

Parenting Programs

Review 10

Woolfenden, S., Williams, K. J., & Peat, J. (2001). Family and parenting interventions in children and adolescents with conduct disorder and delinquency aged 10–17 (Review). *Cochrane Database of Systematic Reviews*, 2:CD003015. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/11406062>.

Objectives	Determine the effectiveness of family and parenting interventions in the management of conduct disorder and delinquency in children and adolescents (aged 10–17) on children/adolescents’ behavior, parenting skills, parental mental health, and family functioning.
Studies Included	Eight U.S. and international studies from 1973 to 1998
Participants in the Studies	Children and adolescents aged 10–17 with conduct disorder and/or delinquency; most were referred by the juvenile justice system
Settings	Settings were not reported for the studies.
Outcomes	<p>Child outcomes: behavior problems, psychiatric symptoms, peer relations, school failure, criminal activity, future employment, sibling delinquency</p> <p>Parent outcomes: parenting skills, family functioning, parent-child relations, parental mental health</p>
Limitations of the Studies	There is considerable heterogeneity in the data, so there is a need for caution in interpreting the findings; lack of adequate concealment of allocation; lack of blind assessors for outcomes; attrition rates varied or were not reported; unclear if judges were blind to intervention allocation, which may have impacted decisions about incarceration; the generalizability of results is limited by the participants primarily being juvenile delinquents and their families who reside in the United States

Results

Family and parenting interventions for juvenile delinquents and their families had beneficial effects on reducing the time children and adolescents spent in institutions (e.g., prison, detention) and significantly decreased both the risk of repeat arrests and the rate of subsequent arrests 1 to 3 years postintervention. There was also a significant difference between the intervention group and the control group on self-reported delinquency. However, there was no significant difference for psychosocial outcomes such as peer aggression, family functioning, parental mental health, or child/adolescent behavior. There was insufficient evidence to determine whether family and parenting interventions reduce the risk of adolescents being incarcerated and whether these interventions have a beneficial effect on parenting, parental mental health, family functioning, academic performance, peer relations, and children’s future employment.