

3 Practical Takeaways



How self-regulation skills in early childhood predict future outcomes

From: Robson, D. A., Allen, M. S., & Howard, S. J. (2020). Self-regulation in childhood as a predictor of future outcomes: A meta-analytic review. *Psychological bulletin*, 146(4), 324.

1 Self-regulation in PRESCHOOL has...

- + associations with social competency, school engagement & academic performance in early school years (~age 8)
- - associations with internalizing problems, peer victimization, and externalizing problems, in early school years (~age 8)

2 Self-regulation in EARLY SCHOOL YEARS (~age 8) has...

- + associations with academic achievement in later school years (~age 13)
- - associations with aggressive and criminal behavior, depressive symptoms, obesity, cigarette smoking and illicit drug use, in later school years (~age 13)

3 Self-regulation in EARLY SCHOOL YEARS (~age 8) has...

- - associations with unemployment, aggressive behavior, depression and anxiety, obesity, substance abuse, and symptoms of physical illness in adulthood (~age 38)

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