

## Quick reference guide

social care  
institute for excellence



# Parent-training/education programmes in the management of children with conduct disorders

## 1 Guidance

This guidance only applies to the management of children aged 12 years or younger or with a developmental age of 12 years or younger.

- 1.1 Group-based parent-training/education programmes are recommended in the management of children with conduct disorders.
  - 1.2 Individual-based parent-training/education programmes are recommended in the management of children with conduct disorders only in situations where there are particular difficulties in engaging with the parents or a family's needs are too complex to be met by group-based parent-training/education programmes.
  - 1.3 It is recommended that all parent-training/education programmes, whether group- or individual-based, should:
    - be structured and have a curriculum informed by principles of social-learning theory
    - include relationship-enhancing strategies
    - offer a sufficient number of sessions, with an optimum of 8–12, to maximise the possible benefits for participants
  - 1.4 Programmes should demonstrate proven effectiveness. This should be based on evidence from randomised controlled trials or other suitable rigorous evaluation methods undertaken independently.
  - 1.5 Programme providers should also ensure that support is available to enable the participation of parents who might otherwise find it difficult to access these programmes.
- enable parents to identify their own parenting objectives
  - incorporate role-play during sessions, as well as homework to be undertaken between sessions, to achieve generalisation of newly rehearsed behaviours to the home situation
  - be delivered by appropriately trained and skilled facilitators who are supervised, have access to necessary ongoing professional development, and are able to engage in a productive therapeutic alliance with parents
  - adhere to the programme developer's manual and employ all of the necessary materials to ensure consistent implementation of the programme.

## NICE technology appraisal guidance 102

### This guidance is written in the following context

This guidance represents the view of NICE and SCIE, which was arrived at after careful consideration of the available evidence. Health and social care professionals are expected to take it fully into account when exercising their judgement. This guidance does not, however, override the individual responsibility of social and healthcare professionals to make appropriate decisions in the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

## 2 Implementation

NICE has developed tools to help organisations in health and social care to implement this guidance (listed below). These are available on our website ([www.nice.org.uk/TA102](http://www.nice.org.uk/TA102)).

- Slides highlighting key messages for local discussion.
- Costing report and costing template to estimate the savings and costs associated with implementation.
- Implementation advice on how to put the guidance into practice and national initiatives which support this locally.

Suggestions for audit to measure compliance locally can be found in the full guidance (see 'Further information').

### Further information

#### Quick reference guide

This has been distributed to healthcare professionals working in the NHS in England and Wales (see [www.nice.org.uk/TA102distributionlist](http://www.nice.org.uk/TA102distributionlist)). It is available from [www.nice.org.uk/TA102quickrefguide](http://www.nice.org.uk/TA102quickrefguide)

It has also been distributed to social care professionals across England and Wales, including those employed in all local authority social service departments. It is available at [www.scie.org.uk/publications/children.asp](http://www.scie.org.uk/publications/children.asp)

For printed copies, phone the NHS Response Line on 0870 1555 455 (quote reference number N1078).

#### Full guidance

This contains the following sections:

- 1 Guidance
- 2 Clinical need and practice
- 3 The technology
- 4 Evidence and interpretation
- 5 Implementation
- 6 Recommendations for further research
- 7 Related guidance
- 8 Review of guidance.

The full guidance also gives details of the Appraisal Committee, the sources of evidence considered and suggested criteria for audit. It is available from [www.nice.org.uk/TA102guidance](http://www.nice.org.uk/TA102guidance)

### 'Understanding NICE guidance'

Information for parents and carers of children with conduct disorders is available from [www.nice.org.uk/TA102publicinfo](http://www.nice.org.uk/TA102publicinfo)

For printed copies, phone the NHS Response Line on 0870 1555 455 (quote reference number N1079).

### Related guidance

For information about NICE guidance that has been issued or is in development, see the website ([www.nice.org.uk](http://www.nice.org.uk)).

- Methylphenidate, atomoxetine and dexamfetamine for attention deficit hyperactivity disorder (ADHD) in children and adolescents (review). *NICE technology appraisal guidance* no. 98 (2006). Available from: [www.nice.org.uk/TA098](http://www.nice.org.uk/TA098)

NICE is in the process of developing the following guidance (details available from [www.nice.org.uk](http://www.nice.org.uk)).

- Attention deficit hyperactivity disorder. *NICE clinical guideline* (publication expected February 2008).