

TRIPLE P IN NSW: RESULTS FOR CHILDREN & FAMILIES

INTRODUCTION

You may recall some months ago you participated in a survey about the Triple P program you attended last year.

At that time we promised you that we would send you information about the survey results and this brochure provides a summary of the surveys plus more information about the full evaluation of Triple P across NSW.

The evaluation, which was conducted by Nexus Management Consulting, aimed to find out what results Triple P achieved for families and children. The evaluation had three main components:

- a controlled study which compared outcomes for a selection of families who attended a Seminar Series with other families who have not done a parenting course
- an analysis of child behaviour through surveys collected from parents who attended Triple P Groups
- phone interviews with 45 families who had recently done either a Seminar Series or a Group.

RESULTS FOR FAMILIES ATTENDING SEMINARS

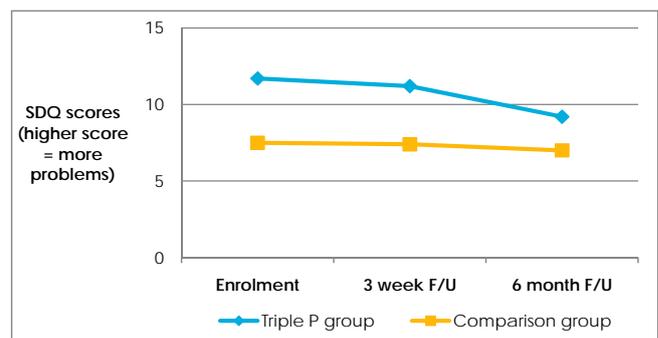
182 children and their families were involved in the controlled study:

- 104 parents in the intervention group (the Triple P group) attended all three sessions of a Triple P seminar program in 2010
- 78 parents in the comparison group, whose children attended children's services and schools in similar areas of the state, but who did not attend a parenting course.



The two groups were compared for results on a standard questionnaire (the Strengths and Difficulties Questionnaire) at three points: enrolment in the study (i.e. prior to the commencement of the first of three Triple P seminars for the Triple P group), at a three week follow-up (i.e. at the conclusion of the third of the seminars for the Triple P group) and at a six month follow-up.

FIGURE 1: SDQ TOTAL PROBLEMS SCORE BY STUDY GROUP AT PRE, POST AND 6 MONTH FOLLOW-UP ASSESSMENTS



The key result is that only children of parents in the Triple P group improved over the six month period, as rated by their parents. That is, the Triple P group showed a statistically significant improvement from pre-intervention to the six month follow-up (i.e. between the first and third points for the blue line in figure 1) but the comparison group did not. The Triple P seminars were thus effective in improving children's behaviour.

RESULTS FOR FAMILIES ATTENDING GROUP PROGRAMS

The evaluation also compared pre-program scores with the scores at the end of the final group session for a group of 293 parents who attended Triple P Group programs in 2010.

The key result is that there were statistically significant reported improvements in parenting behaviours and child behaviours over the over the pre-post program period.

FAMILY INTERVIEWS

To obtain a richer insight into parenting behaviours and child outcomes, the evaluation included interviews with 45 parents who had attended Triple P in 2010: 26 who had attended a Group in late 2010 and 19 who had attended a Seminar Series in late 2010.

The key results are that:

- *37 of the 45 parents (82%) had noticed changes in their child's behaviour after completing Triple P*
- *Most parents (91%) felt their child's behaviour improved: 12 of the 37 respondents (32%) 'A lot better' and 22 of the 37 respondents (59%) 'Slightly better'*
- *Most parents (75%) felt their child was getting on better with them: 12 of the 37 respondents (32%) 'A lot better' and 16 of the 37 respondents (43%) 'Slightly better'*
- *Most parents (75%) felt their child was getting on better with their siblings and friends: 9 of the 37 respondents (24%) 'A lot better' and 19 of the 37 respondents (51%) 'Slightly better'.*

Following Triple P, the overall majority indicated that they had changed their parenting practices:

- 39 of the 45 parents interviewed (87%) were doing things differently when their child misbehaved
- Most parents are using the strategies they heard about in Triple P when their child misbehaves: 21 of the 45 respondents (47%) 'Mostly or always', 9 of the 45 respondents (20%) 'Often' and 12 of the 45 respondents (27%) 'Sometimes'
- 31 of the 45 parents (69%) stated that Triple P changed the way they discussed parenting problems with their child's other parent.

Overall, most parents interviewed (93%) felt more confident in their parenting following Triple P: 19 of the 45 respondents (42%) 'Much more confident' and 23 of the 45 respondents (51%) 'Slightly more confident'.

Most parents (98%) also felt Triple P was helpful to their family: 23 of the 45 respondents (51%) 'Very helpful' and 21 of the 45 respondents (47%) 'A bit helpful'.

MORE INFORMATION

For more information on the evaluation, contact Greg Masters at Nexus Management Consulting on 02 8065 0140 or gmasters@nexusmc.com.au

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