

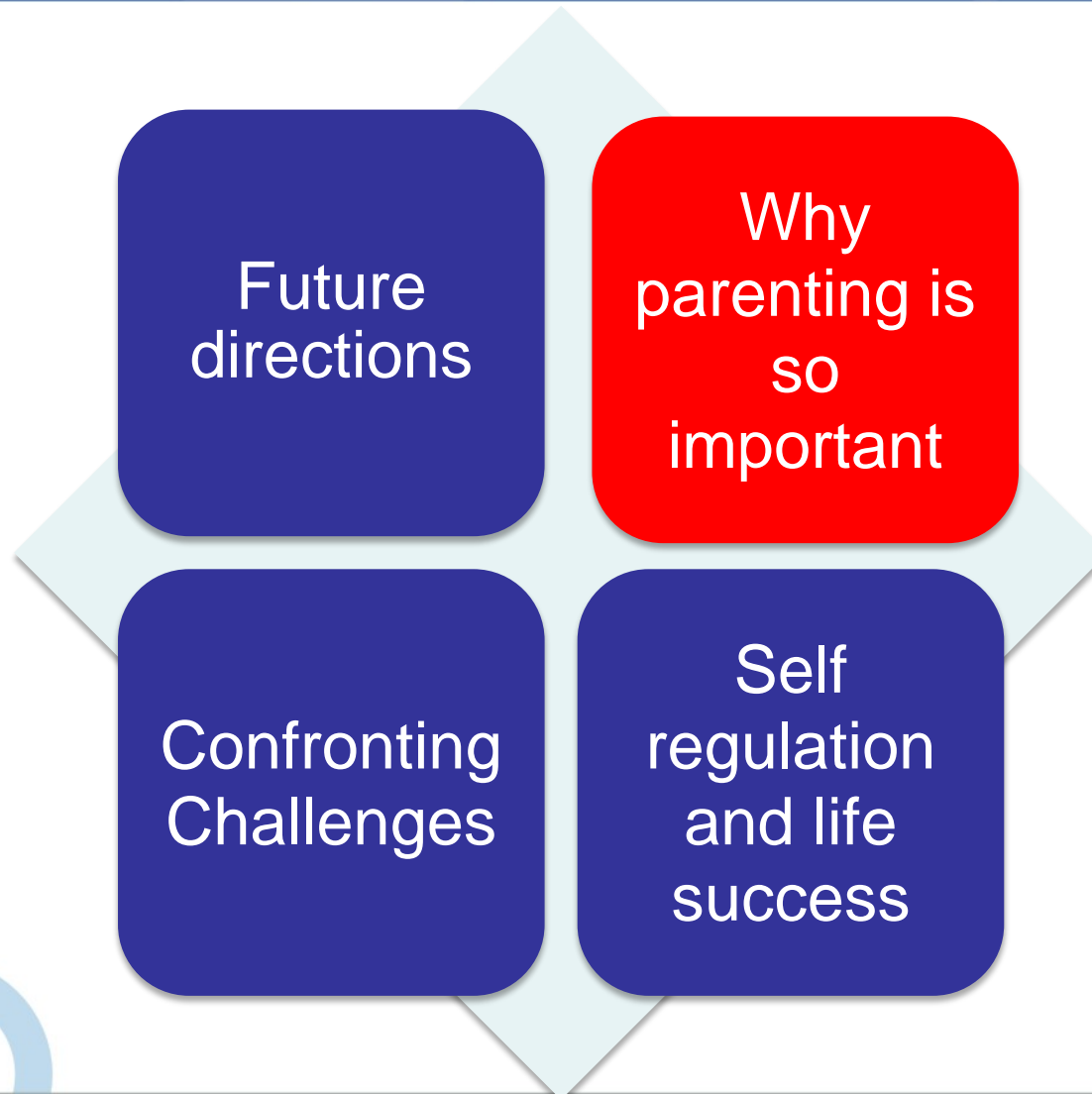


# **Challenges and new directions in the implementation of evidence- based parenting interventions**

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Faculty of Education  
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and  
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School of Psychology  
The University of Queensland



# Overview



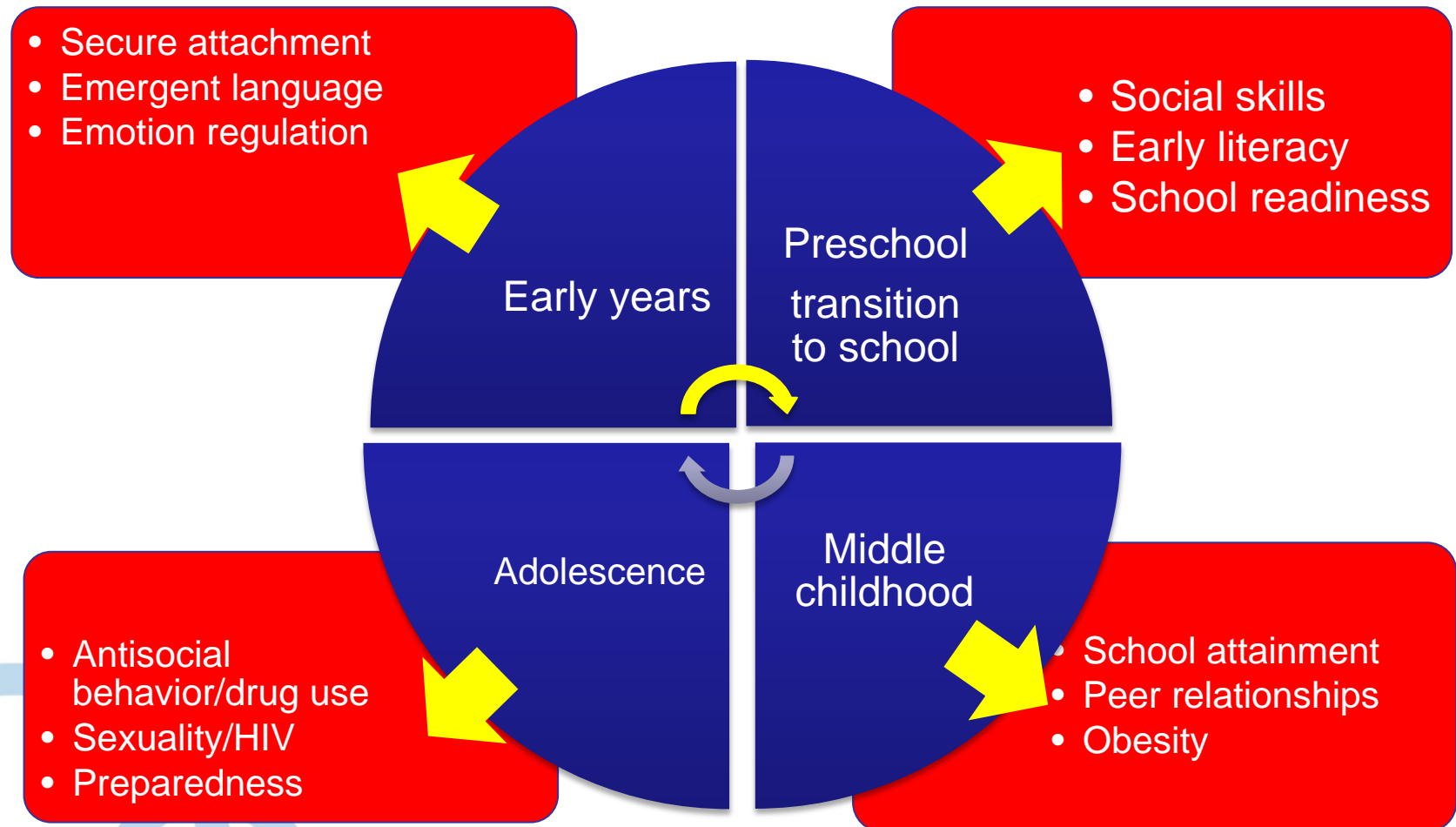
# Effects of early family experience can last a lifetime

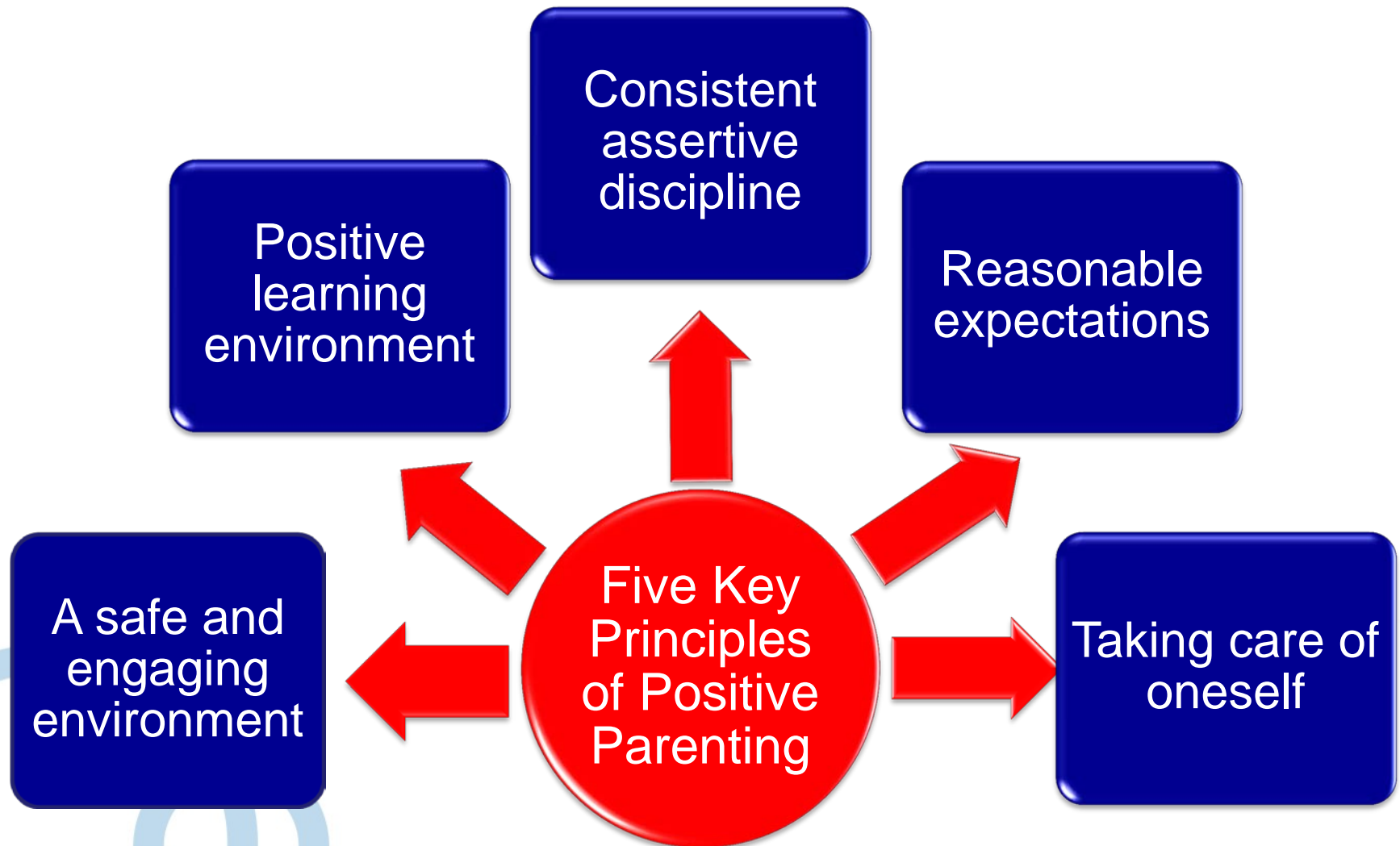
- The quality of family life and in particular parenting has a pervasive long term impact on children's well being and development
- Early family based experiences lay the foundation for life long learning
- Self-control at age 3 predicts health, wealth and criminality 30 years later (Moffitt et al, 2011)



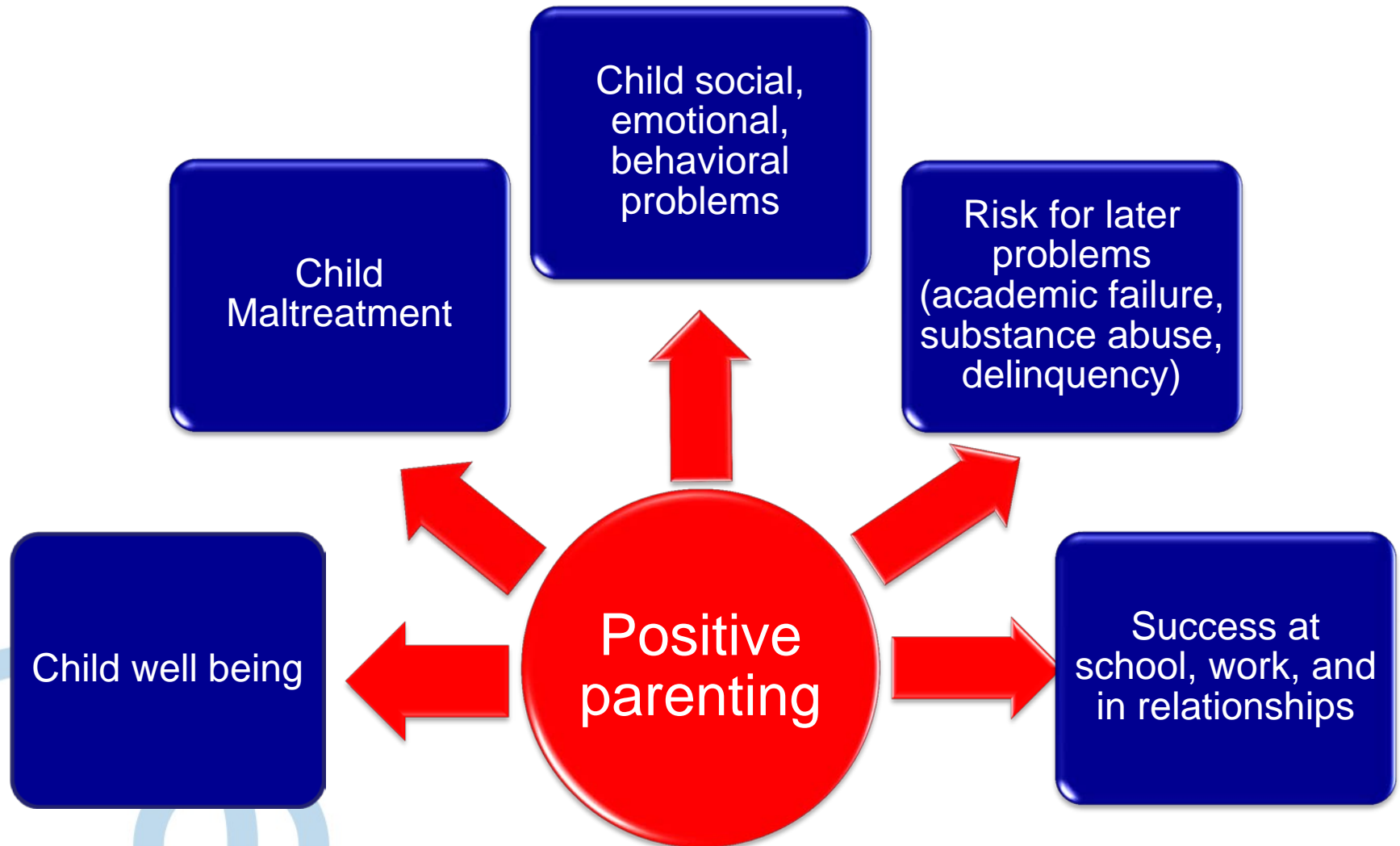
Source: Moffitt, T. E., Arseneault, L., Belsky, D., Dickson, N., Hancox, R. J., Harrington, H.,... Caspi, A. (2011). A gradient of childhood self-control predicts health, wealth, and public safety. *Proceedings of the National Academy of Sciences of the United States of America*, 108, 2693-2698.

# Parenting influences many aspects of development





# A common pathway to diverse outcomes



# The benefits for children

- Conduct problems
- ADHD
- Internalizing problems
- Peer relationship problems
- School problems
- Risk of anti-social behavior and substance abuse
- Health related behavior



- Improved social and emotional skills
- Positive relationships with parents, siblings, and peers
- Enhanced emotion regulation
- Greater school readiness

# The benefits for parents

- Coercive, inconsistent parenting
- Child maltreatment
- Negative attributions
- Parental distress
- Marital conflict
- Occupational stress
- Work family conflict

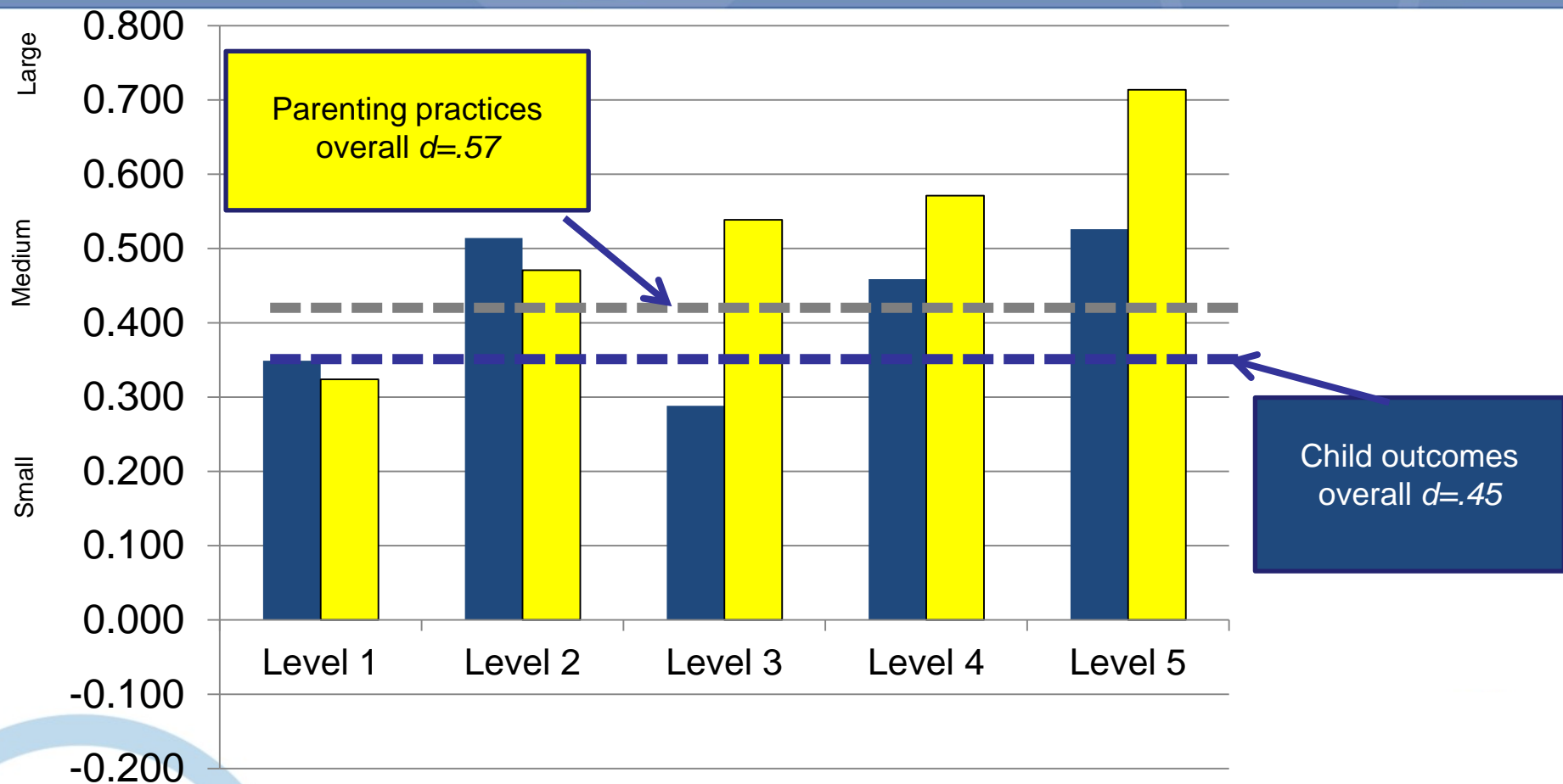


- Positive interaction
- Consistency
- Teamwork
- Self efficacy
- Problems solving and communication
- Positive relationships with children
- Better functioning work



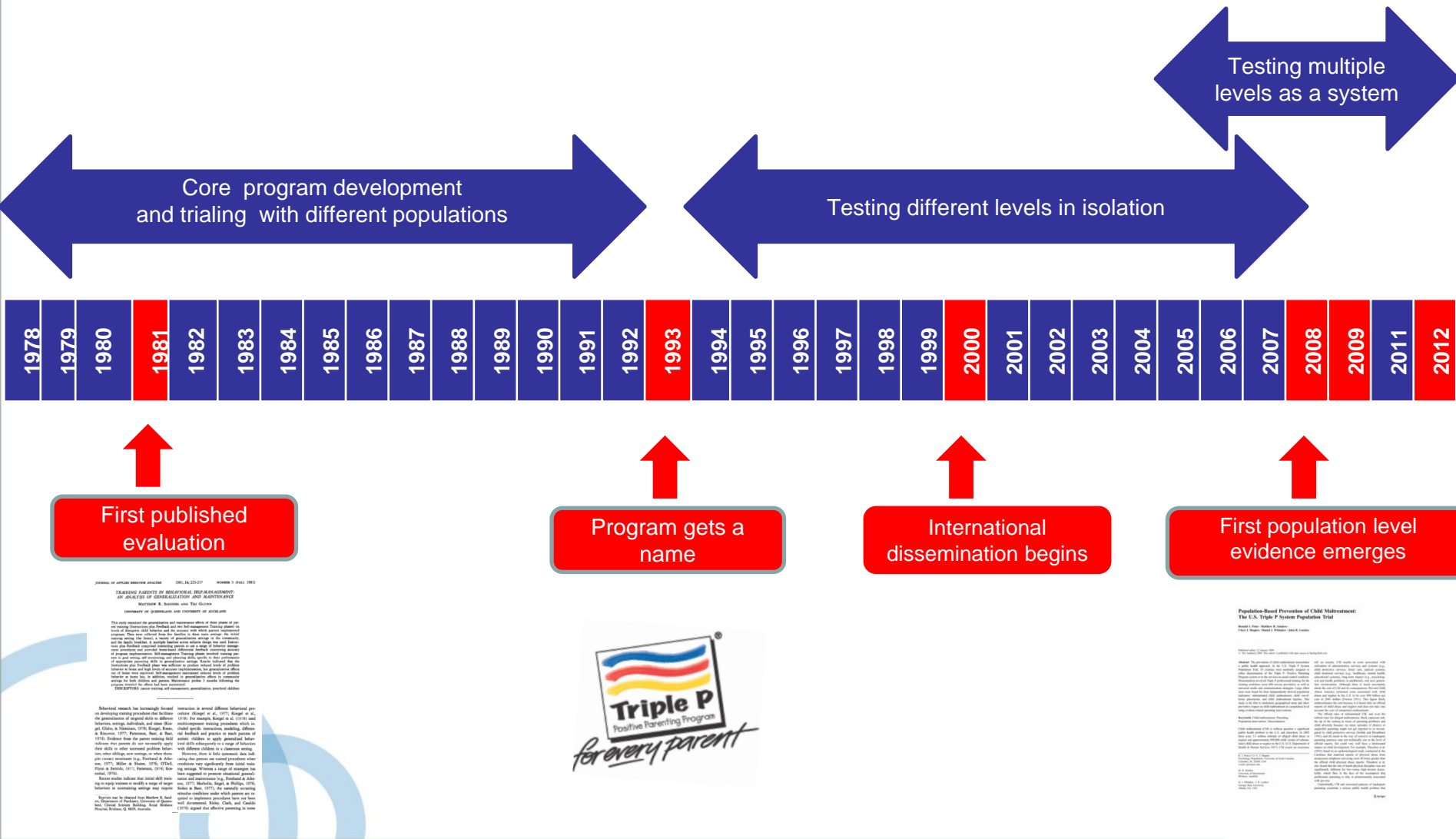
# How effective is Triple P? Child and parent effects

N=17,577 families



Source: Sanders, Kirby, Tellegen, & Day (2013). The Triple P-Positive Parenting Program: A Systematic Review and Meta-Analysis.

# Building the foundations for a public health approach to parenting support takes time



# A wide range of parents benefit

- For mothers, fathers, and grandparents
- Socially disadvantaged parents
- Parents experiencing separation and divorce
- Parents with difficulties controlling their anger
- Parents with serious mental health concerns
- Ethnically diverse parents, indigenous parents

# Different cultures

25 countries, 18 languages

## Cultural acceptability and effectiveness of parenting strategies documented in diverse cultures

- Australia, New Zealand
- Japan, Singapore, Hong Kong,
- Iran, Turkey
- UK (Scotland, England, Northern Ireland, Wales)
- Ireland
- Sweden, Belgium, the Netherlands, Germany, Switzerland, France, Austria
- United States, Canada,
- Panama, Curaçao, Chile
- South Africa, Kenya, Namibia and Panama.

Child  
benefits



Family life that  
positively  
supports  
children's  
development

Children  
succeed in life

Parent  
benefits

Future  
directions

Why  
parenting is  
so important

Confronting  
the  
challenges

Self  
regulation  
and success  
in life

# The importance of parental self-regulation

The capacity to self-regulate is a fundamental process underpinning the maintenance of positive, nurturing, non-abusive parenting practices that promote good developmental and health outcomes in children.

# Why self regulation is so important

Self  
regulation  
capacity

High

Positive life  
outcomes

- Academic achievement
- Income, savings behaviour
- Physical and mental health
- Better interpersonal relationships
- Happiness

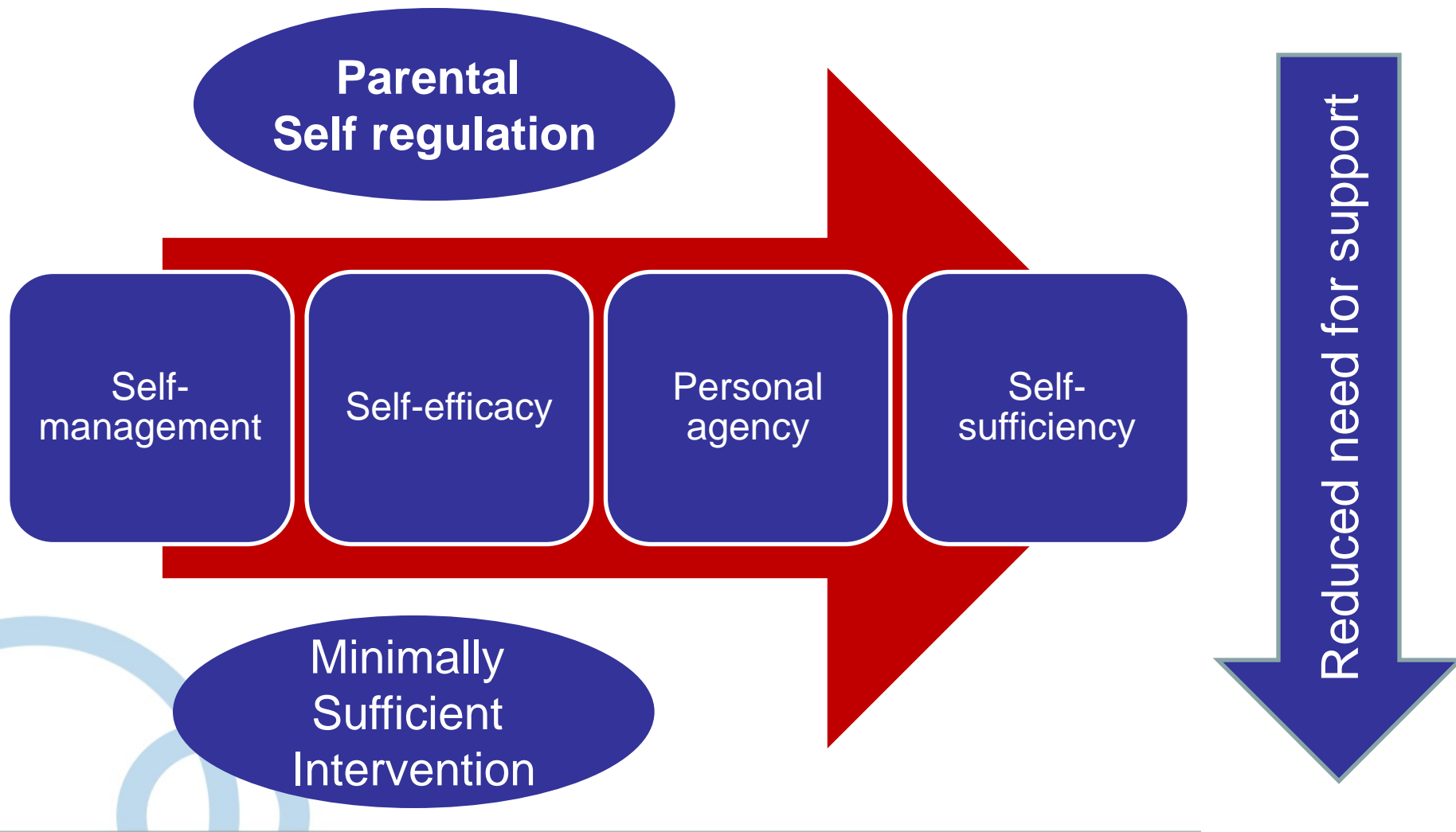
Low

Negative life  
outcomes

- Aggression
- Criminal behaviour
- Depression
- Impulse control problems such as binge eating and alcohol abuse



# Using a self regulation framework to change behavior



# Parental self regulation in action

- Has a clear sense of purpose
- Knows what behaviors, skills and values to promote as a parent
- Has realistic expectations
- Self-monitors automatically, rather than consciously or deliberately
- When personal standards/values are violated she brings her current behaviour under personal control
- Tunes into her own actions and searches for explanations
- Uses her knowledge to develop options and plans
- Carries out plan and revises plan as needed
- Expects that she can bring about good outcomes
- Is reflective, capable of identifying strengths and weaknesses, without being unhelpfully self critical
- Reflections increase her self efficacy
- Mostly enjoys the process

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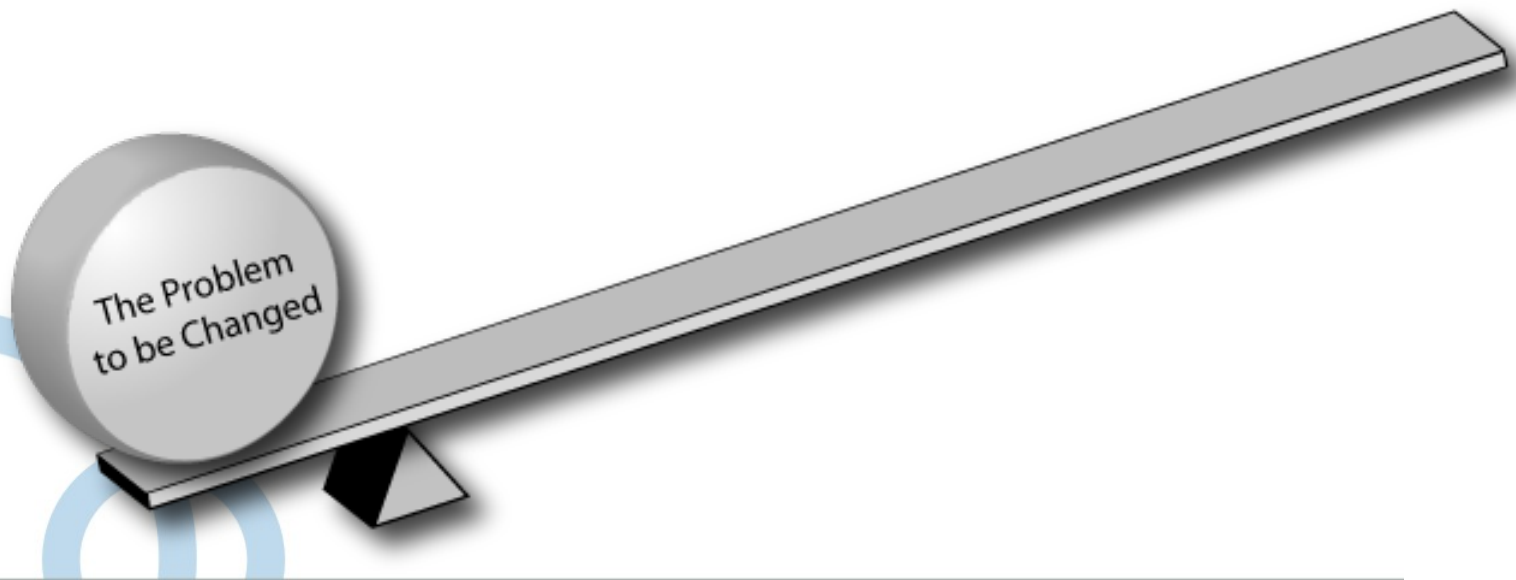
# The Challenge

The single most important thing we can do as a society to improve the social, emotional, educational and physical well being of children (and to reduce child maltreatment) is to increase the skills, confidence and knowledge of parents in the task of raising children as a **whole of population** level

# Achieving population level change

Glasgow et al (2001)

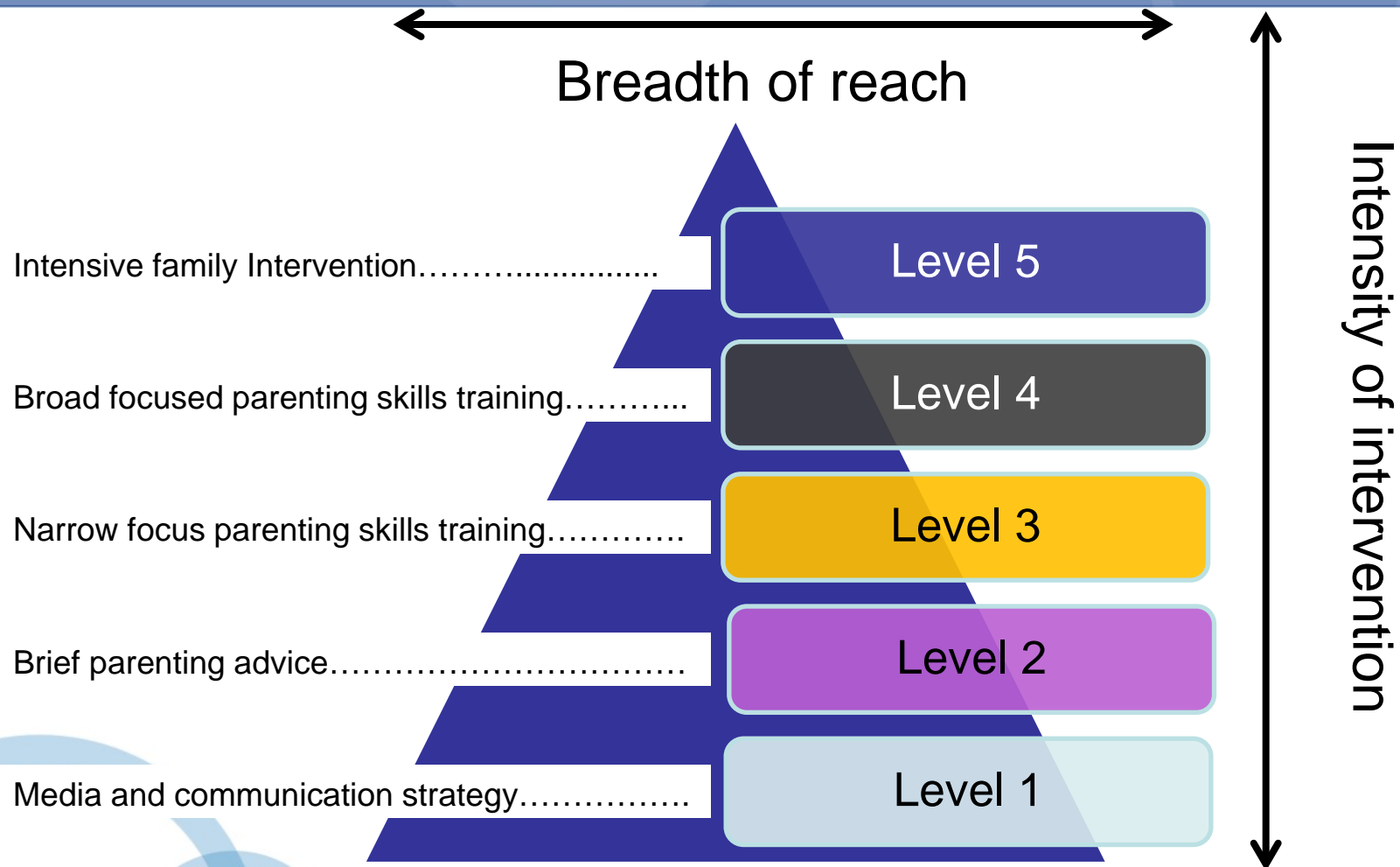
Create leverage using the  
**RE-AIM** formula



Reach X Efficacy X Adoption X  
Implementation X Maintenance



# Not a “one size fits all” approach



# Population level change can be achieved through parenting

Prev Sci (2009) 10:1–12  
DOI 10.1007/s11121-009-0123-3

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## Population-Based Prevention of Child Maltreatment: The U.S. Triple P System Population Trial

Ronald J. Prinz • Matthew R. Sanders •  
Cheri J. Shapiro • Daniel J. Whitaker • John R. Lutzker

Published online: 22 January 2009  
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**Abstract** The prevention of child maltreatment necessitates a public health approach. In the U.S. Triple P System Population Trial, 18 counties were randomly assigned to either dissemination of the Triple P—Positive Parenting Program system or to the services-as-usual control condition. Dissemination involved Triple P professional training for the

toll on society. CM results in costs associated with utilization of administrative services and systems (e.g., child protective services, foster care, judicial system), child treatment services (e.g., healthcare, mental health, educational systems), long-term impact (e.g., psychological and health problems in adulthood), and next genera-



# Population level effects

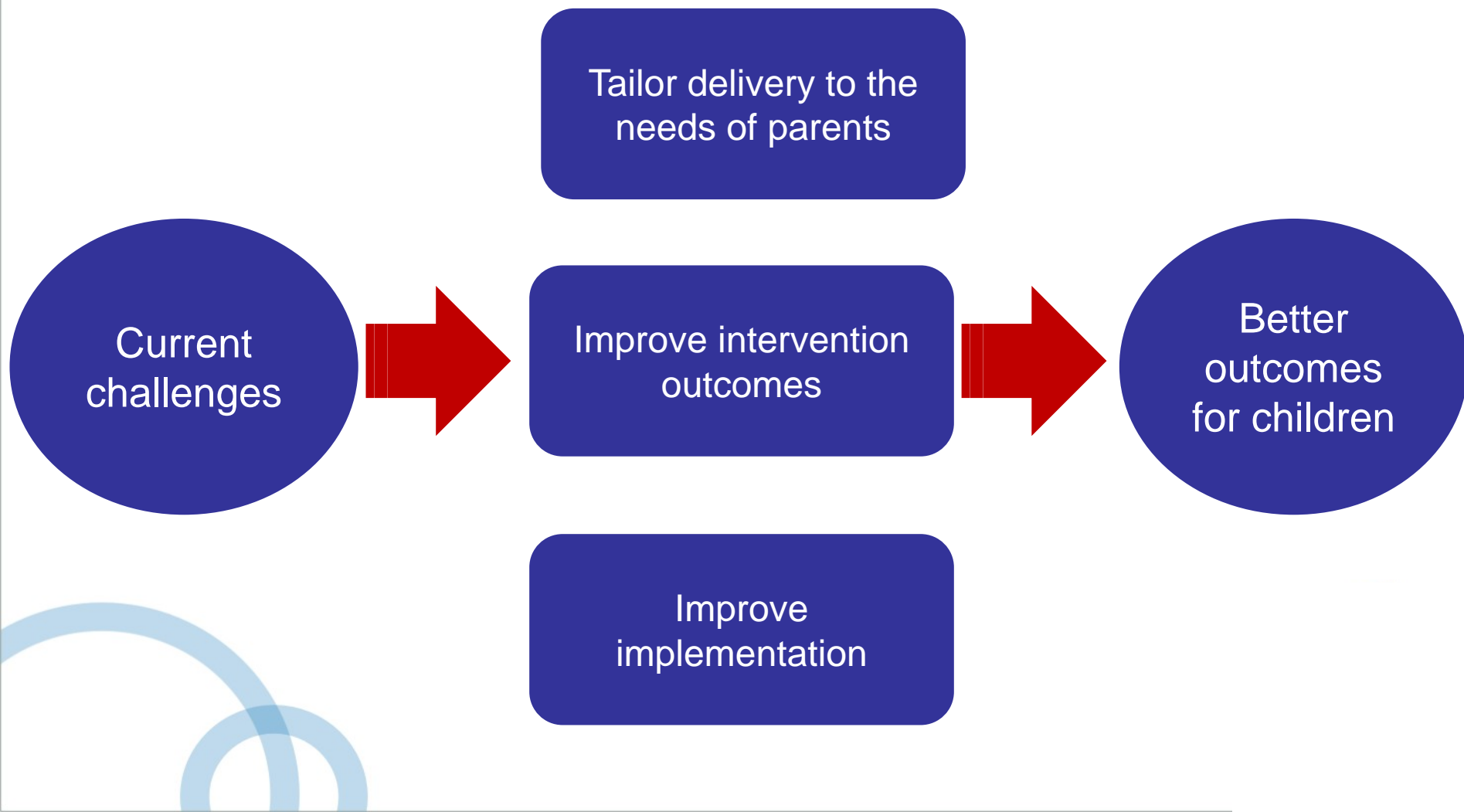
- Lower rates of child out-of-home (foster care) placements
- Lower rates of hospital-treated maltreatment injuries
- Slowed growth of substantiated maltreatment cases

Washington State Institute for Public Policy examined Triple P benefits and costs in the context of the child welfare system

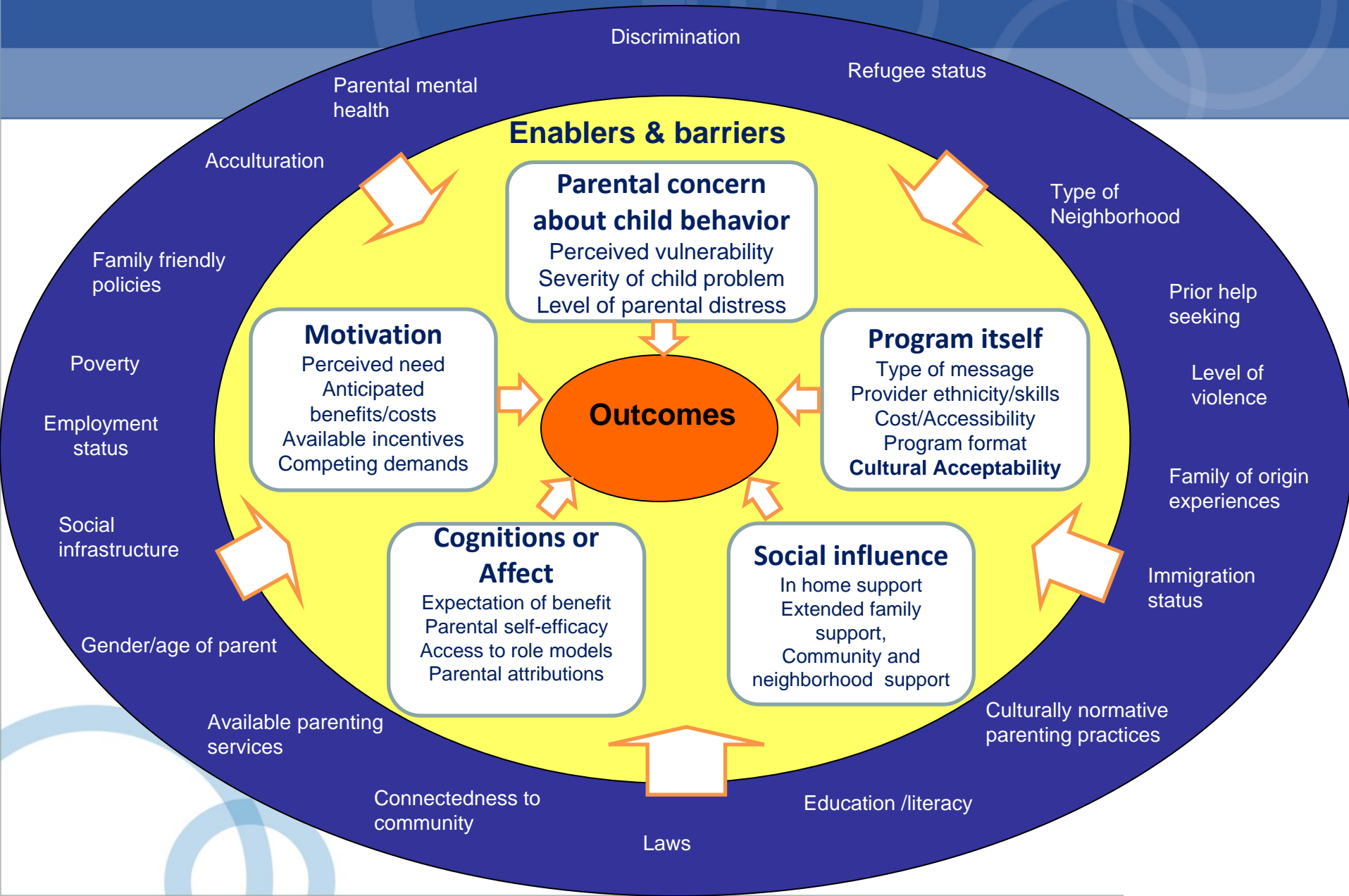
- Triple P system (all five levels)
- Benefit to Cost Ratio (return on one dollar investment)

\$6.<sup>06</sup>

# Enhancing outcomes



# Considering the broader ecological context





Tailoring delivery

# Development of Grandparent Triple P

Theory  
development



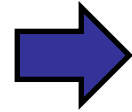
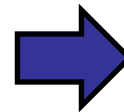
Knowledge  
gained from  
consumers



Existing  
evidence

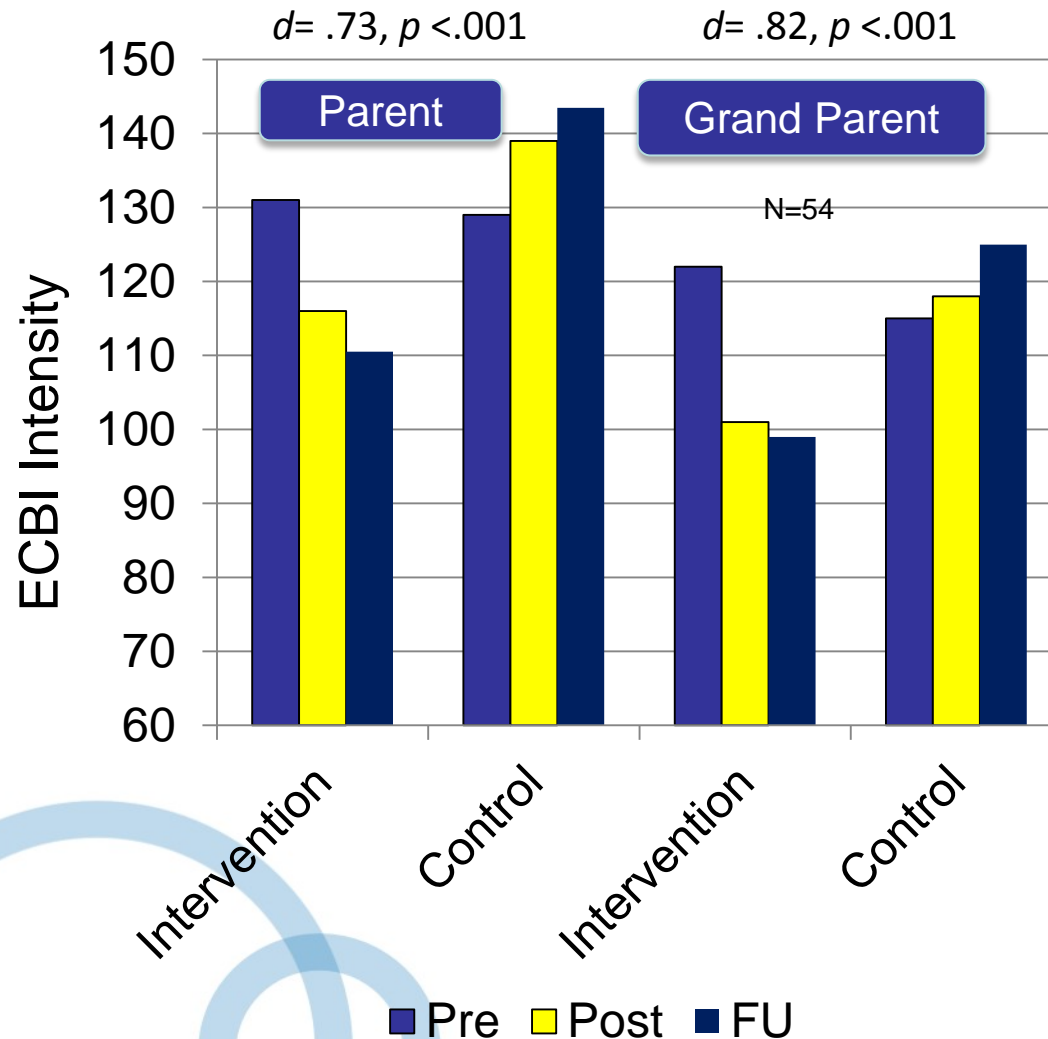


Tailored  
variant  
ready for  
empirical  
testing



RCT

# Effects of Grandparent Triple P



I = Grandparent Triple P  
C = Grandparenting as usual

ECBI Problem\* (GP:  $d = .73$ )

Depress\* ( $d = .89$ )

Anxiety\* ( $d = .95$ )

Stress\* ( $d = .86$ )

QRI Biol Support\* ( $d = .56$ )

No significant results in

parenting style or  
grandparent partner  
relationship quality

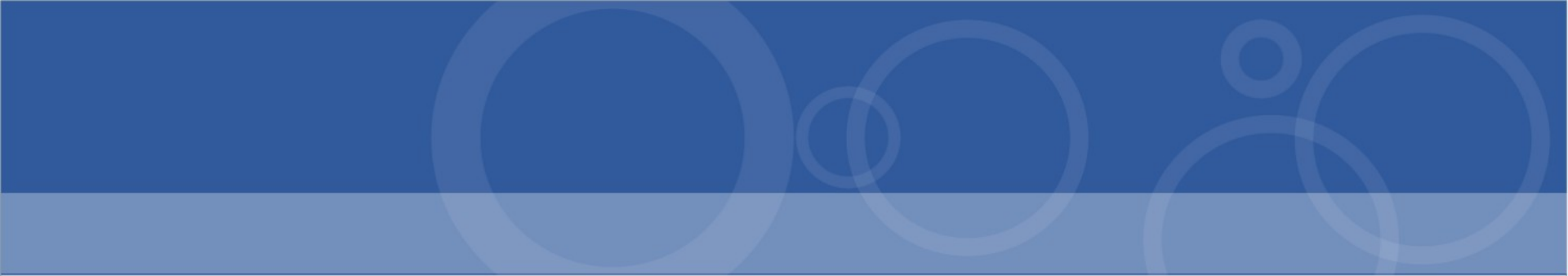



# Improving interventions: Testing enhancements

# Responding to children's emotions

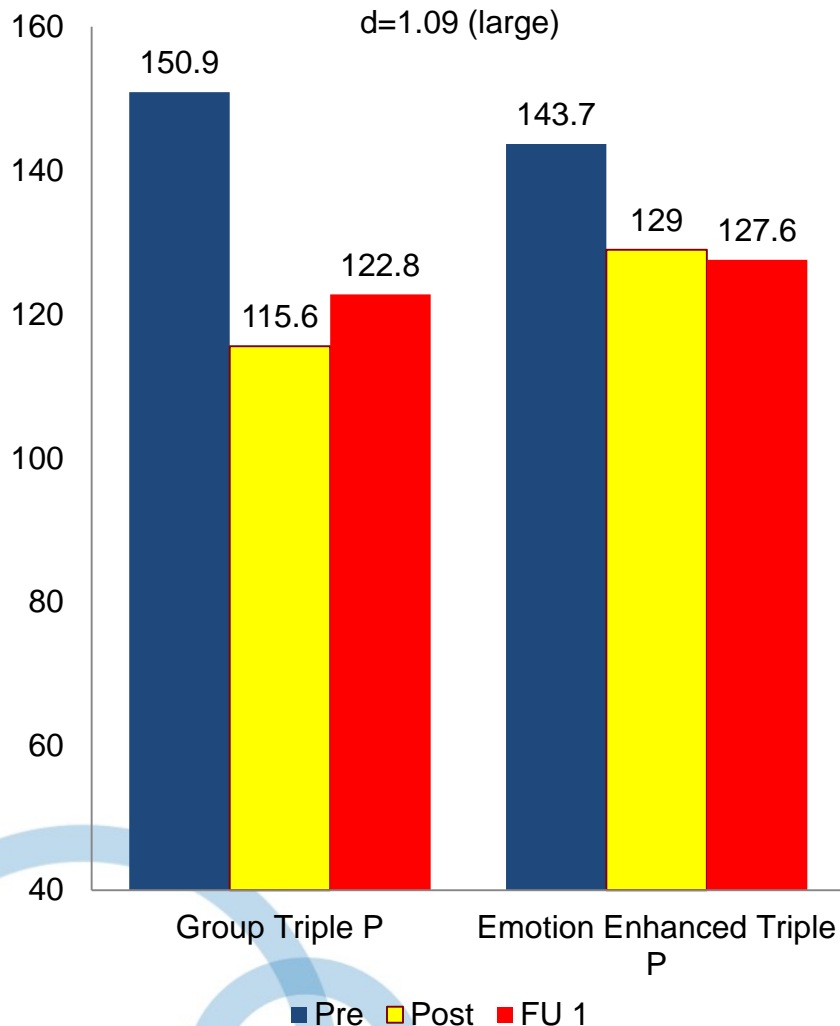
- Children with conduct problems have impoverished emotion language, generate fewer emotion words and less specific emotion terms (O'Kearney & Dadds, 2005).
- Perform more poorly on emotion tasks
  - knowledge of emotions
  - understanding the causes of emotions;
  - recognizing that different emotions can evoke different emotions in different people;
  - appreciating that people can experience mixed emotions



- 
- 
- Parent-child interactions are a context for learning about emotions
    - review of recent upsetting events,
    - discussion of feelings
    - coaching about how the child might deal with problems in future?
  - Developed an emotion-focused variant of Group Triple P and tested whether it enhanced the effects of Triple P

# Does emotion coaching improve outcomes in Triple P?

Salmon et al (under review)



## Other findings

- EETP produced greater changes in
  - use of emotional labels ( $d= .78$ , medium)
  - discussion of causes ( $d= .74$ , medium)
  - emotion coaching ( $d= 1.08$ , large)
- GTP had greater changes in child conduct problems ( $d=1.09$ , large)
- Both interventions produced improvements in dysfunctional parenting practices (PS), parenting self efficacy (PTC), parental distress (DASS and parents were similarly satisfied with both (CSQ)
- Focus on emotions did **NOT** improve child or parent outcomes



Global challenge:  
Reducing children's  
exposure to violence



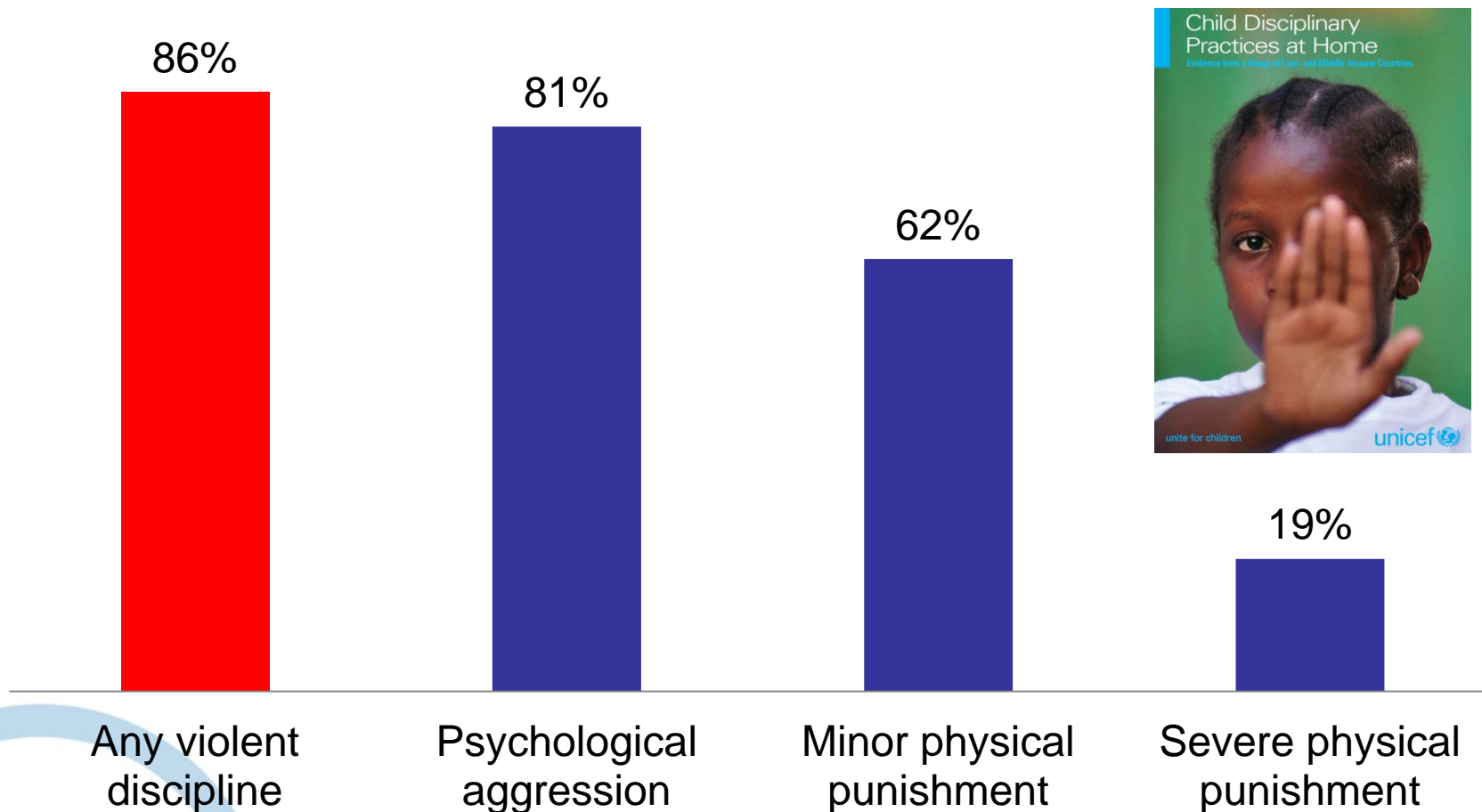
- On a global scale problematic parenting is widespread
- Physical and mental health consequences of children's exposure to family violence are serious and long term (Moffitt et al, 2013)
- Self-reported incidence of physical abuse **40 times greater** than official records (Chang, Runyan, et al, 2005)



Source: Theodore, Chang, Runyan et al. (2005). Epidemiologic features of the physical and sexual maltreatment of children in the Carolinas. *Pediatrics*, 115, 331-3337.

# Violence against children is widespread

Children aged 2-14 experiencing violent discipline in 29 countries



Source: UNICEF, Child Disciplinary Practices at Home: Evidence from Low and Middle Income Countries, New York, 2010

# The Panamanian context

- Parents living in poverty (70% living on less than \$300 per month)
- Living in very small houses ( all the family sleeping in the same room common) in very poor communities.
- High urban crime rates (gang participation common)
- Most parents did not finish high school
- Parents very concerned about their child getting involved in gang activity and/or the child failing or quitting school

Funded by: National Secretariat of Science, Technology and Innovation (SENACYT)

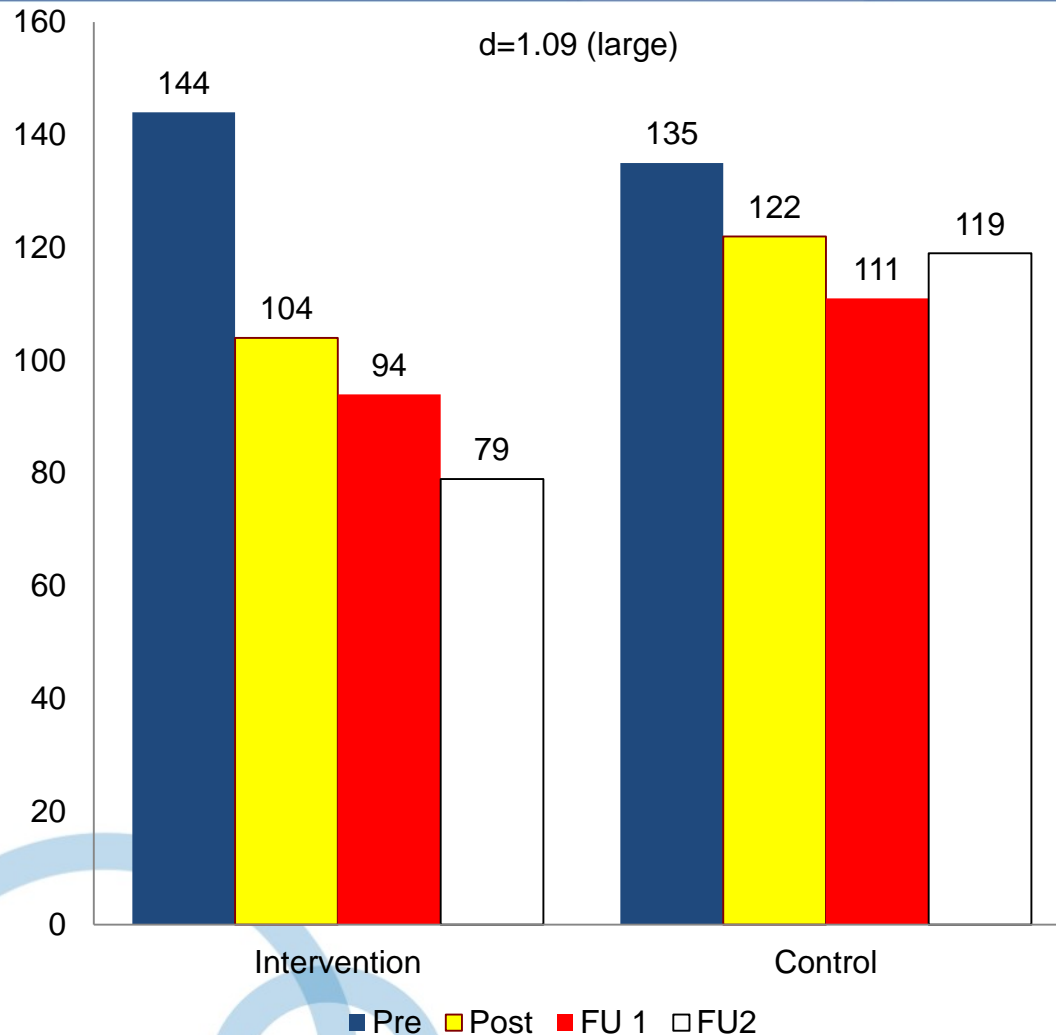
# Bringing evidence-based parenting programs to LMIC

- Establish cultural relevance and acceptability to parents and practitioners (Mejia et al, 2013)
- Establish effectiveness (with the highest possible standard of evidence)



# Effects of Triple P Disobedience Discussion Group

Mejia, Calam & Sanders (under review)



Measure	Effect sizes
Parenting Scale	d= 0.4
Parental distress	d=0.3

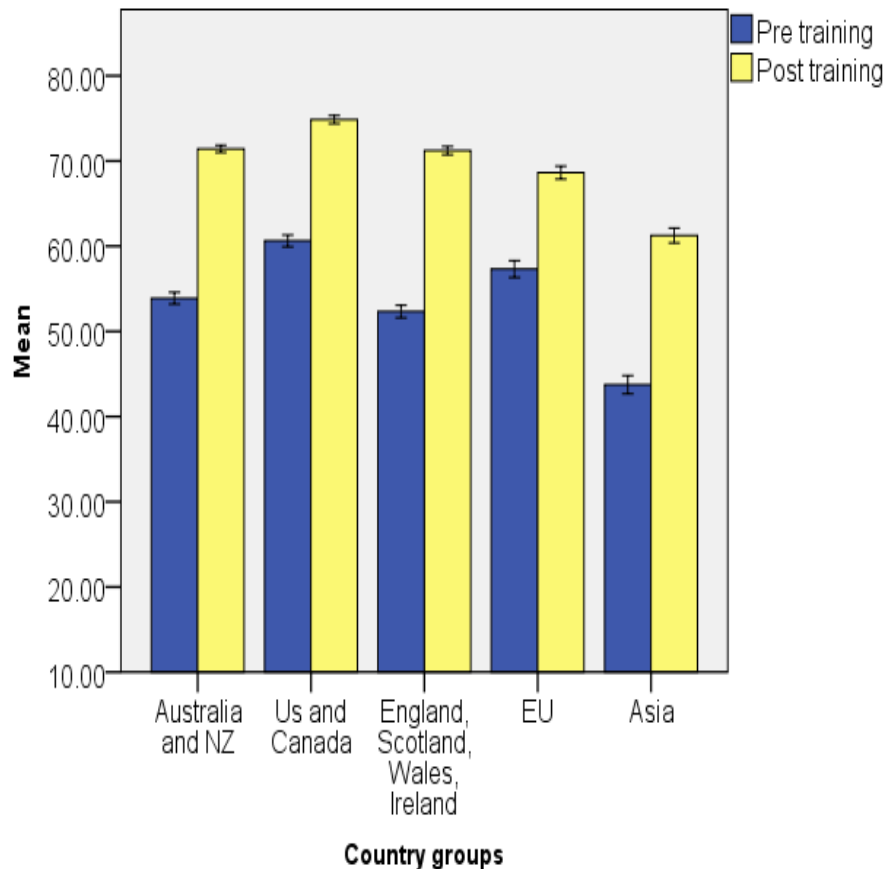




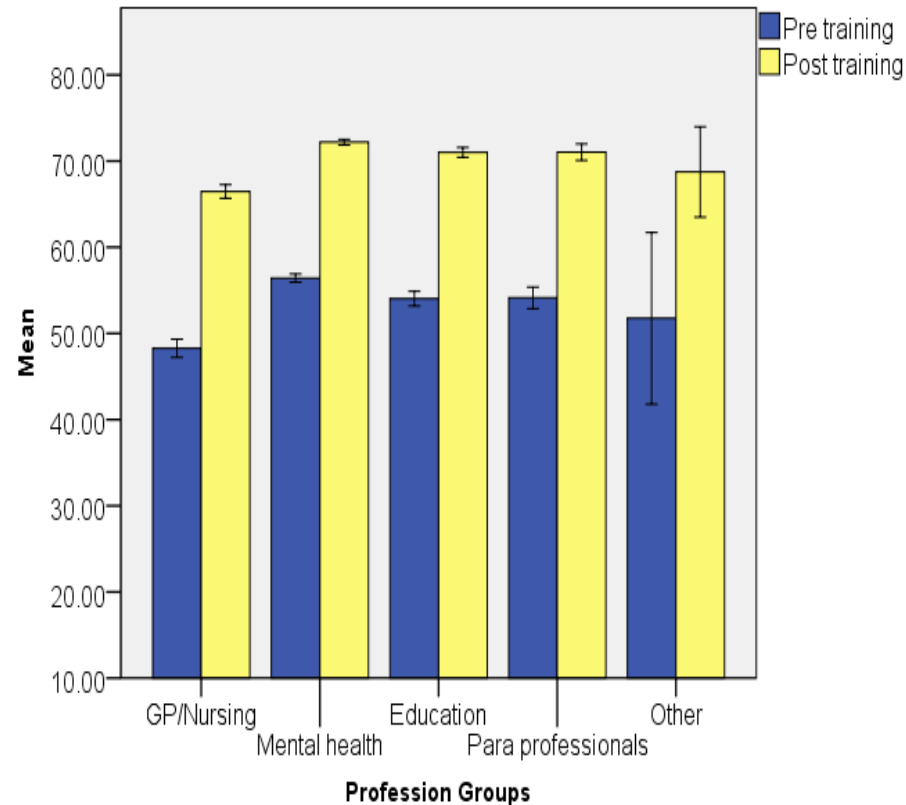
# Improving implementation

# Training improves Practitioner Self- efficacy (Content)

By Country (N=6130)

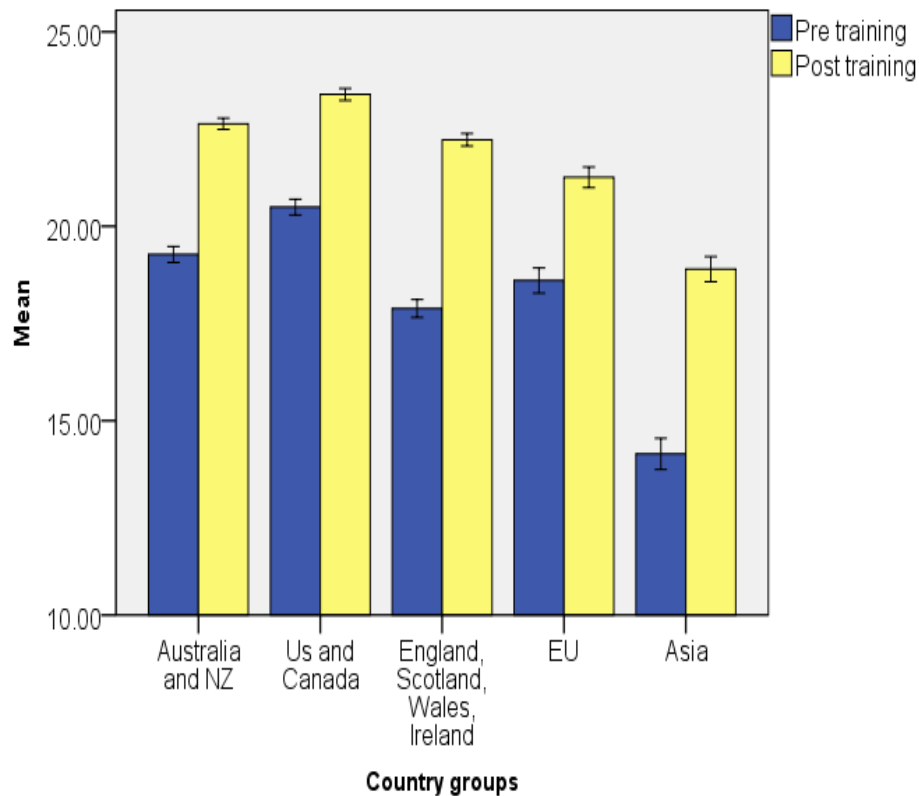


By Profession (N = 5923)

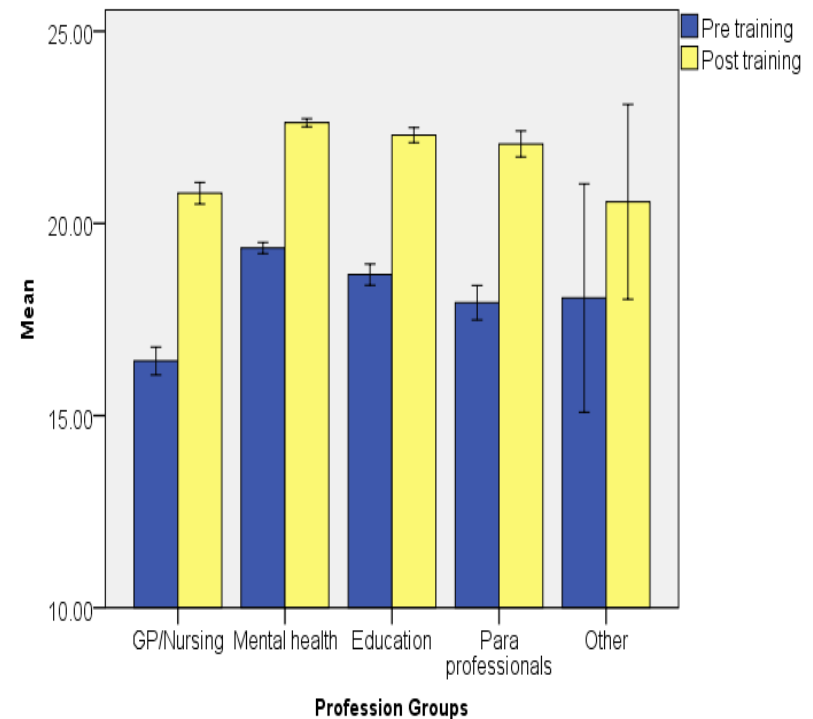


# Training improves practitioner Self efficacy (Process)

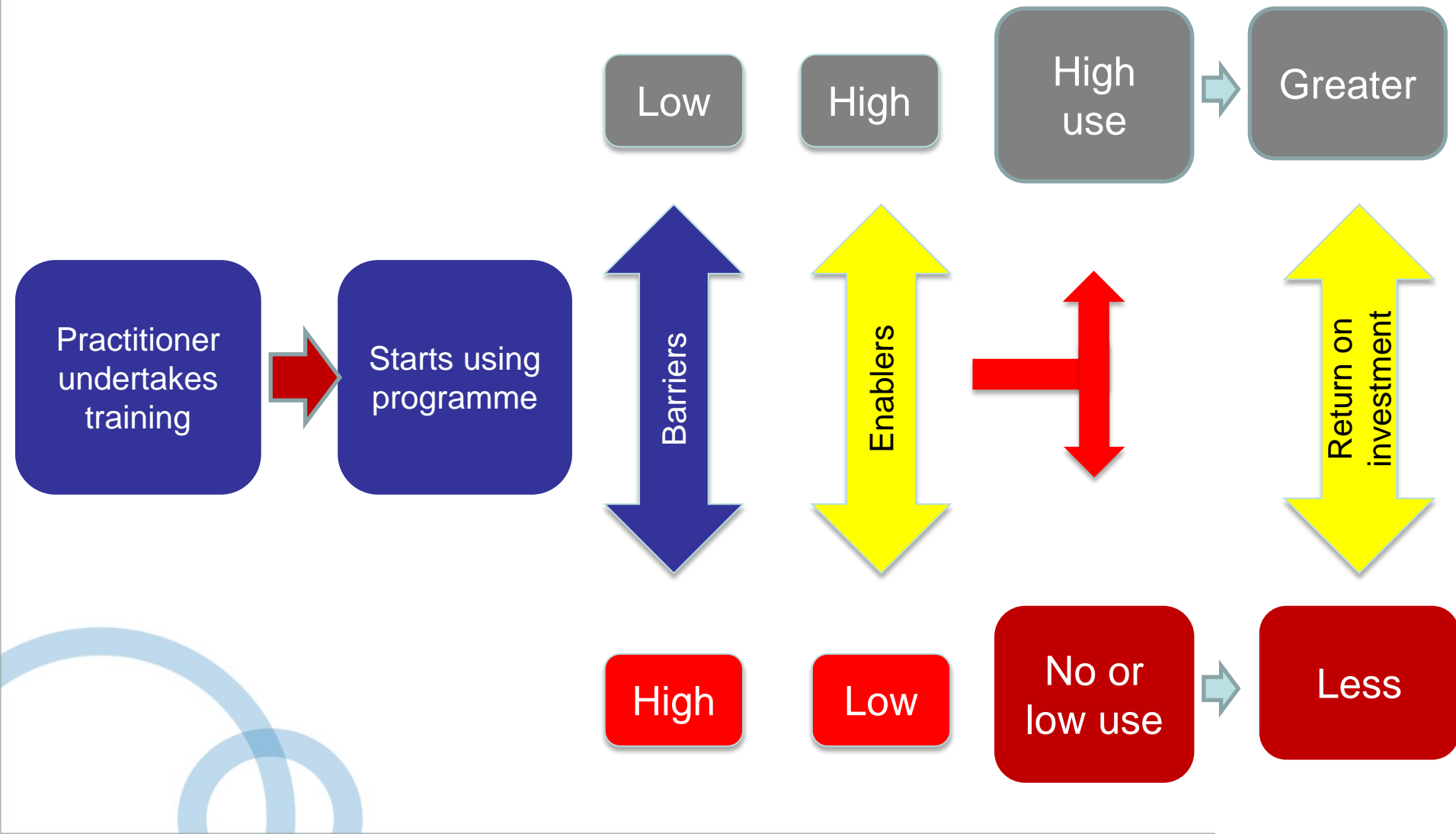
By Country (N= 6130)



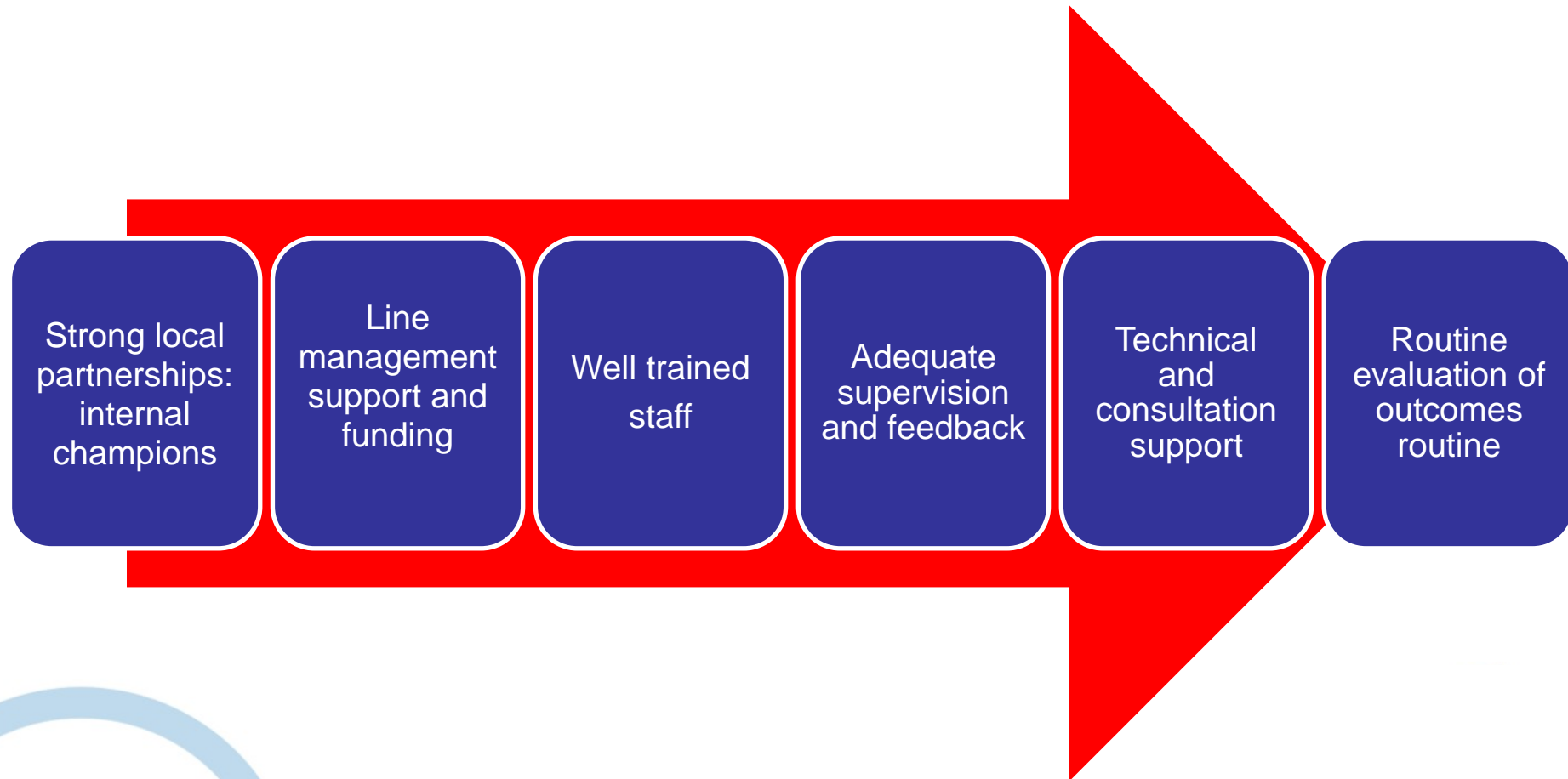
By Profession (N = 5923)



# Organisational enablers and barriers influence return on investment



# Drivers of implementation success



Future  
directions

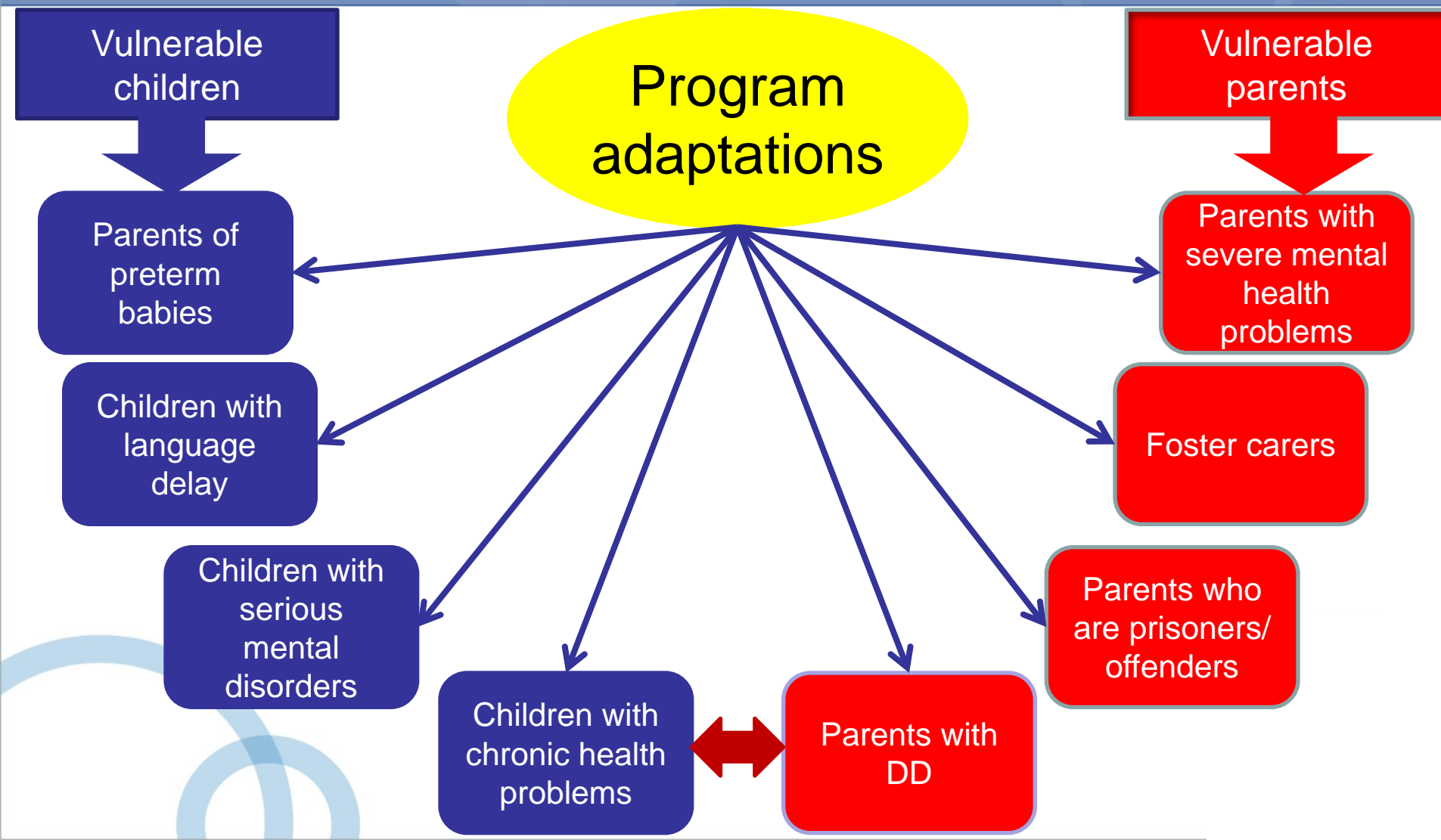
Why  
parenting is  
so  
important

Confronting  
the  
challenges  
ahead

Self  
regulation  
and life  
success

# Program variants targeting vulnerable children and parents

(Work in progress)

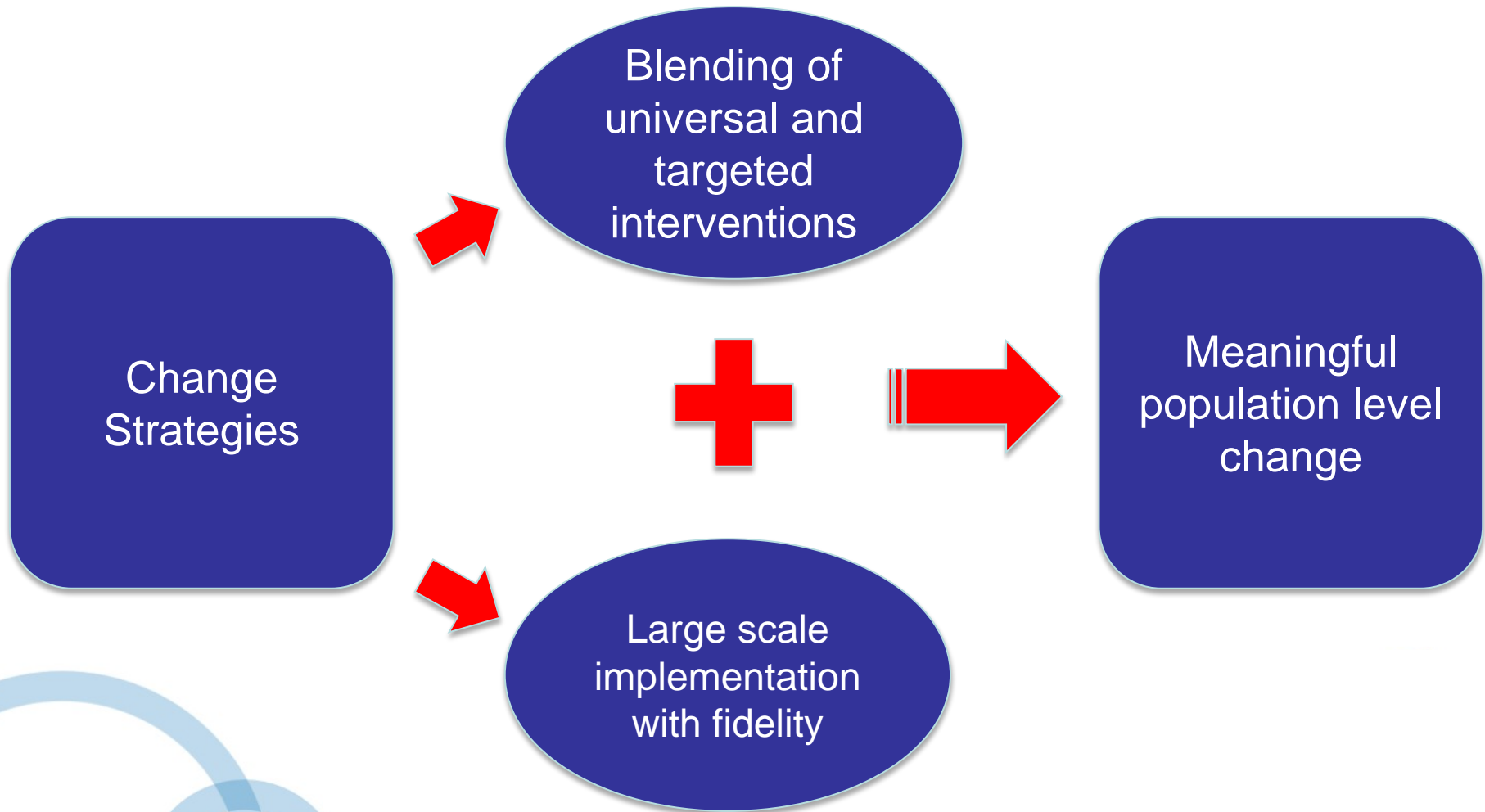


# Emerging Priorities

- Population approaches to parenting of children with a developmental disability (continuing)
- Parenting in an age of technology (trials in progress)
- Parenting in the context of humanitarian refugees settlement (pilot work)



# Change strategies



# A final word



Significant investment in parenting programs for all parents makes good sense. Through better parenting we can ensure a future generation of healthy, happy, capable children and young people



## The Helping Families Change Conference

is a leading scientific event offering advanced level presentations, symposia and workshops across a broad range of parenting and family intervention domains. Those attending will be presented with state-of-the-art knowledge and engage in hands-on practice with leaders in the field of family intervention.

Details at [www.helpingfamilieschange.org](http://www.helpingfamilieschange.org)

