

The Effectiveness of Attachment-based Therapy on Reducing Symptoms of Copingual Disobedience and Aggression in Children with Separation Anxiety

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The purpose of this study was to determine the effectiveness of attachment therapy in reducing the symptoms of coping disorder and aggression in children with separation anxiety. This study was a semi-experimental study in which pre-test and post-test design was used with experimental and control group. The sample consisted of 30 people (15 in each group) preschool children in Rasht in 1395. They were ed by random sampling in control and experimental groups. The data gathering tool included two CSI-4 children's symptom questionnaires and preschool children aggression. An interventional program consisting of 10 sessions of a two-hour weekly anesthetic treatment was presented to the experimental group. The collected data were analyzed using multivariate analysis of covariance test. The results showed that there was a significant difference between the scores of aggression subscales and coping disorder symptoms in the experimental and post-treatment control groups after intervention. In other words, the aggression and the symptoms of coping disorder in the test group decreased compared to the control group in the post-test phase. According to the findings of this study, it can be concluded that attachment-based therapy is aimed at improving the symptoms of coping disorder and child aggression has an effective separation anxiety.

Keywords : Attachment therapy, coping disorder symptoms, Aggression, Separation anxiety

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