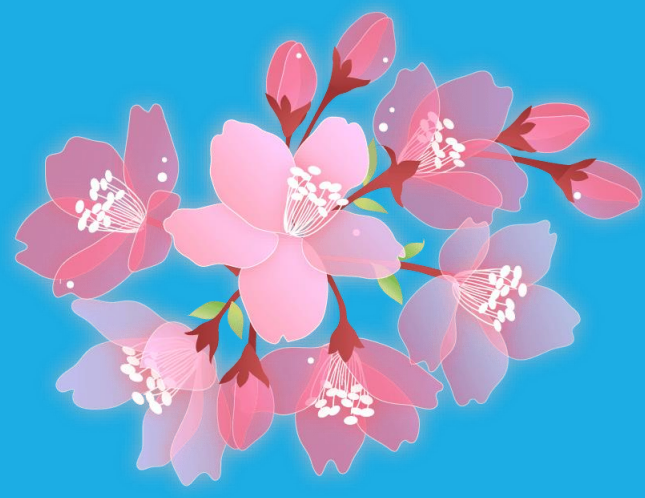
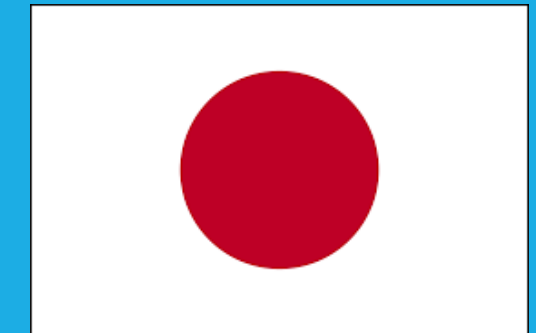


EVALUATION STUDY ON TRIPLE P TRIAL FOR PARENTS RECEIVING PSYCHIATRIC OUTPATIENT SERVICE IN JAPAN



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Purpose

In recent years, deinstitutionalization is promoted by mental health service policy in Japan. Consequently, parents who are living in community with mental disorder are increasing. So, newer support for their child rearing is needed. The purpose of this study was to deliver group Triple P for parents with mental disorders through the psychiatric outpatient service, and evaluate effect for their child rearing and stress.

Method

Taking participant's recognition function reported by a nurse and a PSW who were Triple P facilitators in a mental clinic into consideration, Group Triple P was arranged into 10 sessions for 10 weeks. Parenting Scale (PS), Strengths and Difficulties Questionnaire (SDQ), and Depression Anxiety Stress Scales (DASS) was examined before and after the program. Wilcoxon rank sum test was used for examining the statistical significance. This study was approved by Sapporo Medical University ethics committee. This work was supported by JSPS KAKENHI Grant Number 23390518.

Intervention

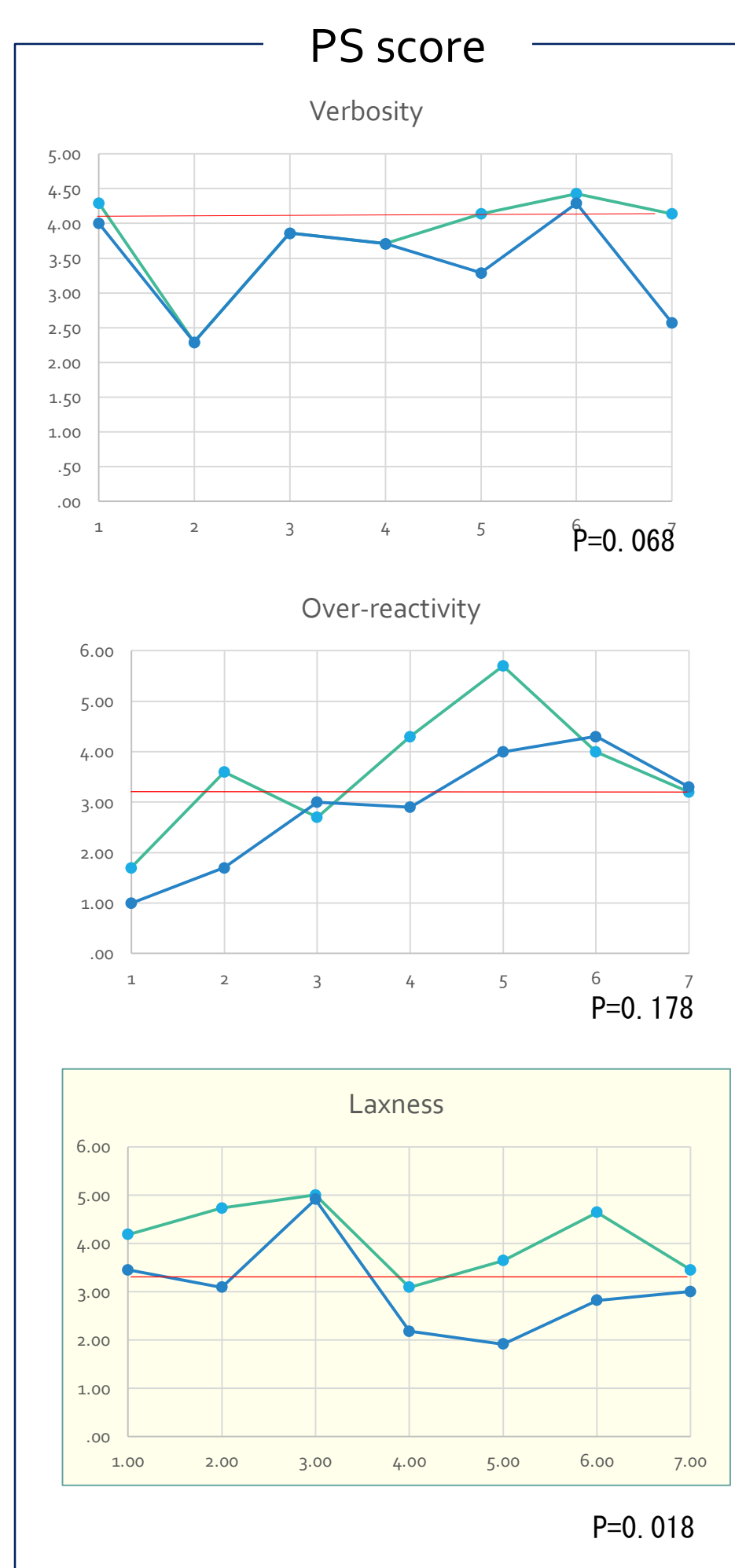
The ten sessions are as follows: two group sessions geared toward providing an overview of the program and establishing rapport within the group (2 h each), four group sessions in which parent training is conducted (2 h each), three follow-up consultations by telephone (15–30 min each), and a final group session.

Result

Eight mothers who were diagnosed as depression, bipolar, anxiety disorder, and adapted disorder, participated. There was no interruption, through two mothers were visited during the sessions for care, and three mothers supported by individual consultation. Seven mothers filled out all scales.

Table 1 Demographic characteristics of Participants

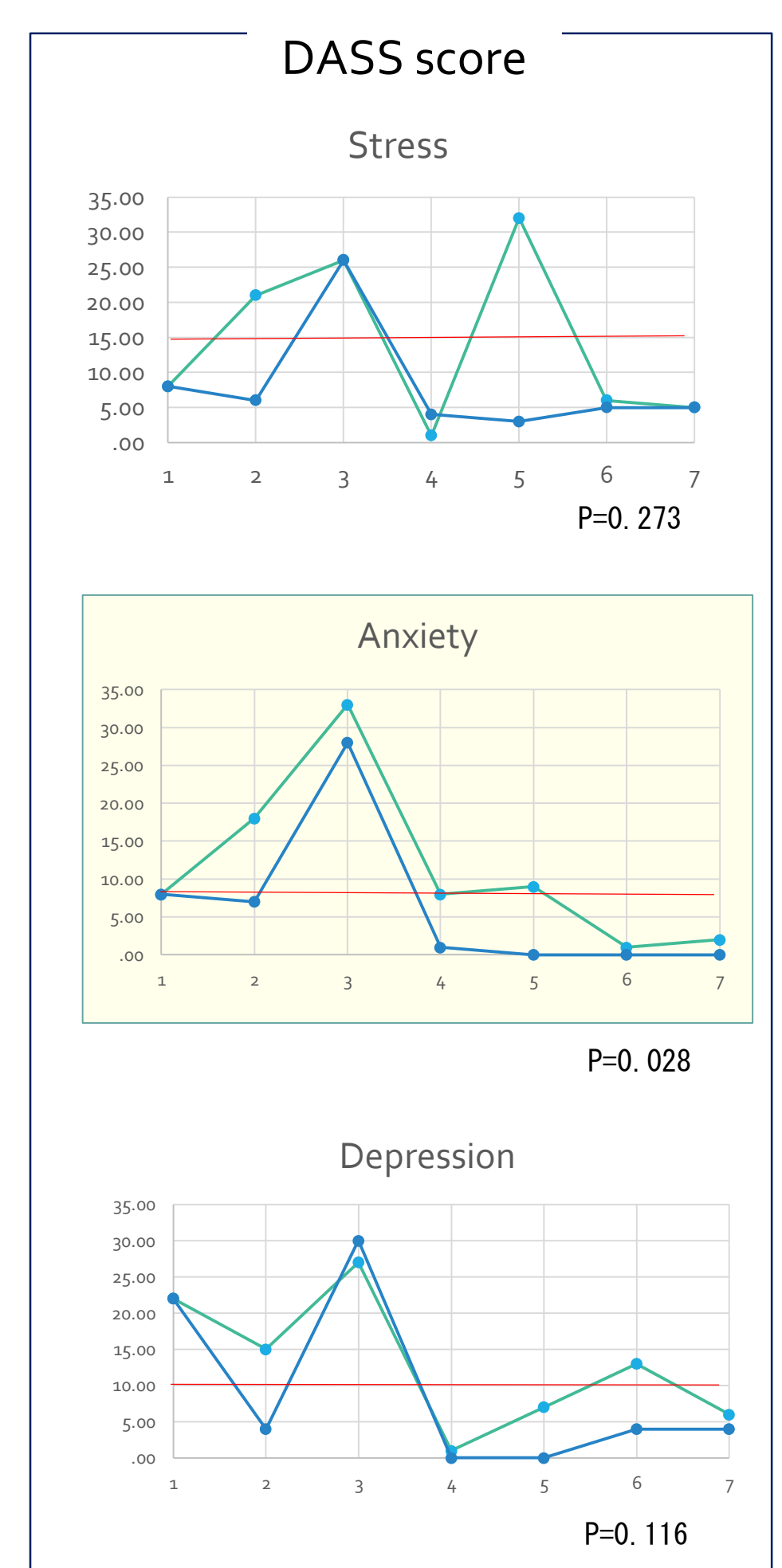
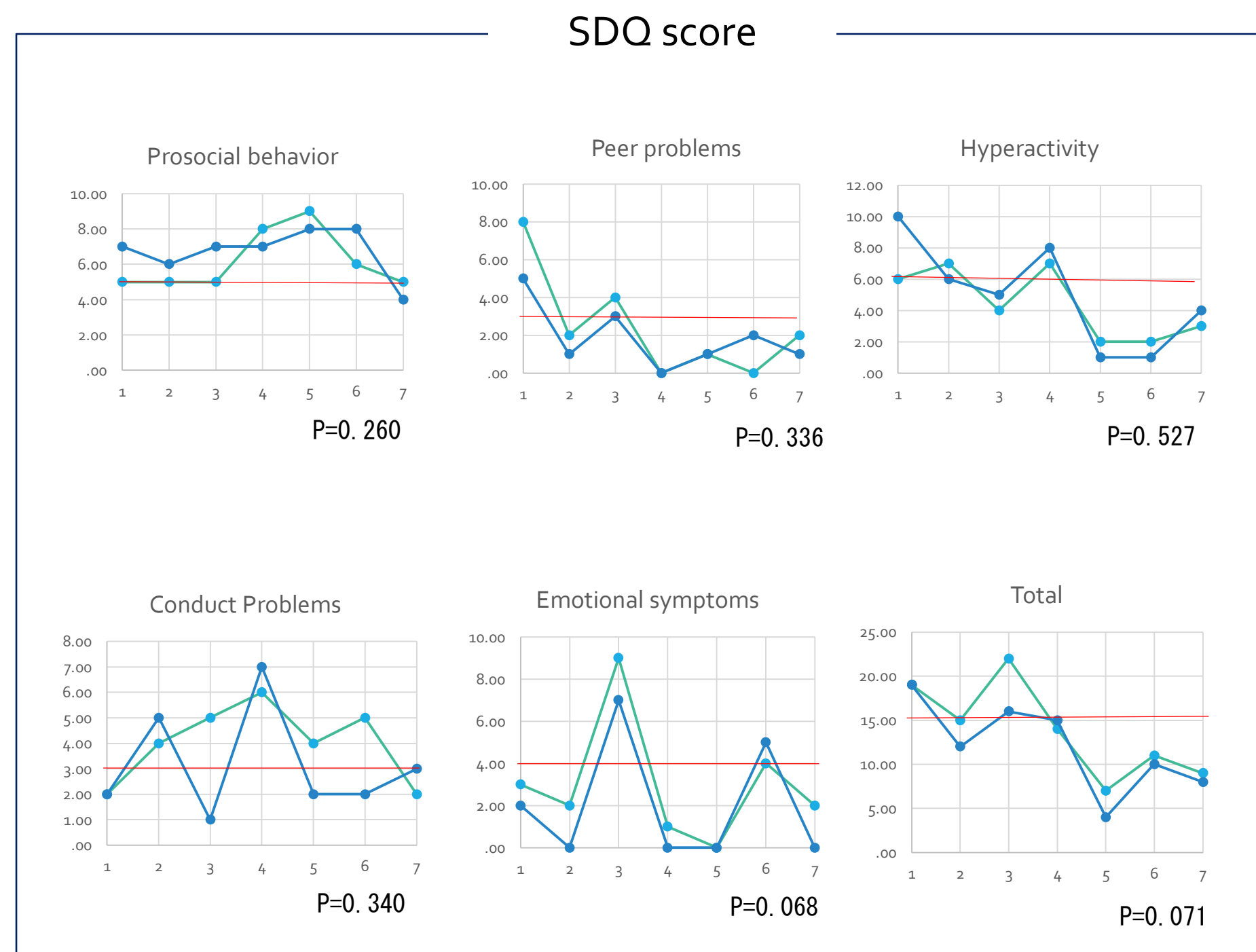
	Age	Age of children	Marital status	Diagnosis	Education level	The absence number of times	Individual consultation
1	40s	15 17 18	Not Married	Anxiety disorder	College	3	Nurse Visiting
2	30s	3	Not Married	Depression	Junior college	1	Consultation
3	30s	9	Not Married	Depression	Technical college	1	Nurse Visiting
4	30s	8	Married	Bipolar	High school	1	-
5	30s	3	Married	Adapted disorder	unknown	0	Consultation
6	40s	2	Married	Adapted disorder	College	1	Consultation
7	30s	1 5 8	Married	Anxiety disorder	Junior college	2	-



Result of examined scales

Before — (green line)
 After — (blue line)
 Cut-off — (red line)

figures of this colour show that difference was statistically significant by Wilcoxon rank sum test.



Before the program participation, the median of laxness score (median 3.54; range 1.90–5.00) on PS, conduct problem score (4.0:1–7) on SDQ, anxiety score (8.0:0–33) and depression score (10:0–30) score on DASS was beyond cut-off point. After the participation, the median of laxness score (3.00:1.90–4.90) on PS, conduct problem score (2.0:1–7) on SDQ, anxiety score (1.0:0–28) and depression score (4:0–30) on DASS dropped to below the cut-off point. For laxness and anxiety score, difference was statistically significant by Wilcoxon rank sum test. Process evaluation indicated that a ripple effect on interpersonal relationships and self-help activity was also found. And the relationship between supporters and parents was an important element for the introduction and continuation of support. And it seemed to be desirable that the number of session was increased, because it helped their understanding of parenting skills.

Conclusion

Triple P has improved child care practice and reduced stress of parents with mental disorders receiving psychiatric outpatient service in Japan. Continuous personal support based on the mutually trustful relationship between mental clinic staffs and participants is needed to get such effective outcomes.