

# AN RCT OF TRIPLE P ONLINE

FOR PARENTS OF HYPERACTIVE/  
INATTENTIVE PRE-SCHOOLERS

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# OVERVIEW

## Background

Hyperactivity/  
inattentiveness

Previous research

TPOL

## This research

Hypotheses

Screening

Preliminary results



Beng Studio, permission obtained

BENG

# BACKGROUND

Parenting hyperactive/inattentive pre-schoolers

- Parenting stress
- Negative parent-child interactions

Potential long term outcomes

- Problematic relationships
- Academic failure
- ADHD/ conduct problems

# SELF-HELP PARENTING PROGRAMS

## PREVIOUS RESEARCH

### Triple P Online

AU - Sanders, Baker & Turner (2012)

NZ - Sanders, Dittman, Farrugia & Keown (2013)

Child problem behaviour & dysfunctional parenting ↓

Parenting confidence ↑

### New Forest Parenting Program

Daley & O'Brien (2013)

45% intervention ADHD symptoms ↓

# INTERVENTION

## Triple P Online

- 8 modules of 30mins each
- Audio-visual information
- User friendly and engaging

## Two individual telephone consultations

- Provide support in using program

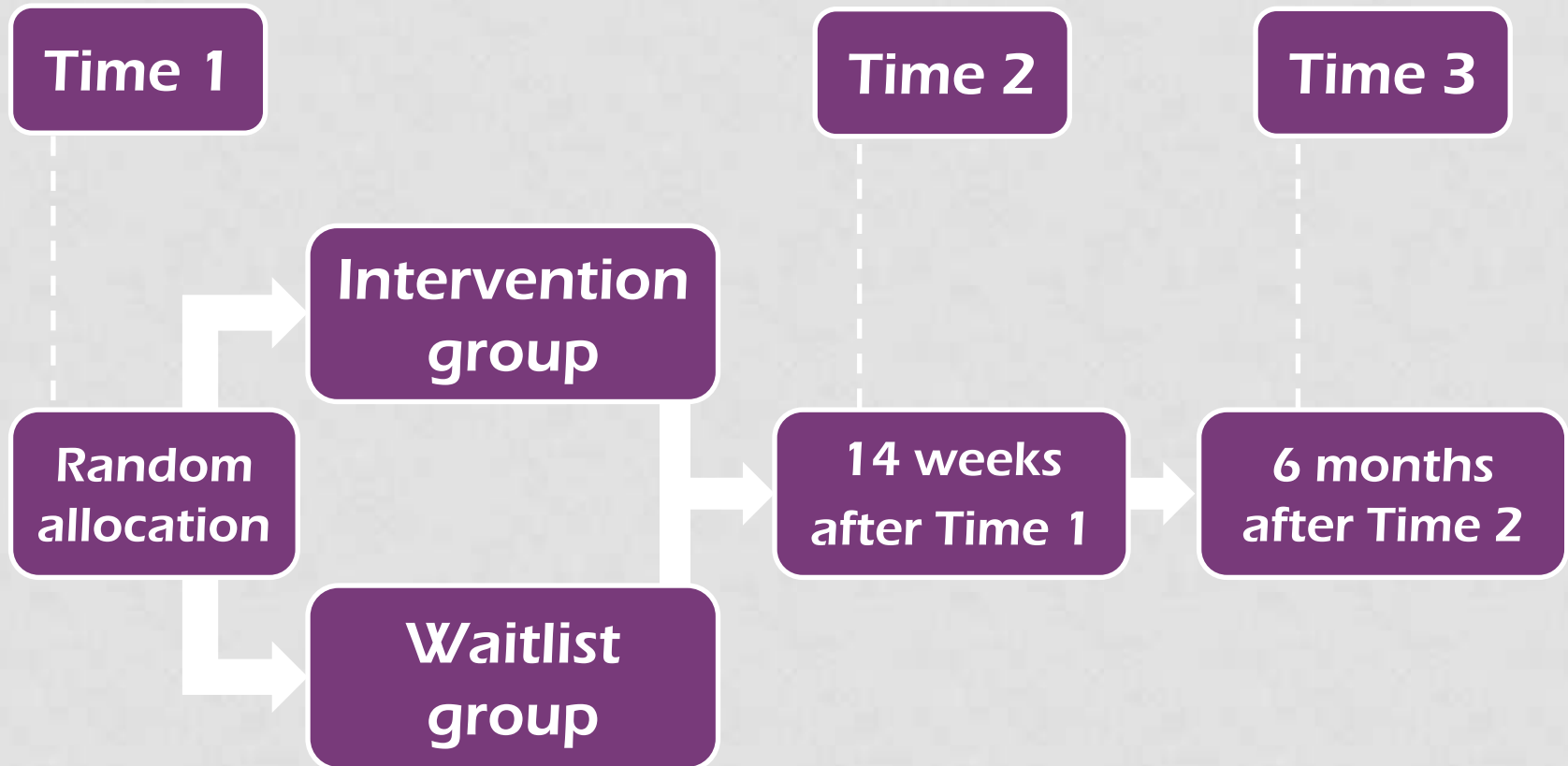




# KEY HYPOTHESES

1. Decline in hyperactive/ inattentive child behaviour
2. Increase child's psychosocial and social functioning
3. Decrease dysfunctional parenting
4. Decrease parental stress and depression
5. Increase parenting satisfaction, self-efficacy, and well-being

# RANDOMIZED CONTROL TRIAL





## Inclusion criteria

Child aged 3 or 4 years

Elevated levels of inattention/ hyperactivity

Accessibility broadband internet

Willingness to complete programme

## Exclusion criteria

Developmental disorder child

Child receiving treatment for behaviour problems

Parent receiving treatment for psychological disorder

Inability to read English newspaper

# SCREENING

Werry-Weiss-Peters Activity Scale  
(WWP; Routh, 1978)

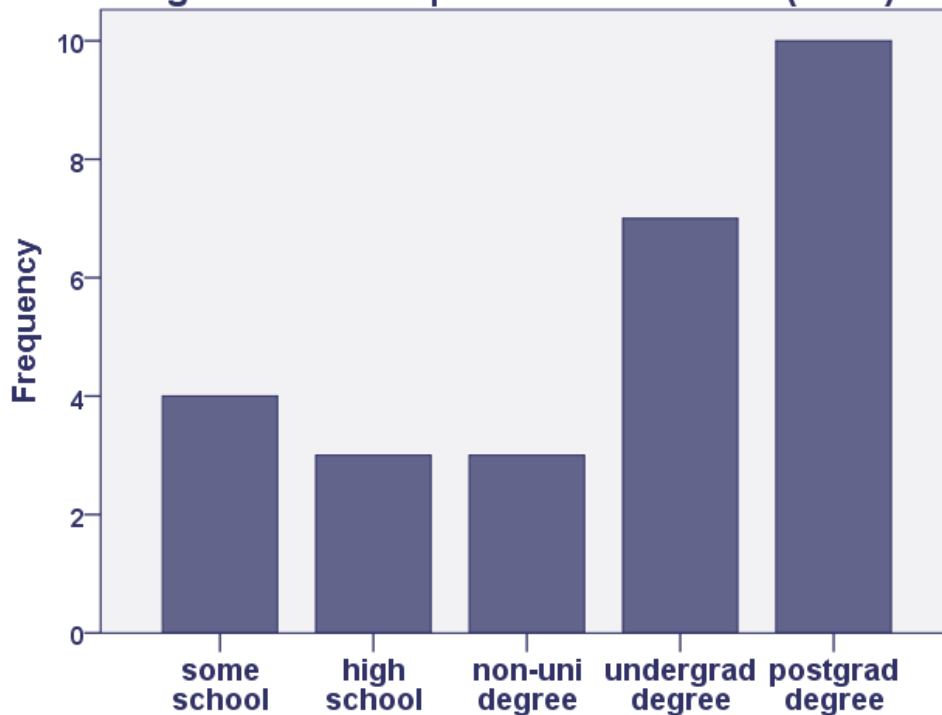
Parental Account of Child Symptoms  
(PACS; Taylor et al., 1991)

# DEMOGRAPHICS

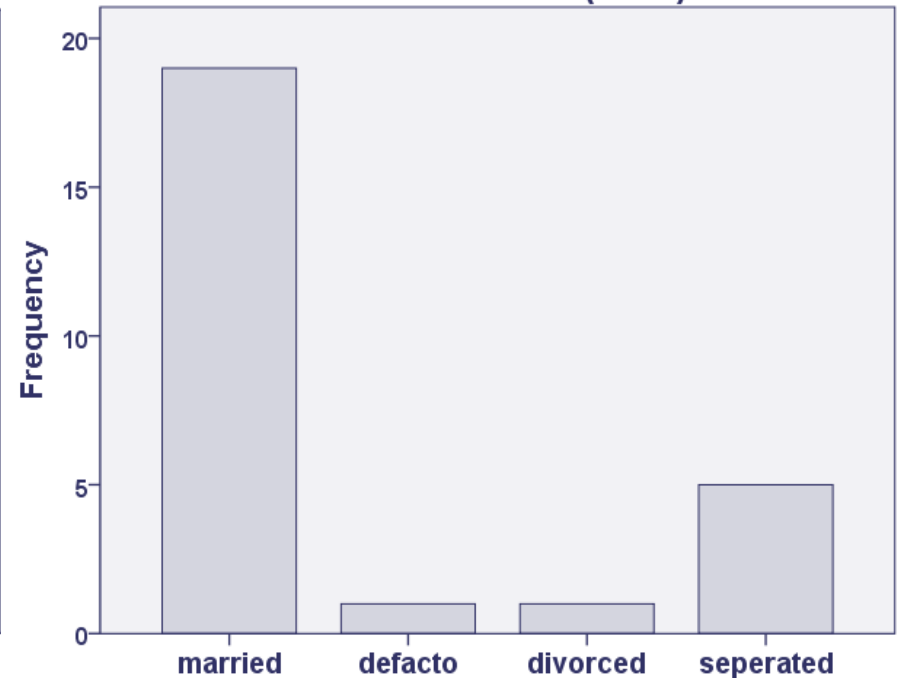
Mean age: mothers 35yrs; fathers 38yrs; & children 4yrs

Ethnicity: 83% NZ European; 8% Maori; 8% other

Highest level of qualification mother (n=27)



Current marital status (n=27)



# BASE LEVELS

Adult ADHD:

Two mothers and four fathers

Problems with child executive functioning  
( $\geq 90^{\text{th}}$  percentile):

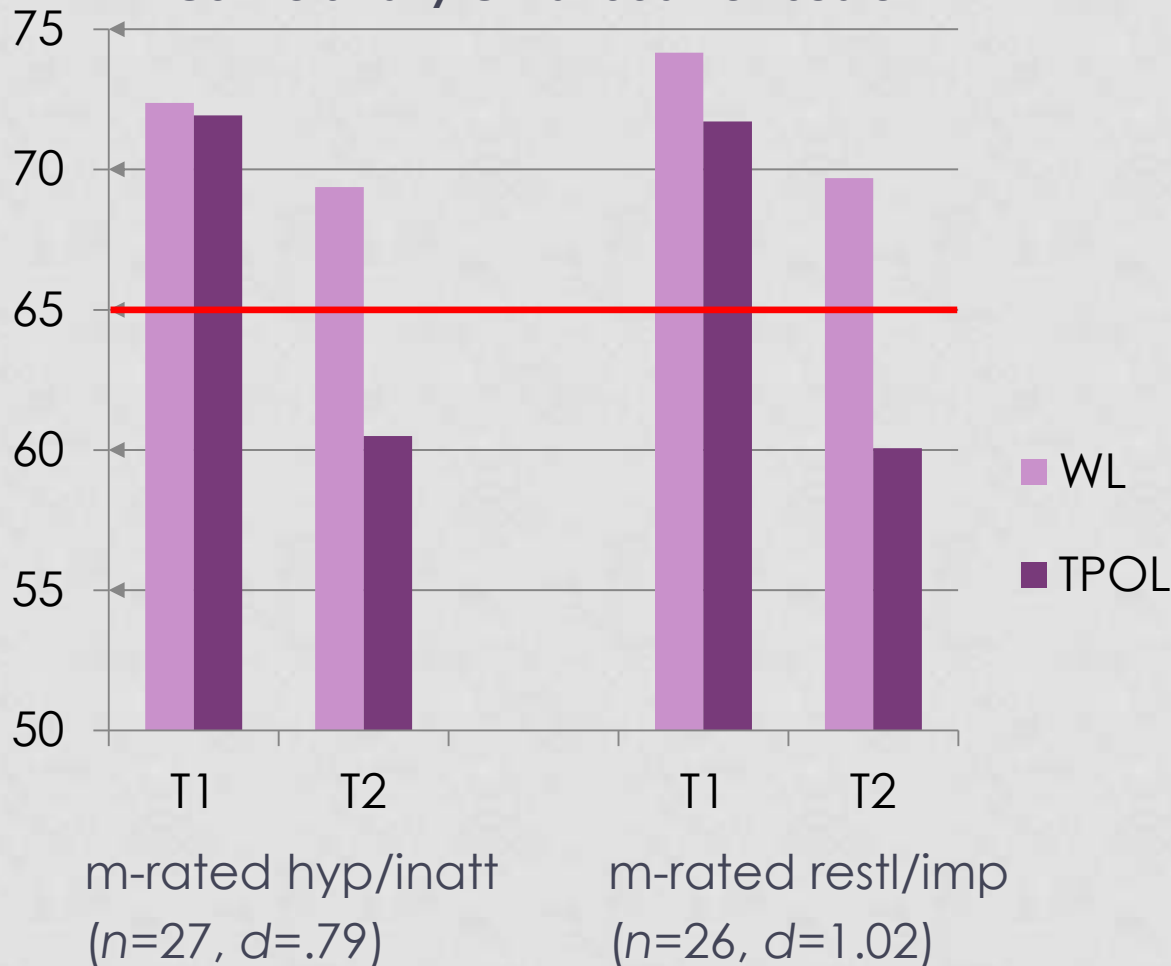
60% inhibition

44% emotional control

56% working memory

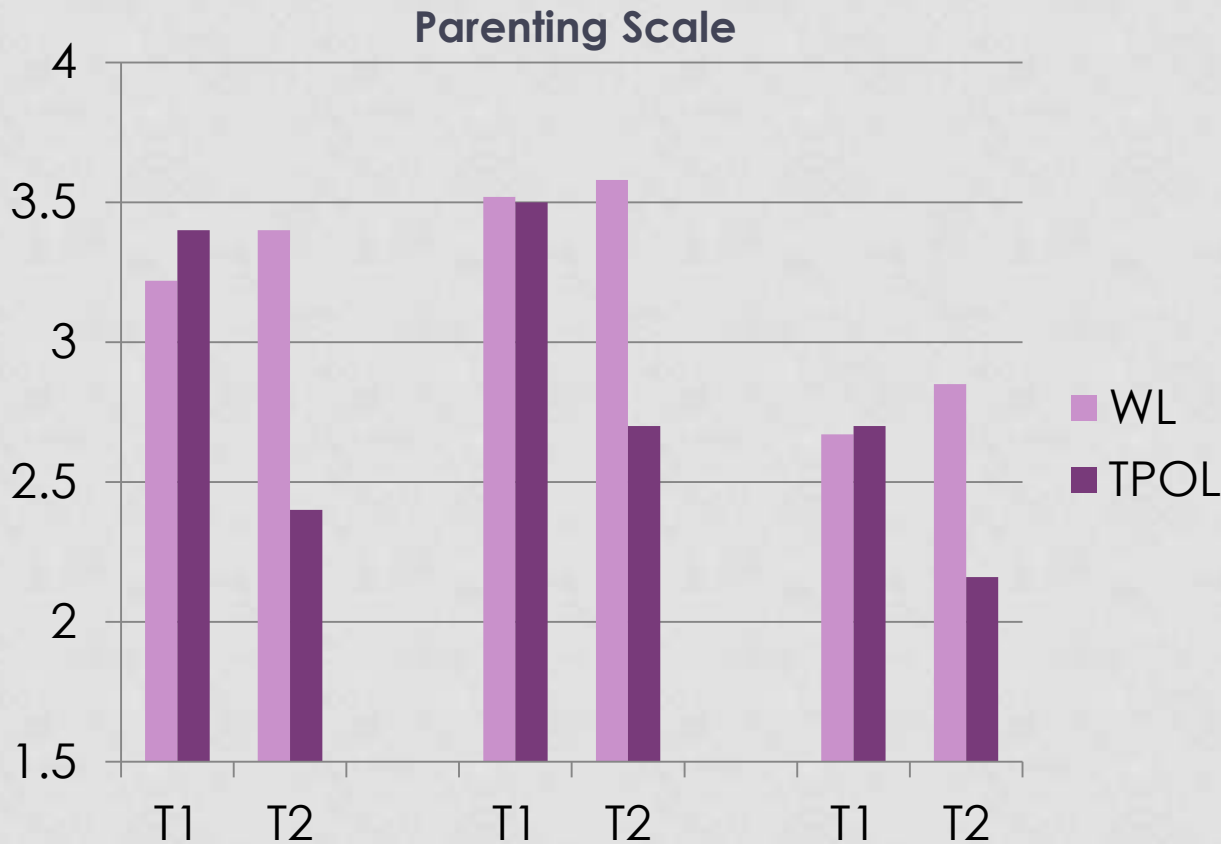
# PRELIMINARY OUTCOMES: CHILD MEASURES

Conners Early Childhood Beh scale



↓ Teacher rated  
child peer  
problems ( $n=20$ ,  
 $d=.86$ )

# PRELIMINARY OUTCOMES: PARENTING MEASURES



Over-react.  
(n=27, d=1.82)

Verbosity  
(n=27, d=1.07)

Laxness  
(n=27, d=.83)

↑ Parenting satisfaction  
(n=26, d=1.32)

↑ Parental self-efficacy  
(n=25, d=1.51)

↓ Parental depression  
(n=27, d=.88)

↓ Parental stress  
(n=27, d=.52)



# TPOL CONTINUED

Preliminary conclusion:  
TPOL effective in changing parenting  
behaviour and child behaviour

Next steps:

Recruitment

Time 3 data

Follow-up interviews



# REFERENCES

- Daley, D., & O'Brien, M. (2013). A small-scale randomized controlled trial of the self-help version of the New Forest Parent Training Programme for children with ADHD symptoms. *European Child & Adolescent Psychiatry*, 1-10.
- Dittman, C. K., Farruggia, S., Palmer, M., Sanders, M. R., & Keown, L. J. (in press). "Do it yourself" parenting interventions: A comparison of online versus workbook delivery of a self-help positive parenting program.
- Sanders, M. R., Baker, S., & Turner, K. M. T. (2012). A randomized controlled trial evaluating the efficacy of Triple P Online with parents of children with early onset conduct problems. *Behaviour Research and Therapy*(0). doi: 10.1016/j.brat.2012.07.004

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