, showed constancy of the effects of parental management training intervention on the reduction of conduct disorder symptoms. **Conclusion:** Group parental training, reduces the symptoms of conduct disorder. Hence, this method can be used in families and educational institutions in Iran in order to improve symptoms of conduct disorder.

Keywords: *conduct disorder, compounded model, neurofeedback, parental management training*

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