

# Institute for Children and Young People's Mental Health

at King's College London & Maudsley Hospital

Antisocial and disruptive behaviour is the most common mental health problem in childhood and carries a poor long-term outlook if untreated, sometimes considerably worse than outcomes seen for anxiety and depression.

Our research conducts trials evaluating the benefits of parenting interventions for antisocial behaviours. For example, Professor Stephen Scott and his team have led 4 trials in younger children aged 4 to 7, all of which showed strong effects, and 5 trials in adolescents, who we have shown to be harder to change. A recent study also found that parenting programmes are associated with changes in children's brain structures, making them more likely to begin developing children. Furthermore, our research has found that parenting can help children read better as well as become more well-adjusted and happier.

Our research also focuses on what works for whom, and which families might require additional resources. For example, considering aspects such as quality of attachment relationships, the presence of limited prosocial emotions and other factors, and utilising community resources such as churches.

Currently we are engaged in a large programme grant to develop a personalised parenting programme to refine treatments for antisocial behaviour in families who have declined to take part in, dropped out, or not gained benefits from standard parenting interventions; a major part of which is listening to feedback from families.

Our research also focuses on the study of harmful behaviours such as violence and substance dependence, their developmental origins, their inter-connections with mental health, and their consequences for victims. She is taking a developmental approach to investigate how the consequences of violence begin in childhood and persist to mid-life, by studying bullying victimisation and child maltreatment. We also study the impact of social relationships (both good and bad) including social support and loneliness on mental health. Her research aims are to answer questions relevant to psychology and psychiatry by harnessing and combining three different research approaches: developmental research, epidemiological methods and genetically-sensitive designs. Our work incorporates social as well as biological measurements across the life span. Our research includes studies on the development of ADHD into the adult years, violence perpetration and victimization among individuals with mental health problems, and loneliness among young adults.

Our partnerships is crucial to achieving our work. It has led to the development of a postgraduate parenting diploma as part of the CYP-IAPT programme, as well as ensuring that evidence-based interventions are also taught within the new child well-being practitioner programs, and the educational mental health practitioner training programs.

Our ongoing mission is to find ways to keep personalising treatment approaches to make interventions more effective, especially for the more complex families for whom traditional models have not worked. We hope that these personalised methods can prevent families taking on multiple of the same programmes which can leave families feeling both persecuted and abandoned.

We are also keen to embrace novel technology including virtual and augmented reality techniques to promote engagement of families in tailored programs, in the home and at times suited to them.

## Key publications:

- O'Connor, T. G., Woolgar, M., Humayun, S., Briskman, J. A., & Scott, S. (2019). Early caregiving predicts attachment representations in adolescence: findings from two longitudinal studies. *Journal of Child Psychology & Psychiatry*, 60, 944-952. <https://doi.org/10.1111/jcpp.12936>
- Gardner, E. & Woolgar, M. (2018). Parenting in the community: A service evaluation of a universal, voluntary sector parenting intervention. *Journal of Community Psychology*, 1-13. <https://doi.org/10.1002/jcop.21942>
- Dadds, M.R., Allen, J.L., McGregor, K., Woolgar, M., Viding, E., & Scott, S. (2013). Callous-unemotional traits in children and mechanisms of impaired eye contact during expressions of love: a treatment target? *Journal of Child Psychology & Psychiatry* doi:10.1111/jcpp.12155
- **Scott S**, Briskman J and O'Connor T (2014) Early prevention of Antisocial Personality: Long-term follow-up of two randomized controlled trials comparing indicated and selective approaches *American Journal of Psychiatry* 171, 649-657
- Humayun S, Herlitz L, Chesnokov M., Doolan M, Landau S, & **Scott, S.** (2017). Randomized controlled trial of functional family therapy for offending and antisocial behaviour in UK youth. *Journal of Child Psychology and Psychiatry* 58:1023-1032
- O'Connor T, Humayun S, Briskman J & **Scott S** (2016) Sensitivity to Parenting in Adolescents With Callous/Unemotional Traits: Observational and Experimental Findings. *Journal of Abnormal Psychology*. 125:502-513.
- **Scott S** & O'Connor T (2012) An experimental test of differential susceptibility to parenting among emotionally dysregulated children in a Randomized Controlled Trial for Oppositional Behavior *Journal of Child Psychology and Psychiatry* 53, 1184-1193
- Fonagy P, Butler S, Cottrell D, **Scott S**, Pilling S, Eisler I, Fuggle P, Kraam A, Byford S, Wason J, Ellison R, Simes E, Ganguli P, Allison E & Goodyer I (2018) Multisystemic Therapy versus management as usual in the treatment of adolescent antisocial behaviour (START): a randomised controlled trial. *Lancet Psychiatry* 5:119-133
- Bonell C, Allen E, Warren E, McGowan J, Bevilacqua L, Jamal F, Legood R, Wiggins M, Opondo C, Mathiot A, Sturgess J, Fletcher A, Sadique Z, Elbourne D, Christie D, Bond L, Scott S & Viner R. (2018) Effects of the Learning Together intervention on bullying and aggression in English secondary schools (INCLUSIVE): a cluster randomised controlled trial. *Lancet*
- Evans-Lacko, S., Takizawa, R., Brimblecombe, N., King, D., Knapp, M., Maughan, B., & Arseneault, L. (2017). Childhood bullying victimization is associated with use of mental health services over five decades: A longitudinal nationally representative cohort study. *Psychological Medicine*, 47(1), 127-135. doi:10.1017/S0033291716001719
- Nicola Brimblecombe, Sara Evans-Lacko, Martin Knapp, Derek King, Ryu Takizawa, Barbara Maughan, Louise Arseneault, Long term economic impact associated with childhood bullying victimisation, *Social Science & Medicine*, Volume 208, 2018, Pages 134-141, ISSN 0277-9536, <https://doi.org/10.1016/j.socscimed.2018.05.014>.
- Sehmi, R., Maughan, B., Matthews, T., & Arseneault, L. (n.d.). No man is an island: Social resources, stress and mental health at mid-life. *The British Journal of Psychiatry*, 1-7. doi:10.1192/bjp.2019.25
- Matthews T, Danese A, Caspi A, Fisher HL, Goldman-Mellor S, Kepa A, Moffitt TE, Odgers CL, Arseneault L (2018). Lonely young adults in modern Britain: findings from an epidemiological cohort study. *Psychological Medicine* 49, 268 -277. <https://doi.org/10.1017/S0033291718000788>
- Matthews, T, Odgers, C, Danese, A, Fisher, H, Newbury, JB, Caspi, A, Moffitt, TE & Arseneault, L 2019, 'Loneliness and neighbourhood characteristics: A multi-informant, nationally-representative study of young adults', *Psychological Science*, vol. 30, no. 5, pp. 765-775.

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- Takizawa, R, Maughan, B & Arseneault, L 2014, 'Adult Health Outcomes of Childhood Bullying Victimization: Evidence From a Five-Decade Longitudinal British Birth Cohort', *The American Journal of Psychiatry*, vol. 171, no. 7, pp. 777-784. <https://doi.org/10.1176/appi.ajp.2014.13101401>
- Arseneault, L 2018, 'Annual Research Review: The persistent and pervasive impact of being bullied in childhood and adolescence: implications for policy and practice', *Journal of child psychology and psychiatry*, vol. 59, no. 4, pp. 405-421. <https://doi.org/10.1111/jcpp.12841>
- Jaffee, SR, Ambler, A, Merrick, M, Goldman-Mellor, S, Odgers, C, Fisher, HL, Danese, A & Arseneault, L 2018, 'Childhood Maltreatment Predicts Poor Economic and Educational Outcomes in the Transition to Adulthood', *American Journal of Public Health*, vol. 108, no. 9, pp. 1142-1147. <https://doi.org/10.2105/AJPH.2018.304587>