



Figure 1. Participant flow diagram

Baseline Characteristics

Table 1. Participant baseline characteristics

Family characteristics	All (N=56)	Intervention (n=38)	Control (n=18)
Child gender, male: <i>n</i> (%)	40 (71.43)	27 (71.05)	13 (72.22)
Child age, months: <i>M</i> (<i>SD</i>)	57.38 (19.12)	58.79 (19.33)	54.39 (18.84)
Parent gender, female: <i>n</i> (%)	55 (98.21)	37 (97.37)	18 (100.0)
Parent age, years: <i>M</i> (<i>SD</i>)	33.59 (6.67)	34.13 (7.07)	32.44 (5.75)
Parent age birth first child, years, <i>M</i> (<i>SD</i>)	26.16 (5.97)	26.30 (6.53)	25.89 (4.76)
Post 16 education: <i>n</i> (%)	42 (75.0)	27 (71.05)	15 (83.33)
Married or in a stable relationship: <i>n</i> (%)	46 (82.14)	30 (78.95)	16 (88.89)
Employment: <i>n</i> (%)	50 (89.29)	35 (92.11)	15 (83.33)
Large family: <i>n</i> (%)	15 (26.79)	12 (31.58)	3 (16.67)
Teenage parent: <i>n</i> (%)	8 (14.29)	5 (13.16)	3 (16.67)
Attended a parenting course <i>n</i> (%)	16 (28.57)	11 (28.95)	5 (22.78)

Table 2. Baseline descriptive statistics ($N=56$; intervention $n=38$, control $n=18$)

Baseline observational scores	Intervention Median (range)	Above CO n (%)	Control Median (range)	Above CO n (%)
Observed Direct Command	5.00 (2-20)	/	5.00 (1-12)	/
Observed Praise	9.00 (1-21)	/	8.00 (1-29)	/
Observed Indirect Command	34.00 (7-98)	/	18.00 (5-79)	/
Observed Questions	74.00 (22-192)	/	74.00 (3-141)	/
Observed Negative Parenting	10.00 (1-39)	/	9.00 (0-26)	/
Baseline scores (CO)	Median (range)	Above CO n (%)	Median (range)	Above CO n (%)
ECBI Intensity (131)	130.76 (30.2)	16 (42.1)	140.33 (29.7)	9 (50.0)
ECBI Problem (15)	13.11 (7.7)	17 (44.7)	13.06 (8.5)	10 (55.6)
GHQ	2.00 (0-23)	19 (50)	1.00 (0-13)	6 (33)
PSoC Total	58.32 (7.19)	/	58.22 (6.23)	/
PSoC Efficacy	24.16 (3.67)	/	23.50 (3.20)	/
PSoC Satisfaction	29.76 (4.96)	/	30.28 (4.87)	/
Baseline parenting scores	M (SD)	Arnold CO	M (SD)	Arnold CO
PS Laxness	2.95 (0.84)	2.40	3.22 (0.89)	2.40
PS Over-reactivity	2.84 (0.71)	2.40	2.76 (0.74)	2.40
PS Verbosity	3.73 (0.70)	3.10	3.89 (0.55)	3.10
PS Total	3.15 (0.56)	2.60	3.21 (0.41)	2.60

Note: CO – cut-off; Arnold CO – mean score for a sample of parents of clinic referred children; ECBI – Eyberg Child Behaviour Inventory; PS – Parenting Scale; PSoC – Parent Sense of Competence; GHQ – General Health Questionnaire

Outcome Measures

Table 3. Complete case results adjusted for baseline scores

Observational outcomes	Intervention		Control		<i>F</i>	<i>p</i>	<i>d</i>
	Baseline (<i>n</i> =38)	Follow-up (<i>n</i> =25)	Baseline (<i>n</i> =18)	Follow-up (<i>n</i> =11)			
	<i>Median (range)</i>	<i>Median (range)</i>	<i>Median (range)</i>	<i>Median (range)</i>			
Observed Direct Command	5.00 (2-20)	3.00 (0-15)	5.00 (0-12)	2.00 (0-16)	0.36	.551	0.33
Observed Praise	9.00 (1-21)	13.00 (0-48)	8.00 (1-29)	5.00 (0-50)	2.19	.148	0.82
Observed Indirect Command	34.00 (7-98)	20.00 (4-64)	18.00 (5-79)	27.00 (18-90)	6.36	.017*	0.59
Observed Questions	74.00 (22-192)	58.00 (9-136)	74.00 (3-141)	38.00 (8-109)	0.43	.517	0.23
Observed Negative Parenting	10.00 (1-39)	3.00 (0-30)	9.00 (0-26)	6.00 (0-29)	0.69	.411	0.32
Secondary outcomes							
GHQ	2.00 (0-23)	2.00 (0-29)	1.00 (0-13)	1.00 (0-11)	0.52	.476	0.39
	M (<i>SD</i>)	M (<i>SD</i>)	M (<i>SD</i>)	M (<i>SD</i>)			
ECBI Intensity (131)	130.76 (30.20)	118.64 (31.01)	140.33 (29.70)	124.73 (33.39)	0.13	.726	0.20
ECBI Problem (15)	13.11 (7.74)	9.20 (8.62)	13.06 (8.50)	13.36 (9.56)	0.85	.364	0.51
PS Total	3.16 (0.56)	2.99 (0.65)	3.22 (0.41)	2.95 (0.48)	0.08	.784	0.08
PS Laxness	2.95 (0.84)	2.79 (0.92)	3.22 (0.89)	2.60 (0.50)	0.21	.650	0.22
PS Over-reactivity	2.84 (0.71)	2.69 (0.76)	2.76 (0.74)	2.82 (0.95)	1.20	.282	0.18
PS Verbosity	3.73 (0.70)	3.57 (0.94)	3.89 (0.55)	3.58 (0.61)	0.01	.923	0.02
PSoC Total	58.32 (7.19)	58.80 (6.31)	58.22 (6.23)	59.00 (6.59)	0.04	.837	0.03

Note: ECBI-Eyberg Child Behaviour Inventory; PS – Parenting Scale; PSoC – Parent Sense of Competence; GHQ – General Health Questionnaire; *Significant

Table 4

Short-term maintenance effects for all outcomes measures for intervention group only ($n=20$)

Observational outcomes	Baseline	3-month f-up	6-month f-up	Bl-6-month	3-month – 6-month
	<i>M (SD)</i>	<i>M (SD)</i>	<i>M (SD)</i>	Mean difference	Mean difference
	<i>(n=38)</i>	<i>(n=25)</i>	<i>(n=20)</i>	(95% CI)	(95% CI)
Observed Direct Command	5.00 (2-20)	3.00 (0-15)	5.00 (0-19)	0.04 (-0.71, 0.79)	-0.32 (-0.98, 0.32)
Observed Praise	9.00 (1-21)	13.00 (0-48)	18.00 (0-41)	-1.41* (-2.08, 0.74)	-0.55 (-1.11, 0.01)
Observed Indirect Command	34.00 (7-98)	20.00 (4-65)	28.00 (4-37)	1.54* (0.68, 2.41)	-0.07 (-0.69, 0.55)
Observed Questions	74.00 (22-192)	58.00 (9-136)	64.00 (7-136)	0.81 (-0.30, 1.91)	0.27 (-0.48, 1.03)
Observed Negative Parenting	10.00 (1-39)	3.00 (0-30)	3.00 (1-9)	1.09* (0.50, 1.69)	-0.04 (-0.60, 0.52)
Secondary outcomes					
GHQ	2.00 (0-23)	2.00 (0-29)	0.00 (0-23)	0.62 (-0.19, 1.43)	0.27 (-0.39, 0.92)
	M (SD)	M (SD)	M (SD)		
ECBI Intensity (131)	130.76 (30.20)	118.64 (31.01)	115.45 (31.44)	13.70* (5.25, 22.15)	2.70 (-5.68, 11.08)
ECBI Problem (15)	13.11 (7.74)	9.20 (8.62)	6.80 (8.15)	5.20* (2.45, 7.95)	2.25* (0.37, 4.13)
PS Total	3.15 (0.56)	2.99 (0.65)	2.79 (0.55)	0.46* (0.21, 0.70)	0.15 (-0.05, 0.35)
PS Laxness	2.95 (0.84)	2.79 (0.92)	2.61 (0.76)	0.47* (0.18, 0.77)	0.18 (-0.04, 0.40)
PS Over-reactivity	2.84 (0.71)	2.69 (0.76)	2.45 (0.56)	0.55* (0.13, 0.97)	0.27 (-0.09, 0.63)
PS Verbosity	3.73 (0.70)	3.57 (0.94)	3.24 (0.88)	0.56* (0.26, 0.86)	-0.57* (-1.04, -0.01)
PSoC Total	58.32 (7.19)	58.80 (6.31)	61.05 (7.16)	-3.80 (-8.32, 0.72)	-1.85 (-4.53, 0.83)

Note: ECBI – Eyberg Child Behaviour Inventory; PS – Parenting Scale; PSoC – Parent Sense of Competence; GHQ – General Health Questionnaire* Significant; CI-Confidence Intervals

Adverse Events

There were no adverse events associated with this trial.

