

Improving Adolescent Health: Person-to-Person Interventions to Improve Caregivers' Parenting Skills

Task Force Finding

Intervention Definition

Parenting interventions have the potential to affect a variety of adolescent risk behaviors and associated health outcomes. The interventions addressed in this review are designed to modify adolescents' risk/protective behaviors and health outcomes by improving their caregivers' parenting skills. To be included in this review, an intervention had to use information or behavioral strategies to improve parenting skills, and to do so through direct personal contact between the intervention provider and the caregiver.

Task Force Finding (October 2007)

The Community Preventive Services Task Force recommends person-to-person interventions intended to modify adolescents' risk and protective behaviors by improving their caregivers' parenting skills based on sufficient evidence of effectiveness in reducing adolescent risk behaviors. These interventions are conducted either face-to-face or by telephone and occur outside of clinical settings.

Publications

Burrus B, Leeks KD, Sipe TA, Dolina S, Soler RE, Elder RW, Barrios L, Greenspan A, Fishbein D, Lindegren ML, Achrekar A, Dittus P, Community Preventive Services Task Force. Person-to-person interventions targeted to parents and other caregivers to improve adolescent health: a Community Guide systematic review *Am J Prev Med* 2012;42(3):316-26.

Community Preventive Services Task Force. Improving adolescent health through interventions targeted to parents and other caregivers: a recommendation. *Am J Prev Med* 2012;42(3):327-8.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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