

## EVIDENCE-BASED CHILD AND ADOLESCENT PSYCHOSOCIAL INTERVENTIONS

This report is intended to guide practitioners, educators, youth, and families in developing appropriate plans using psychosocial interventions. It was created for the period November 2012–April 2013 using the PracticeWise Evidence-Based Services (PWEBS) Database, available at [www.practicewise.com](http://www.practicewise.com). If this is not the most current version, please check the American Academy of Pediatrics mental health Web site ([www.aap.org/mentalhealth](http://www.aap.org/mentalhealth)) for updates.

| Problem Area                                 | Level 1-<br>BEST SUPPORT   | Level 2-<br>GOOD SUPPORT   | Level 3-<br>MODERATE SUPPORT  | Level 4-<br>MINIMAL SUPPORT   | Level 5-<br>NO SUPPORT  |
|--|--|--|---|---|---|
| <b>Anxious or Avoidant Behaviors</b>         | Cognitive Behavior Therapy (CBT), CBT and Medication, CBT with Parents, Education, Exposure, Modeling  | Assertiveness Training, Attention, CBT for Child and Parent, Cultural Storytelling, Family Psychoeducation, Hypnosis, Relaxation, Stress Inoculation   | Contingency Management, Group Therapy   | Biofeedback, CBT with Parents Only, Play Therapy, Psychodynamic Therapy, Rational Emotive Therapy   | Assessment/Monitoring, Attachment Therapy, Client Centered Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Peer Pairing, Psychoeducation, Relationship Counseling, Teacher Psychoeducation   |
| <b>Attention and Hyperactivity Behaviors</b> | Behavior Therapy and Medication, Biofeedback, Parent Management Training, Self-Verbalization   | Contingency Management, Education, Parent Management Training (with Problem Solving, or with Teacher Psychoeducation), Physical Exercise (with or without Relaxation), Social Skills and Medication, Working Memory Training   | Biofeedback and Medication  | Parent Management Training and Social Skills, Relaxation, Self-Verbalization and Contingency Management, Social Skills  | Attention Training, Client Centered Therapy, CBT, CBT and Anger Control, CBT and Medication, Family Therapy, Parent Coping/Stress Management, Parent Management Training and Self-Verbalization, Problem Solving, Psychoeducation, Self-Control Training, Self-Verbalization and Medication, Skill Development  |
| <b>Autism Spectrum Disorders</b>             | Intensive Behavior Therapy, Intensive Communication Training   | Parent Management Training, Peer Pairing, Physical/Social/Occupational Therapy   | None  | Cognitive Behavior Therapy, Massage, Social Skills  | Auditory Integration Training, Biofeedback, Eclectic Therapy, Hyperbaric Treatment, Modeling, Structured Listening  |
| <b>Delinquency and Disruptive Behavior</b>   | Anger Control, Assertiveness Training, CBT, Multisystemic Therapy, Parent Management Training, Parent Management Training and Problem Solving, Social Skills   | Communication Skills, Contingency Management, Functional Family Therapy, Parent Management Training and CBT, Parent Management Training and Classroom Management, Problem Solving, Rational Emotive Therapy, Relaxation, Therapeutic Foster Care, Transactional Analysis                       | Client Centered Therapy, Family Therapy, Moral Reasoning Training, Outreach Counseling, Peer Pairing, Self-Control Training | CBT and Teacher Training; Parent Management Training, Classroom Contingency Management, and CBT; Parent Management Training and Self-Verbalization; Physical Exercise; Stress Inoculation | Behavioral Family Therapy, Catharsis, CBT and Anger Control, CBT with Parents, Collaborative Problem Solving, Education, Exposure, Family Empowerment, Family Systems Therapy, Group Therapy (!), Imagery Training, Parent Management Training and Peer Support, Play Therapy, Psychodynamic Therapy, Self-Verbalization, Skill Development, Wraparound |
| <b>Depressive or Withdrawn Behaviors</b>     | CBT, CBT and Medication, CBT with Parents, Family Therapy  | Client Centered Therapy, Cognitive Behavioral Psychoeducation, Expressive Writing/Journaling/Diary, Interpersonal Therapy, Relaxation  | None  | Problem Solving, Self-Control Training, Self-Modeling   | Life Skills, Play Therapy, Psychodynamic Therapy, Psychoeducation, Social Skills  |
| <b>Eating Disorders</b>                      | None   | CBT, Family Therapy, Family Systems Therapy  | None  | None  | Client Centered Therapy, Education, Goal Setting  |
| <b>Elimination Disorders</b>                 | Behavior Alert; Behavior Alert and Behavioral Training; Behavioral Training; Behavioral Training, Dietary Care, and Medical Care (with or without Biofeedback) | Behavioral Training and Dietary Care; Behavioral Training, Hypnosis, and Dietary Care; CBT   | Behavior Alert and Medication   | None  | Assessment/Monitoring, Assessment/Monitoring and Medication, Behavioral Training and Medical Care, Biofeedback, Contingency Management, Dietary Care, Dietary Care and Medical Care, Hypnosis, Medical Care, Psychoeducation  |
| <b>Mania</b>                                 | None   | Cognitive Behavioral Psychoeducation   | None  | None  | Family-Focused Therapy, Psychoeducation   |
| <b>Substance Use</b>                         | CBT, Community Reinforcement, Family Therapy   | Assertive Continuing Care, CBT and Medication, CBT with Parents, Contingency Management, Family Systems Therapy, Functional Family Therapy, Goal Setting/Monitoring, Motivational Interviewing/Engagement (with and without CBT), Multidimensional Family Therapy, Purdue Brief Family Therapy | Drug Court, Drug Court with Multisystemic Therapy and Contingency Management  | Goal Setting  | Behavioral Family Therapy, CBT and Functional Family Therapy, Client Centered Therapy, Drug Court and Multisystemic Therapy, Education, Family Court, Group Therapy (!), Motivational Interviewing/Engagement with CBT and Family Therapy, Multisystemic Therapy, Parent Psychoeducation, Problem Solving, Project CARE (!), Psychoeducation            |
| <b>Suicidality</b>                           | None   | Attachment Therapy, Counselors Care, Counselors Care and Support Training, Multisystemic Therapy, Social Support Team  | None  | None  | Accelerated Hospitalization, Counselors Care and Anger Management   |
| <b>Traumatic Stress</b>                      | CBT, CBT with Parents  | Exposure   | None  | EMDR, Play Therapy, Psychodrama   | Client Centered Therapy, CBT and Medication, CBT with Parents Only, Interpersonal Therapy, Psychodynamic Therapy, Psychoeducation, Relaxation   |

**Note:** Level 5 refers to treatments whose tests were unresponsive or inconclusive. The symbol (!) indicates that at least one study found negative effects on the main outcome measure. The risk of using treatments so designated should be weighed against potential benefits. This report updates and replaces the "Blue Menu" originally distributed by the Hawaii Department of Health, Child and Adolescent Mental Health Division, Evidence-Based Services Committee from 2002–2009.

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of *Addressing Mental Health Concerns in Primary Care: A Clinician's Toolkit*. Copyright © 2011 American Academy of Pediatrics, revised October 2012. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.

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