

# Self-regulation interventions beneficial for children

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(HealthDay)—A range of interventions can successfully improve self-

regulation in children and adolescents, according to research published online April 16 in *JAMA Pediatrics*.

Anuja Pandey, M.D., from the University College London Great Ormond Street Institute of Child Health, and colleagues conducted a [systematic review](#) and meta-analysis of rigorously evaluated interventions to improve self-regulation in children and adolescents. The final review included data from 49 studies reporting 50 interventions.

Seventeen cluster randomized trials and 32 randomized clinical trials evaluating self-regulation interventions, with 23,098 participants (ages 2 to 17 years) were identified. The researchers found that in 16 of 21 curriculum-based interventions, four of eight mindfulness and yoga interventions, five of nine family-based programs, four of six exercise-based programs, and four of six social and personal skills interventions (total of 33 out of 50 interventions [66 percent]), there was consistent improvement in self-regulation. In meta-analysis, there was a positive effect of the interventions, with a pooled effect size of 0.42. Twenty-four studies reported data on distal outcomes. Positive associations were reported in 11 of 13 studies on academic achievement; four of five studies on substance abuse; and all studies reporting on conduct disorders, social skills, depression, behavioral problems, and school suspensions.

"There was improvement in distal academic, health, and behavioral outcomes in most [intervention](#) groups compared with controls," the authors write.

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