

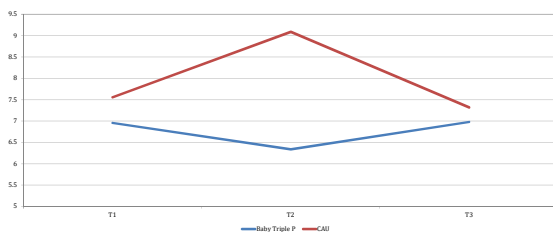
Parenting interventions at the transition to parenthood: How effective is Baby Triple P?

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Evidence to Date

- Group Baby Triple P vs Care as Usual – Brisbane RCT
- Standard Baby Triple P vs Care as Usual – Manchester RCT
- Group Baby Triple P vs Wait List Control – Brisbane RCT bonding in the first year
- Group Baby Triple P vs Care as Usual – Brisbane RCT for high risk families
- Enhanced Baby Triple P vs Mellow Bumps – Glasgow RCT
- Group Baby Triple P vs Care as Usual – Glasgow RCT
- Group Baby Triple P vs Care as Usual – Brisbane RCT with parents of premature babies

Baby Triple P vs CAU: depression (completers only)



Do parents want it? Do they need help?

- Parents like *Baby Triple P* and find it highly acceptable
 - families with premature babies (Ferrari, Whittingham, Boyd, Sanders, & Colditz, 2011)
 - mothers in a psychiatric unit (Butler, Hare, Walker, Wiecek, & Wittkowski, 2014)
 - mothers suffering from postnatal depression (Tavos, Calam, Sanders, & Wittkowski, 2015)
- Anecdote and survey suggest they do
- One RCT discontinued because parents so desperately wanted the information in the program (Popp & Schneider, 2015)

Is it just Baby Triple P?

- Incredible Years Babies and Infants
 - Pilot RCT found no evidence of effectiveness (Pantopoulou, Kiri, & Sandoy, 2016)
 - RCT found limited effectiveness (Jones, Eijovic, Viktor, & Hutchings, 2016)

Are we measuring the right things?

- Targeting too many factors?
- Measurement of parenting in infancy problematic?
- Measurement of infant behaviour?
- Expecting changes too soon?
- Mechanisms of change?

So where does that leave us?

- Gap in the evidence base on provision of parenting support at the transition to parenthood and in the first year of life
- Baby Triple P developed based on theory and modifiable risk factors
- Building an evidence base takes time
- Dissemination can only occur once an evidence base is established

Where to next?

- High risk samples at transition to parenthood
- Tailored, brief sessions
- Address measurement issues
- Ensure sufficient power