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Recent Research Abstracts

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TRIPLE P – POSITIVE PARENTING PROGRAM

Sanders, M. (2003) Triple P – Positive Parenting Program: A population approach to promoting competent parenting. *Australian e-Journal for the Advancement of Mental Health (AeJAMH)*, 2 (3) www.auseinet.com/journal/vol2iss3/sanders.pdf

Family conflict and poor parenting are generic risk factors associated with a wide variety of adverse developmental outcomes in children including increased risk for conduct problems, drug abuse, delinquency and academic underachievement. This paper makes the case for a multi-level population based approach to the development of parental competence. Evidence is reviewed showing that while parenting interventions based on social learning approaches are effective, they have significant limitations in achieving a level of population reach that will do enough to decrease the prevalence of dysfunctional parenting. A case is made for a contextual approach targeting the media, primary care services, schools and worksites as basic institutions within the community which can potentially support the task of disseminating more widely evidence-based approaches to parenting intervention. Evidence is reviewed for the efficacy and effectiveness of the Triple P – Positive Parenting Program as a comprehensive, multi-level system of parenting and family intervention. The evidence reviewed shows significant effects across several trials on both child and parent mental health outcomes. Challenges in disseminating empirically supported interventions and possible future directions for family intervention research are discussed.

Dean, C., Myors, K. & Evans, E. (2003) Community-wide implementation of a parenting program: the South East Sydney Positive Parenting Project. *Australian e-Journal for the Advancement of Mental Health*, 2 (3). www.auseinet.com/journal/vol2iss3/dean.pdf

This paper provides a description and evaluation of a community-wide implementation of a parenting program – the group version of Triple P – in South Eastern Sydney. The implementation was undertaken in partnership with a range of public health services and community agencies that participated on a voluntary basis. A number of strategies were shown to develop the capacity of services and professionals to deliver the Triple P program to parents. Parent evaluations at the conclusion of the program demonstrated a reduction in disruptive child behaviour, lower levels of dysfunctional parenting, reduction in conflict between parents over child-rearing, and gains in parental mental health. Gains in all of these domains were maintained at 6 and 12 month follow-up. The results of the study indicate that it is possible to take a population health approach to parenting, successfully involve multiple services and professionals in the delivery of the program, and maintain the effectiveness of the parenting intervention in a community-wide implementation.

Ralph, A. & Sanders, M. (2003) Preliminary evaluation of the Group Teen Triple P program for parents of teenagers making the transition to high school. *Australian E-Journal for the Advancement of Mental Health*, 2 (3). www.auseinet.com/journal/vol2iss3/ralphsanders.pdf

Group Teen Triple P is a brief group parenting program for parents of teenagers. It is based on the successful Triple P – Positive Parenting Program for parenting of children aged from 0 to 12, with a focus on helping parents manage the transition from late childhood to early adolescence. This paper describes the initial evaluation of a universal trial of the program offered to all parents of students entering their first year of high school at age 12 in a regional north Queensland school. 27 parents completed a batter of self-report questionnaires immediately before and after participating in the 8 week program. Participating parents reported significant reductions in conflict with their teenage, and on measures of lexness, over-reactivity and disagreements with their partner over parenting issues. These are well-established parenting risk factors.