

# A Preliminary Evaluation of the Teen Triple P Discussion Group - *Reducing Family Conflict*



Triple P - Positive Parenting Program<sup>®</sup>



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# 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

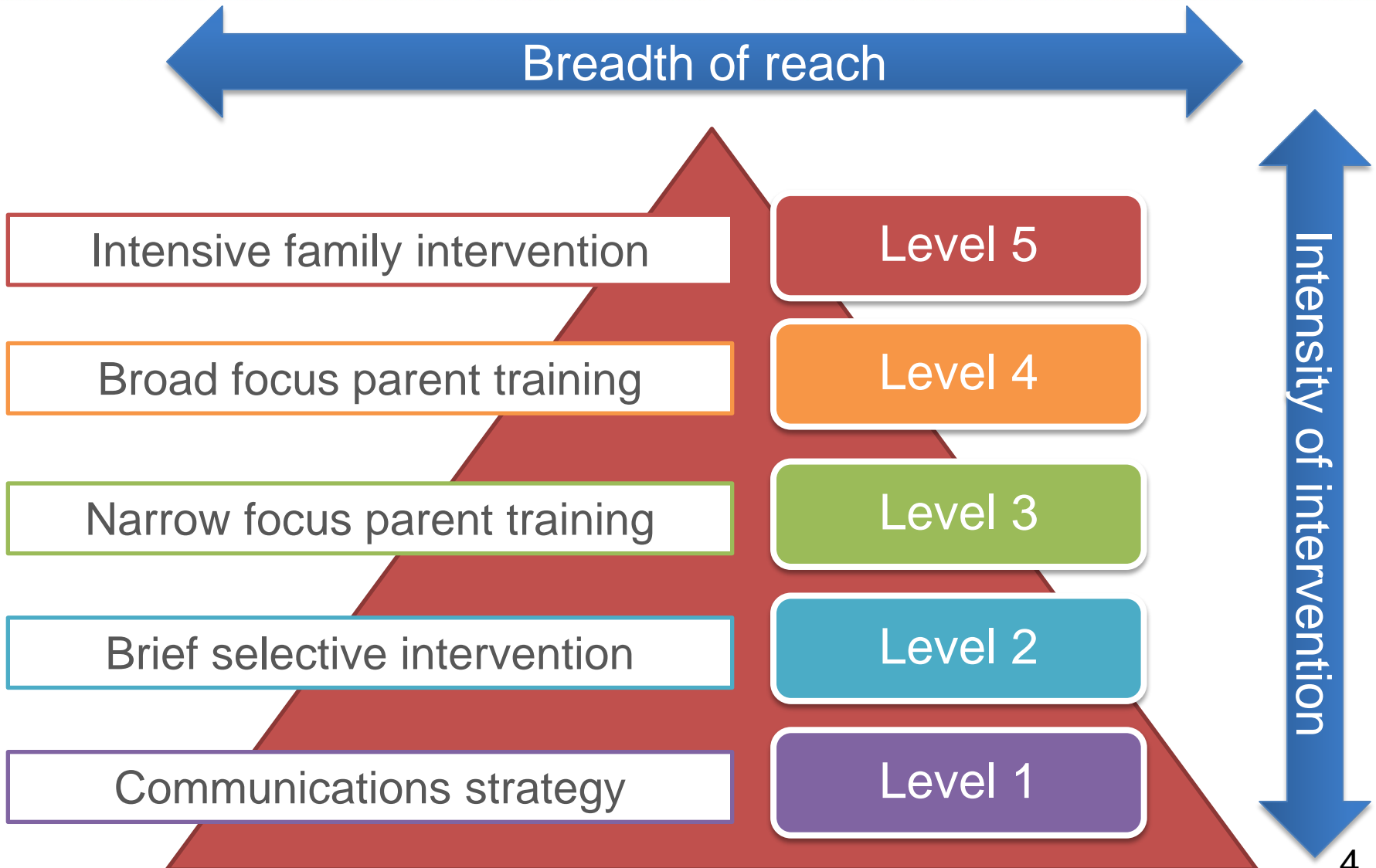


# Teen Triple P objectives - parents

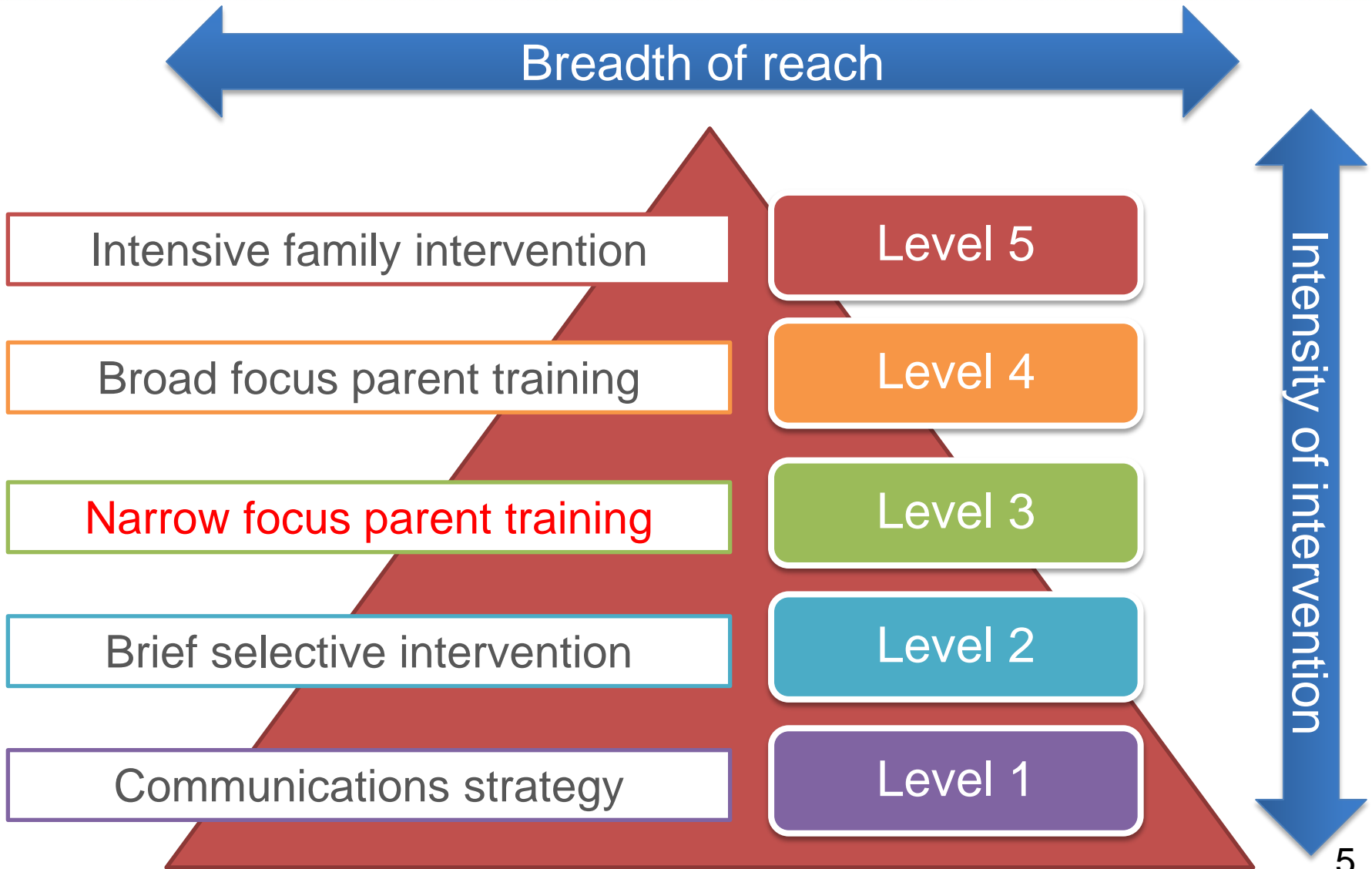


- Increase parents' competence in promoting teenager development
- Increase parents' competence in managing common behaviour problems and developmental issues
- Reduce parents' use of coercive and punitive methods of discipline
- Improve communication between parents and teenagers
- Reduce parental stress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

# The Triple P system of intervention



# The Triple P system of intervention



# Overview of Triple P Discussion Groups



- 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



- 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

# Teen Triple P Discussion Group – Reducing family conflict



Reducing Family Conflict

# 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

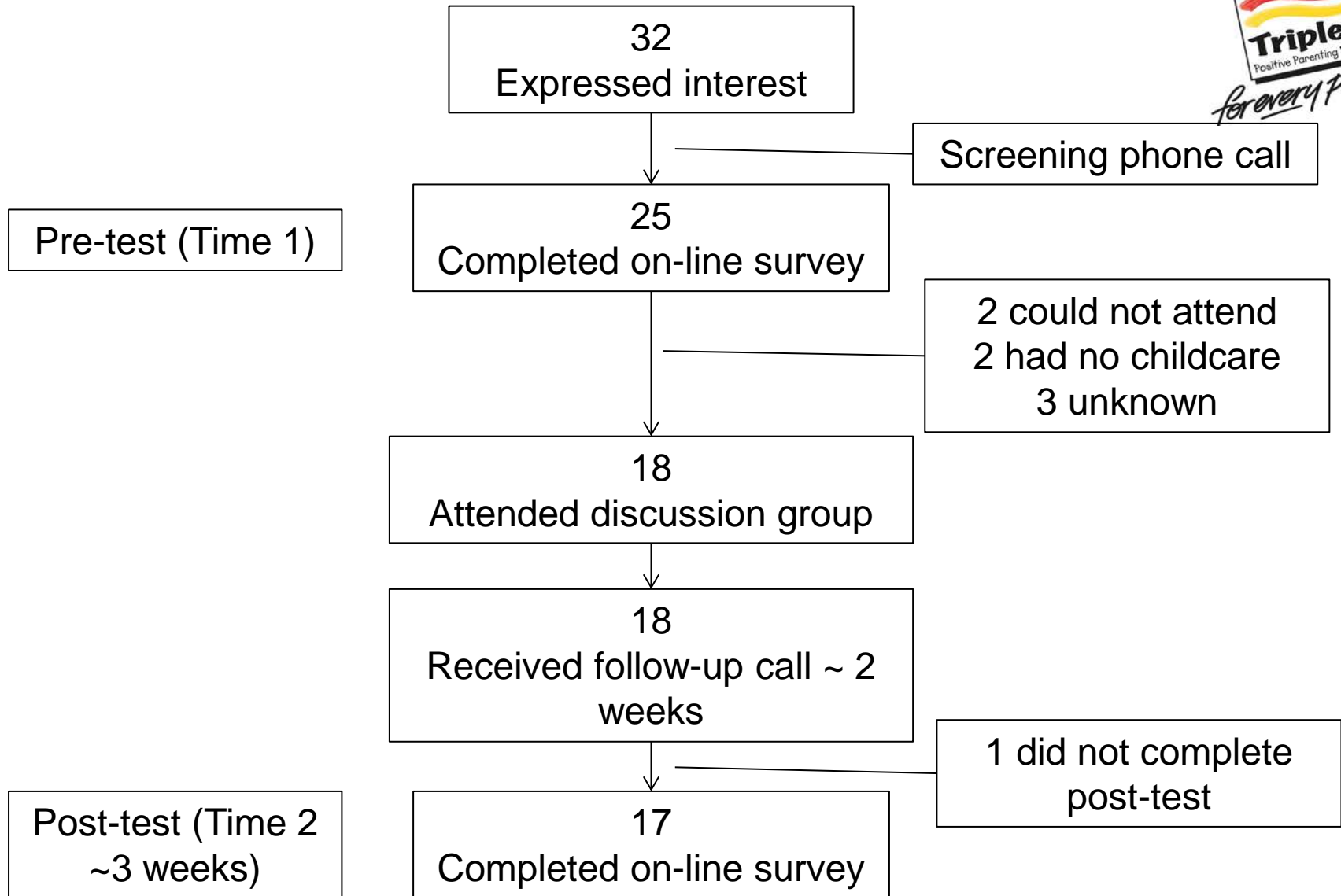
# Reducing Family Conflict

(O'Connor, Ralph & Sanders (in preparation))



- 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



# 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

- Four 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.



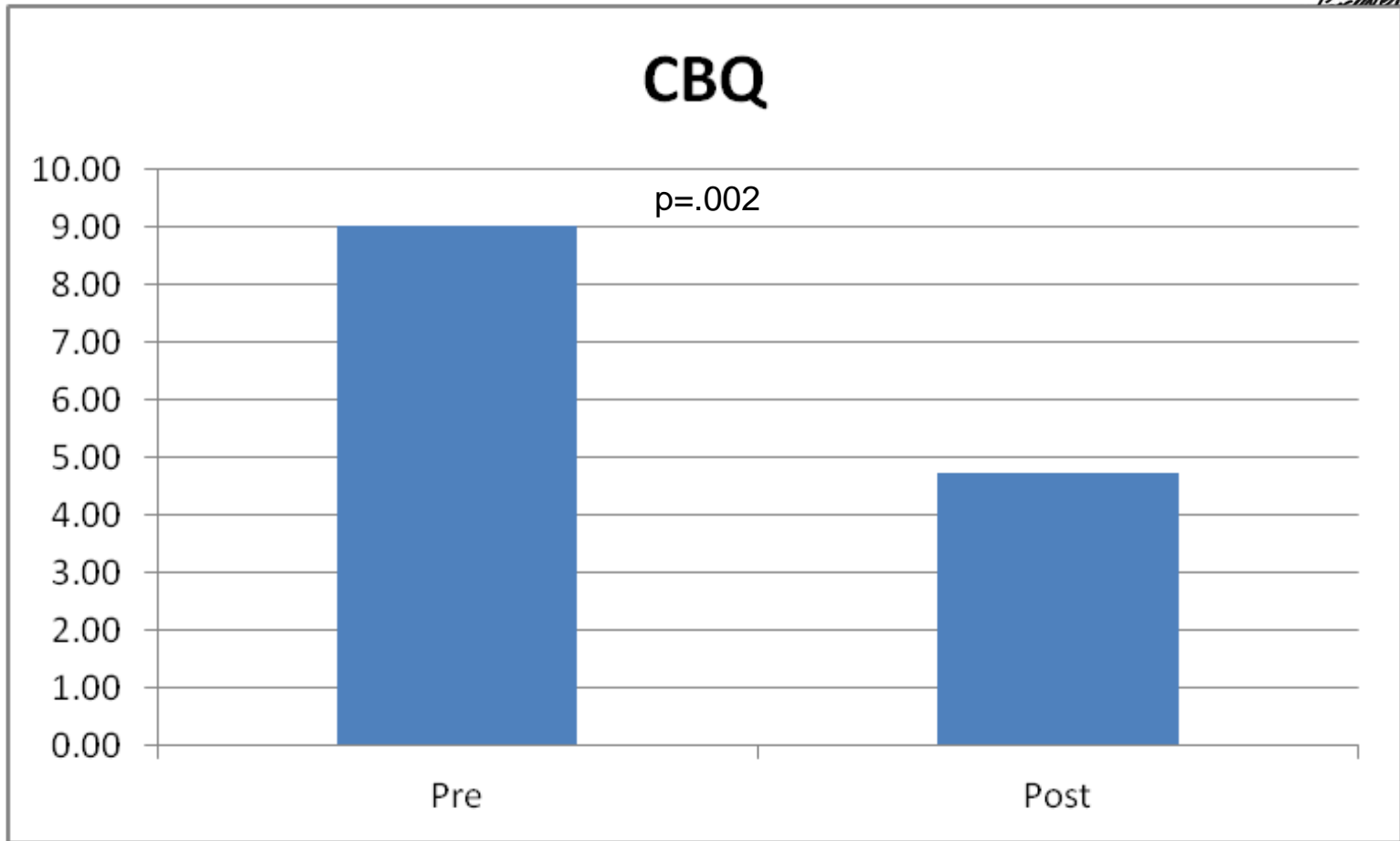


# Evaluation measures

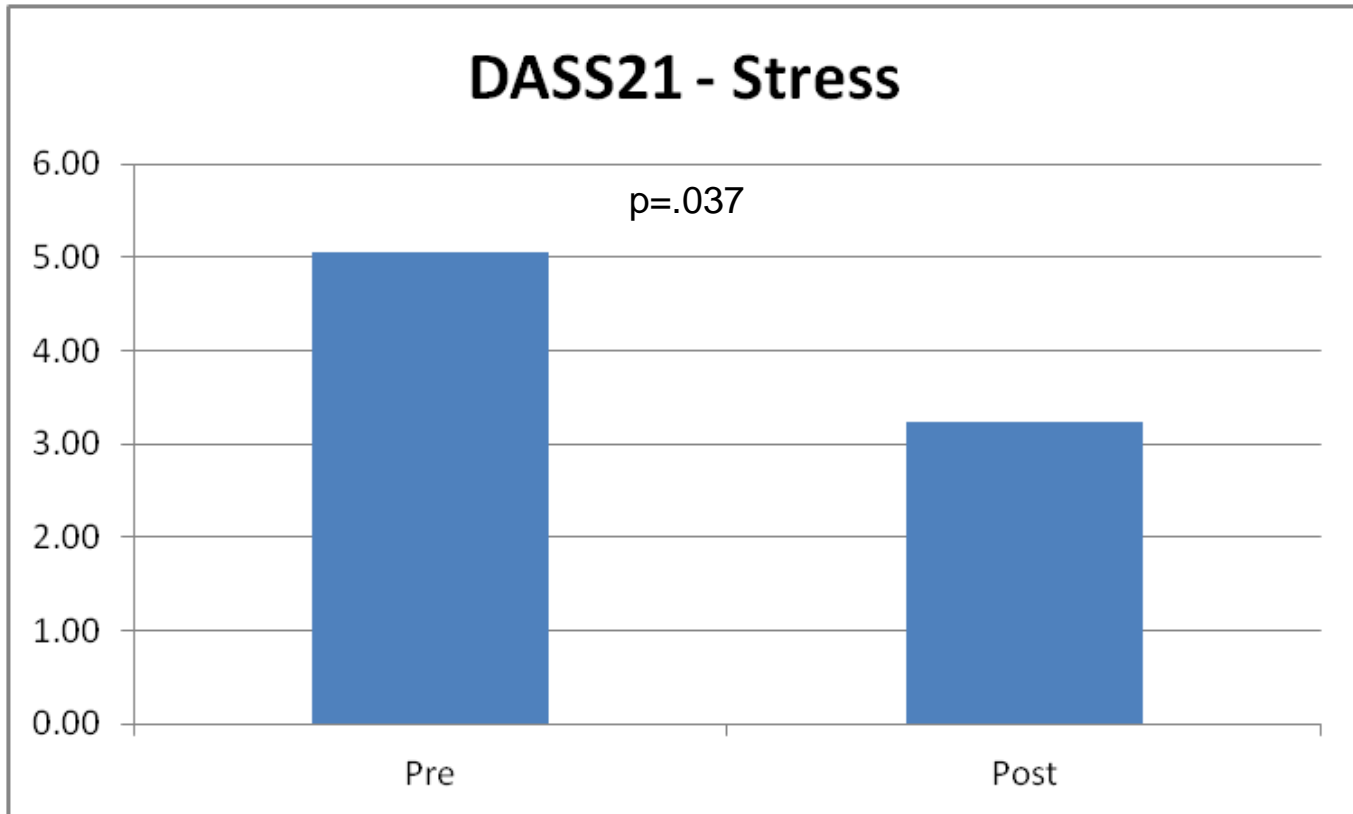


- Parenting and Family Adjustment Scale - Adolescent Version (PAFAS-A)
- Child Adjustment and Parent Efficacy Scale -Adolescent version (CAPES-A)
- Parenting Tasks Checklist (PTC)
- Conflict Behaviour Questionnaire (CBQ – 20)
- Depression Anxiety Stress Scales-21 (DASS-21).
- Discussion Group Satisfaction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

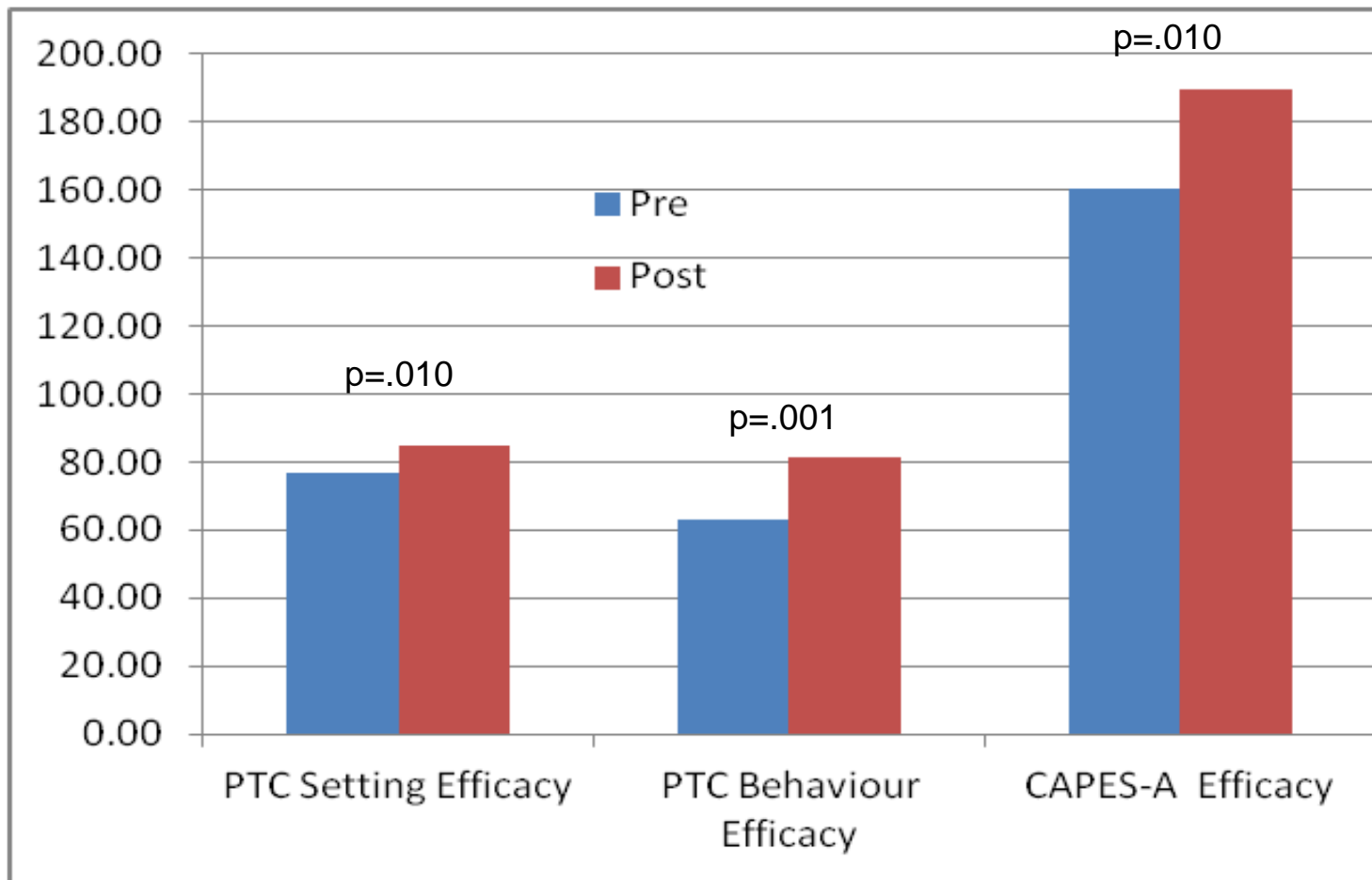
# Family conflict



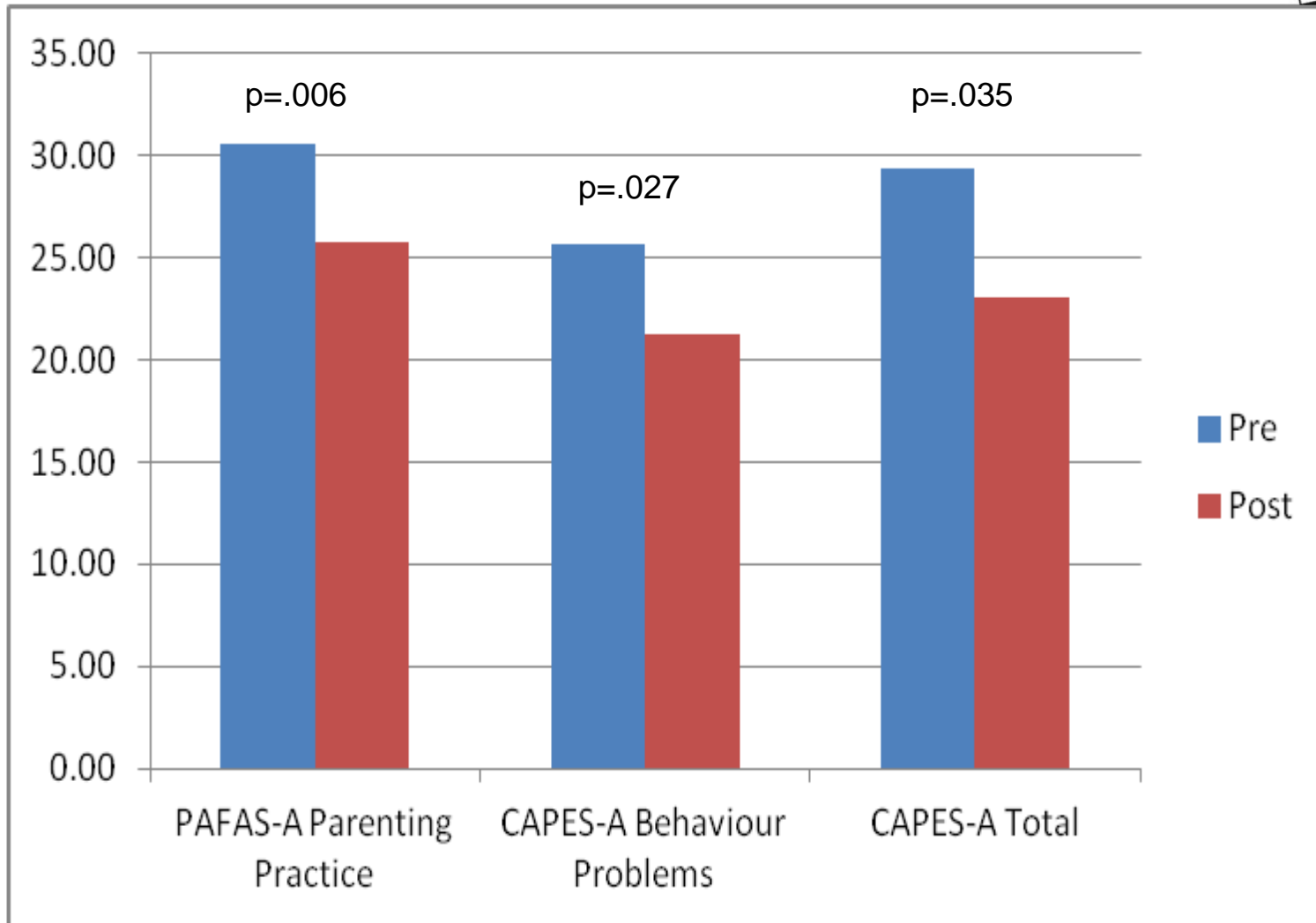
# Parent well-being



# Parenting confidence



# Parenting practices and adolescent adjustment

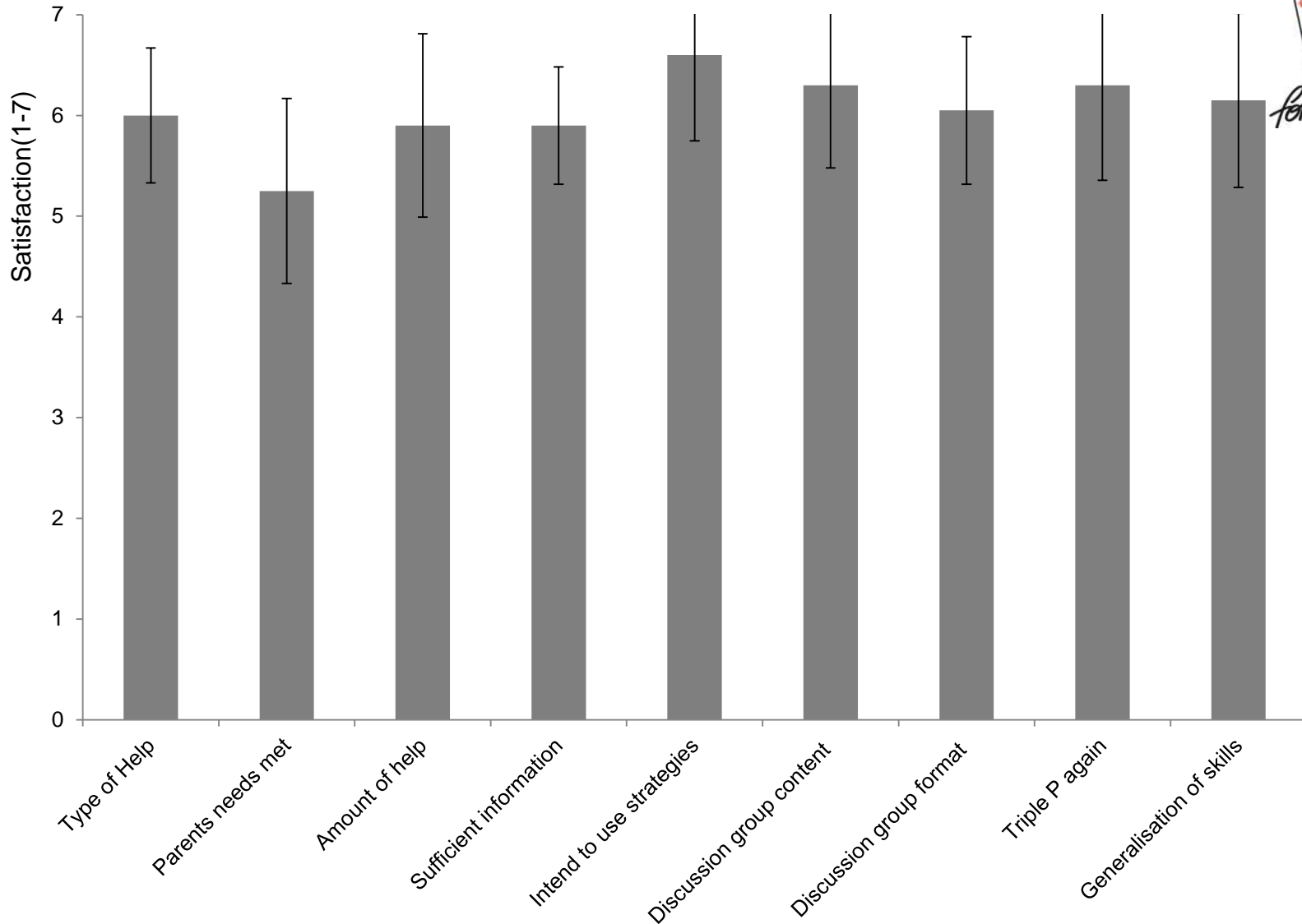


# Reliable Change Index

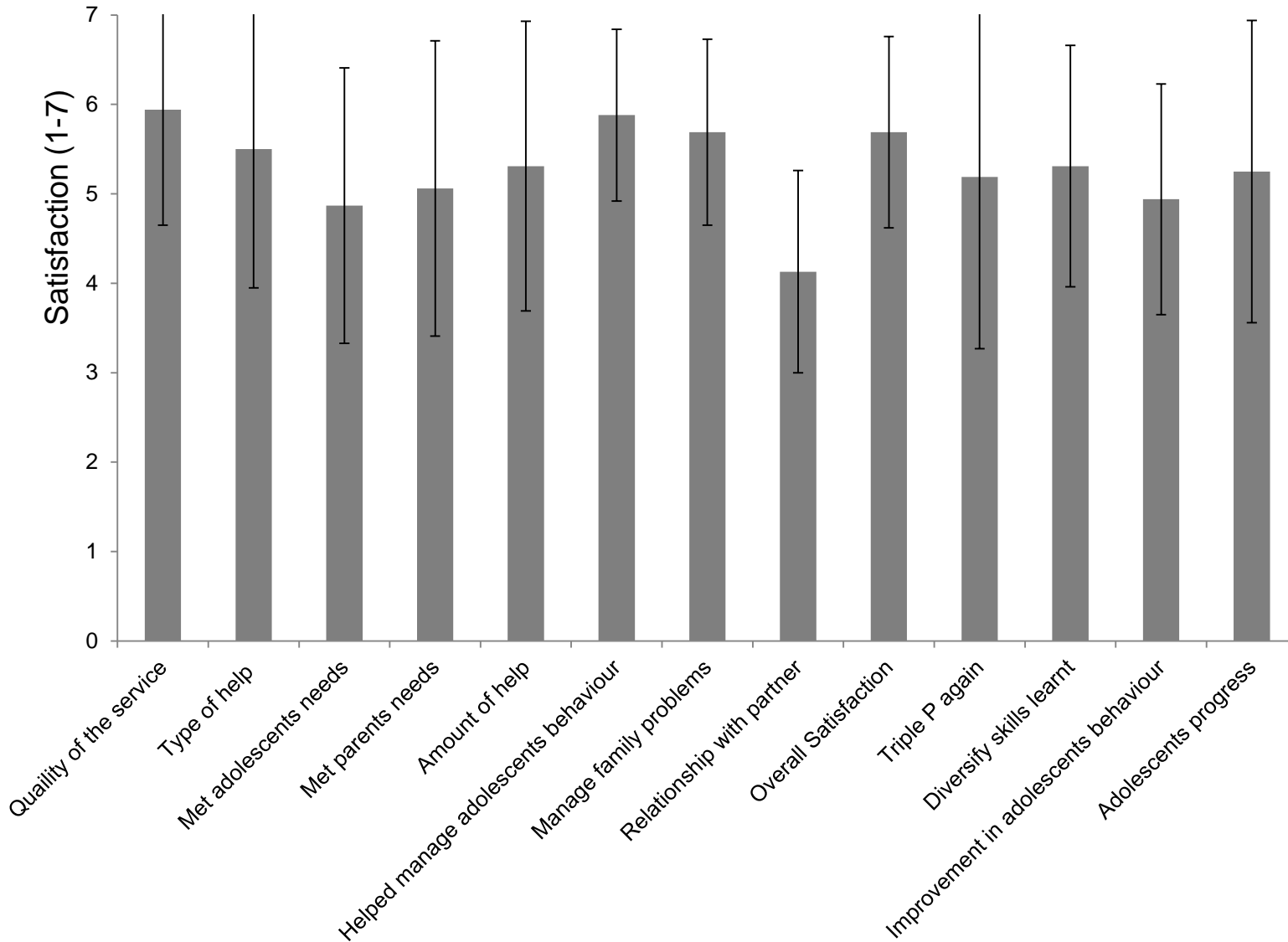


| Measure                  | Improve |      | Worsen |     |
|--------------------------|---------|------|--------|-----|
|                          | (n/n)   | %    | (n/n)  | %   |
| CBQ                      | (7/17)  | 41.2 | (0/17) | 0   |
| DASS-21 Stress           | (6/17)  | 35.3 | (1/17) | 5.9 |
| PTC Setting Efficacy     | (4/17)  | 23.5 | (0/17) | 0   |
| PTC Behavioural Efficacy | (10/16) | 65.5 | (0/16) | 0   |

# Feedback following participation



# Parent Satisfaction Questionnaire (at Post-test)





# Teen Triple P Discussion Group Topics



Getting Teenagers to Cooperate

# Getting Teenagers to Cooperate

(Jacobs, van Bommel, Ralph & Sanders, in preparation)



- 80 parents from different regions of Netherlands
- Responded to advertisements offering assistance to reduce adolescents' oppositional behaviour
- Random allocation to experimental or waitlist
- Online completion of pre-test and post-test 4 weeks after participation

# Results



- Compared to parents in the waitlist control group, the only significant changes for parents in the experimental group were improved parental self-efficacy (behaviour and setting)

## Further analysis



- Examination of pre-test data revealed many parents with scores in the normal range
- A subset of 17 parents in the experimental group and 20 in the waitlist group reported more severe difficulties
- A comparison of these parents revealed a significant decrease in parent-adolescent conflict for parents in the experimental group compared to waitlist controls

# Conclusions



- Promising preliminary results
- Larger randomised control trials required

# Questions



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