

## TABLE OF CONTENTS

	Page No.
Certificate by the supervisor	i
Declaration by the Research Scholar	ii
Acknowledgement	iii
List of Tables	vi
List of Illustrations	ix
List of Appendices	xi
Publications	364-372
<b>INTRODUCTION</b>	<b>1-74</b>
Adolescence	1
Conduct disorders	5
Concept and nature of conduct disorders	5
Types of conduct disorders	6
Characteristics of adolescents with conduct disorder	11
Prevalence & incidence of conduct disorders	12
Etiology and factors contributing to conduct disorder in children and adolescents	14
Theoretical perspectives of development of conduct disorders	18
Diagnostic criteria for conduct disorder	23
Tools and techniques for identification of conduct disorders	25
Assessment of conduct disorders	27

Differential diagnosis	30
Operationalized constructs of adolescent behaviour problems	32
Interventions for conduct disorder in children and adolescents	41
Tai Chi	57
Mindfulness	64
Context need and importance of the study	73
<b>REVIEW OF LITERATURE</b>	<b>75-124</b>
Studies related to conduct disorders	76
Studies related to Tai Chi	93
Studies related to MBCT	101
Overview of related literature	122
<b>METHODOLOGY</b>	<b>124-170</b>
Statement of the problem	124
Objectives of the study	124
Assumptions of the study	125
Research questions	126
Hypotheses of the study	126
Operational definitions	133
Variables of the study	134
Research Design	135
Nature of sample	135
Assessment tools used	140
Description of the assessment tools	140
Administration and scoring	141

Pilot study	142
Reliability	143
Validity	145
Main study	146
Description and implementation of interventions	146
Description of Intervention schedule	160
Processing and Analysis of Data	166
Overview	167
<b>RESULTS AND DISCUSSION</b>	<b>168-249</b>
<b>SUMMARY, CONCLUSIONS AND RECOMMENDATIONS</b>	<b>250-253</b>
<b>BIBLIOGRAPHY</b>	<b>254-306</b>
<b>APPENDICES</b>	<b>307-362</b>