A Feasibility Study of Enhanced Group Triple P - Positive Parenting Program for Parents of Children with Attention-Deficit/Hyperactivity Disorder

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1.1 Aim

The aim of this randomised controlled trial was to examine the efficacy of an Attention-deficit/Hyperactivity Disorder (ADHD)-specific, Enhanced Group Triple P intervention. The study also aims to address the issues arising from the literature.

2.1 Hypotheses

It was predicted that compared to a waitlist control condition, families receiving an Enhanced Triple P Group Program (EGTP) would show:

1. a clinically significant and reliable decrease in the level of child disruptive and impulsive behaviours in both home and school environments at postintervention;
2. higher levels of parental competence and parenting satisfaction at postintervention;
3. lower levels of family dysfunction, particularly parental conflict and levels of maternal stress, anxiety and depression;
4. greater concurrent change, over the course of intervention, in child behaviour and parenting practices within individual families; and
5. decreases in child impulsivity and disruptive behaviours at home and school environments and that increases in parental competence and satisfaction levels and decreases in family dysfunction would be maintained at 3-month follow-up.

3.1 Results

Hypotheses 1, 4 & 5 were supported.
Hypothesis 2 was partially supported.
Hypothesis 3 was not supported. Possible reasons for this are discussed in the paper.

4.1 Findings

Many of these results are consistent with those of Bor, Sanders, & Markie-Dadds (2002) and Sanders, Markie-Dadds, Tully, & Bor (2000). The authors suggest that because the intervention was group based, the results of the present study were not as conclusive as the previous studies. The results may reflect the lack of individualised coaching and feedback which is usually provided by the facilitator to parents during practice sessions. Small sample sizes and large standard deviations also diminished the statistical power of the comparisons.

5.1 Summary and Implications

The primary aim of the present study was to examine the efficacy of an enhanced Triple P group program on child disruptive behaviors, attentional problems, parenting skills and family functioning within families including a child aged 5 to 9 years with ADHD. The study has found some empirical support for the efficacy of an EGTP that consisted of 5 group sessions and four 30-minute telephone consultations. Overall, the results of this study are promising and point to the need for further research into the efficacy of an Enhanced Triple P group program designed to meet the needs of families with a child with ADHD.

To enable more statistically meaningful data analyses, a larger sample needs to be recruited. The initial intake criteria could also be modified. Independent observation of child behaviour would also provide more reliable indications of clinically significant changes in both the home and school environment. In addition, a comparison between the enhanced group program, a standard group program and individually administered programs should be made.

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