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# Violence and Mental Health

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[Violence and Mental Health](#) pp 391–419 [Cite as](#)

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# Evidence-Based Interventions for Violent Behavior in Children and Adolescents

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- Chapter
- [First Online: 01 January 2014](#)
- **2932** Accesses
- **3** Citations

## Abstract

There are very few evidence-based interventions specifically for violent behavior in children and adolescents. However, interventions for antisocial behavior problems have shown some efficacy in violence reduction and are reviewed in detail in this chapter. Effective interventions attempt to target established risk factors and a number of these are outlined, including early onset of antisocial behavior, callous-unemotional traits, poor regulation of anger, family factors and peer influences. The implications of these risk factors for intervention approaches is explored and basic principles of intervention described. The chapter then describes specific interventions, for both children and adolescents, and reviews the evidence on their efficacy. It provides detailed descriptions of some of the most promising interventions using different approaches, in particular those for adolescents, and identifies interventions that have been shown not to work. The chapter concludes with a review of the current evidence base for interventions with children and adolescents with callous-unemotional traits.

## Keywords

- [Foster Carer](#)
- [Violent Behavior](#)
- [Parent Training](#)
- [Conduct Disorder](#)
- [Restorative Justice](#)

*These keywords were added by machine and not by the authors. This process is experimental and the keywords may be updated as the learning algorithm improves.*

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## About this chapter

Cite this chapter

Humayun, S., Scott, S. (2015). Evidence-Based Interventions for Violent Behavior in Children and Adolescents. In: Lindert, J., Levav, I. (eds) Violence and Mental Health. Springer, Dordrecht. [https://doi.org/10.1007/978-94-017-8999-8\\_18](https://doi.org/10.1007/978-94-017-8999-8_18)

#### Download citation

- DOI [https://doi.org/10.1007/978-94-017-8999-8\\_18](https://doi.org/10.1007/978-94-017-8999-8_18)
- Published 30 August 2014
- Publisher Name Springer, Dordrecht
- Print ISBN 978-94-017-8998-1
- Online ISBN 978-94-017-8999-8
- eBook Packages [Medicine Medicine \(R0\)](#)