



# **Conduct Disorder and Offending Behaviour in Young People: Findings from Research (Child and Adolescent Mental Health)**

*Joanna Richardson, Kristin Liabo*

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'This is the latest in a series of accessible, evidence-based resources from Jessica Kingsley Publishers for those seeking to understand and promote young people's mental health. Trawling through the evidence, the authors start by looking at the nature and prevalence of conduct disorders including attention-deficit hyperactivity disorder and how they relate to factors such as depression, substance misuse and learning disabilities. They also look at preventive methods and services available to adolescents in the wake of Ever Child Matters. The book then deals with different approaches to treatment, from individual programmes using cognitive behaviour therapy to family, school-based and pharmacological interventions. It suggests family therapies are the most promising, with little evidence supporting the efficacy of medication.'

- Youth Work Now

Offending behaviour in young people is a problem not only for affected neighbours and communities; it is also a serious problem for the young people involved. Behaviour problems and involvement in criminal activities have been linked to continued offending, substance misuse, lack of education and work - all factors that are linked, in turn, with shorter life expectancy.

This book reviews the literature on a number of techniques and treatment approaches designed for use with adolescent conduct disorder and young offenders. The authors also provide an overview of the condition including its developmental pathway; the criteria for diagnosing conduct disorder, and services for adolescents.

Conduct disorder and offending behaviour in young people are complex problems that need multi-agency, multifaceted solutions. This book aims to contribute to the design of services by drawing on a wide range of high-quality research, and presents it for the non-specialist. It is essential reading for child and adolescent mental health practitioners, social workers, youth offending teams and other professionals working with young people with conduct problems and their families.

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