

# THE EVIDENCE BASE FOR THE PARENTS PLUS PROGRAMME

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# Why was parent training invented?

- Parent training was developed to deal with conduct problems, typical of children with disruptive behaviour disorders including
  - Oppositional defiant disorder
  - Conduct disorder
  - Attention deficit hyperactivity disorder.
- Parent training was also developed to help parents deal with challenging behaviour in children with developmental disorders
  - Intellectual disability
  - Autism spectrum disorder
  - Speech and language delay



# CENTRAL FEATURES OF DISRUPTIVE BEHAVIOUR DISORDERS

- Problems internalizing and following rules
- Problems regulating impulses - acting without thinking
- Problems regulating emotions, especially anger - short fuse
- Problems solving interpersonal problems - difficulty generating useful solutions
- Problems maintaining co-operative relationships with parents, teachers and peers - fight with adults and mix with deviant peers or become isolated

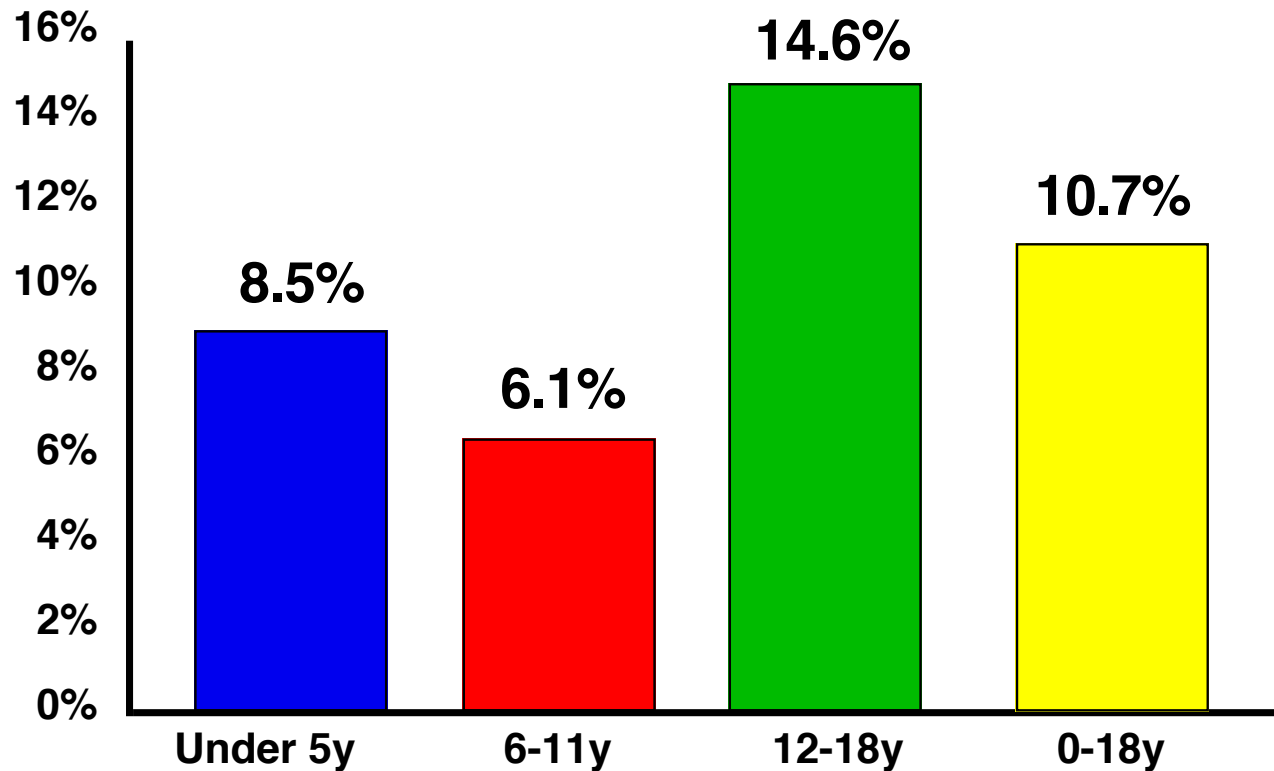


# WHY ARE DISRUPTIVE BEHAVIOUR DISORDERS OF INTEREST?

- Very common
- Very troublesome
- Very costly



## PREVALENCE OF CONDUCT PROBLEMS IN IRELAND



Martin, M. (2007). The Clonmel Project. PhD Thesis. UCD.

Percentage of cases scoring above the clinical cut-off score for the externalizing behaviour problem scale on ASEBA instruments in a population study of 3119 0-18 year olds in Clonmel, with a response rate of 70%



# LONG-TERM OUTCOME FOR DISRUPTIVE BEHAVIOUR DISORDERS

<b>Criminality</b>	More criminal behaviour, arrests, convictions, imprisonment and rates of driving while intoxicated
<b>Mental health</b>	Higher rates of psychiatric hospitalization and higher rates of all psychological symptoms, antisocial personality disorder, drug abuse and alcohol abuse
<b>Physical health</b>	Higher rates of hospitalization and mortality
<b>Educational attainment</b>	Higher rates of school drop-out and lower attainment levels
<b>Occupational adjustment</b>	Higher unemployment, lower occupational status if employed, more frequent job changes
<b>Marital adjustment</b>	Higher rates of separation, divorce and remarriage
<b>Social adjustment</b>	Less contact with relatives, friends, neighbours and church
<b>Intergenerational Transmission</b>	More children with conduct problems



# Rationale for parent training

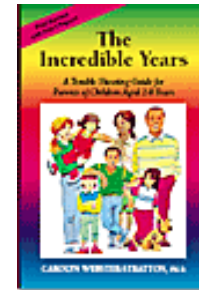
- Children learn behaviour problems through coercive family process
  - They learn aggression and defiance brings relief
  - They learn parents are to be avoided because they hassle you
- Parent training helps families
  - Make and maintain positive parent-child relationships
  - Use effective behaviour control systems where rule following is rewarded (instead of coercive family process, where rule breaking is rewarded)



# Evidence-Based Parent Training Programmes

## Incredible Years Programme

Caroline Webster Stratton  
U Washington, USA



Carolyn Webster-Stratton

## Triple P Positive Parenting Programme

Matt Sanders  
U Queensland, Australia



## Parent Child Interaction Therapy

Sheila Eyberg  
U Florida, USA



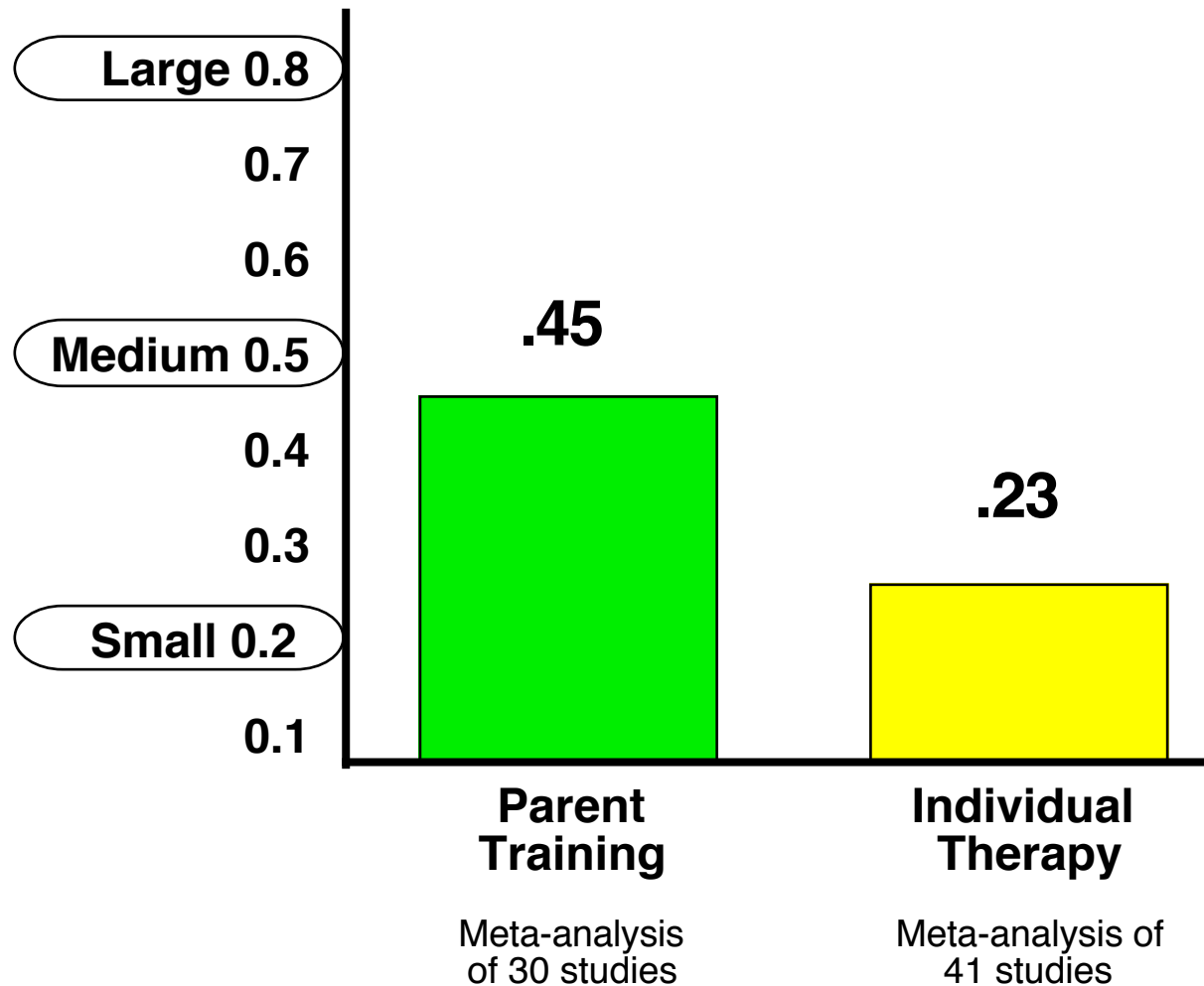


# Effectiveness of parent training

- Meta-analyses of randomized controlled trials show behavioural parent training
  - Is moderately effective in reducing behaviour problems
  - Is moderately effective in improving parental adjustment
  - Is about twice as effective as individual therapy in reducing behaviour problems



## Effect Sizes for Behaviour Problems from Meta-Analyses of Parent Training & Individual Therapy



McCart, M. R., Priester, P., & Davies, W. H. & Azen, R. (2006) Differential effectiveness of cognitive-behavioural therapy and behavioural parent-training for antisocial youth: A meta-analysis. *Journal of Abnormal Child Psychology*, 34 (4), 527-543.

# Evaluation of the Original Parents Plus Programme

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# Evaluation of the Parents Plus Programme with Children 3-12y.



## Paper

Joanne Behan et al. 2001, IJP

Behan, J., Fitzpatrick, C., Sharry, J., Carr, A. & Waldron, B. (2001). Evaluation of the Parents Plus Programme. *The Irish Journal of Psychology*, 22, 238-256.

## Participants

40 parents of children ages 3-12 years with behaviour problems at 2 MUH clinics completed this study. There were 26 in PP group and 14 in the control group.



## Results

Compared with the control group, the PP group show trends ( $p < .09$ ) for fewer behaviour problems on the SDQ total problem, conduct problems and hyperactivity scales, fewer externalizing behaviour problems on the CBCL, better parent-child interaction on the PSI

Compared with the control group, the PP group showed significantly greater parental goal attainment on the CPG scale.



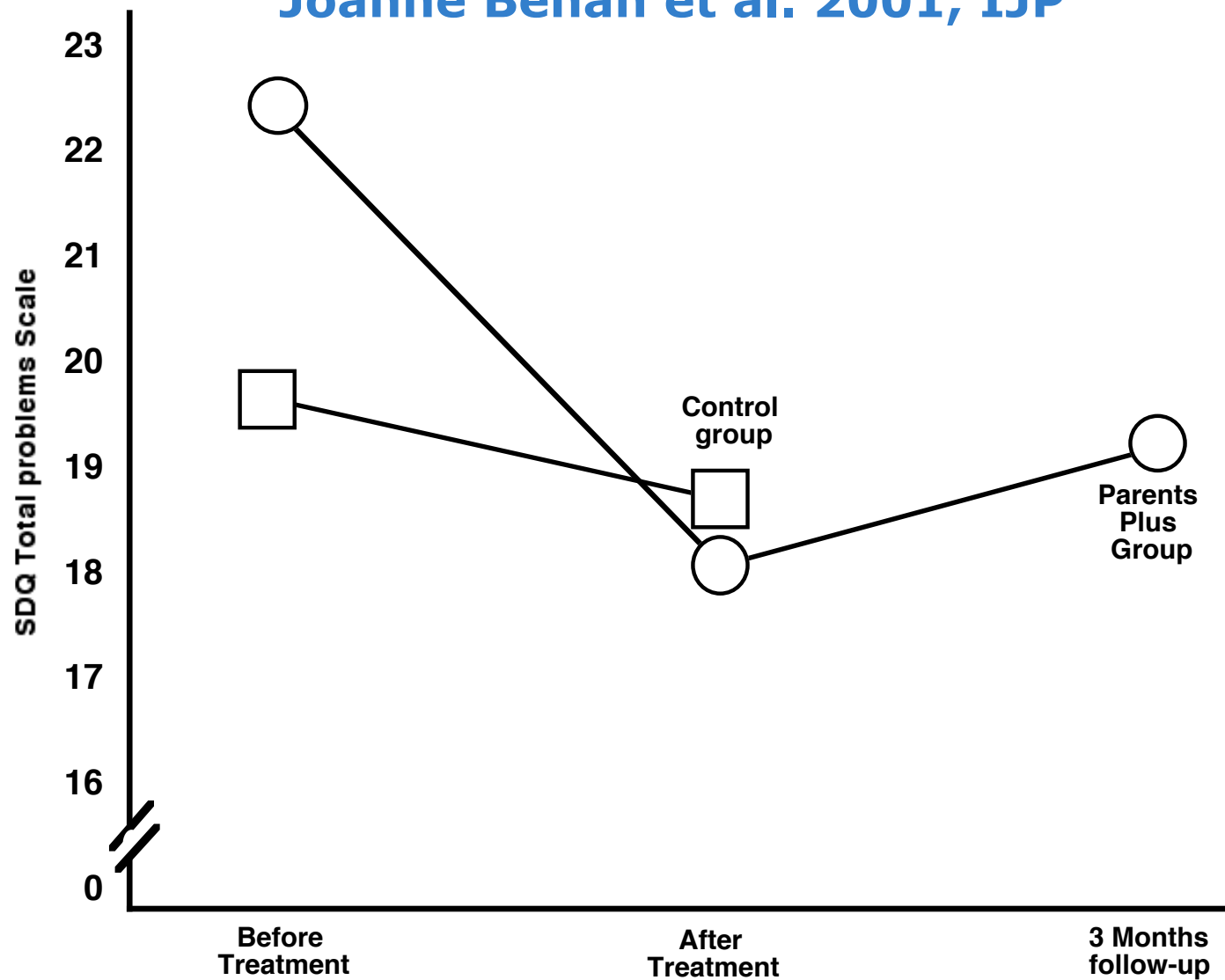
Improvement on the SDQ and CBCL was maintained at 3 months follow-up

On the SDQ total problems scale 31% of the PP group were clinically improved after treatment compared with 14% of the control group

# Evaluation of the Parents Plus Programme with Children 3-12y.



Joanne Behan et al. 2001, IJP



# Evaluation of the Parents Plus Programme For Children 4-7y. with Developmental Disabilities and Behaviour problems Mark Quinn et al. 2007, JARID



## Paper

Quinn, M., Carr, A., Carroll, L. & O'Sullivan, D. (2007). Parents Plus Programme 1. Evaluation of its effectiveness for preschool children with developmental disabilities and behavioural problems. *Journal of Applied Research in Intellectual Disabilities*, 22, 345-359.

## Participants

41 parents of 31 children ages 4-7 years with mild or moderate ID or ASD and behaviour problems at 4 rural early intervention clinics in Kerry receiving routine care completed this study.

There were 22 parents in the PP group and 19 in the control group.

## Results

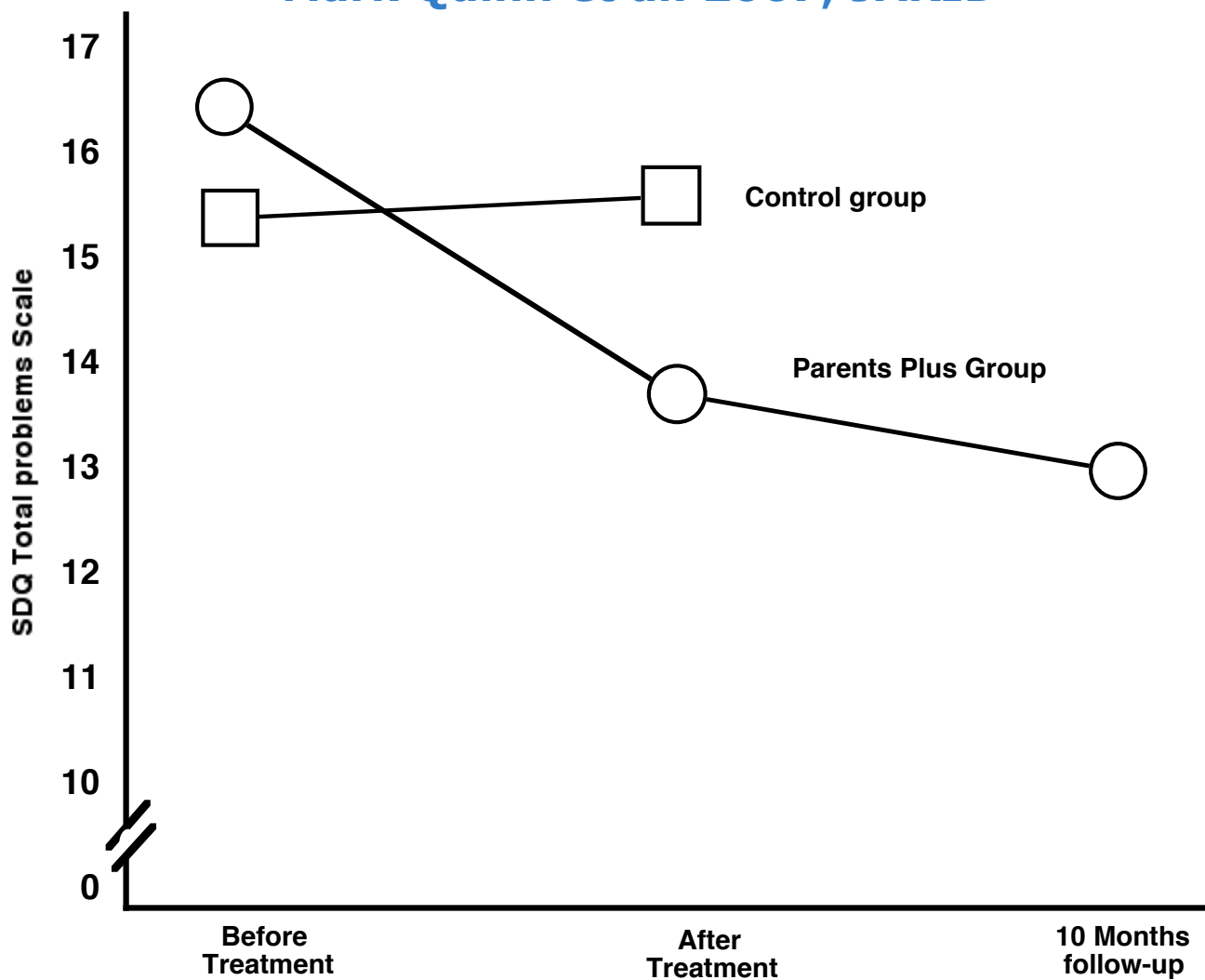
Compared with the control group, the PP group showed significant improvement on the SDQ total problems scale.

Improvement was maintained at 10 months follow-up



The PP group also showed significant parenting goal attainment on the CPG and improvement in parental satisfaction on the KPS

# Evaluation of the Parents Plus Programme For Children 4-7y. with Developmental Disabilities and Behaviour problems Mark Quinn et al. 2007, JARID



Quinn, M., Carr, A., Carroll, L. & O'Sullivan, D. (2007). Parents Plus Programme 1. Evaluation of its effectiveness for preschool children with developmental disabilities and behavioural problems. *Journal of Applied Research in Intellectual Disabilities*, 22, 345-359.



# Evaluation of the Parents Plus Programme For Children 4-7y with Behaviour problems, with & without Developmental Disabilities.



## Paper

Mark Quinn et al. 2006, IJP

Quinn, M., Carr, A., Carroll, L. & O'Sullivan, D. (2006). Parents Plus Programme 2. Comparison of its effectiveness for preschool children with and without developmental disabilities. *Irish Journal of Psychology*, 27, 168-190.

## Participants

Disability group – Parents of 21 children aged 4-7 with mild or moderate ID or ASD and behaviour problems from 4 rural early intervention clinics

Conduct problems group – Parents of 17 children aged 4-7 with disruptive behaviour disorders from a rural child mental health service



## Results

Both groups showed significant improvement on the SDQ total problems scale.

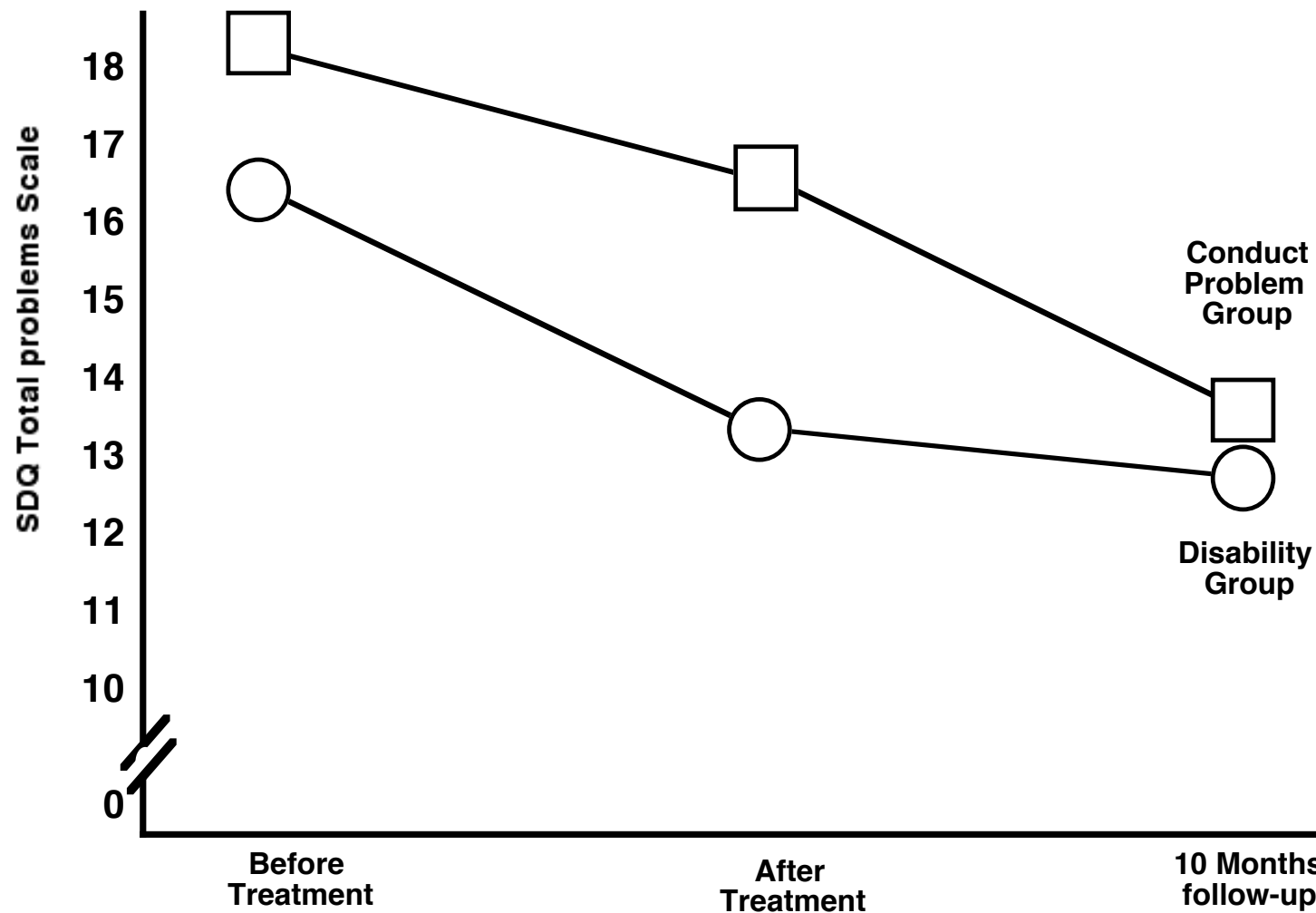
Improvement was maintained at 10 months follow-up

On the SDQ total problems scale over 70% of cases were clinically improved at 10 months follow-up





# Evaluation of the Parents Plus Programme For Children 4-7y with Behaviour problems, with & without Developmental Disabilities. Mark Quinn et al. 2006, IJP



# Evaluation of the Parents Plus Early Years Programme

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# Evaluation of the Parents Plus Early Years Programme

## John Sharry et al. 2005, IJP



### Paper

Sharry, J., Guerin, S., Griffin, C. & Drumm, M. (2005). An evaluation of the Parents Plus Early Years Programme: A video-based early intervention for parent of pre-school children with behavioural and developmental disabilities. *Clinical Child Psychology and Psychiatry*, 10, 319-336.

### Participants

31 parents from 24 families with children ages 2-5 years with behavioural problems and developmental disabilities referred to 2 clinics at the Mater Hospital Child Mental Health Service completed this study



### Results

The group showed significant improvement on the SDQ total problems, conduct problems and hyperactivity scales, the PSS, the CPG scale, and ratings of parent-child interaction.

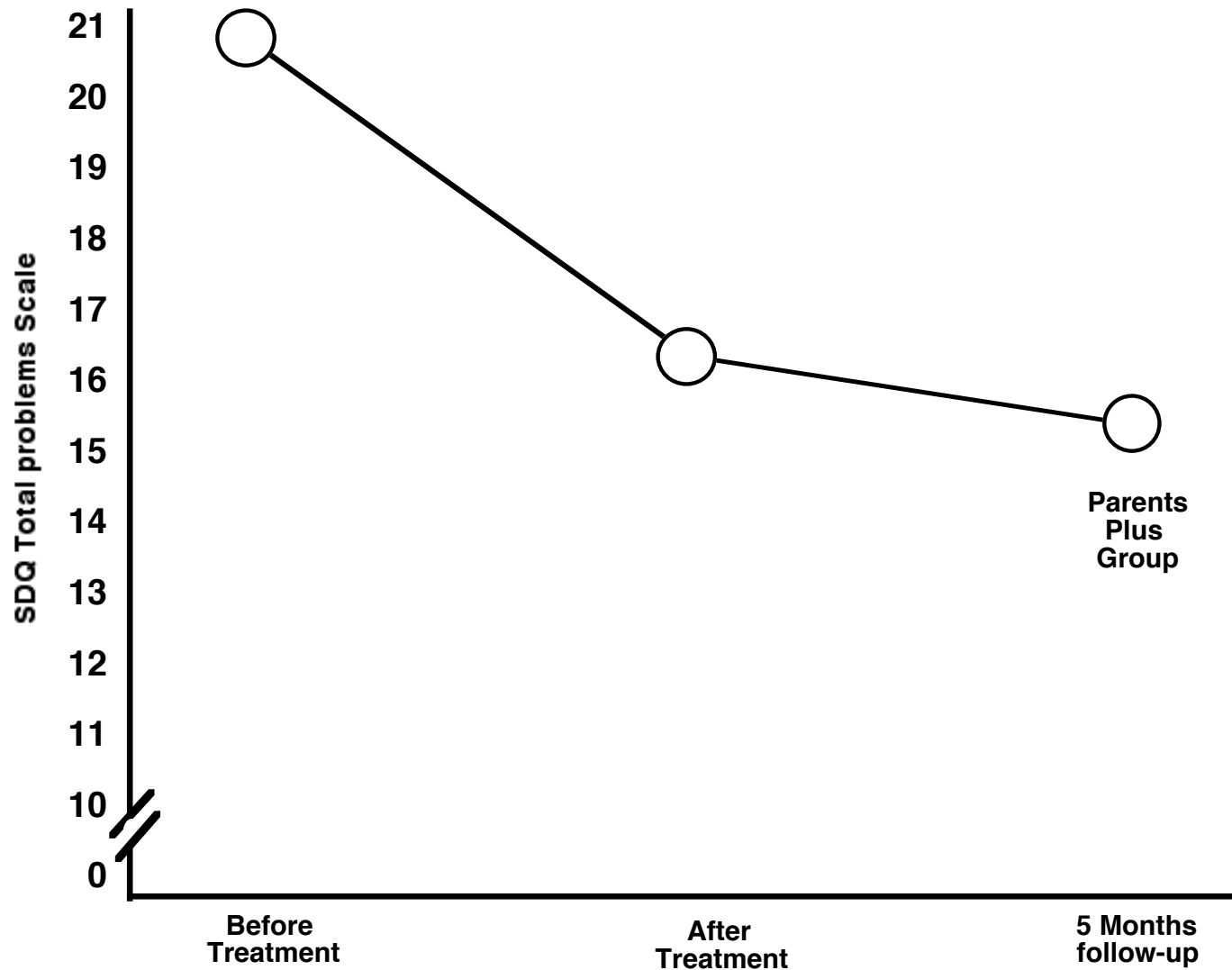
Improvement on the SDQ and PSS was maintained at 5 months follow-up

Qualitative data showed that parents perceived their children's behaviour and communication to have improved; that they were using more positive parenting strategies; and that the quality of the parent-child relationship had improved.



# Evaluation of the Parents Plus Early Years Programme

John Sharry et al. 2005, JCCPP



Sharry, J., Guerin, S., Griffin, C. & Drumm, m. (2005). An evaluation of the Parents Plus Early Years Programme: A video-based early intervention for parent of pre-school children with behavioural and developmental disabilities. *Clinical Child Psychology and Psychiatry*, 10, 319-336.

# Evaluation of the Parents Plus Early Years Programme

## Claire Griffin et al., 2010



### Paper

Griffin, C., Guerin, S., Sharry, J. & Drumm, M. (2010). A multicentre controlled study of an early intervention parenting programme for young children with behavioural and developmental difficulties. *International Journal of Clinical and Health Psychology*, 10, 279-294.

### Participants

Parents of 81 children ages 3-6 years with behavioural & developmental difficulties referred to 4 MUH clinics completed the study. There were 46 in the PP group and 35 in the control group who received routine services.

### Results

Compared with the control group, the PP group reported significant improvement on the SDQ total problems and hyperactivity scales and the CPG scale, and this was maintained at 5 months follow-up.

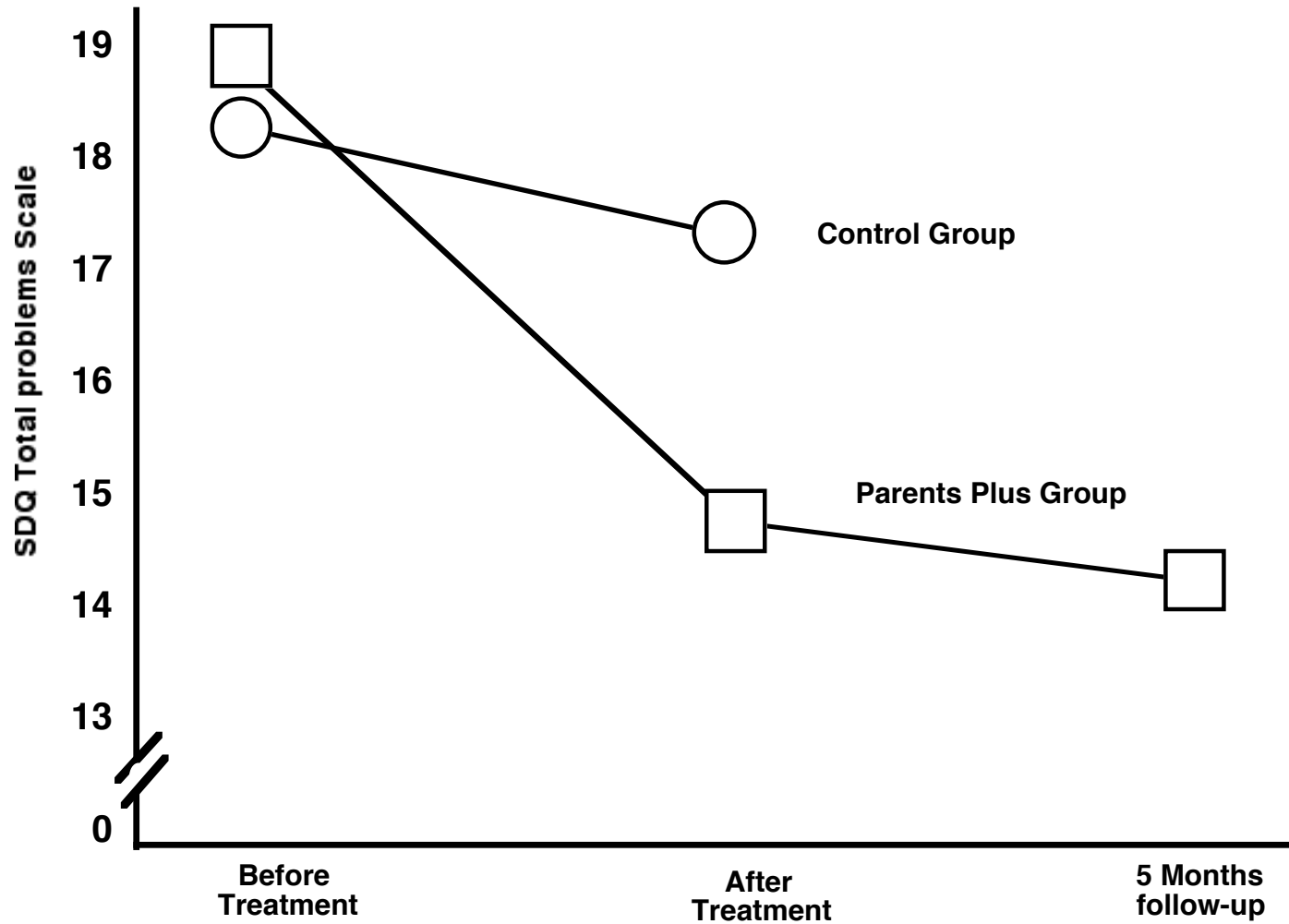
The PP showed significant improvement on independent ratings of parent-child interaction.

PP was equally effective for children with behavioural and developmental difficulties



# Evaluation of the Parents Plus Early Years Programme

Claire Griffin et al., 2010



Griffin, C., Guerin, S., Sharry, J. & Drumm, M. (2010). A multicentre controlled study of an early intervention parenting programme for young children with behavioural and developmental difficulties. *International Journal of Clinical and Health Psychology*, 10, 279-294.

# Evaluation of the Parents Together Community Course



## A Preventative Version of the Parents Plus Early Years Programme

### Paper

**Sarah Kilroy et al., 2010**

Kilroy, S., Sharry, J., Flood, C. & Guerin, S. & (2011). Parent training in the community. Linking process to outcome. *Clinical Child Psychology and Psychiatry*, 16, 459-473.

### Participants

31 parents of children ages 1-9 years of whom 13 (45%) had behavioural difficulties on the SDQ completed a 6 session prevention version of the PP programme. They were recruited through Home School Community Liaison Teachers or Family Support Workers into this pilot study



### Results

For the whole sample significant improvement occurred on the SDQ total problems, conduct problems, and hyperactivity scales and on the CPG problems and goals scales.

Greater improvement occurred for cases with behavioural difficulties, than for the sample as a whole.

For the whole sample, weekly end of sessions ratings of perceived progress towards personal goals, hopefulness about goal attainment and perceiving the group to be well organized were correlated with overall outcome on the parenting problems scale.

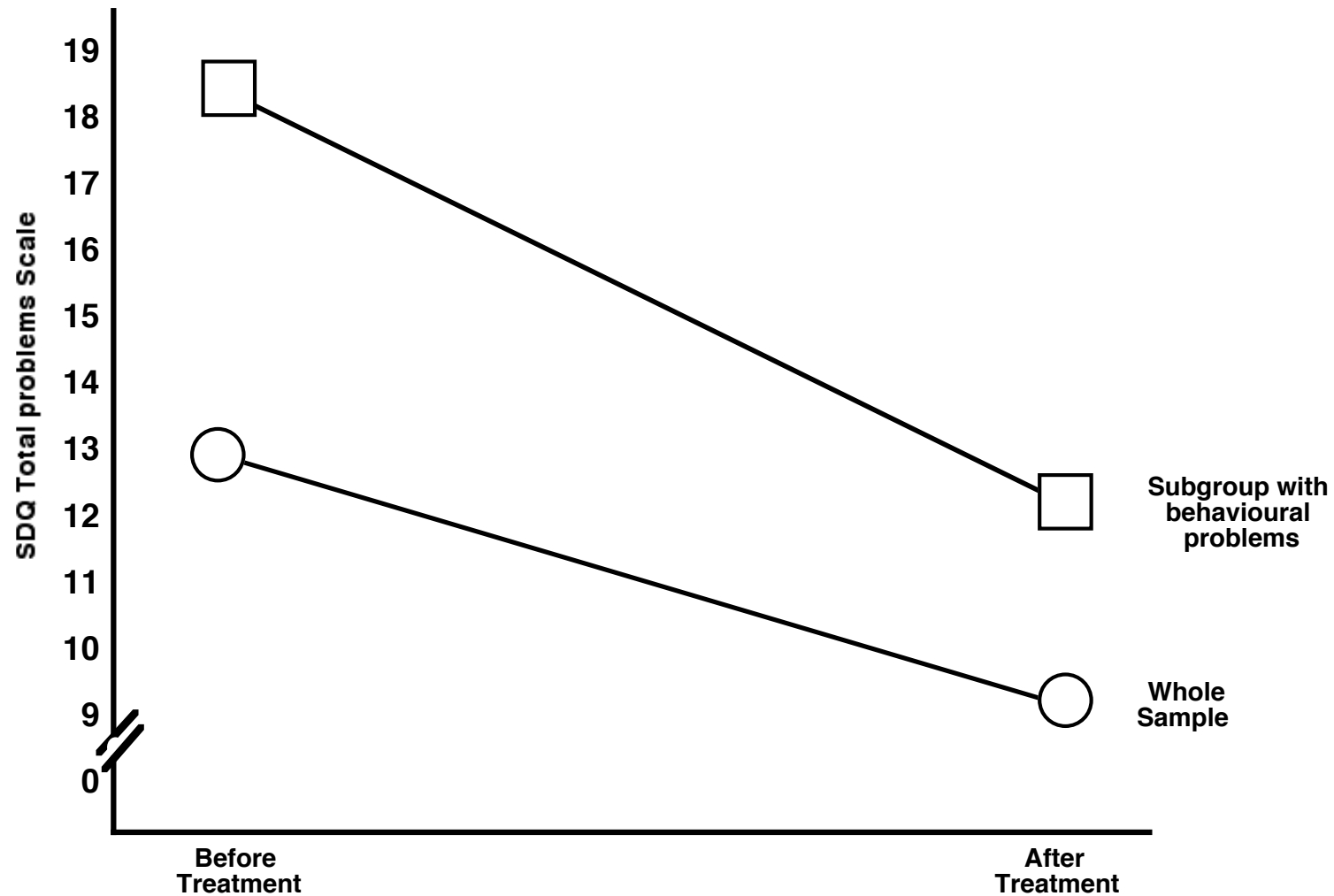


# Evaluation of the Parents Together Community Course



## A Preventative Version of the Parents Plus Early Years Programme

Sara Kilroy et al., 2010



Kilroy, S., Sharry, J., Flood, C. & Guerin, S. & (2011). Parent training in the community. Linking process to outcome. *Clinical Child Psychology and Psychiatry*, 16, 459-473.



# Evaluation of the Parents Plus Children's Programme

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# Evaluation of the Parents Plus Children's Programme

## Michael Coughlan et al. 2009



### Paper

Coughlan, M., Sharry, J., Fitzpatrick, C., Guerin, S. & Drumm, M. (2009). A controlled evaluation of the Parents Plus Children's Programme: A video-based programme for parents of children aged 6-11 years with behavioural and developmental problems. *Clinical Child Psychology & Psychiatry*, 14, 541-558.

### Participants

74 parents of children ages 6-11 years with behavioural & developmental difficulties referred to 4 geographically distinct clinics at the Mater Hospital Child Mental Health Service completed the study. There were 42 in the PP group and 32 in the control group who received routine services.



### Results

Compared with the control group, the PP group showed significant improvement on the SDQ total problems and conduct problems scales.

Compared with the control group, the PP group reported decreases in parental stress on the PSS; increased confidence in their parenting; and movement towards their parenting goals and resolution of parenting problems on the CPG.

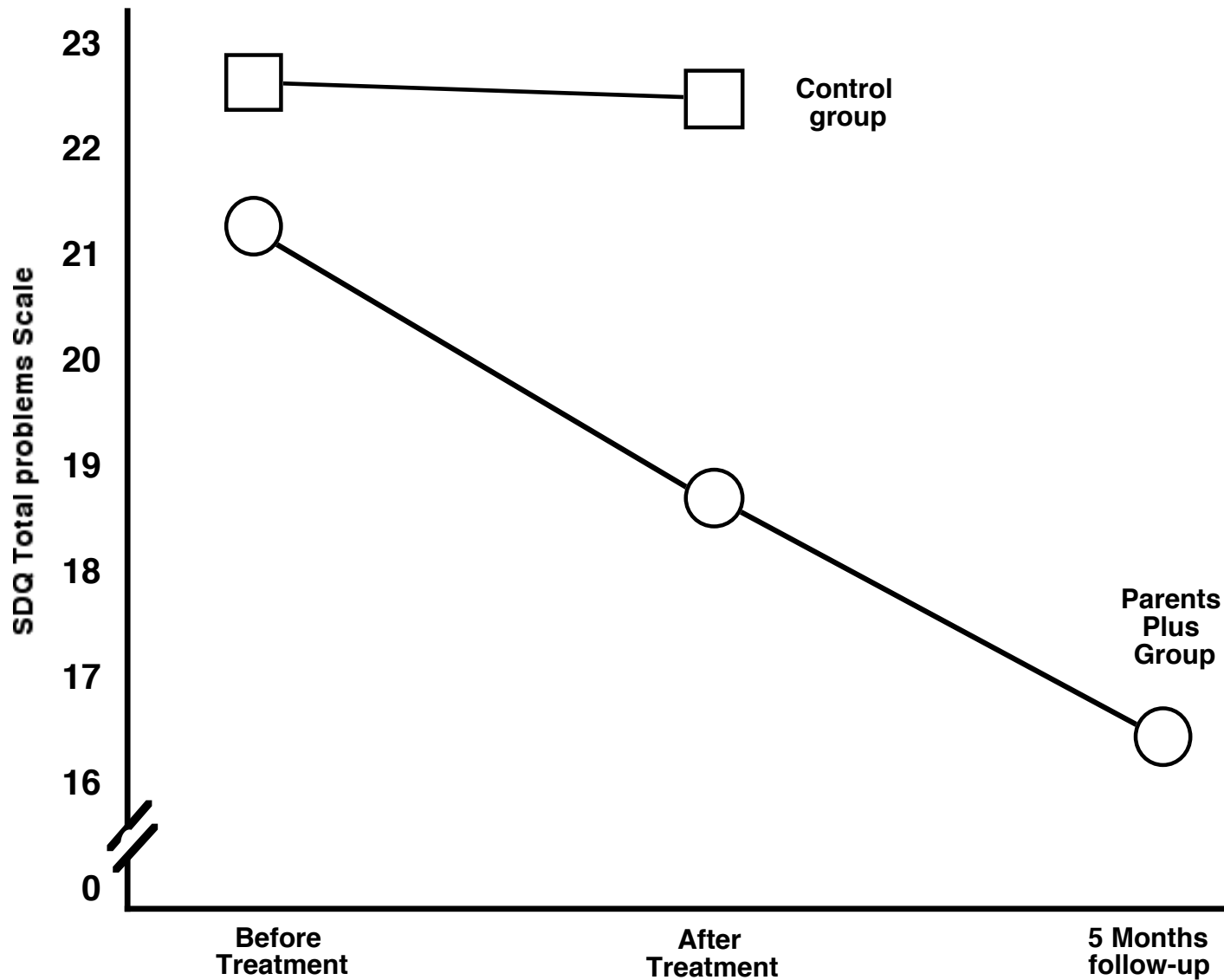


These post-treatment improvements were maintained at 5 months follow-up.

Compared with families of children with developmental disorders, families of children with behaviour problems benefited more from the PP programme on the SDQ total problems and peer problems scales.

# Evaluation of the Parents Plus Children's Programme

## Michael Coughlan et al. 2009



Coughlin, M., Sharry, J., Fitzpatrick, C., Guerin, S. & Drumm, M. (2009). A Controlled Evaluation of the Parents Plus Children's Programme: A Video-based Programme for Parents of Children Aged 6-11 years with Behavioural and Developmental Problems. *Clinical Child Psychology & Psychiatry*, 14, 541-558..

# Evaluation of the Parents Plus Children's Programme

## With families of children with intellectual disabilities

### Ciara Ní Raghallaigh, et al. 2011



#### Paper

Ní Raghallaigh, C., Coyle, S., Cuppage, J. & Sharry, J. (2011). An evaluation of the Parents Plus Children's Programme in Scoil Chiarain: A school for children with mild intellectual disability. Unpublished manuscript.

#### Participants

29 parents of children ages 6-11 years with intellectual disability attending Scoil Chiarain completed the study. There were 16 in the PP group and 13 in the waiting list control group.

#### Results

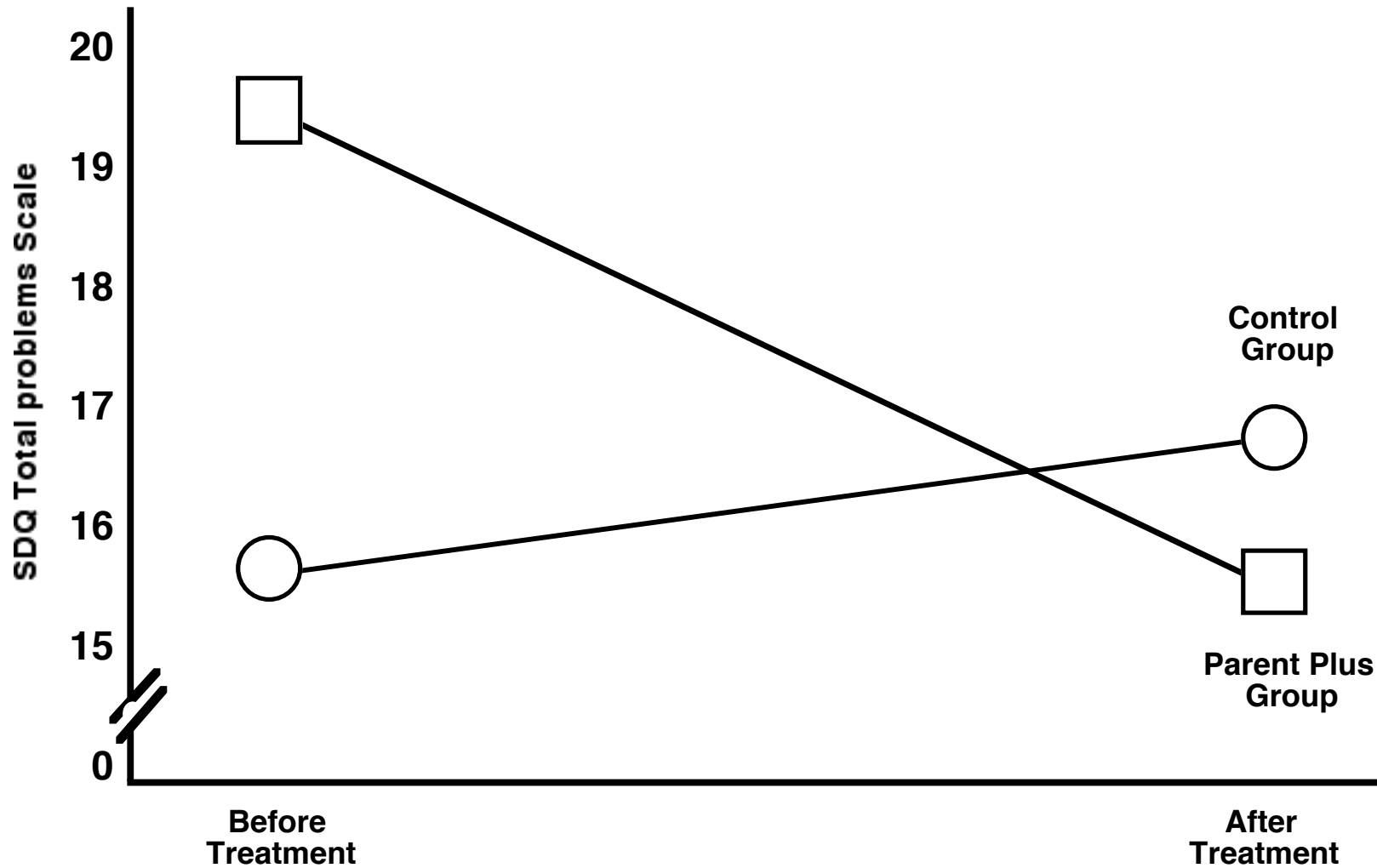
Compared with the control group, the PP group showed significant improvement on the SDQ conduct problems scale, and parenting satisfaction on the KPS.



# Evaluation of the Parents Plus Children's Programme

## With families of children with intellectual disabilities

Ciara Ní Raghallaigh, et al. 2011



# Evaluation of the Parents Plus Adolescent Programme

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# Evaluation of the Parents Plus Adolescent Programme

## Diane Beattie et al. 2011



### Paper

Beattie, D., O'Donohoe, P., Guerin, S. & Fitzpatrick, C. (2011).  
An evaluation of a parent management training programme  
as a treatment for adolescents attending a child and  
adolescent mental health service. *Clinical Child Psychology  
and Psychiatry*.



### Participants

Parents of 55 adolescents ages 11-15 years with emotional  
and behavioural difficulties referred to child and adolescent  
mental health services completed the study

There were 38 in the PP group and 17 in the control group who  
received routine services

### Results

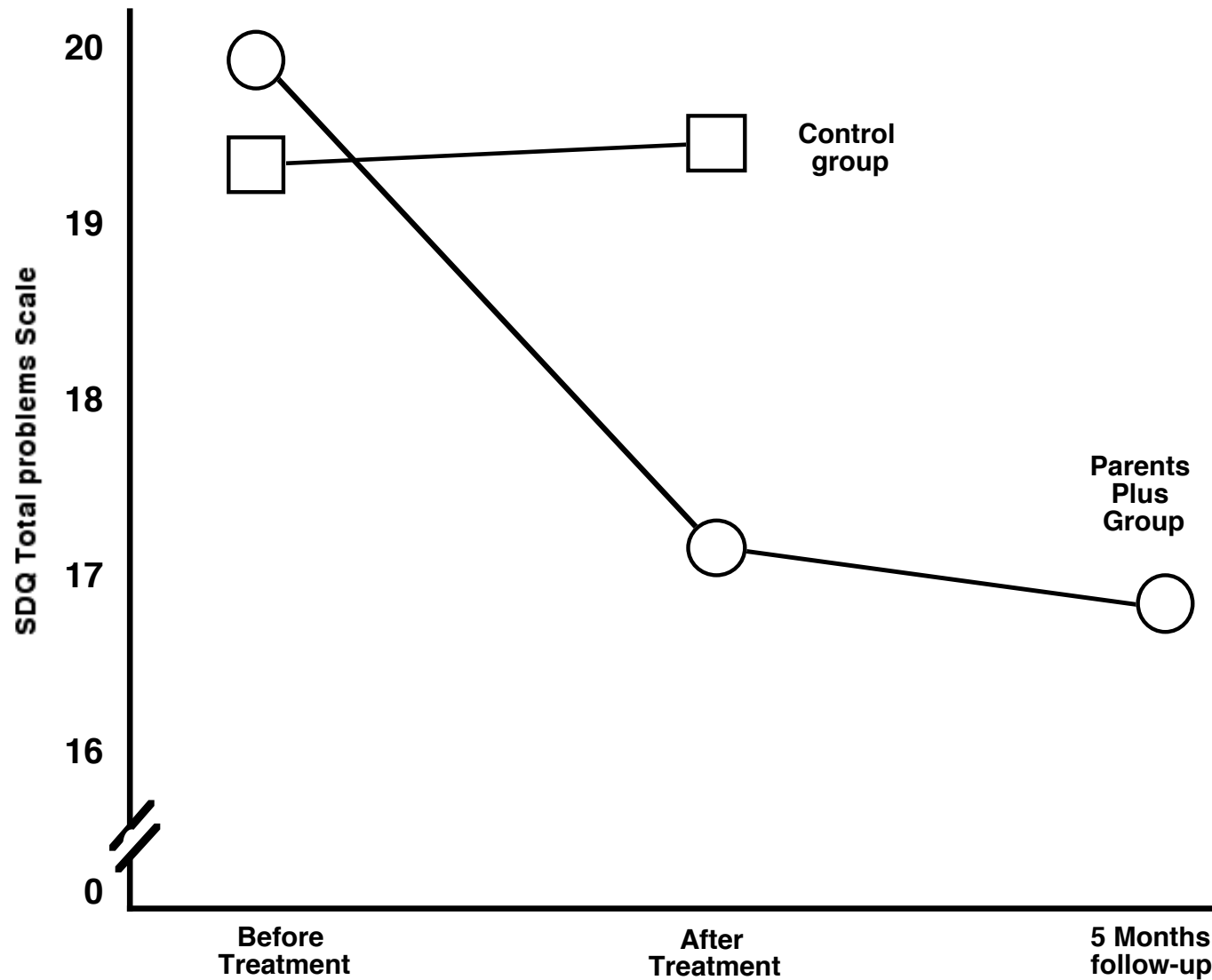
Compared with the control group, the PP group showed  
significant improvement on the SDQ total problems and  
peer problems scales.



Gains made during treatment were maintained at 5 months  
follow up.

# Evaluation of the Parents Plus Adolescent Programme

Diane Beattie et al. 2011



Beattie, D., O'Donohoe, P., Guerin, S. & Fitzpatrick, C. (2011). An evaluation of a parent management training programme as a treatment for adolescents attending a child and adolescent mental health service. *Clinical Child Psychology and Psychiatry*.



# Positive Parenting



## Evaluation of the Parents Plus Adolescents Programme in Schools

### Paper

**Eileen Nitsch et al., 2011**

Nitsch, E. & Houghton, S. (2011). Positive parenting - A randomized controlled trial evaluation of the Parents Plus Adolescent Programme. Unpublished paper.



### Participants

109 parents of children ages 11-16 years of whom 12% had behavioural difficulties were recruited from the community through media advertisements in the south west of Ireland. Data were collected from 70 in the PP group and 39 in the control group.

### Results

Compared with the control group, the PP group showed significant improvement on all SDQ scales except the hyperactivity scale.

Compared with the control group, the PP group reported decreased parental stress on the PSS and PSI; increased parent satisfaction on the KPS; and improvement on the problems and goals scales of the CPG.



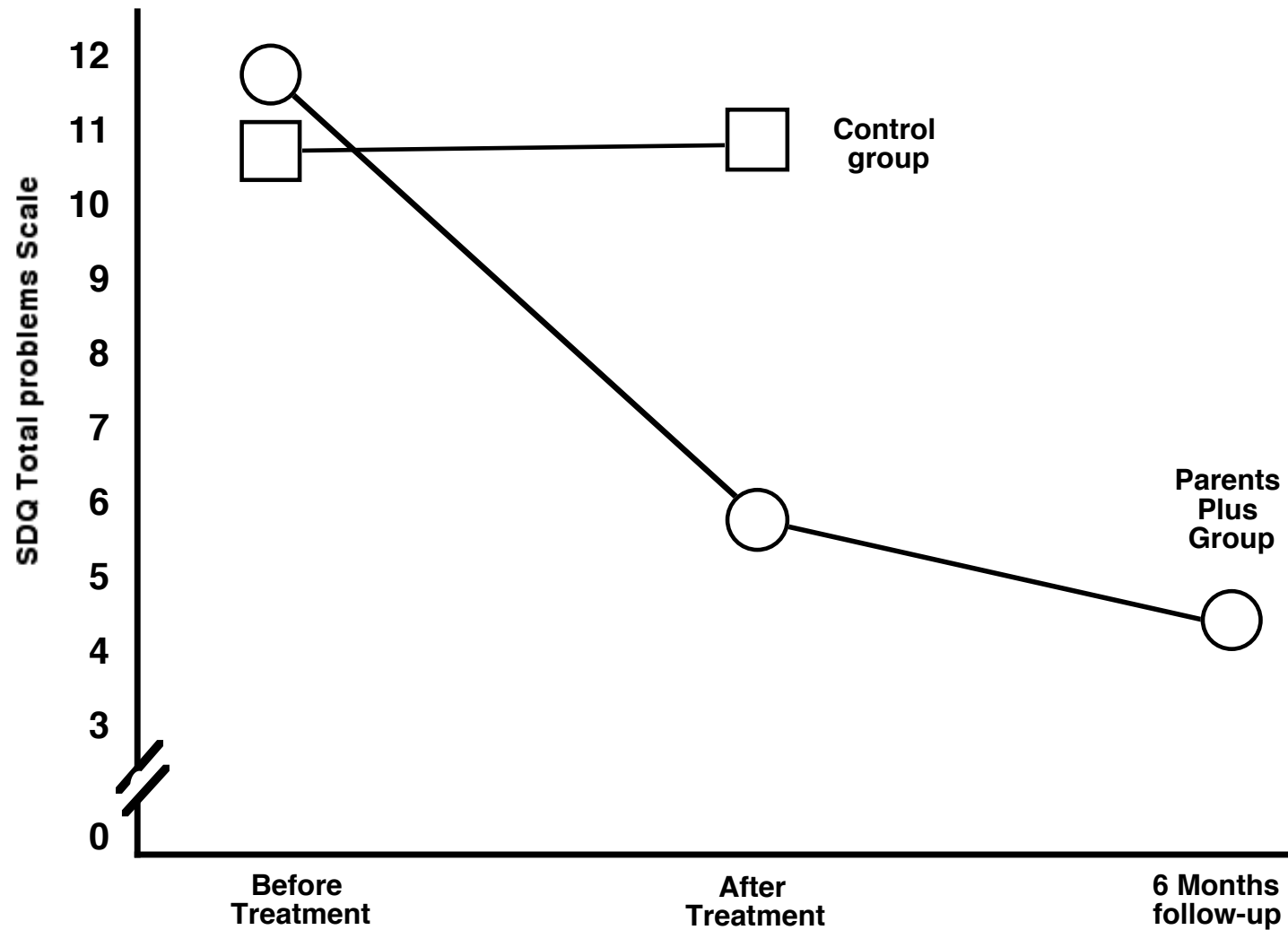
These post-treatment improvements were maintained at 6 months follow-up.

# Positive Parenting

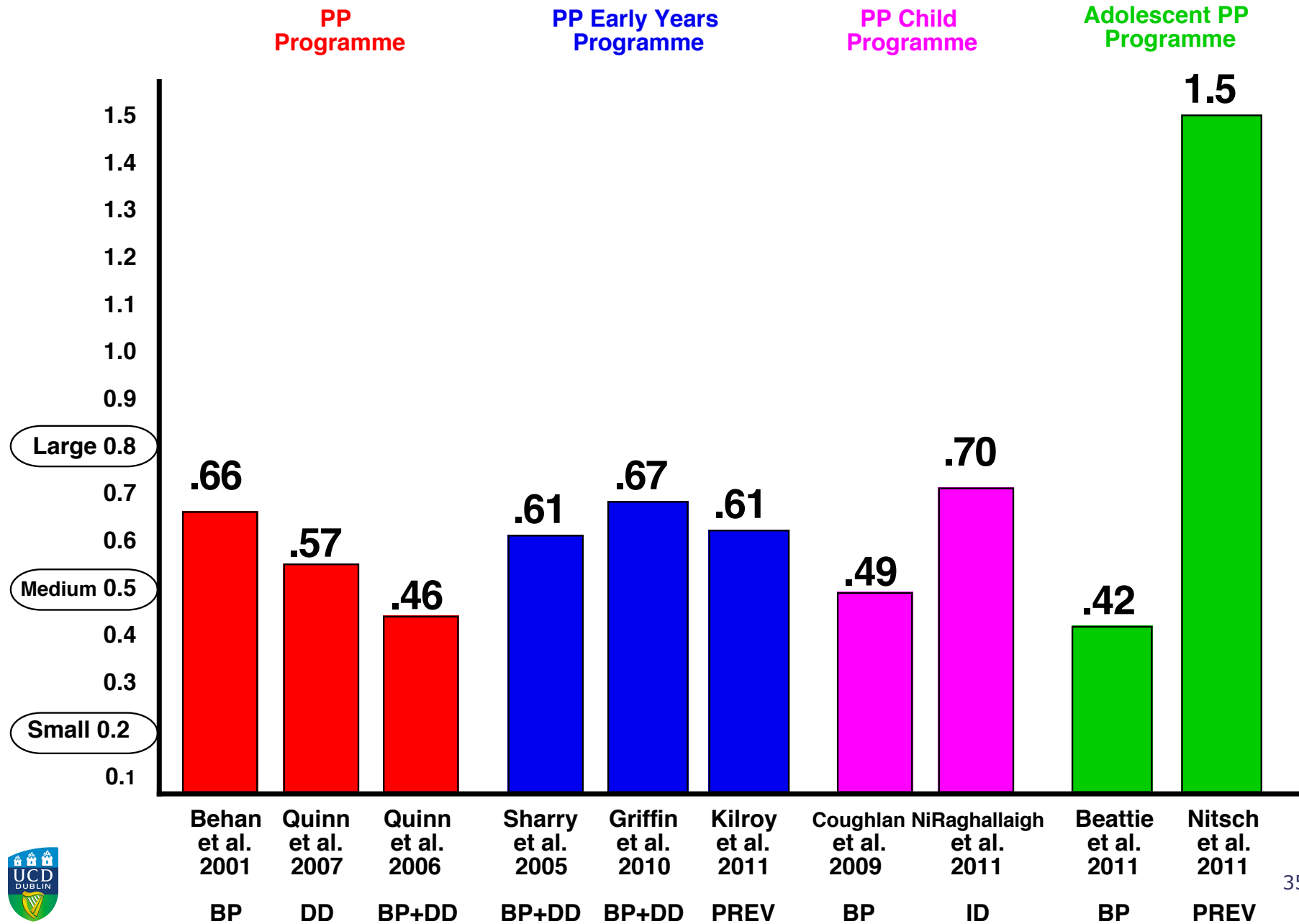


## Evaluation of the Parents Plus Adolescents Programme in Schools

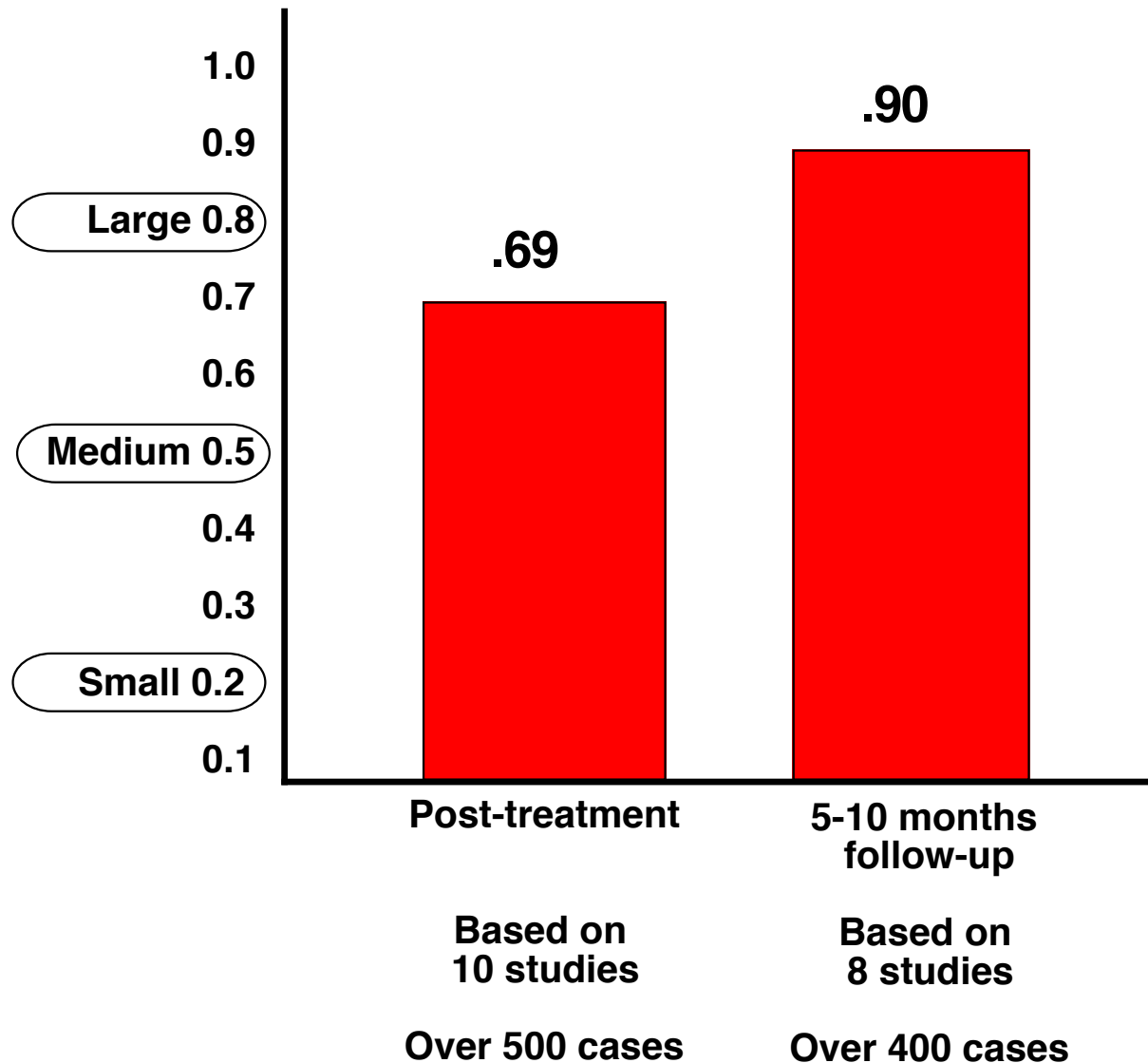
Eileen Nitsch et al., 2011



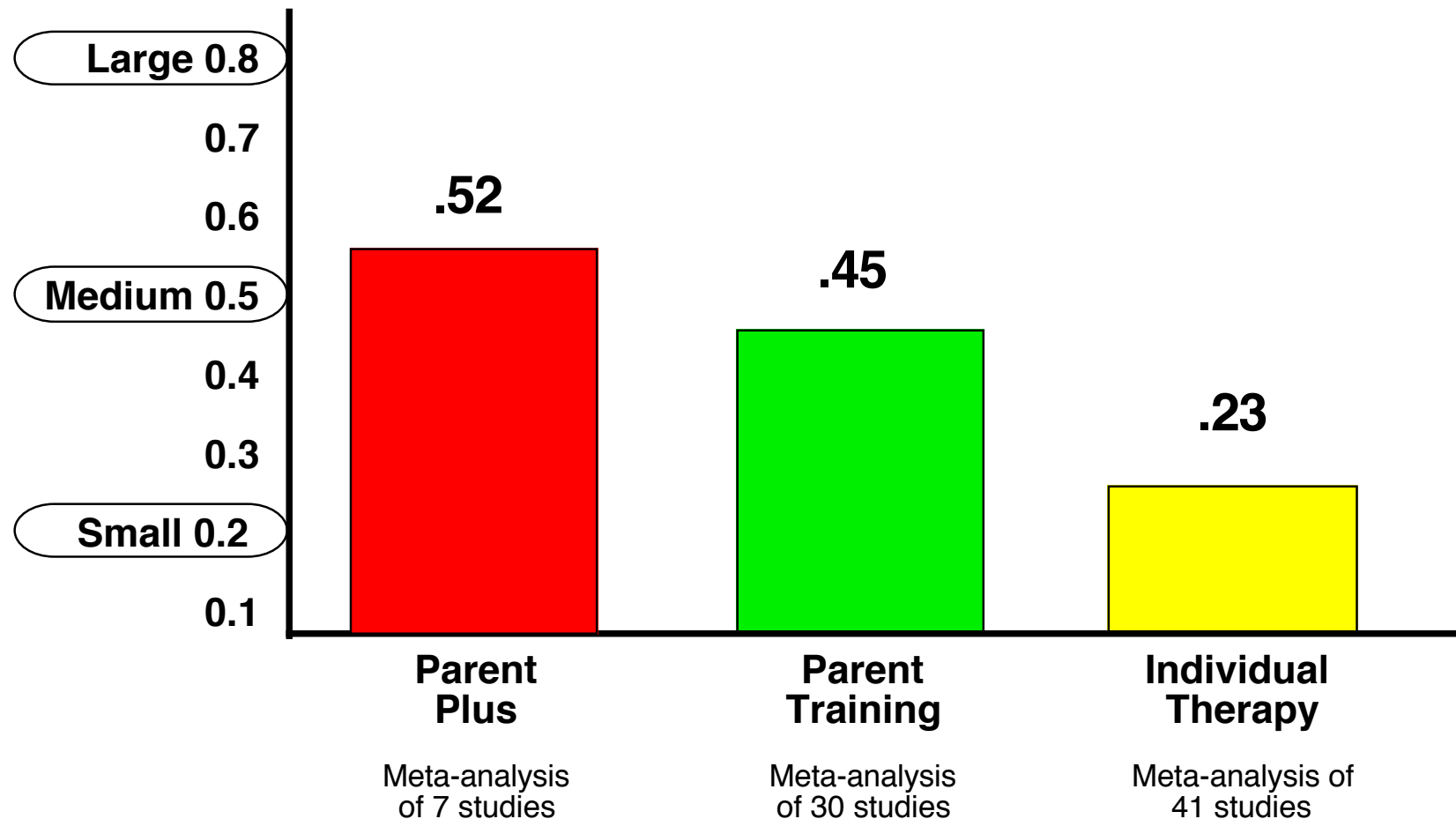
# Pre-Post Treatment Effect Sizes for SDQ Total Problems Scale From 10 studies



**Pre-post treatment effect sizes and  
pre-treatment to 5-10 months follow-up effect sizes  
for SDQ Total Problems Scale From 10 studies**



## Post-treatment, Treatment – Control Group Effect Sizes for Behaviour Problems from Meta-Analyses of 7 Parents Plus Studies 30 Other Parent Training Studies & 41 Individual Therapy Studies



Based on 7 PP studies and McCart, M. R., Priester, P., & Davies, W. H. & Azen, R. (2006) Differential effectiveness of cognitive-behavioural therapy and behavioural parent-training for antisocial youth: A meta-analysis. *Journal of Abnormal Child Psychology*, 34 (4), 527-543.



## Conclusions about the evidence base for the Parents Plus Programme And Future Research



- 10 trials have shown that the 4 versions of the Parents Plus programme reduce behaviour problems and sometimes have other positive effects on family life
- Four main types of research are required
- Larger multi-site trials, involving many trainers/therapists, with about 100 clinical cases in each treatment and control group, with 1-2 year follow-up, for the 3 new versions of the programme. (Nitsch's study is a step in this direction.)
- Research to discover 'the active ingredients' of the Parents Plus programme
- Translational research to determine how to make sure the programme remains effective when used by therapists in routine settings
- Programme enhancement studies, to make the programme effective for those that currently don't benefit from it, and special populations such as ethnic minority groups & separated parents



**Thank You**

**Alan Carr**

**Professor of Clinical Psychology**



