Teen Triple P objectives - teenagers

- Promote teenager development
- Increase teenager competence in managing personal issues
- Reduce conflict over parents' use of methods of discipline
- Improve communication between teenagers and parents
- Reduce anxiety and stress associated with being a teenager

Teen Triple P objectives - parents

- Increase parents' competence in promoting teenager development
- Increase parents' competence in managing common behaviour problems and developmental issues
- Reduce parents' use of coercive and punitive methods of discipline
- Improve communication between parents and teenagers
- Reduce parental stress associated with raising teenagers

16 core strategies

- Developing a positive relationship
  - Spending time together
  - Talking together
  - Showing appropriate affection

- Increasing desirable behaviour
  - Descriptive praise
  - Positive attention
  - Engaging activities

- Teaching new skills and behaviours
  - Modelling
  - Coaching problem-solving
  - Behaviour contracts
  - Family meetings

- Managing problem behaviour
  - Family rules
  - Directed discussion
  - Clear, calm requests
  - Logical consequences
  - Acknowledging emotional behaviour
  - Behaviour contracts

Triple P system of intervention
Rationale of Level 3 Triple P Discussion Groups 1 of 2

- Specifically targeted at single topic (problem area)
- Based on Triple P principles of positive parenting
- Includes relevant Triple P strategies for preventing and managing specific problems
- Uses minimally sufficient approach

Rationale of Level 3 Triple P Discussion Groups 2 of 2

- Can be used to manage waiting lists or as a first step to engage high needs parents
- May increase parental engagement as Triple P Discussion Groups are topic specific for areas of identified needs for parents
- Cost and time effective (for parents and practitioners)
- Parents may also generalise skills to other problem behaviours

Overview of Triple P Discussion Groups 1 of 2

- Single two-hour group (for each topic) with optional follow up phone consult
- Small group format (8-15 people)
- Could also be delivered relatively informally one-on-one or a very small group of 3-4 as a single session primary care intervention
- Parents do whichever group is relevant and could do more than one if needed
- Parents can opt to have follow-up phone call

Overview of Triple P Discussion Groups 2 of 2

- Various teaching methods employed
  - PowerPoint slides and teaching
  - DVD clips
  - Group exercises and discussions
- No explicit active skills training (role plays)
- Parents are encouraged to keep track and try new strategies

Format of Triple P Discussion Groups 1 of 2

- Same structure for all discussion groups
  - Common problems
  - Why problems happen
  - Keeping track
  - Preventing problems
  - Managing problems
  - Key steps
- Structure similar to tip sheets but includes exercises for active learning

Format of Triple P Discussion Groups 2 of 2

- Same type of exercises for all discussion groups
  - Listing problems experienced
  - Identifying parent traps
  - Preventing problems (strategy focus)
  - Managing problems (strategy focus)
Teen Triple P Discussion Group Topics

- Getting Teenagers to Cooperate
- Coping with Teenagers’ Emotions
- Reducing Family Conflict
- Building Teenagers’ Survival Skills

Session plan

- Exercise 1: Problems you have faced
- Parent traps
- Exercise 2: Being aware of parent traps
- Keeping track
- How to teach children and teenagers to get along with each other
- Exercise 3: Encouraging family harmony
- How to reduce family conflict
- What to do if directed discussion doesn’t work
- Exercise 4: Reducing family conflict
- How to manage conflict
- Exercise 5: Preparing to manage conflict
- If problems persist

Common parent traps – DVD segment

Target Population and Recruitment

- Parents of young teenagers (aged 12-15 years) who wanted assistance in dealing with family conflict
- School emails and newsletters
- Flyers to community centres, shopping centres, church groups, libraries and sports fields
- Local radio, University of Queensland website, parenting forums, and social media sites

Participant Flow-diagram

- 32 Expressed interest
- Completed on-line survey
- Screening phone call
- 2 could not attend
- 2 had no childcare
- 3 unknown
- Attended discussion group
- Received follow-up call
- 1 did not complete post-test
- Completed on-line survey
Sample Characteristics

- 92% mothers, one father and one step-mother
- 52% married
- 56% had a university education
- 72% were employed and working an average of 42 hours per week
- 40% were single parents, 40% were original families and 20% were step-families.
- 52% reported receiving Government benefits
- 60% boys, 40% girls aged 12 to 15 years old ($M = 13.22, SD = .89$)

Program Delivery

- 4 discussion groups were held with between three and seven parents per group
- Two were held at a community centre, one at a high school community room and one at the Triple P Centre.
- Three were held on evenings during the week and the other one was held on a Saturday morning.

Evaluation Measures

- Parenting and Family Adjustment Scale - Adolescent Version (PAFAS-A)
- Child Adjustment and Parent Efficacy Scale - Adolescent version (CAPES-A)
- Parenting Tasks Checklist (PTC)
- Conflict Behaviour Questionnaire (CBQ – 20)
- Depression Anxiety Stress Scales-21 (DASS-21).
- Discussion Group Satisfaction Questionnaire (DGSQ) immediately following the discussion group.
- Parent Satisfaction Questionnaire (PSQ) at post-test

Family Conflict

- $p = .002$

Parent Well-being

- $DASS21 - Stress$
  - $p = .037$

Parenting Confidence

- $p = .010$
  - $p = .001$
  - $p = .010$
Parenting Practices and Adolescent Adjustment

![Chart showing Parenting Practices and Adolescent Adjustment](chart)

Reliable Change Index

<table>
<thead>
<tr>
<th>Measure</th>
<th>Improve</th>
<th>Worsen</th>
</tr>
</thead>
<tbody>
<tr>
<td>CBQ</td>
<td>(7/17)</td>
<td>41.2</td>
</tr>
<tr>
<td>DASS-21 Stress</td>
<td>(6/17)</td>
<td>35.3</td>
</tr>
<tr>
<td>PTC Setting Efficacy</td>
<td>(4/17)</td>
<td>23.5</td>
</tr>
<tr>
<td>PTC Behavioural Efficacy</td>
<td>(10/16)</td>
<td>65.5</td>
</tr>
</tbody>
</table>

Feedback Following Participation

![Chart showing Feedback Following Participation](chart)

Parent Satisfaction Questionnaire (at Post-test)

![Chart showing Parent Satisfaction Questionnaire](chart)

Further evaluations needed

- Trial currently being conducted in Amsterdam
- Randomised Control trials required
- Promising preliminary results

Questions

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