
The Seattle Social Development Project intervention is a nonrandomized controlled trial that teaches children impulse control and provides teacher and parent training. The intervention followed over 600 elementary school students up until nine years after the intervention ended. Three groups were compared: a full six-year intervention (grades 1-6); a late two-year intervention (grades 5-6); and a control group. Results indicate significant "broad effects on positive functioning in school and at work on emotional and mental health at 21 years of age...."

The article is currently available to the public at the above link.

Data Trends are produced by the Research and Training Center for Children's Mental Health, Louis de la Parte Florida Mental Health Institute, University of South Florida, Tampa. Data Trends are funded by the Center for Mental Health Services, SAMHSA, U.S. Department of Health and Human Services. There are two Data Trends products: 1) Summaries (ISSN# 1537-0399), which detail recent, published articles on systems of care for children with emotional and behavioral disabilities and their families, and; 2) News briefs (ISSN# 1537-0402), which highlight related items or events of interest to the field.