

Investigating the effects and comparisons of Adler's individual counseling with Ellis' rational-emotional behavioral therapy on conduct disorder of students

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Introduction

The aim of this study was to investigate the effects and comparisons of Adler's Individual counseling with Ellis' rational-emotional behavioral therapy on conduct disorder of the sixth grade elementary students of Maragheh city.

Method

In order to do this research, 30 students were selected, whose scores were more than 35, according to the available sampling method of the Conduct Disorder Questionnaire (RSDCD). They were placed randomly in three, Adler, Ellis, and control, groups and each group had 10 participants. The interventions of Adler and Ellis groups were conducted in eight (45 minutes) sessions during three consecutive weeks. But the control group continued their normal course of study. The research method was quasi-experimental, with pre- and post-test.

Results

The results of covariance analysis showed that in both Adler and Ellis' groups, in comparison to the control group, the severity of symptoms of conduct disorder was decreased, and the results of post hoc tests (LSD), showed that the rate of conduct disorder in the Ellis group was less than the Adler and control groups, and the rate of conduct disorder in the Adler's counseling group was lower than the control group.

Discussion

We can conclude that both Adler and Elises' methods are beneficial to

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reduce the symptoms of conduct disorder, but the effectiveness of Ellis' rational-emotional behavioral therapy is more than Adler's individual counseling.

Keywords: Adler's individual counsel, Ellis' rational-emotional behavioral therapy, conduct disorder.