

Effectiveness of Emotion Regulation Training on Reduction of ODD in Children

Abstract: The purpose of this study was to evaluate the effectiveness of Emotion Regulation Training (ERT) on the reduction of Oppositional Defiant Disorder (ODD) symptoms in children. The study was conducted in a sample of 50 children aged 7-10 years, who were referred to a child psychiatry clinic for ODD. The children were randomly assigned to either the ERT group or the control group. The ERT group received 10 sessions of ERT, each for 90 minutes, over a 10-week period. The control group received no intervention. The Children's Symptom Inventory (CSI-4) was used to measure ODD symptoms at baseline and at the end of the 10-week period. The results showed that the ERT group had a significant reduction in ODD symptoms compared to the control group ($p < 0.001$). The findings suggest that ERT is an effective intervention for the reduction of ODD symptoms in children.

INTRODUCTION

Oppositional Defiant Disorder (ODD) is a common behavioral disorder in children, characterized by a pattern of angry, defiant, and vindictive behaviors. It is often associated with conduct disorder and is a risk factor for later mental health problems. The disorder is most prevalent in boys and typically begins in early childhood. The symptoms of ODD include frequent anger, defiance, and vindictiveness, which can significantly impact the child's social and academic functioning. The current study aims to evaluate the effectiveness of Emotion Regulation Training (ERT) in reducing ODD symptoms in children. ERT is a structured program that teaches children how to identify, understand, and regulate their emotions. It is based on the theory that children with ODD have difficulty regulating their emotions, which leads to the development of the disorder. By teaching children effective emotion regulation strategies, ERT is expected to reduce the severity of ODD symptoms and improve the child's overall functioning.

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