



Institute for Applied
Health Research

Triple P for Baby: A Glasgow perspective

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Baby Triple P (Triple P for Baby) – The programme

- An intervention to help parents prepare for the transition to parenthood
- Aims to reduce parental stress, increase the use of emotional coping strategies and improve the quality of the couple relationship
- Level 4 Intervention
- Delivered antenatally or postnatally
- 8-sessions:
 - 4 x 2 hour group sessions
 - 4 x 30 minute individual telephone sessions
- Active skills training

Baby Triple P – The programme

➤ Key components

- Developing a positive relationship with baby
- Responding to baby
- New skills and behaviours
- Survival skills
- Partner support

➤ The sessions

- Session 1: Positive parenting
- Session 2: Responding to your baby
- Session 3: Survival skills
- Session 4: Partner support
- Sessions 5-8: Implementing positive parenting strategies

Glasgow study

Design

- Two-arm RCT
 - Care as Usual (CAU)
 - CAU + Triple P for Baby

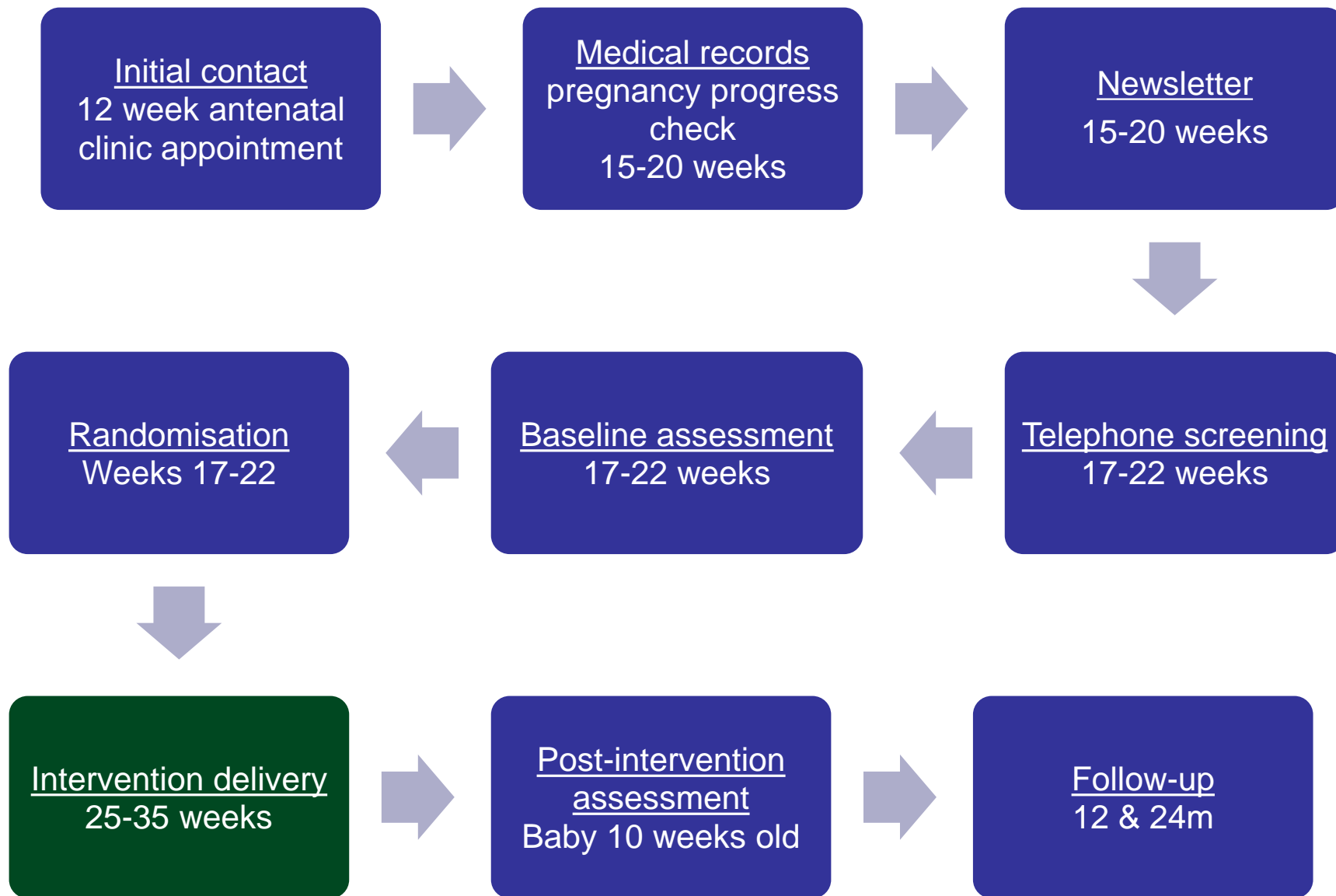
Population and sample

- Couples expecting their first child
- N=160 couples

Intervention

- Group Baby Triple P
- 8 Session programme
 - 4 Antenatal group sessions
 - 4 Postnatal telephone sessions
- Community delivery
- Multi-disciplinary practitioners

Contact points



Parent outcomes

Baseline assessment

➤ Maternal Mental Health

- Depression Anxiety Stress Scale (DASS)

➤ Life satisfaction

- Satisfaction with Life Scale (SWLS)

➤ Relationship Satisfaction

- Frequency and Acceptability of Partner Behaviour Inventory (FAPBI)

➤ Division of Tasks

- Household Task Checklist and Household and Baby Care Task Checklist

➤ Social support

- Social Support Scale

Post-intervention assessment

➤ Parenting satisfaction & global self efficacy

- What Being The Parent of a Baby is like (WBPB)

➤ Task Specific Self Efficacy

- Maternal Self Efficacy Scale (MSES)

➤ Conflict over Parenting

- Parent Problem Checklist

➤ Mother-infant attachment

- Postpartum Bonding Instrument

Child outcomes

- Baby Diary
- Baby Behaviour Inventory

Recruitment

Participant characteristics

Mothers

Mean age

- 30 years

Highest level of education

- 14.1% secondary school
- 20.5% college
- 30.8% university degree
- 29.5% post-graduate qualification

Employment

- 80.8% working full-time
- 7.7% unemployed
- 87.2% want to return to work after the baby is born

Partners

Mean age

- 31 years

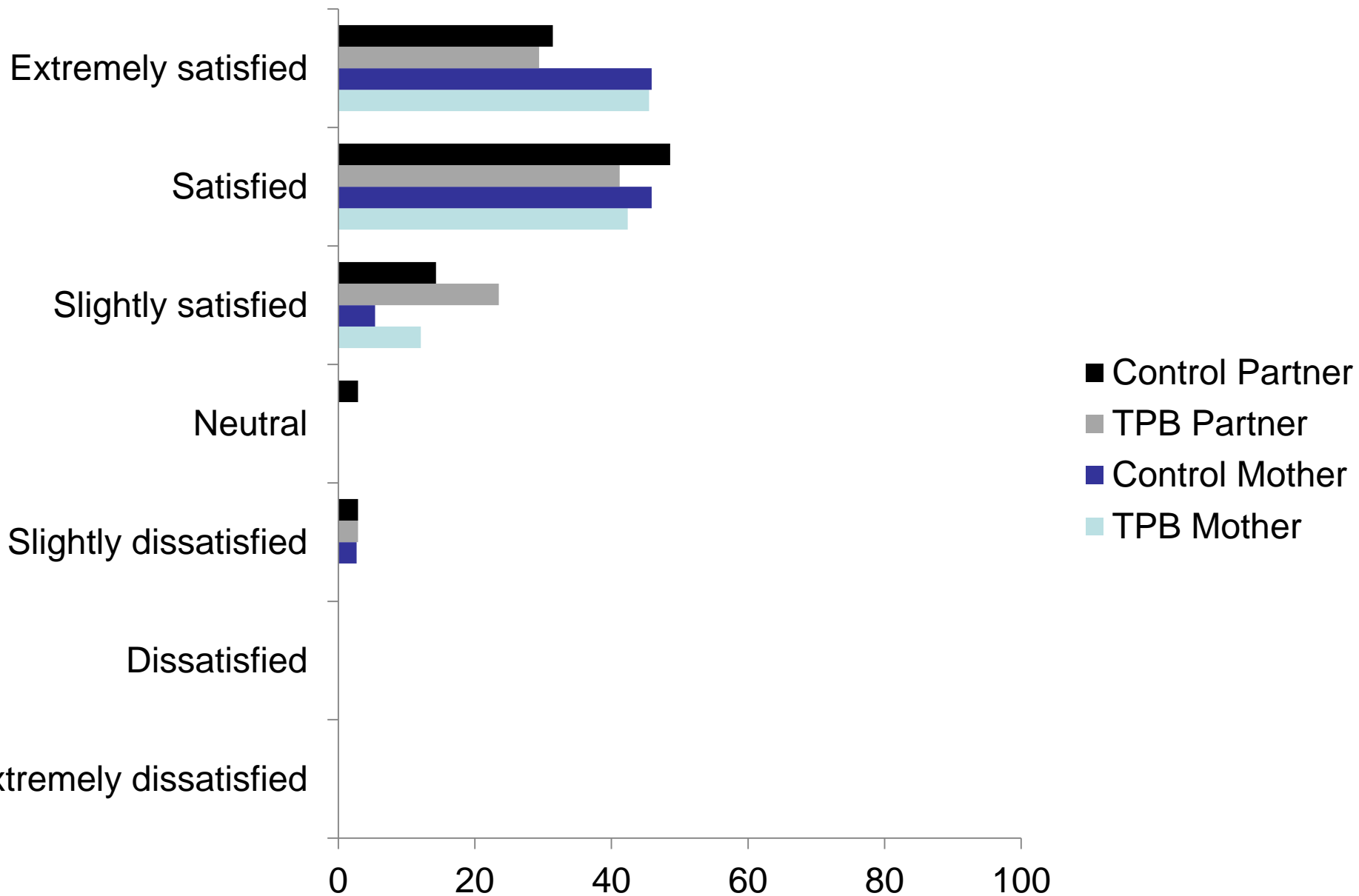
Highest level of education

- 12.8% secondary school
- 19.2% college
- 37.2% university degree
- 15.4% post-graduate qualification

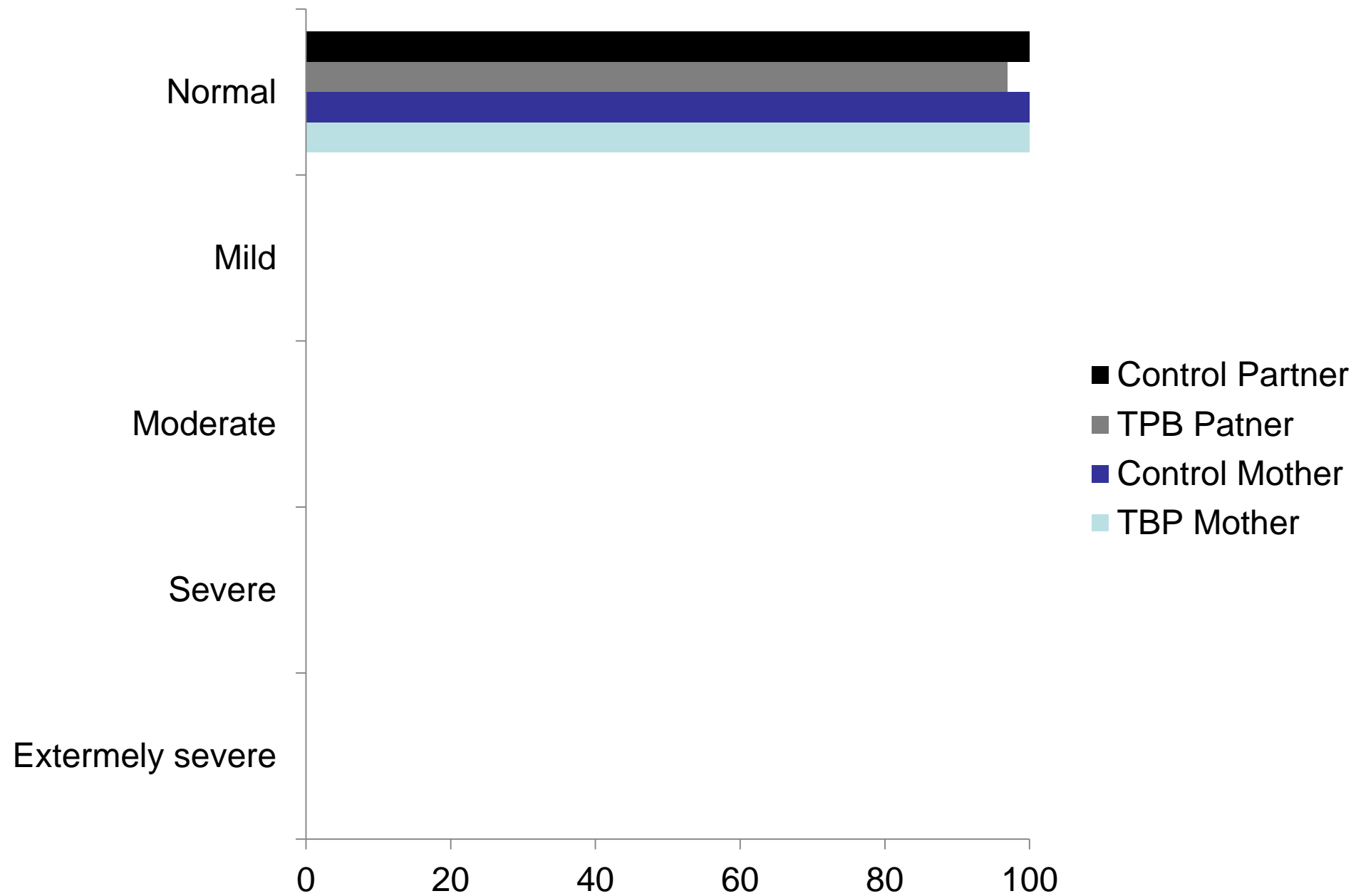
Employment

- 83.3% working full-time
- 3.8% working part-time
- 2.6% unemployed

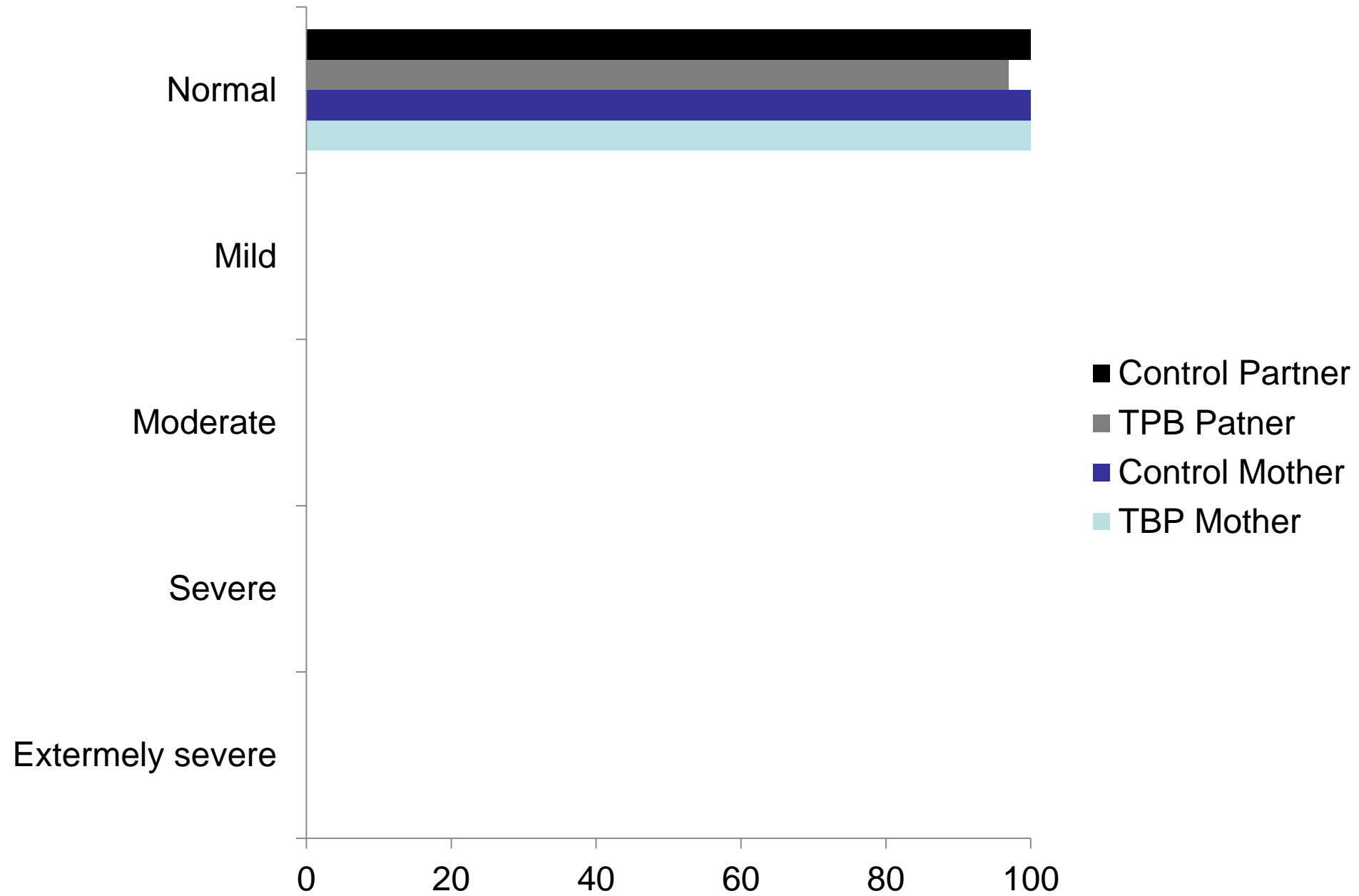
Baseline Satisfaction with Life



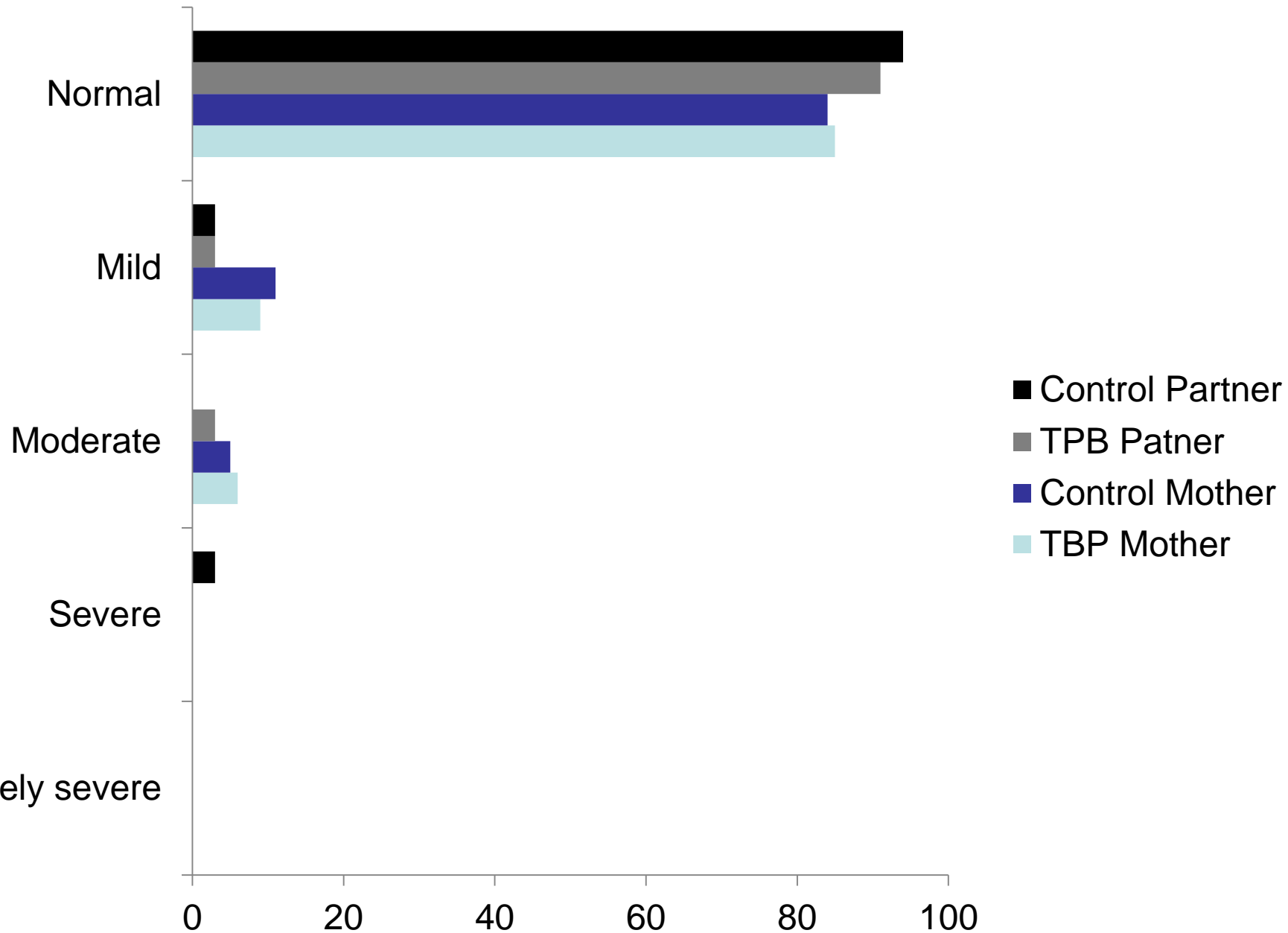
Baseline DASS - Depression



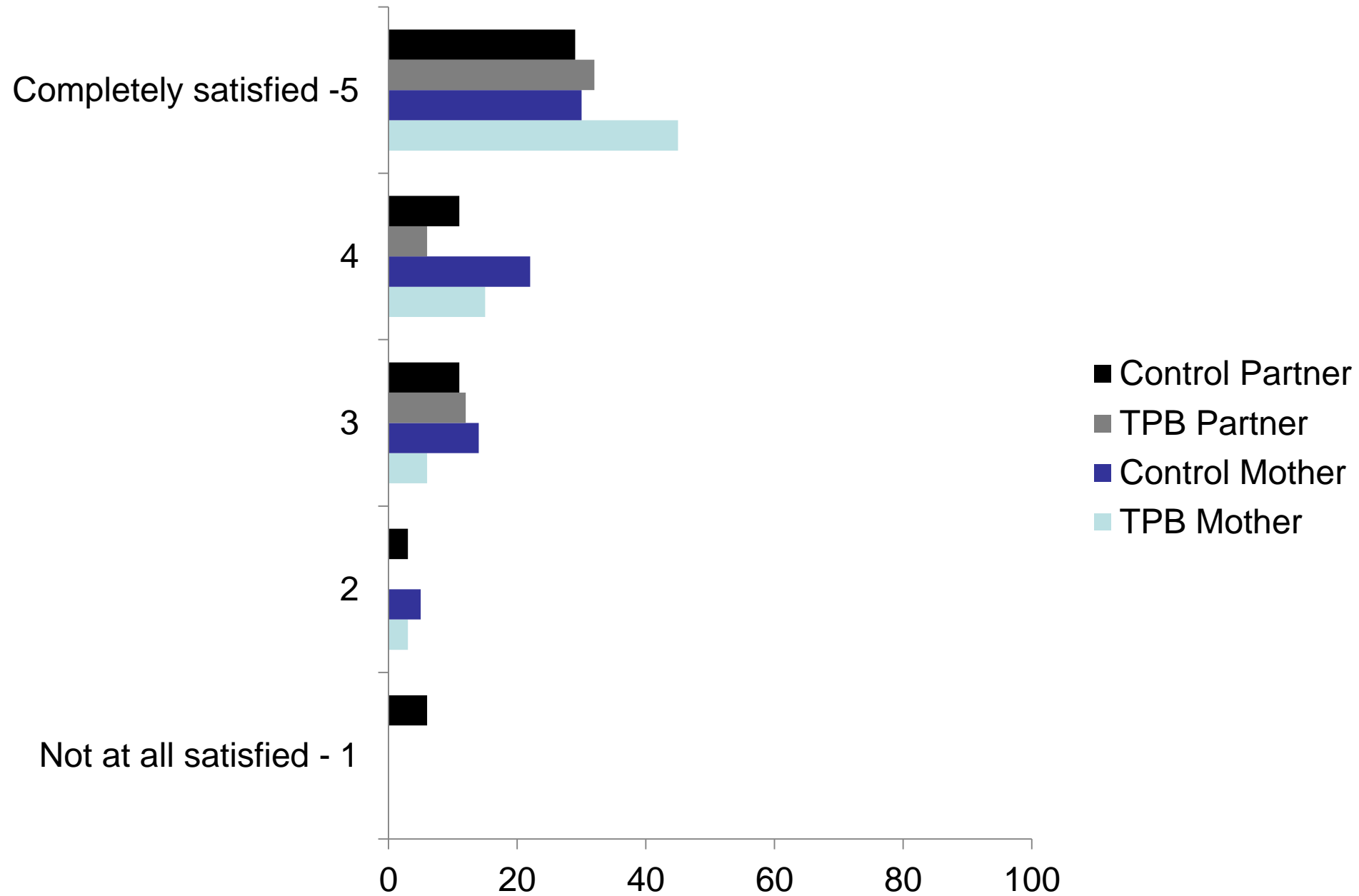
Baseline DASS - Stress



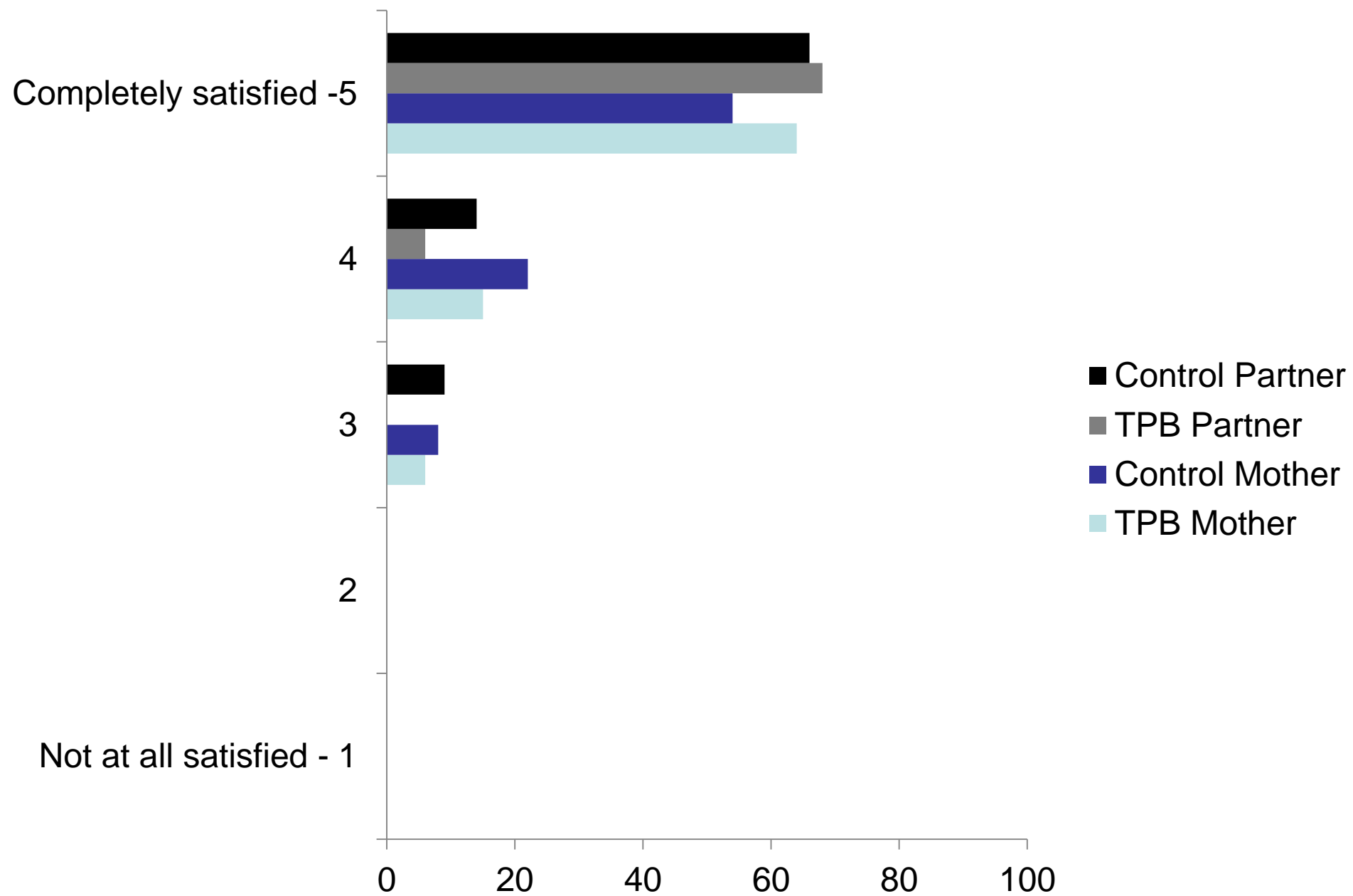
Baseline DASS - Anxiety



Baseline Social support scale – Formal support

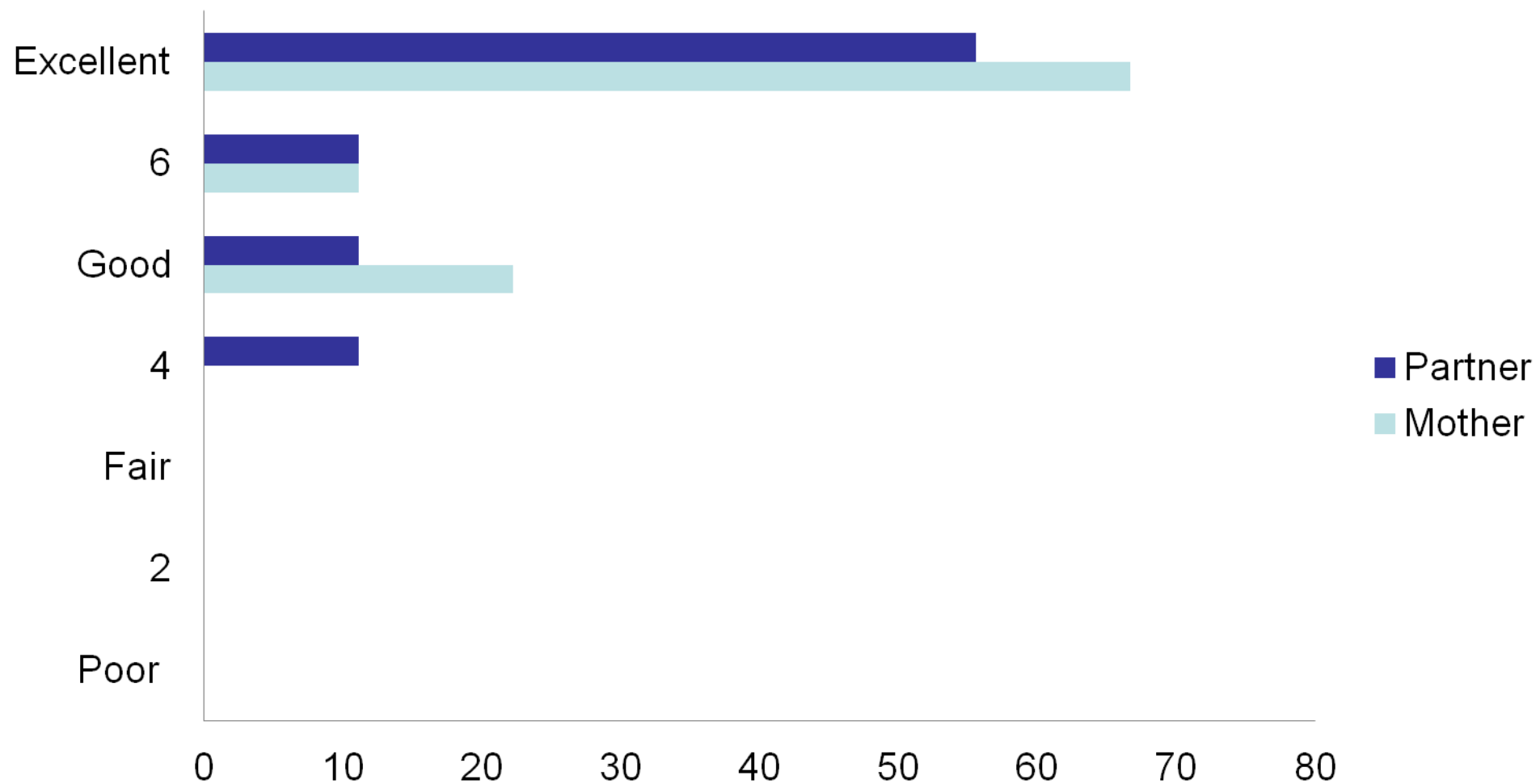


Baseline Social support scale – Informal support



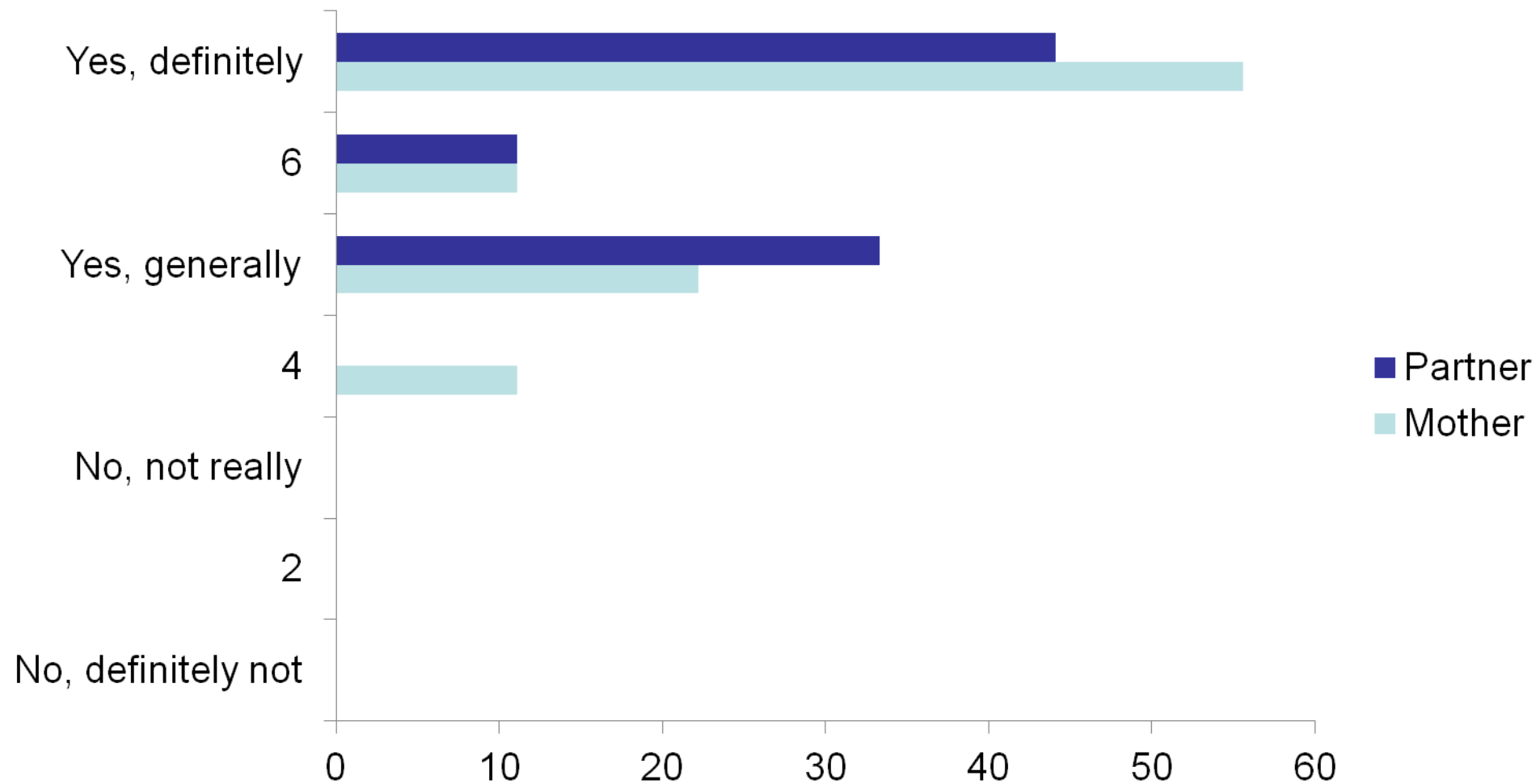
Client Satisfaction

How would you rate the *quality* of the service you received?



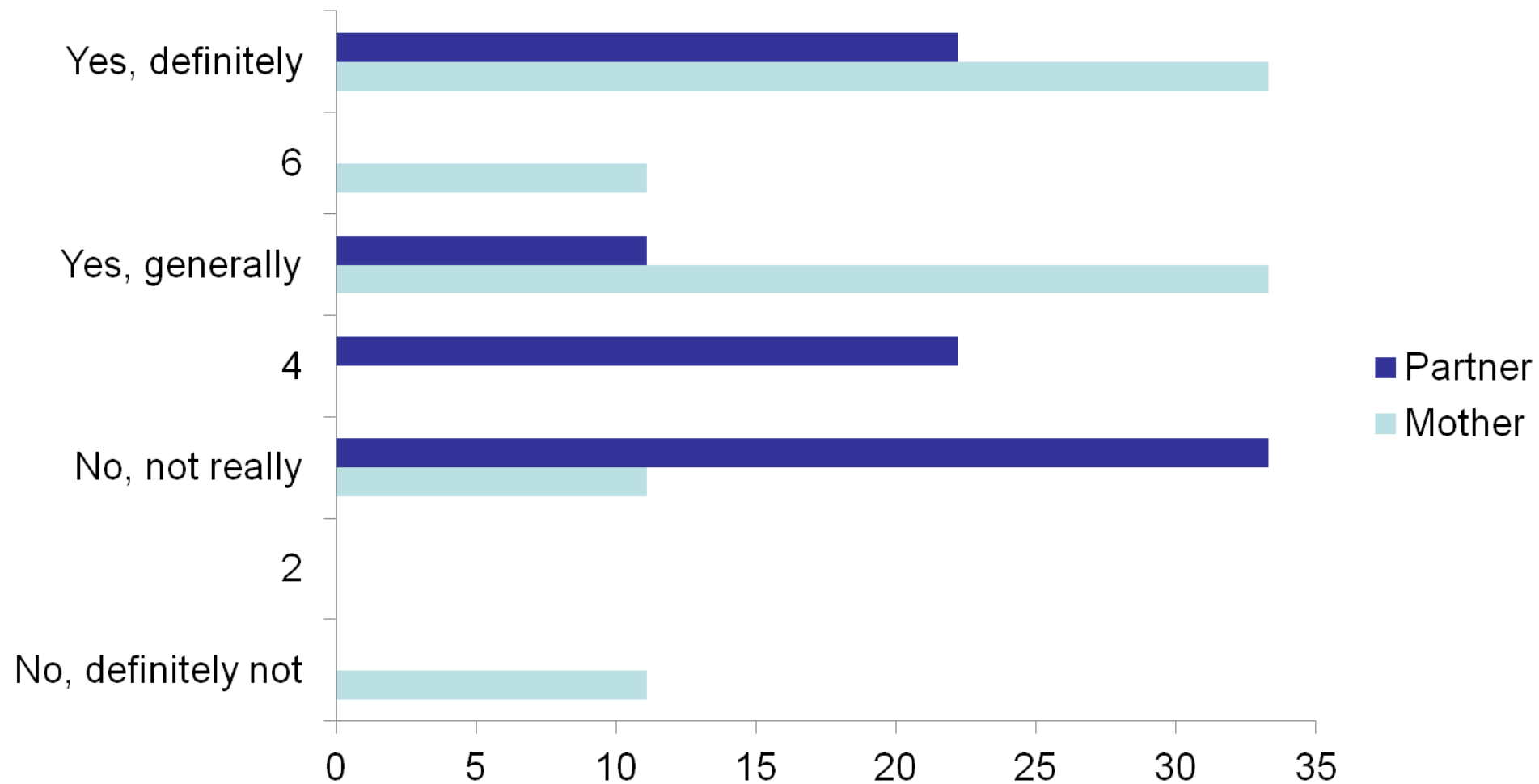
Client Satisfaction

Did you receive the *type of help* you wanted from the programme?



Client Satisfaction

Do you think your relationship with your partner has been improved by the programme?



Client Satisfaction

Mothers' feedback

- Would definitely recommend to ALL new parents
- I feel I have a positive relationship with my partner and so we maybe didn't feel the full impact that Triple P could make but we enjoyed the group sessions and re-reading the workbook when BABY was born was definitely helpful!
- Triple P made me alert to certain things and alert when the baby arrived. I can easily determine the baby's needs and the baby warmed up to me easily and I to the baby

Partners' feedback

- We both found this programme gave us a sound knowledge of what to look for in behaviours and how to positively change or adjust these behaviours ! Couldn't rate it highly enough ... Establishing a ""routine"" enabled our son to be sleeping right through from six weeks old ! Also we are able to put in into bed without soothing or falling asleep first and when we feel he needs a nap ! Triple P gave us the confidence to do this and understand what he needs ! Would highly recommend it!
- I don' t particularly feel the programme was designed for people like me and my family however we did get the books and my wife and I did enjoy the course and have used the some of the methods to prevent spiralling bad thoughts. Although for me a lot is common sense and I feel I was given my fare share.

Glasgow – The challenge!

Challenges

- Slow rates of recruitment with high disengagement between initial contact (12 weeks) and screening (17-22 weeks)
- Practitioner engagement
 - Trained too early (confidence in skills)
 - Glasgow roll out
 - Change in line management/change in own role

Solutions

- Redesign of recruitment material
- Engagement newsletter
- Introduction of
 - Travel reimbursement
 - Assessment completion incentives
- Re-engaging with practitioners and other gatekeepers



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Director of the PFSRP



Why have I been invited?

Becoming a parent is one of the most exciting journeys men and women undertake in their lifetime. After their baby is born, new parents are faced with lack of sleep, learning ways to care for the baby, changes in the couple relationship, and substantial lifestyle changes. At the same time, these early months are crucially important for the infant's development and well-being as well as for the mental well-being of the new parents.

Enabling new parents to deal with their baby's behaviour confidently, while at the same time developing their use of positive emotional coping skills can help to contribute significantly to a healthy happy start to life and the prevention of later behavioural and emotional problems in children, as well as adjustment difficulties in parents after the baby arrives.

Am I eligible to participate?

Interested couples must be experiencing a **first pregnancy** reaching the middle trimester (between 20 and 35 weeks gestation). Expectant mothers must have a **significant other** (i.e. partner/father of baby) who is prepared to be involved in the programme, as the intervention content is designed for both mother and partner. Additionally, couples must also have a **basic level of English literacy** in order to understand the programme with its associated exercises and materials. Couples who have sought treatment for depression or other **mental health** problems in the past 6 months are not eligible to take part. This is because those who may have psychological difficulties would benefit from a specialised intervention programme designed specifically for such problems. Also, parents expecting a baby who has been diagnosed with a **genetic disorder** or disability are not eligible to take part. This is because Triple P for Baby does not include the special considerations required for this type of pregnancy.

Do I have to take part?

It is up to you to decide. This information sheet contains detailed information on the study. If you have any questions about the programme, please feel free to contact the research team (see contact details below). You will be asked to sign a consent form to show you have agreed to take part. You are free to withdraw at any time, without giving reason. This would not affect the standard of care you receive or your future treatment.

What does taking part involve?

You will be placed in one of two groups; either the Triple P for Baby group or the Care-as-Usual group. Please note that you will **not be able to choose** which group you are placed in.

If you and your partner are assigned to the Triple P for Baby group, you will be attending four 2 hour group sessions run by a qualified practitioner, as well as participating in four weekly 30 minute telephone consultations starting when your baby is 6 weeks old. Group sessions are held in various locations throughout the Glasgow area. Couples (mother & partner) are expected to attend all four group sessions and be willing to participate in four telephone consultations after your baby is born. Involvement in this research will not affect any care typically provided to expectant couples – all couples will receive traditional National Health Service (NHS) antenatal and postnatal services as usual.

During **Session 1**, you will be introduced to the aims of Triple P for Baby and what the programme involves. There will be an opportunity for you to meet other expectant parents and to share some of your experiences and ideas about becoming a parent. Some time will be spent discussing positive parenting as an approach to raising infants. You will then look at some of the

Triple P for Baby

PARTICIPANT INFORMATION SHEET

We would like to invite you to take part in a research study. Before you decide, you need to understand why the research is being done and what it would involve for you. Please take time to read the following information carefully. Talk to others about the study if you wish. Ask us if there is anything that is not clear or if you would like more information.

Who is conducting the research?

Funded by the National Health Service Greater Glasgow & Clyde (NHSGGC), the research is being carried out by the Parenting and Family Research Programme (PFRP) at Glasgow Caledonian University, lead by Professor Matt Sanders.

What is the purpose of the study?

This study will examine the effects of Triple P for Baby, a parenting programme designed for couples expecting their first baby. Triple P for Baby aims to reduce parental stress associated with becoming a first time parent, increase the use of emotional coping strategies, improve the quality of the couple relationship and extent of their social support network. By helping parents to deal with their baby's behaviour confidently and in improving their use of positive emotional coping strategies, the programme aims to prevent future behavioural and emotional problems in children as well help parents with difficulties that might occur after the baby arrives.

Two groups will be compared:

- 1) those receiving standard NHS care AND the Triple P for Baby intervention
- 2) those who receive standard NHS care only - Care-as-Usual group

Using a computer system, participants will be placed in one or other of the groups. Intervention sessions will be delivered by trained and qualified Triple P practitioners. Prenatal sessions (before the baby is born) will be run by a Clinical Psychologist, with support from either a Midwife, Health Visitor, Speech & Language Therapist or Clinical Psychologist Trainee. It is expected that postnatal intervention sessions (after the baby arrives) will be delivered by a Health Visitor. Triple P for Baby targets the following key areas: developing realistic expectations about what

Triple P for Baby



Your invitation to take part

Who are we?

We are the Triple P for Baby Team



Elizabeth McGee



Tania Loureiro

If you have any questions or would like to have a chat about the study please get in touch. We will be very happy to speak to you.

You can phone us on 0141 331 3360 / 077 6936 5272

Or

You can email us at TriplePBaby@gcu.ac.uk

What is Triple P for Baby?

Triple P for Baby is a new programme for first-time parents. It is designed to help parents give their baby a healthy and happy start in life.

After their baby is born, new parents are faced with lack of sleep, learning ways to care for the baby, changes in the couple relationship, and substantial lifestyle changes.

Triple P for Baby aims to:

- reduce parental stress associated with becoming a first time parent;
- help parents develop confidence in their ability to deal with their new baby;
- increase the use of positive coping methods;
- improve the quality of the couple relationship;
- extend parents' social support networks.

By doing this, the programme aims to prevent future behavioural and emotional problems in children as well as help parents with difficulties that might occur after the baby arrives.

Parents doing Triple P for Baby get to go to 4 sessions before their baby is born and get 4 telephone sessions after their baby is born.

In **session 4** you will hear about some of the changes new parents might experience. The session also discusses some traps couples may fall into when they start out. The session explains the importance of communication and introduces a number of skills to help you and your partner. Ideas for maintaining a happy relationship will also be discussed, as will how to divide and share household tasks and activities.

Sessions 5 - 8 are phone sessions with a facilitator. They are held weekly, last about 30 minutes each and they start when the baby is 6 weeks old. Sessions 5-8 are designed to help you continue to practice the skills introduced in Session 4. There is an opportunity to receive tailored, one-on-one advice.

Glasgow – The challenge!

Challenges

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Solutions

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- Engagement newsletter
- Introduction of
 - ‘Contact us’ boxes
 - Travel reimbursement
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Thank you for listening!