

## Understanding NICE guidance

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Information for people who use NHS services

### Parent-training/education programmes for managing children with conduct disorders

*NICE 'technology appraisal guidance' advises on when and how drugs and other treatments should be used in the NHS.*

This leaflet is about how parent-training/education programmes should be used to help parents or carers manage children with conduct disorders in the NHS in England and Wales. It explains guidance (advice) from NICE (the National Institute for Health and Clinical Excellence) and SCIE (the Social Care Institute for Excellence). It is written for the parents and carers of children with conduct disorders but it may also be useful for other family members, or anyone with an interest in the condition.

It does not describe conduct disorders or the training/education programmes in detail – a member of the team providing the programme should discuss these with you. Some sources of further information and support are on the back page.

## What have NICE and SCIE said about parent-training/education programmes in the management of children with conduct disorders?

This advice only applies to the management of children with conduct disorders who are 12 years or younger, or who have a developmental age of 12 years or younger.

Group-based parent-training/education programmes are recommended in the management of children with conduct disorders.

Individual-based programmes are only recommended where the family's needs are too complex for a group-based programme.

All group-based and individual programmes should:

- be based on principles of social learning theory (an approach to learning that includes learning from observing other people)
- include ways of improving family relationships
- offer enough sessions (usually between 8 and 12) to be as helpful as possible for those taking part
- help parents to identify their own parenting goals
- include role play during sessions and homework between sessions so that parents can apply what they have learnt to their own family's situation
- be given by people who are suitably trained, skilled and supervised, who have access to any further training they may need, and who are able to work successfully with parents to help their children
- follow the programme's instruction manual and use whatever resources are needed to ensure that the programme is followed consistently.

For all programmes used, whether group-based or individual, there should be good independent evidence that they work well.

Those providing programmes should make sure that support is available to help parents take part if they would find it difficult to do so otherwise.

## Conduct disorders

In this leaflet 'conduct disorders' means the two conditions known as 'conduct disorder' and 'oppositional defiant disorder'. Children with conduct disorders show antisocial, aggressive or defiant behaviour, including aggression to people or animals, destruction of property, deceitfulness, theft and serious rule-breaking. The behaviour is persistent and repetitive, and is more serious than childish mischief or teenage rebelliousness.

## Parent-training/education programmes

The aim of parent-training/education programmes is to improve parents' or carers' relationship with their child, and improve their child's behaviour. The programmes are usually given in 2-hour sessions once a week for 8–12 weeks, in a hospital, community or home setting, either in a group or individually. The programmes are run by healthcare or social care professionals, or sometimes by suitably trained staff from voluntary agencies. The programmes teach parenting and communication skills, and help parents to learn to understand their own and their child's feelings and behaviour.

*Parent-training/education programmes may not be the only possible way of managing conduct disorders. Your care team should talk to you about whether a programme is suitable for your family and about other treatment options available.*

### What does this mean for me?

When NICE recommends a treatment, the NHS must ensure it is available to those people it could help. So, if a child you care for has a conduct disorder, and your care team thinks that a parent-training/education programme is the right treatment for your family, you should be able to have the treatment on the NHS. Please see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance) if you appear to be eligible for the treatment but it is not available.

## More information about conduct disorders

The organisations below can provide more information and support for parents and carers of children with conduct disorders and their families. Please note that NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

- ADDISS (The National Attention Deficit Disorder Information and Support Service), 020 8906 0354  
[www.addiss.co.uk](http://www.addiss.co.uk)
- ADHD UK Alliance, 020 7608 8760  
[www.adhdalliance.org.uk](http://www.adhdalliance.org.uk)
- The National Family and Parenting Institute, 020 7424 3460  
[www.nfpi.org](http://www.nfpi.org)

NHS Direct online ([www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)) may also be a good starting point for finding out more. Your local Patient Advice and Liaison Service (PALS) may also be able to give you further advice and support.

### About NICE

NICE produces advice (guidance) for the NHS about preventing, diagnosing and treating different medical conditions. The guidance is written by independent experts including healthcare professionals and people representing patients and carers. They consider all the research on the disease or treatment, talk to people affected by it, and consider the costs involved. Staff working in the NHS are expected to follow this guidance.

*To find out more about NICE, its work and how it reaches decisions, see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance)*

### About SCIE

SCIE's aim is to improve the experience of people who use social care by developing and promoting knowledge about good practice in the sector. Using knowledge gathered from diverse sources and a broad range of people and organisations, it develops resources which it shares freely, supporting those working in social care and empowering service users.

*To find out more about SCIE and its work, see [www.scie.org.uk](http://www.scie.org.uk)*

*This leaflet and other versions of the guidance aimed at health and social care professionals are available at [www.nice.org.uk/TA102](http://www.nice.org.uk/TA102) and at [www.scie.org.uk/publications/children.asp](http://www.scie.org.uk/publications/children.asp)*

*You can order printed copies of this leaflet from the NHS Response Line (phone 0870 1555 455 and quote reference N1079).*