



## Parent group treatments for children with Oppositional Defiant Disorder

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### Abstract

This study compared two group intervention strategies aimed at parents of primary school-aged children with Oppositional Defiant Disorder. One group focused on parent management training; the second used a cognitive approach, which focused on parental stress and problem solving skills. Both interventions were effective with a clinic-referred sample showing overall improvements in post-treatment child behaviours and parenting stress levels. Parents who attended the parent management training reported the larger reduction in conduct problems in their children, whereas parents who attended the parenting stress group showed a reduction in their reported level of stress. The results emphasise the importance of specifically targeted interventions.

### Keywords

*ODD, oppositional defiant disorder, parenting, parent management training*