

Preliminary Evaluation of the Group Teen Triple P Program for Parents of Teenagers Making the Transition to High School

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1.1 Aim

In the current study, a group version of the Teen Triple P program is offered universally to all parents in a high school intake, with the aim being to conduct a preliminary trial of the program's efficacy as a universal intervention to reduce risk factors known to be associated with the development of emotional and behavioural problems in teenagers.

2.1 Hypotheses

The analyses tested whether parents who participated in the group parenting programs subsequently reported reductions on measures of targeted family risk factors, and improvements on measures of family functioning.

3.1 Results

Preliminary analysis of the Teen Triple P group parenting program shows positive outcomes for most participating parents with significant reductions of targeted risk factors. Mean scores at pre-test support the view that, as a group, these parents were not clinically elevated on the measures employed, although some parents did score in the elevated range. However, as an early intervention/prevention program it is still important to record reductions in the mean scores of protective factors.

4.1 Findings

These findings are necessarily only preliminary as the study reports on a small sample of parents. In addition, the lack of a control group makes it difficult to draw firm conclusions about the possible link between parents' participation in the program and the reported changes on the outcome measures. Clearly these findings are encouraging but further studies are now necessary to demonstrate the improvements can be replicated under controlled conditions. A larger scale trial of the Group Teen Triple P program is now underway and early reports indicate that similar effects are being observed.

5.1 Summary and Implications

Group Teen Triple P is a brief group parenting program for parents of teenagers. It is based on the successful Triple P – Positive Parenting Program for parents of children aged from 0 to 12, with a focus on helping parents manage the transition from late childhood to early adolescence. This research study reports a preliminary empirical validation of an early intervention and prevention strategy addressing risk factors associated with behavioural and emotional problems in teenagers. Furthermore, it demonstrates that these results can be obtained by briefly trained school guidance staff. It was concluded that a preliminary evaluation of Group Teen Triple P program achieved its goals of reducing targeted risk factors. More comprehensive research trials are currently underway to further evaluate the implementation of Teen Triple P.