

# Early Intervention May Reduce Adults' Aggressive Behavior

April 15, 2014

## ***Parents Magazine:***

A decade-long education program aimed at teaching children self-regulation and other healthy cognitive techniques is showing results in reducing aggressive behavior when the schoolchildren become adults, according to new research published in the journal *Psychological Science*. More from the journal:

The research, led by psychological scientist Justin Carré of Nipissing University in Ontario, Canada, indicates that dampened testosterone levels in response to social threats may account for the intervention's success in reducing aggression.

The Fast Track intervention program teaches children social cognitive skills, such as emotional regulation and social problem solving, and previous research suggests that the program may lead to decreased antisocial behavior and aggression in childhood and adolescence.

But it wasn't clear whether the skills that children learned in the program would have impacts that carried over into adulthood.

Read the whole story: [\*Parents Magazine\*](#)