

Evidence-based psychosocial treatments of conduct problems in children and adolescents: an overview

Gatti, U., Grattagliano, I., Rocca, G. (2019). Evidence-based psychosocial treatments of conduct problems in children and adolescents: an overview. *Psychiatry, Psychology and Law*, 26(2), 171-193, <https://dx.doi.org/10.1080/13218719.2018.1485523>

What is the study about?

The study is about studying the impacts of psychosocial treatments on children with conduct issues at home and in school. The researchers compiled data using four databases (MEDLINE, Cochrane Reviews, PsychINFO, and Scopus) to analyze studies between 1982 and 2016. They describe studies that were conducted on children, adolescents, and their parents. They describe child-focused programs, parent-focused programs, and family-based programs. These programs were analyzed heavily for their overall effectiveness to alleviate the problem behaviors being shown by the student.

What did they find?

The researchers found that most all of the studies in each subgroup had positive results with follow-ups from 2 months to 15 years. They also found that parent training should be used for those with young children, while cognitive-behavioral approaches are best used for older children or adolescents.

Groups Assessed in this Article with Specific Studies

- Child-focused programs-
 - Problem-Solving Skills Training
 - Anger Coping Programs
 - Coping Power Program
- Parents focused programs-
 - Parent-Management Training
 - Helping the Non-Compliant Child Program
 - Triple P Positive Parenting Program
 - Parent-Child Interaction Therapy

Why is the Study Important?

-Gives adequate data and findings for studying from the last 34 years
-Gives breakdown of what age groups and children to use specific techniques on.
- This gives school social workers a playbook to use for children who are exhibiting conduct problems at home and at school.
-Gives many years of evidence proven to be successful, and adequate follow up on progress over many years.

What can School Social Workers Do?

-These studies can be easily selected to use for students on School Social Worker's caseloads
-Can be used to break down cultural barriers parents of students with behavioral issues
-Can be empowering approach for social workers to get parents involved in their child's education and break down variety of cultural barriers related to student's issues
-Can be very useful to break problem behaviors at an early age to impact life at home and at school, ultimately helping student in later parts of their life.