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
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

Random allocation

Time 1

Intervention group

Time 2

14 weeks after Time 1

Waitlist group

Time 3

6 months after Time 2
<table>
<thead>
<tr>
<th>Inclusion criteria</th>
<th>Exclusion criteria</th>
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<tbody>
<tr>
<td>Child aged 3 or 4 years</td>
<td>Developmental disorder child</td>
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<tr>
<td>Elevated levels of inattention/ hyperactivity</td>
<td>Child receiving treatment for behaviour problems</td>
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<tr>
<td>Accessibility broadband internet</td>
<td>Parent receiving treatment for psychological disorder</td>
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<tr>
<td>Willingness to complete programme</td>
<td>Inability to read English newspaper</td>
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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
BASE LEVELS

Adult ADHD:
  Two mothers and four fathers

Problems with child executive functioning
(≥90th percentile):
  60% inhibition
  44% emotional control
  56% working memory
PRELIMINARY OUTCOMES: CHILD MEASURES

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

Teacher rated hyp/inatt (n=27, d=.79)

m-rated restl/imp (n=26, d=1.02)
PRELIMINARY OUTCOMES:
PARENTING MEASURES

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

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

Parental depression ($n=27, d=.88$)

Parental stress ($n=27, d=.52$)

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

Verbosity ($n=27, d=1.07$)

Laxness ($n=27, d=.83$)
TPOL CONTINUED

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

Next steps:
Recruitment
Time 3 data
Follow-up interviews
REFERENCES


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