



Effect of clay therapy in reduction of primary school children's behavioral disorder

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Introduction: Children with behavioral disorders constitute a part of the community. The behavioral disorders include permanent behaviors and are not proportional to the age and they do lead to social conflict, frustration and failure in school and unhappy individual. In contrast to growth these disorders in children, it is necessary to be cautious in choice of treatment to get sufficient to a better result. Techniques such as cognitive therapy, behavioral therapy and group therapy has been proposed to deal with children disorders. One of the branches of medical science in psychology and psychotherapy is using art tools and methods for the treatment which gradually after the formation of the other branches of clinical psychology therapy has been used in the treatment of many mental illnesses. The goal of treatment is important for children with behavioral disorders. Thus fundamental goal of the present study is to determine the impact of a health intervention program to reduce behavioral disorders in children.

Methods: Statistical population of this research includes children between 7 to 12 years old, with Behavioral disorders in Tehran. After inspection of the children Behavioral disorders based on CBCL questionnaire, 117 students with the higher behavioral disorders scale were selected. Then they randomly allocated in control and experimental groups (67 & 50 person respectively). Then experimental group were under clay therapy process and control group were waiting. Evaluations of two groups were done after the end of treatment session and it repeated again about 2 months later. Data were analyzed based on the repeated analysis of variance.

Results: The results of data analyzing showed that clay therapy has been able to reduce the behavioral disorders of the experimental group toward the control group. This information is also having good stability according to the follow test results.

Conclusion: Due to significant change and reduction of behavioral disorders factor in children, we can speak of the effect of clay therapy on this factor in school children.

Keywords

therapy.

clay therapy, primary school children, Behavioral Disorders, art

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