

Disruptive Behaviour Disorders: Parent-Focused vs. Multicomponent Interventions. A Systematic Review / *Trastornos de comportamiento disruptivo: intervenciones centradas en los padres frente a intervenciones multicomponente. Una revisión sistemática*

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Abstract

Background: disruptive behaviour represents one of the main reasons for consultation in the paediatric and juvenile population and is associated with high functional impairment that may extend into adulthood. Although evidence-based treatments with moderate effects are available, a significant percentage of cases do not experience substantial improvement. In this context, this systematic review synthesises the available evidence on outcomes associated with parent-focused and multicomponent interventions for children with disruptive behaviour. Method: following PRISMA guidelines, a search was conducted in four databases, selecting those studies that analysed the efficacy of each of the interventions in children with disruptive behaviour. The methodological quality of the studies was assessed using the Joanna Briggs Institute (JBI) tool. Results: the initial search identified 763 studies, of which 18 met the inclusion criteria and were analysed in detail. A narrative synthesis of the findings was conducted, which indicated that both intervention approaches had similar results in terms of efficacy. Conclusions: both interventions have been shown to be effective in the management of disruptive behaviour, with no conclusive differences between them. However, the need for further research with greater methodological rigour to obtain more robust and well-founded conclusions is highlighted.

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