

## UNI-SYSTEMS RESEARCH

### D) FAMILY PREVENTION RESEARCH

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*, (2008) 11, 114–144.

“The results (N = 55 studies) indicate that Triple P causes positive changes in parenting skills, child problem behavior and parental well-being in the small to moderate range, varying as a function of the intensity of the intervention. The most salient findings of variables moderating the interventions’ impact were larger effects found on parent report as compared to observational measures and more improvement associated with more intensive formats and initially more distressed families.”

Collins, C. & Fetsch, R. (2012). A Review and Critique of 16 Major Parent Education Programs. *Journal of Extension*, 50(4).

“This article provides a practical review and critique of 16 major parenting educational programs using three review criteria—program readiness, strength of scientific base, and empirical evidence of program effectiveness. Best programs included STAR Parenting, Strengthening Families Program for Parents and Youth 10-14, Systematic Training for Effective Parenting, and Triple P-Positive Parenting Program.”

<https://www.joe.org/joe/2012august/a8.php>

Barlow, J., Coren, E. and Stewart-Brown, S. (2002). Meta-analysis of the effectiveness of parenting programmes in improving maternal psychosocial health. *British Journal of General Practice*, 52(476), 223–233.

“The purpose of this study was to determine whether group-based parenting programmes are effective in improving maternal psychosocial health. Data sources used were English and non-English language articles published between January 1970 and July 2000.... A total of 23 studies met all the inclusion criteria and 17 of these provided sufficient data with which to calculate effect sizes.... The results show that there were changes favouring the intervention group for self-esteem (-0.4, 95% CI = -0.7 to -0.2), the mother's relationship with her partner (-0.3, 95% CI = -0.8 to 0.1), and depression (-0.2, 95% CI = -0.4 to 0.002), although the confidence intervals for the mother's relationship with her partner and depression both cross zero. It is concluded that parenting programmes can make a significant contribution to the short-term psychosocial health of mothers.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1314244/>