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A study of Group Triple P: training to improve parenting skills in low-income Portuguese mothers

Submission date
11/06/2018

Recruitment status
No longer recruiting

Registration date
05/07/2018

Overall study status
Completed

Last Edited
03/10/2022

Condition category
Mental and Behavioural Disorders

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[X] Individual participant data

Plain English summary of protocol

Background and study aims
Low-income families often have additional challenges in their parenting related to poverty, domestic violence, child abuse or substance abuse. Adults tend to experience high levels of parental stress and depressed mood. These factors have been linked with behavioral and emotional problems in children or teenagers, academic problems, negligence and child abuse, substance abuse or risky behavior. Parenting challenges generally include parents using force on children, negative family interactions, inappropriate communication patterns, and strictness. Positive Parenting Programs (Triple P) aim to encourage consistent and responsive family environments in which the child feels accepted and nurtured. This type of intervention has been identified as the most effective in reducing levels of child abuse and promoting society well-being. Portugal lacks positive parenting programs that might be used by field professionals who intend to implement such practices. To date, no studies with the Triple P system are known in Portugal. The current study evaluates the efficacy of the Group Triple P (level 4) with psychosocial risk Portuguese mothers.

Who can participate?
Mothers or maternal substitutes of children aged between 3 -12 years living in psychosocial risk

What does the study involve?
Participants are randomly allocated to one of two groups. The intervention group will be pre-contacted by telephone about 1 week before Group Triple P (intervention) start. The control group will continue to be contacted for usual intervention. All participants will receive a letter with call for evaluation interview 2 weeks after the end of Group Triple P and in 12-month follow-up.

What are the possible benefits and risks of participating?
There are no risks for the participants; and previous studies show reduced anxiety, stress and depression, and parental stress in mothers, an increase in parental self-efficacy, the adoption of

more appropriate parenting practices (e.g., increased parental involvement and use of positive discipline, less physical punishment and verbal hostility), and an increase in the informal network of social support are also expected.

Where is the study run from?
Department of Social Income in Santa Casa da Misericórdia de Penafiel, Porto – Portugal.

When is the study starting and how long is it expected to run for?
January 2016 to June 2019.

Who is funding the study?
There is no external funding for this study.

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
2-12/2016

Study information

Scientific Title
Group Triple P: a randomized control trial in a group of psychosocial risk Portuguese mothers

Study objectives
Triple P is expected to demonstrate its efficacy by significantly reducing emotional and behavioral symptoms in children, and by decreasing levels of anxiety, stress and depression, and parental stress in mothers. An increase in parental self-efficacy, the adoption of more appropriate parenting practices (e.g., increased parental involvement and use of positive discipline, less physical punishment and verbal hostility), and an increase in the informal network of social support are also expected.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics board of the Faculty of Psychology and Educational Sciences of the University of Porto, in the person of its president Professor Dr. Marianne Lacomblez, 12/12/2016, 2-12/2016

Study design
Randomized controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Community

Study type(s)
Prevention

Participant information sheet
No participant information sheet available

Health condition(s) or problem(s) studied
Mental health in caregivers and their children who live in high psychosocial risk situations

Interventions
Participants were identified by social services and will be randomly allocated in two groups, intervention and treatment as usual control group. Participants randomization was made according to a list of computer generated numbers. The research assistants involved in the evaluation will be blind to the process of randomization.
Group Triple P is a group variant of Level 4 Triple P providing moderate to high intensity

intervention and focusing on improving parent-child interaction and the application of parenting skills to a broad range of target behaviors. It consists of four weekly group sessions, three individual phone consultations and one closure group session. Given the low level of literacy of participating mothers, the first and third sessions were divided in two (as described in the Triple P manual) so as to attain all established objectives. Each group session lasts for approximately 2 hours, while the phone consultations are supposed to take 15-20 minutes each. The group sessions include content presentation, video watching, group discussions, and role-play exercises to promote positive and consistent parenting practices. Parents are also encouraged to do take-home exercises to reinforce the content provided in each session. Group Triple P utilizes an active skills training process to teach parents a variety of parenting skills. Parents are introduced to 17 positive parenting strategies including strategies to develop good relationships with children, encourage desirable behaviors, teach new skills and behaviors, and manage children's misbehavior, as well as planned activities routines for high-risk situations to help parents to generalize and maintain parenting skills across settings and over time. During phone sessions, difficulties identified by parents or issues that parents would like to debate are discussed with practitioner.
Parents in the control group will receive treatment-as-usual. Mothers receive economic support from Portuguese social welfare and have an individual or familiar intervention assured by caseworker. Once the intervention and evaluation protocols are completed, mothers in control group who wish to participate will be given the opportunity to attend the program.

Intervention Type
Behavioural

Primary outcome measure
1. Emotional and behavioral symptoms in children, measured through the subscales of the Strengths and Difficulties Questionnaire (SDQ-P; Godman, 1997) and Conner's Teacher Rating Scale (Conners, 1998). This measures will be accomplished by principal caregivers and teachers at three timepoints: pre-intervention, post-intervention and at 12-months follow-up.
2. Parental sense of competence, measured through the subscales of the Parental Sense of Competence Scale (PSOC; Gibaud-Wallston & Wandersman, 1978)
3. Parent's use of ineffective parenting practices, measured through the subscales of Parenting Scale (Arnold, O´Leary, Wolff & Acker, 1993) and the Alabama Parenting Questionnaire (Frick, 1991).
These are self-report measures and will be filled by caregivers at three timepoints: pre-intervention, post-intervention and at 12-months follow-up.

Secondary outcome measures
1. Parental psychological adjustment, measured by the subscales of Depression-Anxiety-Stress (DASS-21, Lovibond & Lovibond, 1995)
2. Parental stress, measured by subscales of Parental Stress Index-Short Form (PSI-SF, Abidin, 1990)
3. Informal social support network, measured through an adapted version subscale of Medical Outcomes Study Social Support Survey (MOS-SSS, Sherbourne & Stewart, 1991).
These are self-report measures and will be filled by principal caregivers at three timepoints: pre-intervention, post-intervention and at 12-months follow-up.

Overall study start date
02/01/2016

Completion date

30/06/2019

Eligibility

Key inclusion criteria
1. Portuguese mothers or maternal substitutes
2. Principal caregiver of child aged 3 to 12 years
3. At psychosocial risk due to low income
4. Receiving economic support from Portuguese social welfare

Participant type(s)
Mixed

Age group
Adult

Sex
Female

Target number of participants
120 participants

Total final enrolment
134

Key exclusion criteria
1. Has a child or children with developmental disorders (e.g. autism) and/or chronic illness
2. Has an intellectual impairment or is hearing/visually impaired
3. Current drug/alcohol abuse

Date of first enrolment
01/04/2016

Date of final enrolment
30/06/2018

Locations

Countries of recruitment
Portugal

Study participating centre
Santa Casa da Misericórdia de Penafiel
GAB. RSI Largo de Santo António dos Capuchos
Penafiel
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4560-454

Sponsor information

Organisation
Faculty of Psychology and Educational Sciences of the University of Porto

Sponsor details
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Sponsor type
University/education

Website
www.fpce.up.pt

ROR
https://ror.org/043pwc612

Funder(s)

Funder type
Not defined

Funder Name
Investigator Initiated and Funded

Results and Publications

Publication and dissemination plan
Planned publication in a high-impact peer-reviewed journal

Intention to publish date
31/12/2020

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study will be stored in a publically available repository on Open Science Framework with doi 10.17605/OSF.IO/K9E58, on a public project named Group Triple P - a randomized controlled trial with low-income mothers. Data were kept anonymous and all ethical and legal restrictions were considered.

IPD sharing plan summary

Stored in repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		01/02/2021	15/04/2021	Yes	No
Dataset			03/10/2022	No	No
Protocol (preprint)			03/10/2022	No	No