

Positive Psychology and Cognitive Behavioral Therapy

June 13-14, 2016 Philadelphia, USA

Coping strategies for college adjustment of students with ADHD symptoms

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This study aims to identify coping styles associated with higher scores of college adjustment in college students with symptoms of ADHD. Participants were 28 college students. All of them answered “often” or “very often” in six or more questions of the Adult Self-report Scale (ASRS), which indicates symptoms highly consistent with ADHD in adults. We estimated linear correlations (Pearson) between variables. Results suggested that certain coping styles may be associated with college adjustment of students with ADHD symptoms. Problem focused coping showed positive relationship to study habits and time management ($r=.385$, $p<.05$). Emotion focused coping (regulate emotions by taking pills) showed negative relationships to feeling good about oneself ($r=-.393$, $p<.05$) and establishing friendships with classmates and professors ($r=-.433$, $p<.05$). Spiritual coping showed negative relationship to identification to one’s major ($r=-.499$, $p<.05$) and positive relationship to study habits and time management ($r=.455$, $p<.01$). Social coping did not show relationship to any dimension of college adjustment. We conclude that not all coping styles may benefit college adjustment of students with ADHD symptoms. Only problem focused coping and spiritual coping showed to be related to study habits and time management during college experience. This information may be of interest of cognitive-behavior therapists, once it indicates strategies worth working with college students with ADHD symptoms who are struggling to adjust to university. Investing in problem solving techniques may not only help clients dealing with adjustment problems, but also prevent them from dropping out of university due to poor adjustment or performance.

Biography

Clarissa Tochetto de Oliveira has completed her Masters from Federal University os Santa Maria (Brazil) and specialization in CBT at Wainer e Piccoloto (Brazil). She is a PhD student at Federal University of Rio Grande do Sul. She has published more than 15 papers in reputed Brazilian journals.

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