



Triple P - Some key research findings

Here is a selection of some of the key findings:

- **In the US, Triple P has been shown to cut rates of child abuse, reduce foster care placements and decrease hospitalizations from child abuse injuries.**

Prinz, R.J., Sanders, M.R., Shapiro, C.J., Whitaker, D.J., & Lutzker, J.R. (2009). Population-based prevention of child maltreatment: The U.S. Triple P system population trial. *Prevention Science*, 10(1), 1-12.

- **Triple P reduces problem behavior in children and improves parents' wellbeing and parenting skills.**

Nowak, C. & Heinrichs, N. (2008). A comprehensive meta-analysis of Triple P-Positive Parenting Program using hierarchical linear modelling: Effectiveness and moderating variables. *Clinical Child and Family Psychology Review*, 11, 114-144.

- **In communities where Triple P is widely available, children have fewer behavioral and emotional problems.**

Sanders, M.R., Ralph, A., Sofronoff, K., Gardiner, P., Thompson, R., Dwyer, S., & Bidwell, K. (2008). Every Family: A population approach to reducing behavioral and emotional problems in children making the transition to school. *Journal of Primary Prevention*, 29, 197-222.

- **Parents using Triple P say they are less stressed, less depressed and don't use harsh discipline.**

Sanders, M.R., Ralph, A., Sofronoff, K., Gardiner, P., Thompson, R., Dwyer, S., & Bidwell, K. (2008). Every Family: A population approach to reducing behavioral and emotional problems in children making the transition to school. *Journal of Primary Prevention*, 29, 197-222.

- **Parents of children with Autism Spectrum Disorders using Stepping Stones Triple P report they are more satisfied as parents, their children's behavior has improved and their relationship with their partner is better.**

Whittingham, K., Sofronoff, K., Sheffield, J. & Sanders, M.R. (2008). Stepping Stones Triple P: An RCT of a parenting program with parents of a child diagnosed with an Autism Spectrum Disorder. *Journal of Abnormal Child Psychology*. 37(4), 469-480

- **Parents with an intellectual disability using a modified version of Group Triple P report an improvement in their parenting practices and their child's behavior, and less distress. Parents also report high satisfaction with the information and support they received.**

Glazemakers, I. & Deboutte, D. (2012). Modifying the 'Positive Parenting Program' for parents with intellectual disabilities. *Journal of Intellectual Disability Research*. Advance online publication. doi: 10.1111/j.1365-2788.2012.01566.x

- **UK parents who watched a reality television series (*Driving Mum and Dad Mad*) which showed other parents using Triple P, feel more confident in their parenting, less angry and less depressed than before watching the series. They also say their children's behavior improved as a result.**

Calam, R., Sanders, M.R., Miller, C., Sadhnani, V., & Carmont, S. (2008). Can technology and the media help reduce dysfunctional parenting and increase engagement with preventative parenting interventions? *Child Maltreatment*, 13(4), 347-361.

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- **Triple P reduces disruptive child behavior problems in Chinese families living in Hong Kong.**
Leung, C., Sanders, M.R., Leung, S., Mak, R. & Lau, J (2003). An Outcome evaluation of the implementation of the Triple P – Positive Parenting Program in Hong Kong. *Family Process*, 42(4), 531-544.

- **The cost of offering Triple P throughout a community in the US would be recovered in a single year if it brought about a (modest) 10 percent reduction in cases of child abuse and neglect.**

Foster, E.M., Prinz, R.J., Sanders, M.R., & Shapiro, C.J. (2008). The costs of a public health infrastructure for delivering parenting and family support. *Children and Youth Services Review*, 30, 493-501.

Additionally, Triple P has been tested and shown to be effective in many culturally and ethnically diverse populations around the world. Here are some of the results:

- **Iran**

Tehrani-Doost, M., Shahrivar, Z., Gharaie, J.M. & Alaghband-Rad, J. (2009). Efficacy of Positive Parenting on Improving Children’s Behaviour Problems and Parenting Styles. *Iranian Journal of Psychiatry and Clinical Psychology*, 14(4), 371-379.

- **Hong Kong**

Leung, C., Sanders, MR., Leung S., Mak, R. & Lau, J. (2003). An Outcome evaluation of the implementation of the Triple P – Positive Parenting Program in Hong Kong. *Family Process*, 42(4), 531-544.

Leung, C., Sanders, M.R., Ip, F. & Lau, J. (2006). Implementation of Triple P – Positive Parenting Program in Hong Kong: Predictors of programme completion and clinical outcomes. *Journal of Children’s Services*, 1(2), 4-17.

Crisante, L. & Ng, S. (2003). Implementation and process issues in using Group Triple P with Chinese parents: preliminary findings. *Australian e-Journal for the Advancement of Mental Health*, 2(3), 226-235.

- **Japan**

Matsumoto, Y., Sofronoff, K. & Sanders, M.R. (2007). The Efficacy and acceptability of the Triple P-Positive Parenting Program with Japanese parents. *Behaviour Change*, 24(4), 205–218.

- **Switzerland**

Bodenmann, G., Cina, A., Ledermann, T. & Sanders, M.R. (2008). The efficacy of the Triple P-Positive Parenting Program in improving parenting and child behavior: A comparison with two other treatment conditions. *Behaviour Research and Therapy*, 46(4), 411-427.

- **Indigenous Australians**

Turner, K.M.T, Richards, M., and Sanders, MR. (2007). Randomised clinical trial of a group parent education programme for Australian Indigenous families. *Journal of Paediatrics and Child Health*, 43(6), 429-437.

More research findings, publications and journal articles can be viewed at

<http://www.pfsc.uq.edu.au/publications/evidence>