

## FACTSHEET ON EVIDENCE-BASED PROGRAMMES

### Background

- MSF introduced prevention-oriented evidence-based parenting programmes (EBP) in 2014 to provide preventive and upstream support to mainstream parents and those with higher parenting needs, especially those with children in the transition years (“tweens and teens”). These programmes were founded on some 30 years of research and are found to be effective in countries around the world including Singapore.
- There are currently 286 EBP schools offering the Positive Parenting Programme (Triple P) and Signposts (for primary schools only) in 2019. To date, more than 23,000 parents from primary and secondary schools have benefited from this programme.

### What is Positive Parenting Programme (Triple P)?

- The Positive Parenting Programme (Triple P) is an evidence-based programme that equips parents with techniques to promote their children’s (aged up to 16 years) psychological, social and emotional competence. Triple P is built on a tiered system of five levels of intervention that differs depending on the type, intensity and frequency of parental support required.
  - Of these five levels, three are offered in Singapore through schools. Triple P Level 2 comprises three seminars of two hours each.
  - Triple P Level 3 comprises four individual sessions of forty-five minutes to one hour each.
  - Triple P Level 4 comprises five small-group sessions of two hours each and three telephone consultations.
- *What does it offer?*

Simple and practical strategies to help parents confidently manage their children’s behaviour, prevent problems developing and build strong, healthy relationships.

- *Why is it effective?*
  - One of the most effective evidence-based parenting programmes in the world, backed up by more than 30 years of ongoing research.
  - It offers parents preventive programmes of different intensity to meet their needs.

- Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- Implemented and found effective in some 25 countries and diverse cultures such as Australia and Japan.
- *Evaluation Study on Triple P Pilot in Singapore*
  - MSF carried out an evaluation study on the Triple P Level 2 and 3 programmes between 2014 and 2015.
  - The results showed that **Triple P has positive effects on parenting and child outcomes in the Singapore context.** This is consistent with international literature reviews on the programme. Parents who completed the programmes reported improvements in four areas:
    1. Greater parenting competence
    2. Lower parenting stress
    3. Improved emotional states
    4. Reduced behavioural problems in children.
 [See details in Annex]

## Signposts

- Signposts is an evidence-based parenting programme to help parents understand and manage their child's difficult behaviour, and prevent further development of behavioural concerns.
- *Why is it effective?*
  - Studies show parents are more confident in managing their children and feel less stressed after attending the programme.
  - Helps families encourage appropriate behaviour and teach children new skills to deal with a wide range of behaviours.
- Signposts comprises five small-group sessions of two hours each. This is currently available as an alternative for Triple P Level 3 and for those from Special Education schools.

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# EVALUATION STUDY ON TRIPLE P PILOT



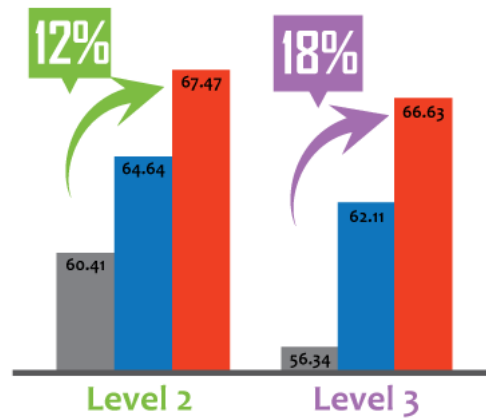
Developed in Australia and supported by more than 30 years of evaluation research, Triple P was piloted in 20 primary and secondary schools in 2014 and extended to 30 more schools in 2015. Parents are recommended a suitable Triple P programme based on their level of needs. The evaluation study on Triple P shows that the programmes bring about better parenting and child outcomes:

- Greater parenting competence
- Lower parenting stress
- Improved emotional states
- Reduced behavioural problems in children

## KEY FINDINGS

### GREATER PARENTING COMPETENCE

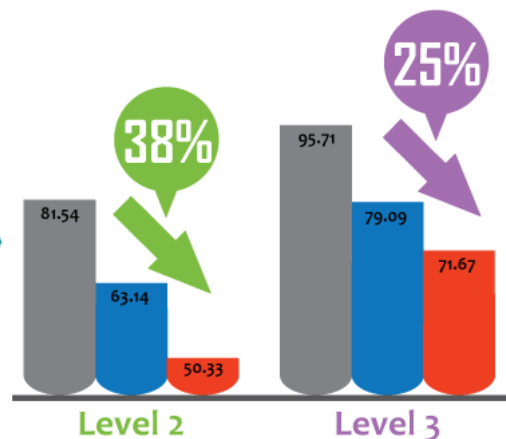
For both levels, parents reported improvement of 12% and 18% respectively in their competency after attending the programme.



Figures in the columns refer to average score

### LOWER PARENTING STRESS

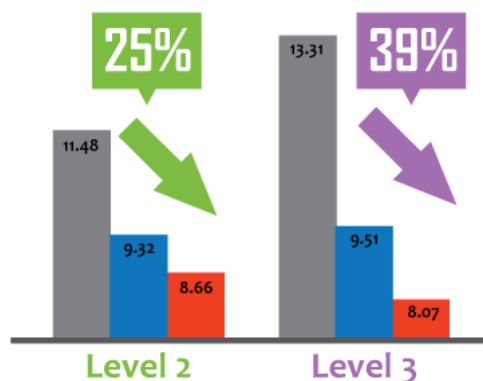
For both levels, parents who completed the programme reported lower levels of parenting stress, a decrease of 38% and 25% respectively.



Figures in the columns refer to average score

## IMPROVED EMOTIONAL STATES

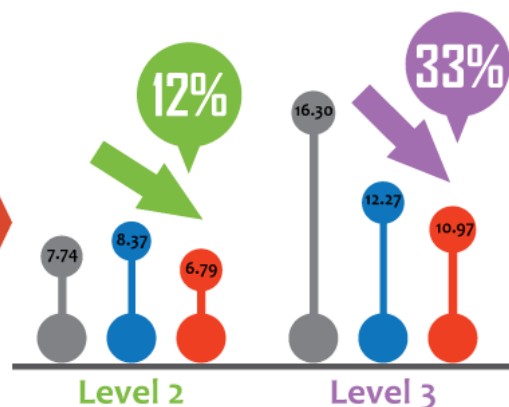
Parents showed a reduction in negative emotional states, a decrease of 25% and 39% respectively.



Figures in the columns refer to average score

## REDUCED BEHAVIOURAL PROBLEMS

Children's level of difficult behaviour declined by 12% and 33% respectively after programme completion.



Figures in the columns refer to average score

■ Pre-Test ■ Post-Test ■ Follow-Up Test

**Study Methodology:** Parents were invited to fill up the Strengths and Difficulties Questionnaire (SDQ), and recommended a Triple P programme level based on their score. Four psychometric assessments were used. These are: the Depression, Anxiety, Stress Scale (DASS-21), the Parenting Sense of Competence (PSOC), the Parenting Stress Index (PSF-SF) and the SDQ. The assessments were completed by study participants before attending the programme, after attending the programme and 3 months after completing the programme.