

## POTENTIAL BENEFITS

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Your participation in this study is important in order to increase understanding of effective strategies to address disruptive behaviour challenges in children. **If you qualify you and your child will receive 15 sessions of treatment by a trained mental health clinician** targeting reduction of childhood disruptive behaviour in either an individual or group format.

## WHAT ELSE SHOULD I KNOW?

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- There is no financial cost to treatment
- Caregivers who complete research measures will be given \$20 and children a gift as a token of appreciation (at each time point).
- You can self-refer for the study and treatment
- Your participation in this study is entirely voluntary and you can withdraw from participation at any point
- Assessments and Treatment will take place at the Centre for Addiction and Mental Health (250 College street)
- Research assessment requires approximately 90 minutes.

## THE CAMH RESEARCH TEAM

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Based in the Child, Youth and Family Program (CYFP), Centre for Addiction and Mental Health (CAMH)

### Project Leaders

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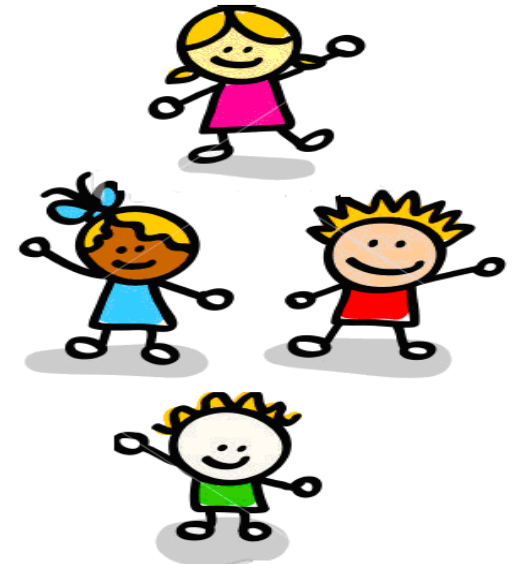
THIS RESEARCH PROJECT IS SUPPORTED BY THE  
ONTARIO MENTAL HEALTH FOUNDATION



## ADDRESSING BEHAVIOUR AND TREATMENT EFFECTIVENESS PROJECT

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*Treatment Study for Children aged  
9-12 with Disruptive Behaviour*



## WHY STUDY TREATMENTS FOR CHILDHOOD DISRUPTIVE BEHAVIOUR?

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Disruptive behaviour represents a considerable challenge to many children, families and communities. Children with disruptive behaviour:

1. Represent one of the most frequent referrals to mental health centres
2. Are at-risk of experiencing short and long-term academic and emotional difficulty

## ABOUT THE RESEARCH TEAM

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We are a team of researchers and clinicians committed to evaluating, implementing and disseminating effective treatments for children and families challenged with disruptive behaviour.

*Addressing Behaviour and Treatment Effectiveness*

## STUDY GOALS:

Our objective is to better understand the *effectiveness* of clinic-based treatments for children with disruptive behaviour and to understand *for whom* treatments are most beneficial.

Specifically:

1. To compare the effectiveness of a structured cognitive-behavioural (CBT) group treatment program to individually based treatment.
2. To better understand the characteristics of children and caregivers which predict better short and long-term treatment success.
3. To better understand client satisfaction with treatment programs and aspects of treatments which are perceived as most useful.

## ABOUT THE STUDY

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The research study is for children **aged 9 – 12** who have difficulties with behaviour, aggression, conduct and for their caregivers.

The study has 3 components:

1. Children and caregivers will be asked to complete screening and clinical measures of child behaviour, emotional functioning, social understanding and caregiver parenting strategies and emotional functioning
2. Children and caregivers who meet study inclusion criteria will be “randomly” assigned to either, a) structured 15-session concurrent parent and child group treatments or, b) 15-sessions of individual treatment.
3. Children and caregivers will be asked to complete clinical measures immediately following and 6-months post-treatment

