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The Impact of a Self-Control Training Program on Enhancement of Social Skills in Students with ADHD

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ABSTRACT

Objective: The study examined the effect of a self-control training program on enhancing social skills in students with ADHD. **Method:** The study selected a pre-test-posttest control group design for a sample of twenty male students in an elementary school in Tehran, Iran. The sample was divided into experimental and control groups with the implementation of the treatment for the random assignment of the experimental group for the period of one month. A repeated measure method was performed to analyze the data. **Results:** The results indicated that the self-control training procedure was significantly effective in improving the social skills of students with ADHD. The follow-up data indicated the effectiveness of the treatment after the lapse of one month. **Conclusion:** The results suggested that teaching self-control techniques to students with ADHD would enhance their social skills.

KEYWORDS

Self-Control Procedure; Social Skills; Attention Deficit Hyperactivity Disorder

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