ISRCTN10430476 https://doi.org/10.1186/ISRCTN10430476

The Incredible Years in Norway: treatment of oppositional defiant and conduct problems in young Norwegian children

Submission date	Recruitment status	[ ] Prospectively registered
22/02/2008	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
10/03/2008	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
04/06/2019	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Prof Willy-Tore Morch

Contact details
University of Tromso Faculty of Medicine
Centre of Child and Adolescent Mental Health
Tromsoe
Norway
N-9037
+47 77 64 58 54
willy@fagmed.uit.no

Additional identifiers

Study information

Scientific Title
Treatment of oppositional defiant and conduct problems in young Norwegian children: results of a randomised controlled replication trial

Study objectives

The aims of the present study were to compare the effects of the Incredible Years (IY) basic parent training (PT) program, or PT combined with child therapy (PT+CT) to a waiting list control (WLC) condition in a randomised controlled trial including a one-year follow-up.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Informed consent was obtained from all parents. The study was approved by The Regional Committee for Ethics in Medical Research, University of Tromsø, and by the Norwegian Data Inspectorate in January 2001.

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Oppositional defiant disorder and/or conduct disorder

Interventions
The treatment program, IY, was developed by Professor Carolyn Webster-Stratton at the parenting clinic at the University of Washington. IY is a manualised and video-based training program for young children with conduct problems.

In child training (CT), groups of six children met with two therapists in the clinic for 18 - 20 weekly two-hour sessions, in all 36 - 40 hours of treatment in the Incredible Years Dinosaur School Program. The parents to children in CT participated in PT parallel to the CT intervention.

The parents assigned to the PT condition were divided into groups of 10 - 12 parents (i.e. the parents of about six children in each group), who met weekly for 12 - 14 weeks for two hours with two accredited therapists. During the sessions, parents watched 250 video vignettes showing parent-child interactions. The therapists led discussions of central aspects of parenting on the basis of the video vignettes. The aims of the parent program are to promote parent competences and strengthen families by increasing parents' positive parenting, self-confidence in parenting, reduce negative parenting, improve parents' problem-solving skills and anger management, and improve school involvement. Parents receive home tasks and each session started with the parents describing their experience of these exercises.

Children/families in the waiting list condition (WLC) were offered treatment after six months of waiting, for ethical reasons and these children were unavailable at the one-year follow-up. The children/families underwent a three-hour assessment before and after the waiting period.

One year after ended treatment, a one-year follow-up assessment (12 months after terminated treatment) was conducted.

Intervention Type

Other

Phase
Not Specified

Primary outcome(s)
1. Eyberg Child Behaviour Inventory (ECBI)
2. Kiddie-Schedule for Affective Disorders and Schizophrenia (Kiddie-SADS)

Assessments in the active treatment were conducted before treatment and at the end of the treatment interventions (approximately 21 - 24 weeks after the initiation of the intervention), and 12 months after the post-assessments the one-year follow-up was conducted. The WLC was not available at the one-year follow-up.

Key secondary outcome(s)
1. Child Behaviour Checklist (CBCL)
2. Teacher Report Form (TFR)
3. Parental Stress Index (PSI)

Assessments in the active treatment were conducted before treatment and at the end of the treatment interventions (approximately 21 - 24 weeks after the initiation of the intervention), and 12 months after the post-assessments the one-year follow-up was conducted. The WLC was not available at the one-year follow-up.

Completion date
01/07/2004

Eligibility

Key inclusion criteria
The child characteristics for inclusion in the study were:
1. The child was 4 - 8 years old, either sex
2. The primary referral reason was misconduct (e.g., noncompliance, aggressive or oppositional behaviours)
3. The childs behaviour was within the clinical range and above the 90th percentile (a score above 119 for girls and 126 for boys) on Eyberg Child Behaviour Inventory (ECBI) using Norwegian norms
4. The child met diagnostic criteria for oppositional defiant disorder (ODD) and/or conduct disorder (CD) according to standards set by the Diagnostic and Statistical Manual for Mental Disorders 4th edition (DSM-IV) or sub-clinical diagnostic criteria for ODD or CD

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit

4 Years

Upper age limit
8 Years

Sex
All

Total final enrolment
127

Key exclusion criteria
The child had no debilitating physical impairment.

Date of first enrolment
01/09/2001

Date of final enrolment
01/07/2004

Locations

Countries of recruitment
Norway

Study participating centre
University of Tromso Faculty of Medicine
Tromsoe
Norway
N-9037

Sponsor information

Organisation
Ministry of Health and Social Affairs (Norway)

ROR
https://ror.org/01d2cn965

Funder(s)

Funder type
Government

Funder Name
Ministry of Health and Social Affairs (Norway)

Funder Name
Norwegian Research Council (Norway)

Results and Publications

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?
Results article	results	29/05/2018	04/06/2019	Yes	No
Results article	results	01/01/2009	04/06/2019	Yes	No
Results article	results	01/07/2010	04/06/2019	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes