

Institute for Children and Young People's Mental Health

at King's College London & Maudsley Hospital

We have successfully developed, tested and disseminated at scale evidence-based interventions and clinical programmes that begin before birth, and continue through infancy, childhood and adolescence. These provide targeted parenting intervention and support at early life stages for children at risk of developing mental health and developmental difficulties, as well as more specialist interventions for specific populations such as children whose parents are affected by serious mental health conditions, children affected by Autistic Spectrum Disorder, child affected by ADHD, and parents in conflict.

Our teams research, develop and disseminate a number of internationally recognised evidence-based universal and specialist parenting programmes and clinical tools from pregnancy to adolescence.

For Dr Crispin Day and his team, this includes the Family Partnership Model, the Antenatal/Postnatal Promotional Guide system, the Helping Families Programme and Empowering Parents, Empowering Communities. These programmes are used extensively in the UK and internationally having been translated into Arabic, Chinese, French, Japanese, Spanish, Vietnamese, Chin Burmese and Hindi.

Our teams also focus on improving access, scale and outcomes of early intervention and community-based parenting support for children and families living in socially disadvantaged and excluded communities and parents with serious mental health conditions and complex psycho-social problems.

Professor Stephen Scott leads the [National Academy for Parenting Research](#). Using individual level meta-analysis, our research has shown that the Incredible Years parenting programme is just as effective with disadvantaged families such as those who are on low incomes, depressed, of ethnic minorities or young parents. This finding enables us to roll out to a wider range of the community with confidence.

Our focuses also include attachment security, both in childhood and in adolescence, and how to promote it. Research has shown that sensitive responding appears to be more important early on in life, indicating that the die has somewhat already been cast. For those who have had difficult early parenting experiences through abuse and neglect, and have been taken into public care, our research has shown these individuals still retain the ability to learn to love again and form secure attachments with their foster carers.

Another research theme has been on the economic cost of less sensitive parenting, and a recent paper on this with respect to insecure attachment, called "the cost of Love" has been widely publicised.

Our work is founded on the connection between science, research and the priorities and expertise underpinning effective health care practice. The mental health and developmental outcomes of children is central to our work and our partnership between King's College London and South London and Maudsley NHS Foundation Trust is crucial to achieving our work as both teams provide us with the best bridge to translate our academic achievements into practice, as well as make sure the latest challenges of clinical practice are addressed through our research.

This means that our work moves quickly from development to pilot testing in clinical settings, and with this success we are able to reach local children and families quickly as well as disseminate our evidence-based programmes rapidly at scale.

The work of our teams is recognised nationally and internationally. The novel and innovative interventions we produce continue to transform access to and delivery of effective, evidence-based parenting intervention.

Key Publications:

- Day, C., Briskman, J., Crawford, M., Foote, L., Harris, L., Boadu, J., McCrone, P., McMurran, M., Michelson, D., Moran, D., Mosse, L., Stephen Scott, S., Stahl, D., Ramchandani, P. & Weaver, T. (in press). .Helping Families Programme-Modified: Development of a Specialised Parenting Intervention for Parents Affected by Severe Personality Difficulties and Randomised Feasibility Trial. Health Technology Assessment.
- Deave, T., Kendall, S., Lingam, R., Day, C., Goodenough, T., Bailey, E., Ginja, S., Nightingale, S. & Coad, J. (2018) A study to evaluate Best Beginnings' baby Buddy app in England: a protocol paper. Primary Health Care Research and Development, DOI:10.1017/S1463423618000294.
- Wilson, R., Weaver, T., Michelson, D. & Day, C. (2018) Experiences of parenting and clinical intervention for mothers affected by personality disorder: a pilot qualitative study combining parent and clinician perspectives. BMC Psychiatry, 18,152
- Day, C., Harris, L., McCrone, P., McMurran, M., Moran, P., Morgan, L., Scott, S., Stahl, D., Ramchandani, P. & Weaver (2017) Feasibility trial of a psychoeducational intervention for parents with personality difficulties: The Helping Families Programme. Contemporary Clinical Trials Communications, 8, 67-74
- Day, C., Kearney, C. & Squires, F. (2017) Art, Science and Experience of Peer Support: Learning from the Empowering Parents, Empowering Communities Programme. International Journal of Birth and Parent Education, Vol 4 (2).
- 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
- O'Connor T, Matias C, Futh A, Tantam G & Scott S. (2013) Social Learning Theory-based Parenting Intervention Promotes Attachment-based Caregiving: Results from a Randomized Clinical Trial Journal of Clinical Child and Adolescent Psychology 42, 358-420
- Matias C, O'Connor T, Futh A & Scott S (2014) Observational Attachment Theory-based Parenting Measures Predict Children's Attachment Narratives Independently from Social Learning Theory-based Measures Attachment and Human Development 16, 77-92
- 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.
- 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, Woolgar M, Humayun S, Briskman J & Scott S (2019) Early Caregiving Predicts Attachment Representations in Adolescence: Findings from Two Longitudinal Studies. Journal of Child Psychology and Psychiatry 60: 944–952
- Gardner F, Leijten P, Melendez-Torres G, Landau S, Mann J, Beecham J, Hutchings J & Scott S (2019) The Earlier the Better? Individual Participant Data and Traditional Meta-Analysis of Age Effects of Parenting Interventions for Pre-Adolescent Children. Child Development 90, 7-19
- Bachmann C, Beecham J, O'Connor T, Scott A, Briskman J & Scott S (2019) The cost of love: financial consequences of insecure attachment in antisocial youth. Journal of Child Psychology and Psychiatry 60, 1343-1350

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- Leijten, P, Scott S, Landau S, Harris V, Mann J, Hutchings J, Beecham J & Gardner F (in press) Individual Participant Data Meta-Analysis: Impact of Conduct Problem Severity, Comorbid ADHD and Emotional Problems, and Maternal Depression on Parenting Program Effects. *Journal of the American Academy of Child & Adolescent Psychiatry*