



# Triple P – Some key research findings

Here is a selection of some of the key findings:

- **Triple P reduces problem behavior in children and improves parents' wellbeing and parenting skills.**

Nowak, C. & Heinrichs, N. (2008). A comprehensive meta-analysis of Triple P-Positive Parenting Program using hierarchical linear modeling: Effectiveness and moderating variables. *Clinical Child and Family Psychology Review*, 11, 114-144.

- **All Triple P programs, regardless of delivery mode, produce significant positive effects for children and their families.**

Sanders, M.R., Kirby, J.N., Tellegen, C.L., & Day, J.J. (2014). The Triple P - Positive Parenting Program: A systematic review and meta-analysis of a multi-level system of parenting support. *Clinical Psychology Review*, 34, 337–357.

- **In communities where Triple P is widely available, children have fewer behavioral and emotional problems.**

- **Parents using Triple P say they are less stressed, less depressed and don't use harsh discipline.**

Sanders, M.R., Ralph, A., Sofronoff, K., Gardiner, P., Thompson, R., Dwyer, S., & Bidwell, K. (2008). Every Family: A population approach to reducing behavioral and emotional problems in children making the transition to school. *Journal of Primary Prevention*, 29, 197-222.

- **When the U.K. government used Triple P within its national Parenting Early Intervention Programme (PEIP), parents using Triple P reported improvements in mental well-being, consistency, parent efficacy and parent satisfaction. Triple P also reduced child behavior problems.**

Lindsay, G., Strand, S. & Davis, H. (2011). A comparison of the effectiveness of three parenting programmes in improving parenting skills, parent mental well being and children's behaviour when implemented on a large scale in community settings in 18 English local authorities: The Parenting Early Intervention Pathfinder (PEIP), *BMC Public Health* 2011, 11:962 doi:10.1186/1471-2458-11-962

- **Triple P has been shown to cut rates of child abuse, reduce foster care placements and decrease hospitalizations from child abuse injuries.**

Prinz, R.J., Sanders, M.R., Shapiro, C.J., Whitaker, D.J., & Lutzker, J.R. (2009). Population-based prevention of child maltreatment: The U.S. Triple P system population trial. *Prevention Science*, 10(1), 1-12.

- **Parents of children with Autism Spectrum Disorders using Stepping Stones Triple P report they are more satisfied as parents, their children's behavior has improved and their relationship with their partner is better.**

Whittingham, K., Sofronoff, K., Sheffield, J., & Sanders, M.R. (2008). Stepping Stones Triple P: An RCT of a parenting program with parents of a child diagnosed with an Autism Spectrum Disorder. *Journal of Abnormal Child Psychology*, 37(4), 469-480.

- **Parents with an intellectual disability using a modified version of Group Triple P report an improvement in their parenting practices and their child's behavior, and less distress. Parents also report high satisfaction with the information and support they received.**

Glazemakers, I. & Deboutte, D. (2012). Modifying the 'Positive Parenting Program' for parents with intellectual disabilities. *Journal of Intellectual Disability Research*. Advance online publication. doi: 10.1111/j.1365-2788.2012.01566.x

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- **U.K. parents who watched a reality television series (*Driving Mum and Dad Mad*) which showed other parents using Triple P, feel more confident in their parenting, less angry and less depressed than before watching the series. They also say their children's behavior improved as a result.**

Calam, R., Sanders, M.R., Miller, C., Sadhnani, V., & Carmont, S. (2008). Can technology and the media help reduce dysfunctional parenting and increase engagement with preventative parenting interventions? *Child Maltreatment*, 13(4), 347-361.

- **Triple P reduces disruptive child behavior problems in Chinese families living in Hong Kong.**  
Leung, C., Sanders, MR., Leung, S., Mak, R., & Lau, J (2003). An outcome evaluation of the implementation of the Triple P – Positive Parenting Program in Hong Kong. *Family Process*, 42(4), 531-544.
- **The cost of offering Triple P throughout a community would be recovered in a single year if it brought about a (modest) 10 percent reduction in cases of child abuse and neglect.**  
Foster, E.M., Prinz, R.J., Sanders, M.R., & Shapiro, C.J. (2008). The costs of a public health infrastructure for delivering parenting and family support. *Children and Youth Services Review*, 30, 493-501.

**Additionally, Triple P has been tested and shown to be effective in many culturally and ethnically diverse populations around the world, including:**

- **Iran**

Tehrani-Doost, M., Shahrivar, Z., Gharaie, J.M., & Alaghband-Rad, J. (2009). Efficacy of positive parenting on improving children's behaviour problems and parenting styles. *Iranian Journal of Psychiatry and Clinical Psychology*, 14(4), 371-379.

- **Indonesia**

Sumargi, A., Sofronoff, K., & Morawska, A. (2015). A randomized-controlled trial of the Triple P - Positive Parenting Program Seminar Series with Indonesian parents. *Child Psychiatry and Human Development*, 46(5), 794-761.

- **Hong Kong**

Leung, C., Sanders, M.R., Ip, F. & Lau, J. (2006). Implementation of Triple P – Positive Parenting Program in Hong Kong: Predictors of programme completion and clinical outcomes. *Journal of Children's Services*, 1(2), 4-17.

Crisante, L. & Ng, S. (2003). Implementation and process issues in using Group Triple P with Chinese parents: preliminary findings. *Australian e-Journal for the Advancement of Mental Health*, 2(3), 226-235.

- **Japan**

Matsumoto, Y., Sofronoff, K., & Sanders, M.R. (2010). Investigation of the effectiveness and social validity of the Triple P - Positive Parenting Program in Japanese society. *Journal of Family Psychology*, 24(1), 87-91.

- **Switzerland**

Bodenmann, G., Cina, A., Ledermann, T., & Sanders, MR. (2008). The efficacy of the Triple P-Positive Parenting Program in improving parenting and child behavior: A comparison with two other treatment conditions. *Behaviour Research and Therapy*, 46(4), 411-427.

- **Indigenous Australians**

Turner, K.M.T., Richards, M., and Sanders, M.R. (2007). Randomised clinical trial of a group parent education programme for Australian Indigenous families. *Journal of Paediatrics and Child Health*, 43(6), 429-437.

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