Title: Comparative study play therapy and story therapy in decreasing ADHD symptoms

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Abstract: Introduction:Aim of the Play therapy is generally employed with children age 3 through 11 and provides a way for them to express their experiences and feeling self-guided, self - healing. ADHD is the most commonly diagnosed psychiatric disorder in children affecting about 6 to 7 percent of children sand therapy is a favorite play of children and story is a proper way for helping children’s development.

Results: Aim of this study is compensative of effectiveness of sand therapy &story therapy on ADHD symptoms.

Method and tools: The population included 28 patients who are visited counseling center with diagnose of ADHD by psychiatrist. The age of patients 4 to 7 years old who are by random method selected.Armored them randomly divided in to two groups . One group getting 10 sessions and each session was 2 hours other group getting 10 sessions with 45 m duration.

Results:The result revealed that there was significant differences between sand therapy & story therapy groups . Furthermore the result obtained there is significant differences between pre and post test among sand therapy group.The sand therapy group compare with story therapy have more significant in decreasing ADHD symptoms ,so this method could be more powerful than the story therapy.

Key words : children ADHD ,story therapy ,sand therapy.

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