

Parenting Programs

Review 5

Furlong, M., McGilloway, S., Bywater, T., Hutchings, J., Smith, S. M., & Donnelly, M. (2012). Behavioural and cognitive-behavioural group-based parenting programmes for early-onset conduct problems in children aged 3–12 years. *Cochrane Database of Systematic Reviews*. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/22336837>.

Objectives	Assess the effectiveness and cost-effectiveness of behavioral and cognitive-behavioral group-based parenting programs for improving child conduct problems, parental mental health, and parenting skills.
Studies Included	Fifteen U.S. and international studies from 1984 to 2011
Participants in the Studies	Parents or primary caregivers of children aged 3–12 who manifested early onset conduct problems, including those comorbid with attention deficit disorder and attention deficit hyperactivity disorder
Settings	Settings were not reported for the studies.
Outcomes	<p>Primary child outcome: conduct problems</p> <p>Secondary child outcomes: emotional problems (depression and anxiety), educational and cognitive ability, long-term outcomes in adolescence and adulthood, criminal justice system involvement (police contacts, court appearances, imprisonment), unemployment</p> <p>Primary parent outcomes: mental health (stress, depression, anxiety levels, sense of confidence), appropriate parenting skills and knowledge (self-report and direct observation), positive parenting practices (praise, positive effect, play, talk, proactive discipline), negative parenting practices (criticism, yelling, threatening, laxness)</p> <p>Secondary parent outcome: increased level of social support</p> <p>Adverse outcomes: financial and psychological burden to family in attending and accessing course (child care issues), increased conflict within family in relation to introduction of new parenting techniques</p>

Limitations of the Studies	Not possible to blind participants and those delivering intervention to condition; some unclear risks of bias; inadequate treatment of missing data; lack of intent-to-treat analyses; varying rates of attrition; varying levels of implementation fidelity; potential conflicts of interest in that the program developer conducted the study; some studies did not have adequate randomization and blinding procedures; there were limited data on parental social support, child emotional problems, and child cognitive abilities
-----------------------------------	--

Results

Behavioral and cognitive-behavioral parenting interventions are focused on helping parents learn how to reframe distorted cognitions or misattributions and coach them in problem-solving and anger management techniques. Analyses indicated that regardless of whether outcomes were assessed by parents or independent report, these interventions significantly reduced child conduct problems. Parent training significantly improved parental mental health and significantly reduced negative or harsh parenting practices, as assessed by parent and independent reports. Two of the included studies found a specific parenting intervention (Incredible Years BASIC Parenting Program) to be cost-effective. That is, the cost of program delivery was modest when compared with the long-term health, social, educational, and legal costs associated with childhood conduct problems.