



Folkhälsomyndigheten
PUBLIC HEALTH AGENCY OF SWEDEN

Preventive interventions among children to parent's with alcohol and drugproblems or mental disease

what's the impact on childrens mental health and protective factors

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The Public Health Agency of Sweden

- The Public Health Agency of Sweden has a national responsibility for public health issues and works to ensure good public health. The agency also works to ensure that the population is protected against communicable diseases and other health threats.
- Two locations: Solna and Östersund
- Almost 500 employees

The screenshot shows the homepage of the Public Health Agency of Sweden (Folkhälsomyndigheten). At the top, there is a navigation menu with links for 'Tillsyn', 'Publikationer', 'Om Folkhälsomyndigheten', 'Pressrum', 'Kontakt', 'Innehåll A-Ö', and 'In English'. A search bar is located on the right side of the header. Below the header, there are four main navigation tabs: 'Folkhälsorapportering & statistik', 'Livsvillkor & levnadsvanor', 'Mikrobiologi & laboratorieanalyser', and 'Smittskydd & beredskap'. The main content area is divided into several sections. On the left, there is a section for 'Antibiotikaresistens' with a map of Sweden and text explaining the increase in antibiotic resistance. Next to it is a section for 'Vaccinationer' featuring a photo of a smiling baby. To the right of that is 'Psykisk hälsa' with a photo of a family. Further right is 'Tobak' with a photo of people in a meeting. On the far right is 'Beredskapsdiagnostik' with a photo of laboratory equipment. Below these sections, there are three more boxes: 'Vårt uppdrag' with a flag icon, 'Tillsyn och tillsynsvägledning' with text about a meeting on tobacco, and 'Utbrott' with a yellow background and text about Zika virus. At the bottom, there is a section for 'Konferens och utbildning'.

Strategy for alcohol, narcotic drugs, doping and tobacco 2011-2015 (2016-2020)

National development work

National Board
of Health and
Welfare

Public Health agency
och Sweden

Swedish
association of
local
authorities and
regions



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Initial mapping

- The Public Health Agency's mappings of the municipality's support to children in exposed situations 2009-2012
- Evidence from former systematic reviews
- Scanning other authorities websites
- Stakeholder workshop

Purpose of review och reviews

- Does preventive interventions for children (0-18) who live with parents with substance abuse problems, mental illness, or violence improve children's mental health and or protective factors?
- Which type of interventions are most effective?

PICO components

- **Population**, children and young people 0-18 years of age who live with at least one parent or caretaker with one of the following problems: problematic use of alcohol or other drugs, mental disease, use violence against the partner
- **Intervention**, selective or indicated prevention through family therapy and other interventions targeted to all or part of the family, parental support programs, support groups, home visits targeted to the child or family, other input
- **Comparison**, offered the customary treatment , waiting list, or other action.
- **Primary outcomes**, are the health outcomes and protective factors on the child. **Secondary outcomes** are protective factors as parent's interactions in the parent-child relationship

Further inclusion and exclusion criteria

- **Study design**, systematic reviews
- **Language**, swedish or english
- **Publication year**, after 1994
- **Follow-up**, at least post intervention measurement
- Articles about children already diagnosed or that had been treated for alcohol or drug problems was excluded.

Literature searches

- **Electronic databases:** Cochrane Reviews and Other reviews, Social Services abstracts, Sociological abstracts, PsychINFO, ERIC, Embase, PubMed, PILOTS,
- **Identification of additional literature:** Chain Search, forward facing citation searches in Web of Science and Google Scholar, grey literature

Analysis and dataextraction

- Narrativ analysis
- Health outcomes on children, protective factors, such as parenting ability.
- Results from RCT och CT,
- Measured in two studies
- Quality of evidence assessed with GRADE

References identified

IDENTIFICATION

Records identified through database searches and other sources: 3266

Records and duplicates removed: 1865

SCREENING

Records screened: 1401

Abstracts excluded: 1265

Full-text articles assessed: 136

Full-text articles excluded: 124
(reasons for exclusion: not a systematic review 53, other PICO 25, other language 8, other population 16, method reasons 22)

ELIGIBILITY

Reviews to quality assessment: 12

INCLUDED-Reviews

Included Reviews: 6

Types of interventions

- Family based interventions (mother-child-therapy, interpersonaltherapy, group therapy with whole family)
- Parental-support programs (parental support groups, parental support to couples, couple therapy focusing on parent ship)
- Support groups for children
- Home-visits
- Perspective: psychodynamic therapy, cognitive or behavioral focused therapy, psychoeducation

Summary of evidence, mothers with depression

Primary outcomes

- Preventive interventions can reduce the risk of developing the same mental disease as the parent
- Preventive intervention can reduce internalizing symptoms, as depressive symptoms or anxiety
- No effect on emotional wellbeing, social function and utagerande behaviour

Secondary outcomes

- The relationship in between the parent and the child can be improved
- Interventions can increase the mothers sensitivity and susceptibility for the childs needs

Summary of evidence, psychotic disorders, alcohol and drug problems, violence in between the adults

- Uncertain results from evaluations of interventions to parents with psychotic problems
- The results do not give support for the hypothesis that preventive interventions to parent with alcohol or drug problems improves childrens health.
- No results can be reported on preventive measures for children in families where the adults use violence in the relationship

Conclusions from the review

- These types of interventions can improve the mental health of the child, and decrease the risk for the child to develop symptoms of their own, when parents suffer from depression.
- The result also shows that these types of interventions might affect protective factors as the relationship between child and parent in a positive way.
- It can improve the children's situation if the parents/mother, in addition to a treatment against depression also gets support in their parenting.
- It is important to do controlled studies in interventions for children that live with parents with alcohol and drug problems

Read more about this work



www.folkhalsomyndigheten.se



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Thank ´s for listening!

