

Process and Outcome Evaluation of
the Positive Parenting Programme in Hong Kong

Department of Health, Hong Kong SAR Government
Education and Manpower Bureau (then Education Department), Hong Kong SAR
Government

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Executive Summary

Purpose

The aim of the present study was to evaluate the effectiveness of the Positive Parenting Programme (Triple P) within a Chinese community, using both quantitative and qualitative methods. The Triple P is a multi-level, prevention oriented parenting and family support programme developed at the University of Queensland in Australia. The programme aims to prevent severe behavioural, emotional, and developmental problems in children by enhancing the knowledge, skills, and confidence of the parents.

Method

The participants consisted of 69 parents whose children attended Maternal and Child Health Centres and Child Assessment Centres for service and were between three to seven years old. They were randomly assigned to the intervention and control group. There were 36 control group members and 33 intervention group members. The participants completed a series of questionnaires on child behaviour and parenting competence both before and after the intervention. Focus groups were conducted for both facilitators and programme participants to gain their views about the programme.

Results

There was no significant difference in pre-intervention measures between the intervention group and the control group. There were significant differences between the intervention group and the control group members in most post-intervention measures. The intervention group members reported lower child behaviour problems, lower dysfunctional discipline styles, higher parenting sense of competence, and better marital relationship at the post-intervention level, compared to the control group. The qualitative results were consistent with the quantitative results and indicated that the success of the programme was related to the parenting skills covered, discussion with the facilitators and other parents, and the practical work involved.

Conclusion

The results indicated that the Triple P was effective in decreasing child behaviour problems, dysfunctional discipline styles, and improving parenting sense of competence, as well as marital relationship. The overall findings strongly confirm the efficacy of Triple P in reducing conduct problems in children and in promoting more harmonious family relationships in Chinese parents living in Hong Kong.