



ORAL PRESENTATION

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Know and grow: a qualitative evaluation of a parent skills training intervention

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Objective

This qualitative study examined the experience of parents of children and adolescents with eating disorders after having participated in a skills-based training intervention.

Method

Participants were interviewed and transcripts were analysed using inductive thematic analysis.

Results

Parent responses were organised around key themes of (1) effectiveness and acceptability of the intervention; (2) interpersonal experience of the group process; and (3) feedback on intervention content. Overall, the program was seen by parents to be highly relevant with direct application to supporting their child in home and hospital environments.

Discussion

This study reports on preliminary evidence that skills-based training is acceptable to parents and improves parent functioning including parent self-efficacy, and reduces psychological distress, anxiety, and burden. The study also demonstrated that the intervention can be delivered in a tertiary paediatric treatment setting and it may become cost-effective method for supporting parents and other carers. Future research is required on treatment efficacy and patient outcomes.

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