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THE EFFECTIVENESS OF DRAMA THERAPY ON DECREASING OF THE SYMPTOMS OF SOCIAL ANXIETY DISORDER IN CHILDREN

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The effectiveness of Drama therapy on decreasing of the symptoms of Social Anxiety Disorder (Performance Anxiety, Performance Avoidance, Social Anxiety & Social Performance Subtests) in 10- 11 years old children was investigated in this study. 2 schools were randomly selected from elementary schools of Tehran city. First, Validation the Liebowitz Social Anxiety Scale for Children and Adolescents (Liebowitz, Klein & Masia-Warner, 2003) is done in one of that school; Then, in two schools, from 300 children ages 10-11, 32 children whose had received the highest scores on the Liebowitz Social Anxiety Scale for Children and Adolescents (LSAS-CA) were selected. Subjects were divided into control and experimental groups. Experimental group received Drama therapy intervention for 6 weeks, twice a week sessions lasting two hours. The results were analyzed using covariance and indicated the children in experimental group reported a significant decrease in symptoms of Social Anxiety Disorder (Performance Anxiety, Performance Avoidance, Social Anxiety & Social Performance Subtests) as compared to the control group. In addition, in 3 month follow up, results had stabilized in experimental group as compared to the control group. The emerged findings can have clinical application in prevention and treatment of social anxiety disorder in children.

Key words: Social Anxiety Disorder, Drama Therapy, Children.