



## Triple P - Positive Parenting Program®



### Reaching Families Their Way

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# Disclosure



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- Royalties are distributed according to the University of Queensland's intellectual property policy to the Faculty of Health and Behavioural Sciences, School of Psychology and contributory authors.
- Peggy Govers is an employee of Triple P Parenting Canada, the subsidiary of Triple P International located in Canada, responsible for training in and support for implementation of the program.

# Parenting as a Public Health Issue



Research continues to support the critical role of parenting in child development outcomes:

- Neurodevelopmental knowledge of development continues to expand
- Adverse Childhood Events study
- Evidence from population level studies of parenting interventions

# Adverse Childhood Events Study



Demonstrated that a person with 4 or more of these is...

## Abuse

physical  
emotional  
sexual

## Neglect

physical  
emotional

## Household dysfunction

mental illness  
incarceration  
domestic violence  
substance abuse  
relationship  
breakdown

- 12.2 times as likely to attempt suicide
- 10.3 times as likely to use injection drugs
- 7.4 times as likely to suffer alcoholism
- 2.4 times as likely to suffer a stroke
- 2.2 times as likely to suffer ischemic heart disease
- 1.9 times as likely to develop cancer
- 1.6 times as likely to have diabetes

# Parenting as a Public Health Priority



Parenting behaviour is modifiable.

High-quality evidence-based programs can help, but...

- Lack of awareness/understanding
- Lack of time
- Lack of funds
- Inability to sustain implementation

# Triple P – Positive Parenting Program



System of parenting programs

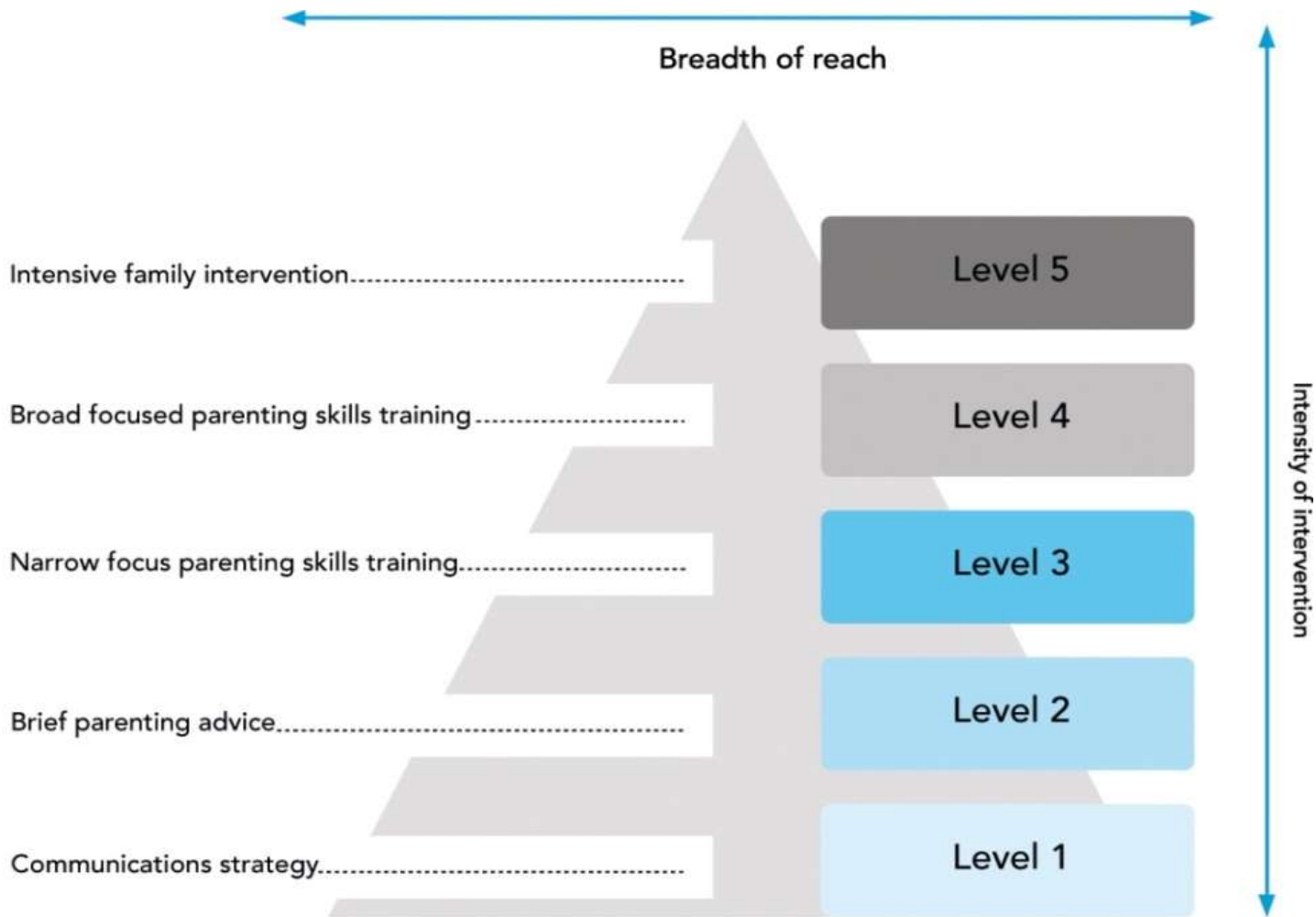
Evidence base demonstrating effectiveness

25 countries implementing, many translations

5 levels of intervention

Self-directed and on-line versions

# Triple P System of Intervention



# Triple P Evidence-Base Online Database



[www.pfsc.uq.edu.au/research/evidence/](http://www.pfsc.uq.edu.au/research/evidence/)



## Welcome to the Triple P evidence-base

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### About this site

This website aims to contain the most comprehensive listing of all research associated with the Triple P evidence-base. It will continue to be updated as new research becomes available.

To see more information about an article, including downloadable versions where available, click the article's title.

#### What papers are included?

The evidence base includes scientific papers that have contributed to the theory and development of essential procedures involved in forming part of the Triple P system of parenting interventions. This includes research related to the efficacy, effectiveness and dissemination of intervention programs, epidemiological studies, correlational studies, service-based research, evaluations of professional training, large-scale population trials, and meta-analyses. It also includes observational studies of family interaction and independent program evaluations.

The studies included have made a contribution to the evaluation and continuing evolution of the Triple P system. If you become aware of Triple P-related research—published in any language—that we have not included on this website, please [contact us](#).

Total articles: 243

Quick Search

Year	First Author	Other Authors	Title	Journal
2008	Awaya-Elen, Vanessa	Lee, Catherine R.	<a href="#">Implementing an Evidence-Based Parenting Program in Community Agencies: What Helps and What Gets in the Way?</a>	Administration and Policy in Mental Health and Mental Health Services Research
2012	Sanders, Matthew R.		<a href="#">Development, Evaluation, and Multinational Dissemination of the Triple P-Positive Parenting Program</a>	Annual Review of Clinical Psychology
2012	Hayashi, Aina	Sanders, Matthew R. O'Brien, Jennifer McAuliffe, Christine Page, Sue Andrason, Emily	<a href="#">Practitioner perceptions of the use of the Triple P - Positive Parenting Program with families from culturally diverse backgrounds</a>	Australian Journal of Primary Health
2011	Winter, Leanne	Moravcsik, Aina Sanders, Matthew R.	<a href="#">The Effect of Behavioral Family Intervention on Knowledge of Effective Parenting Strategies</a>	Journal of Child and Family Studies
2011	Turner, Karen R. J.	Nicholson, Jan Sanders, Matthew R.	<a href="#">The role of practitioner self-efficacy, training, program and workplace factors on the implementation of an evidence-based parenting intervention in primary care</a>	Journal of Primary Prevention
2011	Sofronoff, Kate	Jehiel, Dana Sanders, Matthew R.	<a href="#">Sleeping Shows Triple P seminars for parents of a child with a disability: A randomized controlled trial</a>	Research in Developmental Disabilities
2011	Sanders, Matthew R.	Stafman, Helen M. Hornig, Nina	<a href="#">Workplace Triple P: A Controlled Evaluation of a Parenting Intervention for Working Parents</a>	Journal of Family Psychology
2011	Sanders, Matthew R.	Kirby, James R.	<a href="#">Consumer engagement and the development, evaluation and dissemination of evidence-based parenting programs</a>	Behavior Therapy
2011	O'Brien, H.	Deley, D.	<a href="#">Self-help parenting interventions for childhood behaviour disorders: A review of the evidence</a>	Child: Care, Health and Development

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Use the checkboxes on the right to choose the categories you want displayed below

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- Theoretical Papers
- Level 1 Evidence
- Level 2 Evidence
- Level 3 Evidence
- Level 4 Evidence
- Level 5 Evidence
- Enhanced Triple P
- Family Transitions Triple P
- Gifted and Talented Triple P
- Group Triple P
- Indigenous Triple P
- Lifestyle Triple P
- Pathways Triple P
- Primary Care Triple P
- Selected Triple P
- Self-Directed Triple P
- Standard Triple P
- Stepping Stones Triple P
- Teen Triple P
- Workplace Triple P

Total articles: 243 | Articles in selected categories: 39

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Year	First Author	Other Authors	Title	Journal
2011	Witber, Leanne	Hornovsky, Aime Sanders, Matthew B.	The Effect of Behavioral Family Intervention on Knowledge of Effective Parenting Strategies	Journal of Child and Family Studies
2011	Sanders, Matthew B.	Salzman, Helen M. Holtrop, Kate	Workplace Triple P: A Controlled Evaluation of a Parenting Intervention for Working Parents	Journal of Family Psychology
2011	Hartono, Dwiastu	Hahless, Kurt	Stress Reduction at the Work-Family Interface: Positive Parenting and Self-Efficacy as Mechanisms of Change in Workplace Triple P	Behavior Modification
2011	Okumura, Takao	Kato, Noriko Sanders, Matthew B.	Efficacy of Group Positive Parenting Program (Triple P) in Changing Child Behavior, Parenting Style, and Parental Adjustment: An Intervention Study in Japan	Journal of Child and Family Studies
2011	Baner, Manuel	Neider, Ursula	Stages of Parental Engagement in a Universal Parent Training Program	Journal of Primary Prevention
2011	Cora, Annette	Schell, Martin Schmid, Helge Lettmann, Urs Peter Barbara Fahn Schönberger, Michaela Sara Scheffel, Walter Banteli, Sabine K. Bostmann, Givi	Enhancing positive development of children: Effects of a multilevel randomized controlled intervention on parenting and child problem behavior	Family Science
2010	Matsuoka, Yuki	Sofronoff, Kate Sanders, Matthew B.	Investigation of the effectiveness and social validity of the Triple P Positive Parenting Program in Japanese society	Journal of Family Psychology
2010	Nagorny, Anthea M.	Perry, Rebecca A. Saur, Louise A. Stachbeck, Katherine S. Sawyer, Michael Hills, Andrew P. Wilson, Gwyle Lee, Anthea Daniels, Lynne A.	A parent-led family-focused treatment program for overweight children aged 5 to 9 years: The PEACH ICT	Pediatrics
2010	Henrichs, Nina	Jessen-Doss, Amanda	The effects of incentives on families' long-term outcome in a parenting program	Journal of Clinical Child & Adolescent Psychology
2010	Hartono, Dwiastu	Lum, Franziska Hahless, Kurt	Analyzing mechanisms of change in parenting training programs using the example of Workplace Triple P	Kindheit und Entwicklung



## International Parenting Survey – Canada

- Web-based interventions were a preferred option for accessing parenting information

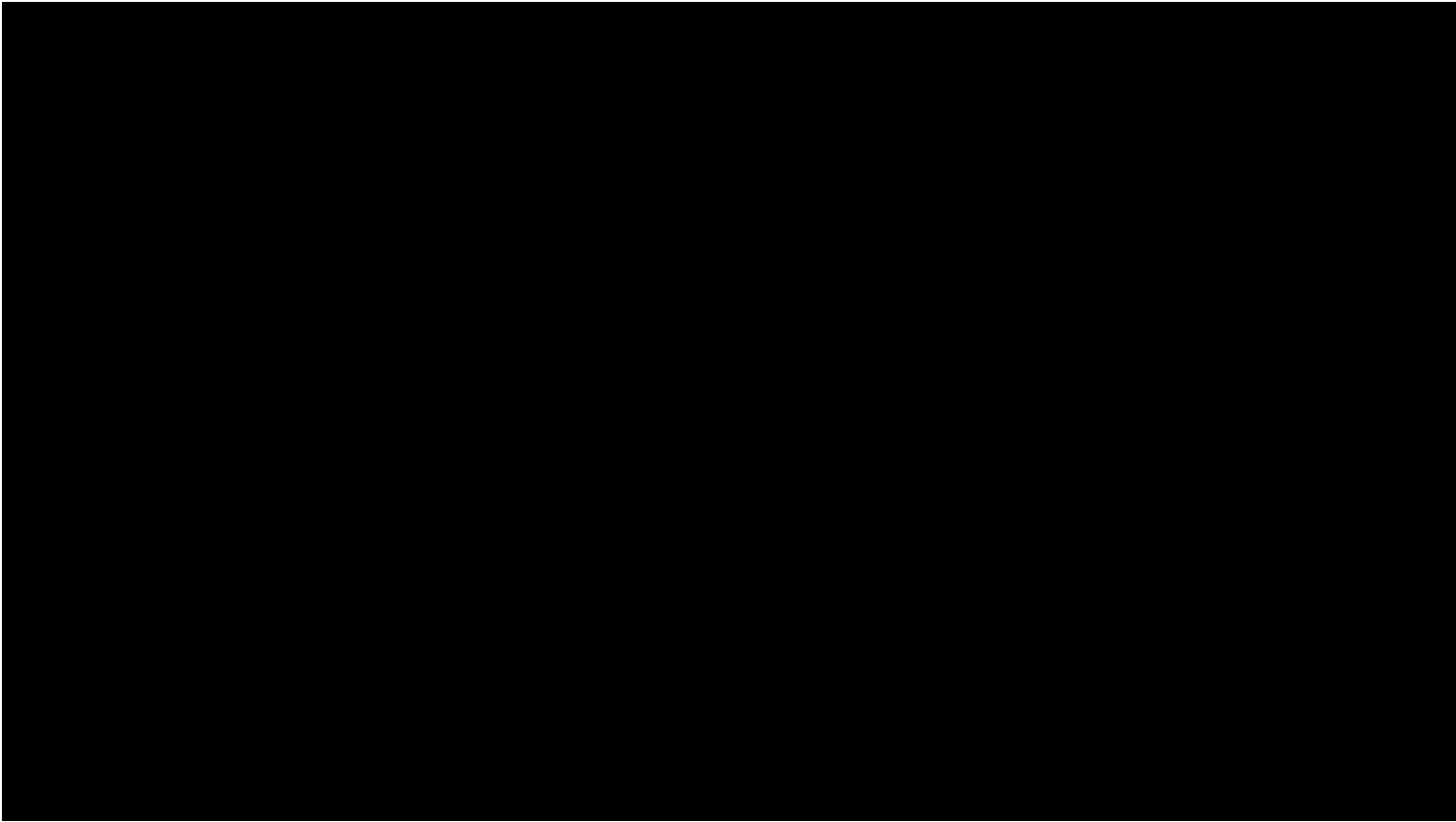
Accessed via code

Open for one year

Can be offered with or without practitioner support

Purchased individually or offered as a part of a larger implementation

# Triple P Online





# Thank you

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