An Outcome Evaluation of the Implementation of the Triple P – Positive Parenting Program in Hong Kong

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1.1 Aim

The Triple P materials were translated into Chinese by a bilingual clinical psychologist. To determine the efficacy of the Triple P program with a Chinese community in Hong Kong, an evaluation study was conducted. The program under evaluation was the level 4 group program conducted by health professionals from Maternal and Child Health Centers (MCHC) and Child Assessment Centers (CAC), with clients from these centers. The evaluation was conducted by the Parent Implementation Team, Education and Manpower Bureau.

2.1 Hypotheses

It was predicted that,

1. immediately post intervention, TP participants would experience significantly greater reductions on parent-reported and parent-monitored measures of disruptive child behaviour than participants in the WL group.
2. there would be a similar pattern of results on measures of parent-reported parental negativity, dysfunctional parenting, parental distress, and conflict over parenting such that immediately post intervention, the TP group would be superior to the WL condition.

3.1 Results

Hypothesis 1 was confirmed: Triple P was effective in reducing disruptive children behaviour problems, as indicated by significantly lower post intervention ECBI problem scores, ECBI intensity scores, mean PDR scores and SDQ subscales scores in the TP group, compared to the WL group.

Hypothesis 2 was confirmed too: the findings strongly confirm that improvements in child behaviour were associated with hypothesized changes in parenting and family risks factors associated with behaviour problems in children.

4.1 Findings

Findings are consistent with a growing body of literature showing the benefits of Group-administered Triple P as an early intervention program for children with disruptive behaviour problems. Interestingly SDQ measures showed positive intervention effects for not only conduct problems but also parental ratings of hyperactivity and peer relationship problems.

This study constitutes an effectiveness trial of an intervention as it was delivered through regular clinical services by clinical staff employed by Health services within Hong Kong.

The present study is based on self-report data. Though participants’ perception were important, it would be desirable to have collaborating evidence from other sources.

5.1 Summary and Implications

The present study was the first controlled evaluation of Triple P in a non western cultural context. The overall findings strongly confirm the efficacy of Triple P in reducing parental reports of conduct problems in children and in promoting more harmonious family relationships in Chinese parents living in Hong Kong. The present report has not documented the long term effects of the intervention. A follow-up study is underway to assess whether the highly durable intervention effects demonstrated in other research with Triple P also pertain to Chinese parents.