

# Study of prevention programs for parents of adolescents with antisocial behavior

<b>Submission date</b> 14/12/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 02/02/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 24/02/2016	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims:

Adolescent antisocial behavior is known to lead to psychosocial difficulties during adolescence and adulthood. A way to reach at-risk adolescents is through the parents. Parent training has shown to be effective in changing the child's behavior and mental health during adolescence. In this study, two parent programs are compared, ParentSteps and Comet, which target parents of at-risk adolescents aged 12 - 18 years. The aims of the programs are to train parents to help their adolescents to change their problem behavior, and to teach parents to encourage pro-social behavior. The aim of the study was to find out if either of the programs is effective in decreasing the levels of antisocial behaviour, such as substance use and delinquency, and in increasing the levels of social functioning.

### Who can participate?

Two-hundred and forty families and adolescents participated in the study. Only families where the parent reported a certain level of antisocial behaviour in the adolescent could participate.

### What does the study involve?

Families were randomly allocated to one of the following groups for training sessions:

1. ParentSteps
2. Comet
3. Six months waiting list control group.

Only parents participated in the parent training sessions, but both parents and adolescents answered questionnaires about the adolescent's problem behaviour.

### What are the possible benefits and risks of participating?

Parents could participate in training for free, exchange parental experiences with others in the group, and improve parental skills and techniques to change the adolescent's problem behaviour. Youths would benefit from improved family relations. There were no known risks associated with participating in this study.

### Where is the study run from?

Stockholm Centre for Psychiatric Research and Education, Sweden

When is the study starting and how long is it expected to run for?

August 2008 to June 2010

Who is funding the study?

Swedish Ministry of Health and Social Affairs and the Swedish National Board of Health and Welfare.

Who is the main contact?

Camilla Jalling

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## Contact information

### Type(s)

Scientific

### Contact name

Dr Anders Tengstrom

### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

## Study information

### Scientific Title

Effectiveness of two parent training programs for reducing adolescent's antisocial behavior: a randomized controlled trial

### Study objectives

Both the intervention groups, who were assigned to receive either ParentSteps or Comet, will get decreased levels of antisocial behaviour, compared to control group, and increased levels in psychosocial functioning.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Regional Ethical Board, Karolinska Institute, Stockholm, 25/06/2008, ref: 2008/744-31/5

### **Study design**

Randomized controlled trial

### **Primary study design**

Interventional

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

Other

### **Study type(s)**

Prevention

### **Participant information sheet**

Not available in web format, please contact Camilla Jalling at [camilla.jalling@sll.se](mailto:camilla.jalling@sll.se) to request the patient information sheet

### **Health condition(s) or problem(s) studied**

Antisocial behavior and low psycho-social functioning

### **Interventions**

Two intervention groups (Comet and ParentSteps) and a waiting list control group:

Two parent training programs, based on Swedish modified versions of Parent Management Training (Comet), and Strengthening Families Program for parents and youths 10-14 (SFP10-14) (ParentSteps).

The Comet program format is held by two certified group leaders in nine compulsory sessions and one optional within six months after last session.

ParentSteps program format comprises of six compulsory sessions lead by two trained leaders.

Data were collected at baseline, and at six and twelve months after baseline, by both parents and adolescents. The control group was measured at only baseline and the six-month follow-up.

### **Intervention Type**

Behavioural

### **Primary outcome measure**

Adolescent externalizing behavior, using:

1. Adolescent Self-Report Delinquency Scale (SRD) to measure the quantity of criminal activities during the last six months, on a 0 to 9 times or more numerical scale
2. Youth Self-Report (YSR/CBCL) to describe externalized and internalized anti-social behavior based on the preceding six months, on a 3-point Likert scale ( 0=not true, 1=somewhat or sometimes true, 2=very true or very often true). For parents, the parent version CBCL was used for assessing parents reports of their adolescents anti-social behavior
3. Alcohol Use Disorder Identification Test (AUDIT) for measuring alcohol risk consumption
4. Drug Use Disorder Identification Test (DUDIT) for measuring drug consumption

### **Secondary outcome measures**

Adolescent psychosocial functioning, using:

Youth Outcome Questionnaire (Y-OQ®), adolescent and parent version, based on the preceding seven days, to assess treatment progress concerning psychosocial and mental functioning, rated on a 5-point Likert scale

### **Overall study start date**

20/08/2008

### **Completion date**

20/06/2010

## **Eligibility**

### **Key inclusion criteria**

1. Parents or other caregiver, and their adolescent aged 12-18
2. Living in Stockholm
3. Youth showing signs of antisocial behavior (ex criminal activities, mobbing others, repeated conflict about family rules, substance use (alcohol, tobacco and/or drugs)
4. Youth showing signs of low psychosocial functioning

### **Participant type(s)**

Patient

### **Age group**

Child

### **Lower age limit**

12 Years

### **Upper age limit**

18 Years

### **Sex**

Both

### **Target number of participants**

240

## **Key exclusion criteria**

Youth should not:

1. Be in psychotherapy
2. Be in treatment at alcohol treatment care center
3. Be placed in institution or family home, at the time for signing up for participation in the trial
4. Parents could not be in any other parental program at the time for signing up for participation in the trial

## **Date of first enrolment**

20/08/2008

## **Date of final enrolment**

20/06/2010

## **Locations**

### **Countries of recruitment**

Sweden

### **Study participating centre**

**Research Centre for Psychosocial Health at Stockholm Centre for Psychiatric Research and Education**

Danderyd

Sweden

182 87

## **Sponsor information**

### **Organisation**

Stockholm Prevents Alcohol and Drug Problems (STAD) (Sweden)

### **Sponsor details**

Centrum för Psykiatrforskning Stockholm

Stockholm Centre for Psychiatric Research and Education

Stockholms läns sjukvårdsområde/Karolinska Institutet

Box 6031

Stockholm

Sweden

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### **Sponsor type**

Government

# **Funder(s)**

## **Funder type**

Government

## **Funder Name**

The National Drug Policy Coordinator, Ministry of Health and Social Affairs (Sweden)

## **Funder Name**

Socialstyrelsen (ref: 00-106/08-4)

## **Alternative Name(s)**

National Board of Health and Welfare

## **Funding Body Type**

Government organisation

## **Funding Body Subtype**

National government

## **Location**

Sweden

## **Funder Name**

Stockholm City Council, Stockholm FoU within Social Development Unit (Sweden)

## **Funder Name**

Swedish Council for Information on Alcohol and Other Drugs/Systembolaget Research Board (Sweden) ref: 10-28:1

## **Funder Name**

Swedish Council for Working life and Social Research (FAS) (Sweden) ref: 2009-1705

## **Alternative Name(s)**

Swedish Council for Working Life and Social Research, FAS

## **Funding Body Type**

Private sector organisation

## **Funding Body Subtype**

Other non-profit organizations

**Location**

Sweden

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date**

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/07/2016		Yes	No