

Parenting Programs

Review 11

Zwi, M., Jones, H., Thorgaard, C., York, A., & Dennis, J. A. (2011). Parent training interventions for attention deficit hyperactivity disorder (ADHD) in children aged 5 to 18 years. *Cochrane Database of Systematic Reviews*, 12. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/22161373>.

Objectives	Determine whether parent training interventions are effective in reducing attention deficit hyperactivity disorder (ADHD) symptoms and associated problems in children aged 5–18 who have a diagnosis of ADHD.
Studies Included	Five U.S. and international studies from 1993 to 2010
Participants in the Studies	Parents and their children, aged 5–18, diagnosed with ADHD, attention deficit disorder, or hyperkinetic disorder using Diagnostic and Statistical Manual (DSM) or International Classification of Diseases (ICD) diagnostic criteria
Settings	Settings were not reported for the studies.
Outcomes	<p>Primary outcomes: change in children’s ADHD symptom-related behavior in home and school settings, change in children’s general behavior</p> <p>Secondary outcomes: children’s academic achievement, adverse events (e.g., emotional or psychological trauma of any kind), changes in parenting skills, parental stress, parental understanding of ADHD</p>
Limitations of the Studies	The risk of bias in most of the studies was unclear and high; information on randomization and allocation concealment did not appear in any study report; blinding of participants was impossible; no study reported data for academic achievement, adverse events, or parental understanding of ADHD; small sample sizes; inconsistent data analysis; possible contamination from primary investigator; limited postintervention follow-up; selective reporting of trial outcomes

Results

The reviewers found only a few trials that examined whether parent training reduced ADHD symptoms and associated difficulties in children, and these trials had methodological issues and inconsistent reporting of data. For example, only one of the two studies examining the effect of parent training on children’s behavior at home found positive results compared to the control group. In general, it appears that parent training may have a positive effect on the behavior of children with ADHD. The only study that assessed parenting skills as an outcome found that parent training had positive effects on parenting skills. Two of the studies assessed parenting stress and found mixed results regarding the effect of parent training on parents’ stress. Results

from a small study suggested a long-term benefit for mothers who received the intervention at an individual level, while fathers benefited from the short-term group treatment. None of the studies reported data for academic achievement, adverse events, or parental understanding of ADHD. There was no evidence regarding whether parent training is better delivered in a group or individual format.