



The Effectiveness of Cognitive Behavior Therapy on Coping Strategies: Compare of Children with Internalized Disorder

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Abstract

We aimed to investigate the efficacy of coping cat protocol on coping strategies of girls and boys with internalized disorders. A true experimental method in the form of pre-test and post-test. The study population consisted of all children with internalized disorders in Tehran. The sample consisted of 80 children aged 9 to 11 years (40 boys and 40 girls) with internalized disorders were based on teacher evaluation in Achenbach system of empirically based assessment, who selected and divided randomly in to experimental and control groups. Then, experimental groups participated in 16 individual sessions. Before and after treatment sessions, all children of experimental and control groups fulfilled the coping strategies questionnaire of Frydenberg and Luise (1992). ANCOVA and MANCOVA for two independent groups were used. Findings revealed that coping cat protocol significantly changed coping strategies of experimental group and there are significant different between girls and boys and in the post test, this differences (except in affiliation coping) are removed. The findings in this study revealed that the importance of coping strategies on internalizing disorders in girls and boys and the effect of therapy on children is greater use of problem-solving (help seeking, try & anticipation and focus on the positive) and emotion strategies (affiliation) and has identified the reduction of unadjusted coping styles like as denial and passive aggression.

Keywords: Coping Strategies, Coping Cat Manual, Internalized Disorders.

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