

A co-designed school-based early intervention involving parent-teacher collaboration to improve mental health and wellbeing in diverse children with disruptive disorders

ACTRN12625000237482

Status	RECRUITING
Sponsor	Professor Eva Kimonis, University of New South Wales
Enrollment	211 participants

Plain Language Summary

Disruptive behaviour disorders — including oppositional defiant disorder (ODD) and conduct disorder — are among the most common mental health challenges in young children. Without early intervention, these conditions can lead to school failure, family conflict, substance use, and long-term difficulties in relationships and employment. Evidence-based parent and teacher programs exist, but many are not designed for children from diverse cultural and language backgrounds.

This study is testing an enhanced school-based intervention for preschool to Year 2 children showing significant disruptive behaviour problems. The program involves both parents and teachers, is co-designed with school communities, and uses technology to reach non-English speaking families through translated resources and interpreter support — for the first time. A cluster randomised trial across Australian schools will measure whether the program improves children's behaviour and mental health.

Eligible participants include children in preschool through Year 2 who score in the clinically significant range for disruptive behaviour on standardised assessments, as well as their parents and teachers at participating schools. Children already receiving treatment for disruptive behaviour or those with primary diagnoses of autism or intellectual disability are not eligible.

Key Eligibility Criteria

Inclusion (3)

- (a) Child in preschool, Kindergarten, Year 1, or Year 2
- (b) a score in the clinically significant range (T-scores > 64 or 70, depending on scale) on at least one of the following ASEBA disruptive behaviour problem scales according to parent and teacher report (combined by taking the maximum score across raters on each item): aggressive behaviour, rule breaking, DSM ODD or conduct problems, or externalising composite.
- (d) teachers of Pre-K to Yr 2 students at participating partner schools

Exclusion (5)

- (a) children with a primary mental health diagnosis other than ODD/CD (e.g., moderate/severe autism spectrum, intellectual disability), or
- (b) children who are deaf, or
- (c) children who are receiving concurrent psychological treatment for disruptive behaviour problems.
- (d) only one eligible child per household will be permitted to enrol.
- (e) children of parents with a serious mental health disorder that may interfere with the intervention.

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000237482>

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