HELPING THE NONCOMPLIANT CHILD (HNC)

Evidence Rating: 3
Assessed By: Commissioning Toolkit; CEBC

Intended Outcomes: Improved parenting
Improved child behaviour

Helping the Noncompliant Child (HNC) is for parents who are having difficulties managing the behaviour of a child between the ages of three and eight years. The parent and child attend between five and 12 individual sessions where they learn how to manage unwanted child behaviour.

HNC has initial evidence of improving parents’ competence and children’s behaviour.

Where has it been implemented?
The UK, the USA and internationally

Settings
School

Who can deliver it?
Practitioner: QCF Level 4/5 in a helping profession, psychology or educational psychology

Who is it for?
Age: Parents of children aged three to eight presenting with serious behaviour problems including ADHD
Classification: Targeted
Need: Moderate; High

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Helping the Noncompliant Child

How it works

What is the theory of change?

- HNC assumes that child behavioural problems are the result of coercive interactions between the parent and child that inadvertently reinforce the child’s noncompliant behaviour.
- HNC provides parents with a repertoire of effective strategies for managing noncompliant child behaviour.
- In the short term, the child should be able to better regulate his or her behaviour, and the parents should experience less stress.
- In the longer term, children will get along better with others, do better at school and be less likely to engage in antisocial behaviour.

What happens during delivery?

How is it delivered?

- The parents and their child attend sessions once or twice a week, delivered by a single practitioner.
- The sessions typically last between 50 and 75 minutes, depending on the family’s need.
- The programme typically takes between five and 12 sessions to complete.

What happens during the intervention?

- Sessions take the form of learning specific skills through practice and practitioner feedback.
- The child participates in all treatment sessions.
- Parents also complete homework exercises and monitoring sheets to track their progress through the programme.

What are the implementation requirements?

Who can deliver it?

- Practitioners should have a background in a helping profession, psychology, educational psychology, ideally with a minimum QCF level 4/5.
What are the training requirements?

- Practitioners attend a two-day training course providing them with a comprehensive overview of HNC’s theories and methods, as well as opportunities to practice new skills.
- Practitioners are expected to have read Helping the Noncompliant Child: Family-Based Treatment for Oppositional Behaviour before attending training.

How are the practitioners supervised?

- Supervision provided by in-house supervisor and programme developer during training and programme delivery. In-house supervisor expected to have QCF level 7/8.

What are the systems for maintaining fidelity?

- Telephone consultations
- Onsite supervision
- Fidelity checklists
- Ongoing consultations
- If practitioners having difficulty delivering programme, HNC consultant provides onsite booster sessions until proficient.

Projected Costs and Benefits

- This information is not yet available.

Evidence

HNC has initial evidence of improving children’s behaviour from several evaluations including one randomised controlled trial.

- Significant improvements in parenting skills (parent reported)
- Significant improvements in children’s behaviour (parent reported).

- Children’s behaviour did not deteriorate 14 years post treatment (parent self-report).

- Significant improvements in children’s behaviour (coded observation).