

**RESEARCH** *Journal of the American Academy of Child and Adolescent Psychiatry* 2004;43:1031-1038

**OBJECTIVE:** To examine the effects of a 12-week, 10-session, manualized, group-based, parent training program on the parenting behavior of parents of children with conduct problems.

**DESIGN:** Randomized controlled trial.

**SETTING:** Community-based child mental health services.

**PARTICIPANTS:** Parents of 100 children with conduct problems.

**MEASUREMENTS AND MAIN RESULTS:** Parents were randomized to either the parent training program or a waitlist control. The program was designed to teach parents skills in setting limits, monitoring, and praising. Parents in the parent training program showed significant improvements in parenting behavior compared to the waitlist control group. These improvements were maintained at follow-up.

**CONCLUSIONS:** The parent training program was effective in improving parenting behavior. The program should be considered as a first-line intervention for parents of children with conduct problems.

**KEY WORDS:** Parent training, parenting behavior, conduct problems, randomized controlled trial.

**INTRODUCTION**

Parenting behavior is a key factor in the development of children's behavior. Parents who use harsh and inconsistent discipline are more likely to have children with conduct problems. Conversely, parents who use positive discipline and monitoring are more likely to have children with good behavior. Therefore, improving parenting behavior is a key goal in the treatment of children with conduct problems.

There is a growing body of evidence that parent training programs can effectively improve parenting behavior. These programs teach parents skills in setting limits, monitoring, and praising. Parents who participate in these programs show significant improvements in parenting behavior compared to a waitlist control group. These improvements are maintained at follow-up.

The present study was a randomized controlled trial of a 12-week, 10-session, manualized, group-based, parent training program. The program was designed to teach parents skills in setting limits, monitoring, and praising. The study aimed to examine the effects of the program on the parenting behavior of parents of children with conduct problems.

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1. **Introduction**  
 2. **Background**  
 3. **Methodology**  
 4. **Results**  
 5. **Discussion**  
 6. **Conclusion**  
 7. **References**  
 8. **Appendix**  
 9. **Figure 1**  
 10. **Figure 2**  
 11. **Figure 3**  
 12. **Figure 4**  
 13. **Figure 5**  
 14. **Figure 6**  
 15. **Figure 7**  
 16. **Figure 8**  
 17. **Figure 9**  
 18. **Figure 10**  
 19. **Figure 11**  
 20. **Figure 12**  
 21. **Figure 13**  
 22. **Figure 14**  
 23. **Figure 15**  
 24. **Figure 16**  
 25. **Figure 17**  
 26. **Figure 18**  
 27. **Figure 19**  
 28. **Figure 20**  
 29. **Figure 21**  
 30. **Figure 22**  
 31. **Figure 23**  
 32. **Figure 24**  
 33. **Figure 25**  
 34. **Figure 26**  
 35. **Figure 27**  
 36. **Figure 28**  
 37. **Figure 29**  
 38. **Figure 30**  
 39. **Figure 31**  
 40. **Figure 32**  
 41. **Figure 33**  
 42. **Figure 34**  
 43. **Figure 35**  
 44. **Figure 36**  
 45. **Figure 37**  
 46. **Figure 38**  
 47. **Figure 39**  
 48. **Figure 40**  
 49. **Figure 41**  
 50. **Figure 42**  
 51. **Figure 43**  
 52. **Figure 44**  
 53. **Figure 45**  
 54. **Figure 46**  
 55. **Figure 47**  
 56. **Figure 48**  
 57. **Figure 49**  
 58. **Figure 50**  
 59. **Figure 51**  
 60. **Figure 52**  
 61. **Figure 53**  
 62. **Figure 54**  
 63. **Figure 55**  
 64. **Figure 56**  
 65. **Figure 57**  
 66. **Figure 58**  
 67. **Figure 59**  
 68. **Figure 60**  
 69. **Figure 61**  
 70. **Figure 62**  
 71. **Figure 63**  
 72. **Figure 64**  
 73. **Figure 65**  
 74. **Figure 66**  
 75. **Figure 67**  
 76. **Figure 68**  
 77. **Figure 69**  
 78. **Figure 70**  
 79. **Figure 71**  
 80. **Figure 72**  
 81. **Figure 73**  
 82. **Figure 74**  
 83. **Figure 75**  
 84. **Figure 76**  
 85. **Figure 77**  
 86. **Figure 78**  
 87. **Figure 79**  
 88. **Figure 80**  
 89. **Figure 81**  
 90. **Figure 82**  
 91. **Figure 83**  
 92. **Figure 84**  
 93. **Figure 85**  
 94. **Figure 86**  
 95. **Figure 87**  
 96. **Figure 88**  
 97. **Figure 89**  
 98. **Figure 90**  
 99. **Figure 91**  
 100. **Figure 92**  
 101. **Figure 93**  
 102. **Figure 94**  
 103. **Figure 95**  
 104. **Figure 96**  
 105. **Figure 97**  
 106. **Figure 98**  
 107. **Figure 99**  
 108. **Figure 100**  
 109. **Figure 101**  
 110. **Figure 102**  
 111. **Figure 103**  
 112. **Figure 104**  
 113. **Figure 105**  
 114. **Figure 106**  
 115. **Figure 107**  
 116. **Figure 108**  
 117. **Figure 109**  
 118. **Figure 110**  
 119. **Figure 111**  
 120. **Figure 112**  
 121. **Figure 113**  
 122. **Figure 114**  
 123. **Figure 115**  
 124. **Figure 116**  
 125. **Figure 117**  
 126. **Figure 118**  
 127. **Figure 119**  
 128. **Figure 120**  
 129. **Figure 121**  
 130. **Figure 122**  
 131. **Figure 123**  
 132. **Figure 124**  
 133. **Figure 125**  
 134. **Figure 126**  
 135. **Figure 127**  
 136. **Figure 128**  
 137. **Figure 129**  
 138. **Figure 130**  
 139. **Figure 131**  
 140. **Figure 132**  
 141. **Figure 133**  
 142. **Figure 134**  
 143. **Figure 135**  
 144. **Figure 136**  
 145. **Figure 137**  
 146. **Figure 138**  
 147. **Figure 139**  
 148. **Figure 140**  
 149. **Figure 141**  
 150. **Figure 142**  
 151. **Figure 143**  
 152. **Figure 144**  
 153. **Figure 145**  
 154. **Figure 146**  
 155. **Figure 147**  
 156. **Figure 148**  
 157. **Figure 149**  
 158. **Figure 150**  
 159. **Figure 151**  
 160. **Figure 152**  
 161. **Figure 153**  
 162. **Figure 154**  
 163. **Figure 155**  
 164. **Figure 156**  
 165. **Figure 157**  
 166. **Figure 158**  
 167. **Figure 159**  
 168. **Figure 160**  
 169. **Figure 161**  
 170. **Figure 162**  
 171. **Figure 163**  
 172. **Figure 164**  
 173. **Figure 165**  
 174. **Figure 166**  
 175. **Figure 167**  
 176. **Figure 168**  
 177. **Figure 169**  
 178. **Figure 170**  
 179. **Figure 171**  
 180. **Figure 172**  
 181. **Figure 173**  
 182. **Figure 174**  
 183. **Figure 175**  
 184. **Figure 176**  
 185. **Figure 177**  
 186. **Figure 178**  
 187. **Figure 179**  
 188. **Figure 180**  
 189. **Figure 181**  
 190. **Figure 182**  
 191. **Figure 183**  
 192. **Figure 184**  
 193. **Figure 185**  
 194. **Figure 186**  
 195. **Figure 187**  
 196. **Figure 188**  
 197. **Figure 189**  
 198. **Figure 190**  
 199. **Figure 191**  
 200. **Figure 192**  
 201. **Figure 193**  
 202. **Figure 194**  
 203. **Figure 195**  
 204. **Figure 196**  
 205. **Figure 197**  
 206. **Figure 198**  
 207. **Figure 199**  
 208. **Figure 200**  
 209. **Figure 201**  
 210. **Figure 202**  
 211. **Figure 203**  
 212. **Figure 204**  
 213. **Figure 205**  
 214. **Figure 206**  
 215. **Figure 207**  
 216. **Figure 208**  
 217. **Figure 209**

**Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of sedentary, middle-aged, obese women. The study was a randomized, controlled trial. The subjects were 40 women, 40 to 55 years of age, who were sedentary and obese (BMI  $\geq 30$ ). They were randomly assigned to either a supervised exercise program or a control group. The exercise program consisted of three sessions per week, each lasting 30 minutes, at a low intensity (30 to 40% of maximum heart rate). The control group was instructed to continue with their sedentary lifestyle. The study was conducted over a 12-week period. The primary outcome measures were changes in body mass index (BMI), waist circumference, and blood pressure. Secondary outcome measures included changes in heart rate, blood glucose, and psychological well-being. The results showed that the exercise group had significant improvements in BMI, waist circumference, and blood pressure compared to the control group. There were also improvements in heart rate and blood glucose levels. Psychological well-being improved in the exercise group, with a decrease in anxiety and an increase in self-esteem. The study concluded that a 12-week, low-intensity, supervised exercise program is effective in improving the physical and psychological health of sedentary, middle-aged, obese women.

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## **Table of Contents Manual RCA Rt276**

1. Understanding the eBook Manual RCA Rt276
  - The Rise of Digital Reading Manual RCA Rt276
  - Advantages of eBooks Over Traditional Books
2. Identifying Manual RCA Rt276
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an eBook Reader
  - User-Friendly Interface
4. Exploring eBook Recommendations from Manual RCA Rt276
  - Personalized Recommendations
  - Manual RCA Rt276 User Reviews and Ratings
  - Manual RCA Rt276 and Bestseller Lists
5. Accessing Manual RCA Rt276 Free and Paid eBooks
  - Manual RCA Rt276 Public Domain eBooks
  - Manual RCA Rt276 eBook Subscription Services
  - Manual RCA Rt276 Budget-Friendly Options
6. Navigating Manual RCA Rt276 eBook Formats
  - ePub, PDF, MOBI, and More
  - Manual RCA Rt276 Compatibility with Devices
  - Manual RCA Rt276 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Manual RCA Rt276
  - Highlighting and Note-Taking Manual RCA Rt276
  - Interactive Elements Manual RCA Rt276
8. Staying Engaged with Manual RCA Rt276

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Manual Rca Rt276
- 9. Balancing eBooks and Physical Books Manual Rca Rt276
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Manual Rca Rt276
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Rca Rt276
  - Setting Reading Goals Manual Rca Rt276
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Rca Rt276
  - Fact-Checking eBook Content of Manual Rca Rt276
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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