

Title:

A meta-analysis of effective psycho-educational interventions for treating seriously emotionally disturbed adolescents.

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Abstract of paper:

This paper describes research that was directed towards improving scientific knowledge of treating seriously emotionally disturbed adolescents (ages 11 to 18 years). An examination of the extensive literature in this field found that relatively little evidence-based or scientific research had been carried out over the past 25 years. This research identified a number of school-based interventions that were evidenced to be effective with seriously emotionally disturbed adolescents. A meta-analysis of treatment outcomes identified self-management and self-monitoring techniques that proved particularly effective. Relevant action proposals for the improvement of current practice in treating serious emotional disturbance and further research are described.