



# Children's Centre Thunder Bay

## Standard Triple P Parenting Report

September, 2015 –  
March, 2017

The following report includes treatment outcome and Client Experience information for the Standard Triple P Parenting Program run through Children's Centre Thunder Bay between September 2015 and March 2017.

# Table of Contents

Summary of Findings	3
Clinical Outcome Indices Definitions	4
Outcome Results by Measure	
Parenting Sense of Competence Scale(PSOC)	5
Parenting Scale (PS)	7
Parent Problem Checklist (PPC)	9
Depression Anxiety Stress Scale (DASS)	11
Relationship Quality Index (RQI)	13
Strengths and Difficulties Questionnaire (SDQ)	14
Client Experience Results	17

## Summary of Findings

There are a number of findings arising from the results of this evaluation of the Standard Triple P group . The following comments represent key points:

1. Based self-report measures of parenting satisfaction and efficacy, mothers reported significant large changes in while fathers reported moderate level effect size improvements. Parents clearly reported greater satisfaction and efficacy in their parenting role following participation in the group.
2. On a self-report measure assessing a parents ability to set rules, provide structure, and remain calm, mothers reported moderate to large changes in their skills, while fathers identified large changes. Roughly 80% of mothers and 90% of fathers reported positive changes in this area of parenting.
3. With respect to co-parenting practices, only mothers identified improvements. Roughly 50% of mothers reported a meaningful increase in co-parenting cooperation but not in the number of conflict areas. Fathers did not report improvements in this area of co-parenting.
4. Both mothers and fathers identified relatively low levels of depression, anxiety, and stress at the start of group. Despite their relatively positive functioning prior to starting the program, mothers still reported small to moderate level improvements in their feelings of stress and depression. Fathers reported small level improvements in their levels of stress, anxiety, and depression.
5. Mothers and fathers did not report changes or improvements in their couple relationship as a result of participating in the parenting program.
6. Mothers and fathers both reported moderate level improvements in their child's overall behaviour functioning following participation in Triple P. Roughly 75% of mothers' and fathers' reported positive changes in their child's behaviour. For example, mothers' identified 55% of the children with clinical level problems with behaviour at the start of treatment, but only 18% were still in the clinical range at post treatment.
7. Both mothers and fathers reported significant improvements in their child's prosocial behaviour as a result of participating in the Triple P program.
8. Overall, parents provided a very positive evaluation of their experience with the Standard Triple P parenting group.
9. There was a significant amount of missing data for Standard Triple P groups. For example, only 65% of the parents who started the Triple P program completed post treatment measures. It is not clear if this represented parents who dropped out of the program or parents who completed the program, but did not complete measures. However, drop out rates of 40% are not uncommon with parenting programs and this likely represents normal attrition when conducting parenting groups.

# Clinical Outcome Indices Definitions

Several outcome indices were used in this report and were defined according to the following definitions. **Note:** Mother and father groups included alternative caregivers (i.e., grandparents or foster parents).

## 1. Effect Size (ES)

- ❖ Provides an indicator of the size of effect that an intervention had on client change

**0.2** – small effect

**0.5** – medium effect

**0.8** - large effect

How to Calculate Effect Size

$S_1$  = standard deviation of pre-treatment group

$S_2$  = standard deviation of post-treatment group

$$S_{pooled} = \sqrt{(S_1^2 + S_2^2)/2}$$

$M_1$  = mean of pre-treatment group

$M_2$  = mean of post-treatment group

$$\text{Cohen's } d = M_1 - M_2 / S_{pooled}$$

## 2. Percent Improved

- ❖ The percent of parents that moved in the right direction and scored better at post-treatment.

How to Calculate Percent Improved

$$\text{Percent Improved} = (\text{Number of Improved Clients} / \text{Total Number of Clients}) \times 100$$

## 3. Reliable Change Index (RCI)

- ❖ Measures significant effects for individual clients by using a cutoff value (1.96 or greater)
- ❖ This represents reliable change or improvement in a client's functioning, taking into account measurement error

How to Calculate RCI

$S_1$  = SD of the control group, normal population, or pre-treatment group

$r_{xx}$  = test-retest reliability or internal consistency of the outcome measure

$$Se = S_1 \sqrt{1 - r_{xx}}$$

$$S(\text{diff}) = \sqrt{2(Se)^2}$$

$X_2$  = post-test score

$X_1$  = pre-test score

$$RCI = \frac{x_2 - x_1}{S(\text{diff})} \times 1.96$$

# Standard Triple P Treatment

## Parenting Sense of Competence Scale (PSOC)

### Description

- Self-report measure of parenting satisfaction and parenting efficacy.

### Subscales

#### Satisfaction Scale

- Measure of parents' feelings of anxiety, frustration, and motivation.
- Subscale scored by summing the items.

#### Efficacy Scale

- Measures the capability, competence, and problem-solving abilities of a parent.
- Subscale scored by summing the items.

### Scoring

1.Strongly agree    2. Agree    3.Mildly agree.    4.Mildly disagree    5.Disagree    6.Strongly disagree

### Score Interpretation

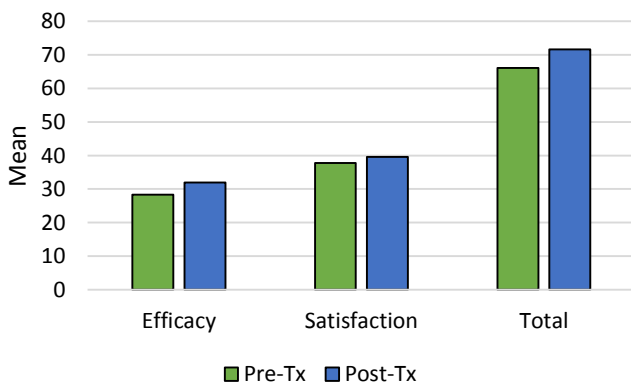
- Satisfaction Score:  $\leq 16$  Clinical
- Efficacy Score:  $\leq 29$  Clinical
- Total Score:  $\leq 48$  Clinical

**Note:** Higher scores indicate better functioning.

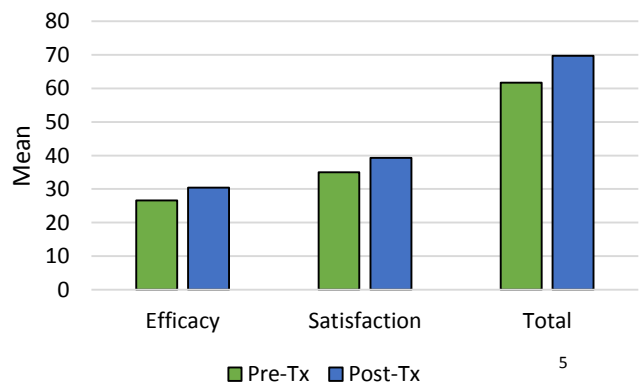
## PSOC Results

A total of 54 adults completed the pre-treatment survey. Due to incomplete or missing surveys 35 adults (23 mothers; 12 fathers) had complete data and were included in the analyses.

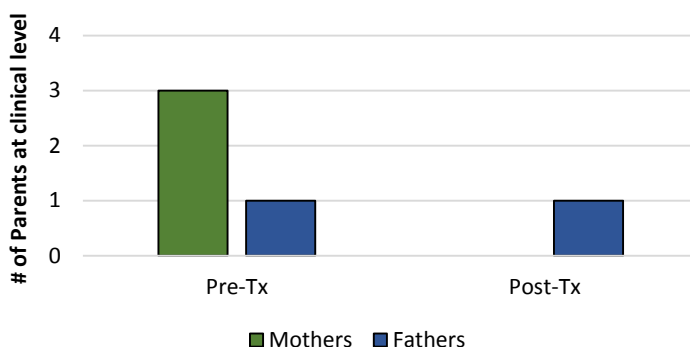
PSOC Results for Fathers



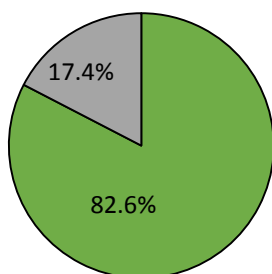
PSOC Results for Mothers



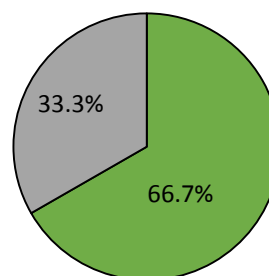
## PSOC Clinical Scores for Mothers and Fathers



## Percent Improved on PSOC Total (Mothers)



## Percent Improved on PSOC Total (Fathers)



	Pre-treatment <i>Mean (SD)</i>	Post-treatment <i>Mean (SD)</i>	Effect Size	Percent Improved	Reliable Change (%)
<b>Mother</b>					
<b>Satisfaction</b>	35.04 (7.44)	39.26 (5.29)	.65	78.3	39.1
<b>Efficacy</b>	26.65 (6.01)	30.39 (4.57)	.70	65.2	52.2
<b>Total</b>	61.70 (10.94)	69.65 (8.42)	.81	82.6	47.8
<b>Father</b>					
<b>Satisfaction</b>	37.75 (6.18)	39.58 (7.20)	.27	50.0	41.7
<b>Efficacy</b>	28.33 (6.07)	32.00 (5.33)	.64	58.3	50.0
<b>Total</b>	66.08 (11.66)	71.58 (11.56)	.47	66.7	50.0

The table above displays the pre- and post-treatment scores for mothers and fathers on the PSOC. Mothers and fathers displayed improvement on all subscales with effect sizes ranging from small to large. Mothers (39.1%-52.2%) and fathers (41.7%-50%) displayed significant reliable change from pre- to post-treatment. The number of mothers at a clinical level of problems decreased at post-treatment.

**Description**

- Measures three dysfunctional parent disciplining styles.

**Subscales**

- Laxness:** being permissive.
- Over-reactivity:** being authoritarian and displaying anger and irritability.
- Verbosity:** over reliance on talking.

**Scoring**

- Each item is rated on a scale ranging from 1 to 7.

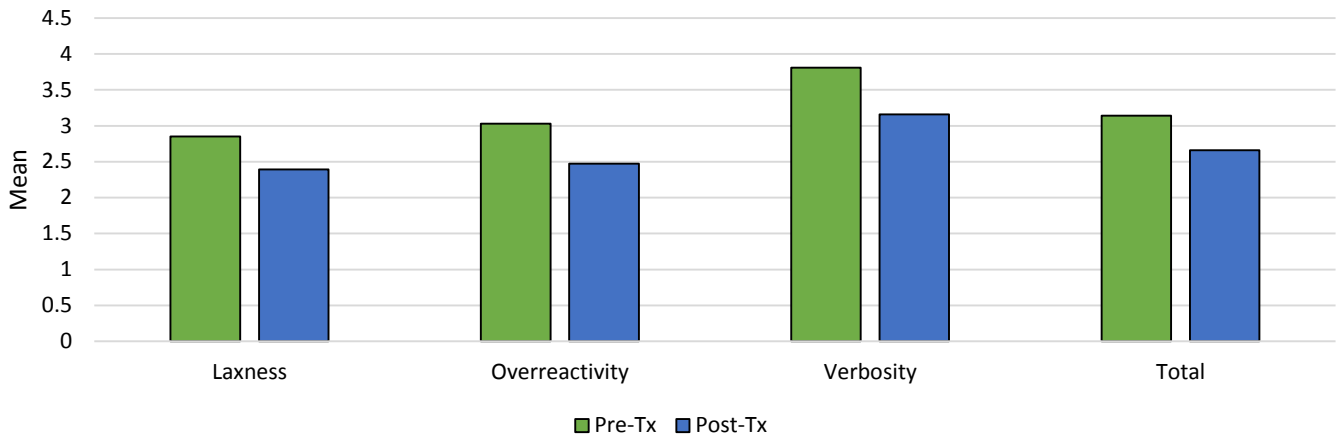
**Score Interpretation**

- Higher scores indicate a stronger association with the particular parenting disciplining style.

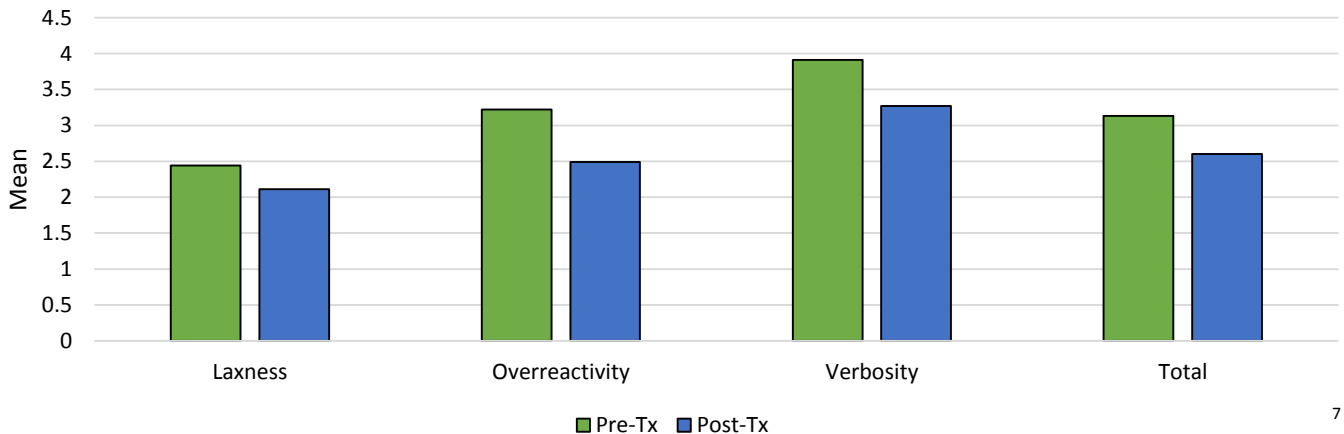
**Overall PS Results**

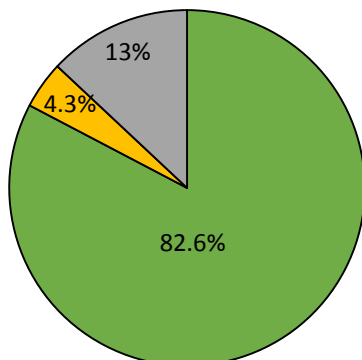
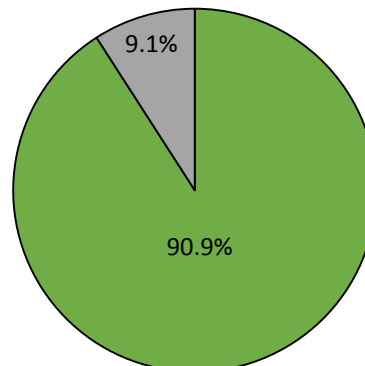
A total of 53 adults completed the pre-treatment survey. Due to incomplete or missing surveys 34 adults (23 mothers, 11 fathers) had complete data and were included in the analyses.

PS Results for Mothers



PS Results for Fathers



Percent Improved on PS Total  
(Mothers)Percent Improved on PS Total  
(Fathers)

■ Improved ■ No Change ■ Declined

Subscales	Pre-treatment Mean (SD)	Post-treatment Mean (SD)	Effect Size	Percent Improved
<b>Mothers</b>				
Laxness	2.85 (1.05)	2.39 (.81)	.49	73.9
Over-reactivity	3.03 (1.17)	2.47 (.88)	.54	78.3
Verbosity	3.81 (.86)	3.16 (.78)	.79	78.3
<b>Total</b>	3.14 (.78)	2.66 (.65)	.67	82.6
<b>Fathers</b>				
Laxness	2.44 (.45)	2.11 (.40)	.78	72.7
Over-reactivity	3.22 (.98)	2.49 (.83)	.80	81.8
Verbosity	3.91 (.44)	3.27 (.87)	.93	81.8
<b>Total</b>	3.13 (.37)	2.60 (.56)	1.12	90.9

The table above displays the pre- and post- scores for mothers and fathers for the PS scale. All scores decreased at post-treatment for mothers and fathers. Fathers displayed the most improvement and largest effect size for the Total subscale. Mothers and fathers both displayed similar rates of improvement on all subscales. Unable to calculate RCI due to low internal consistency (Cronbach's alpha < 0.5).



## Description

- Measures conflict pertaining to parenting practices and level of cooperation between parents over the last four weeks.

## Subscales

1. Problem: measures the number of problems reported.
2. Intensity: measures the extent of the reported difficulties.

## Scoring

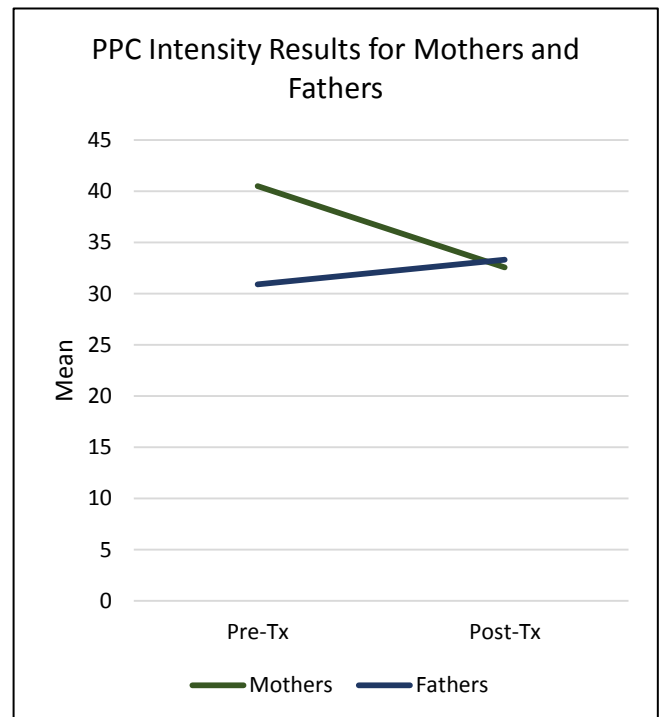
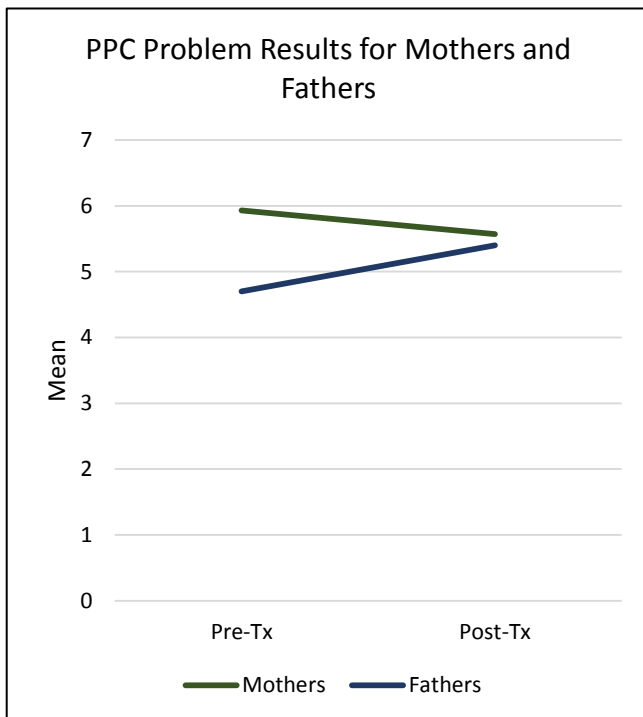
- 16 Items.
- Problem scores are answered in a 'yes' or 'no' format (No = 0; Yes = 1).
- Intensity scores are rated on a scale ranging from 1 to 7.

## Scoring Interpretation

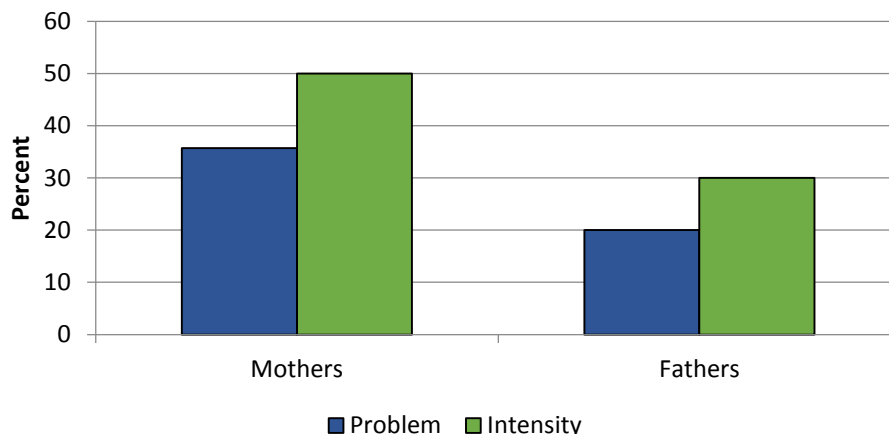
- Problem scores
  - Range from 0 to 16.
  - Higher scores indicate more problems.
- Intensity scores
  - Range from 16 to 112.
  - Higher scores indicate greater difficulties.

## PPC Overall Results

A total of 40 adults completed the pre treatment survey. Due to incomplete or missing surveys 24 adults (14 mothers, 10 fathers) had complete data and were included in the analyses.



Percent Improved on PPC Subscales  
(Mothers and Fathers)



Gender	Pre-treatment Mean (SD)	Post-treatment Mean (SD)	Effect Size	Percent Improved	Reliable Change (%)
<b>Problem</b>					
Mothers	5.93 (5.39)	5.57 (4.35)	.07	35.7	14.3
Fathers	4.70 (4.64)	5.40 (5.4)	-.14	20.0	10.0
<b>Intensity</b>					
Mothers	40.50 (23.58)	32.57 (13.39)	.41	50.0	50.0
Fathers	30.90 (15.77)	33.30 (16.72)	-.15	30.0	0

The table above displays scores for mothers and fathers at pre- and post- treatment for the PPC subscales. Mothers improved on the Problem and Intensity subscale while fathers displayed an increase on both subscales. Half of the mothers displayed clinically significant results on the Intensity subscale. Mothers also displayed improvement while fathers did not report change or improvement in co-parenting.

## Description

- Assesses symptoms of depression, anxiety, and stress in adults.

## Subscales

- Depression:** assesses dysphoria, lack of interest / involvement, devaluation of life, hopelessness, self-deprecation, anhedonia, and inertia.
- Anxiety:** assesses autonomic arousal, situational anxiety, skeletal muscle effects, and subjective experience of anxious affect.
- Stress:** assesses nervous arousal, difficulty relaxing, irritable/over-reactive, and easily upset/agitated.

## Scoring

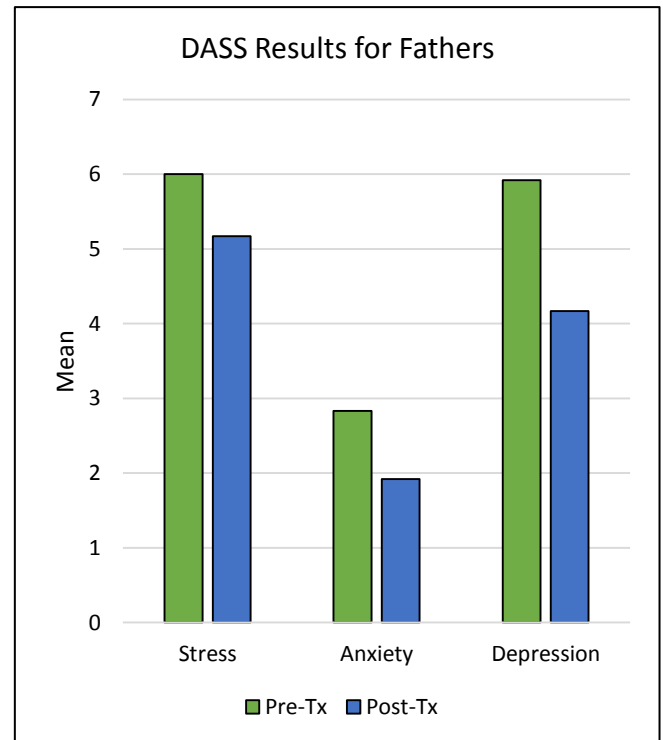
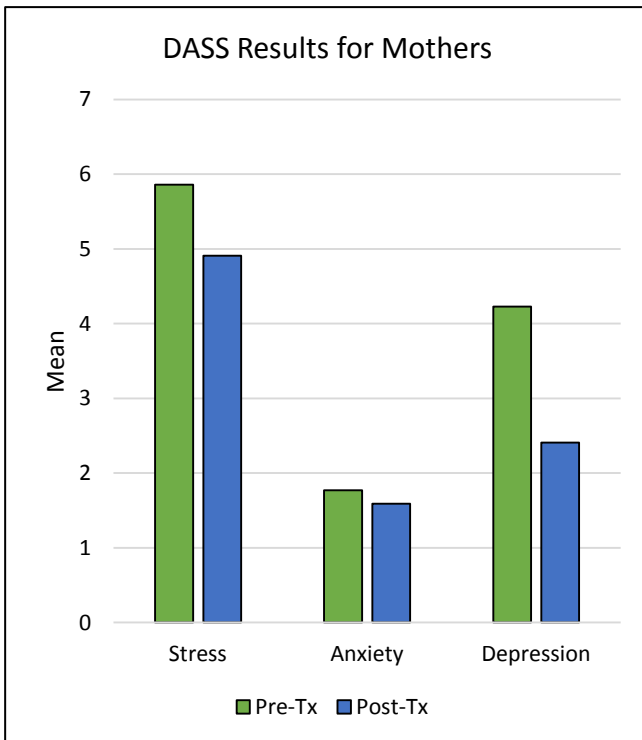
- Each item is rated on a scale ranging from 0 to 3.
- Subscale scores are calculated by summing the items on each subscale.
  - 0 = Did not apply to me at all.
  - 1 = Applied to me to some degree, or some of the time.
  - 2 = Applied to me a considerable degree, or a good part of the time.
  - 3 = Applied to me very much, or most of the time.

## Scoring Interpretation

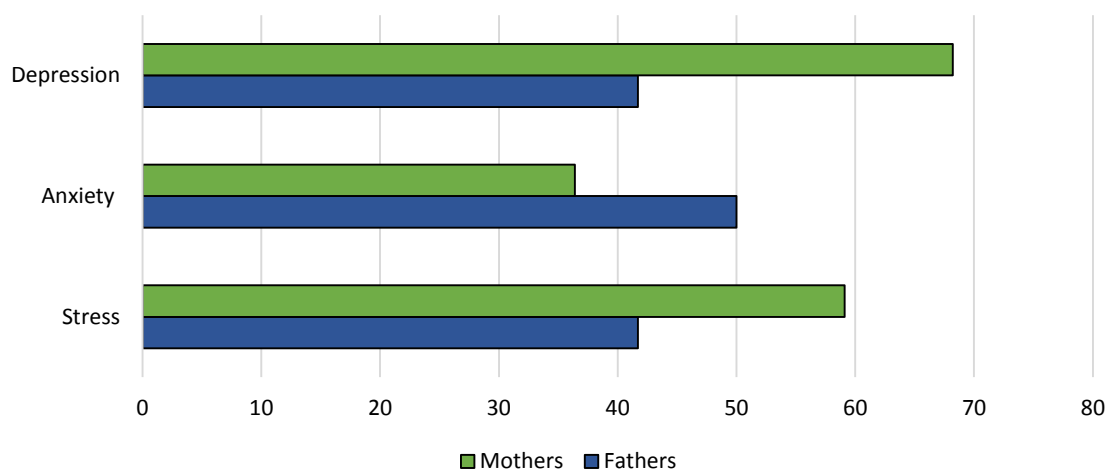
- Subscale scores range from 0 to 21.
- Higher scores indicate more severe or more frequent symptoms.

## DASS Results

A total of 52 adults completed the pre-treatment survey. Due to incomplete or missing surveys 34 (22 mothers, 12 fathers) adults had complete data and were included in the analyses.



Percent Improved for DASS Subscales



Gender	Pre-treatment Mean (SD)	Post-treatment Mean (SD)	Effect Size	Percent Improved	Reliable Change (%)
<b>Mothers</b>					
Stress	5.86 (4.53)	4.91 (3.64)	.23	59.1	22.7
Anxiety	1.77 (2.51)	1.59 (1.76)	.08	36.4	13.6
Depression	4.23 (4.16)	2.41 (3.32)	.48	68.2	31.8
<b>Fathers</b>					
Stress	6.00 (5.17)	5.17 (5.20)	.16	41.7	25.0
Anxiety	2.83 (3.64)	1.92 (3.03)	.27	50.0	8.3
Depression	5.92 (6.92)	4.17 (4.88)	.29	41.7	25.0

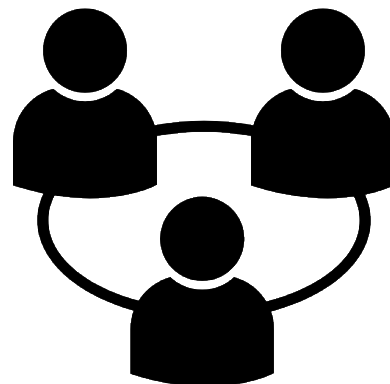
The table above displays the results for mothers and fathers for all subscales on the DASS at pre- and post-treatment. Mothers reported improvement in stress, anxiety, and depressive symptoms with small to moderate effect sizes for stress and depression. Fathers displayed improvement in stress, anxiety, and depressive symptoms that fell within the small effect size range. Mothers (13.6%-31.8%) and fathers (8.3%-25%) displayed significant change.

**Description**

- Measure of marital or relationship quality and satisfaction.

**Scoring**

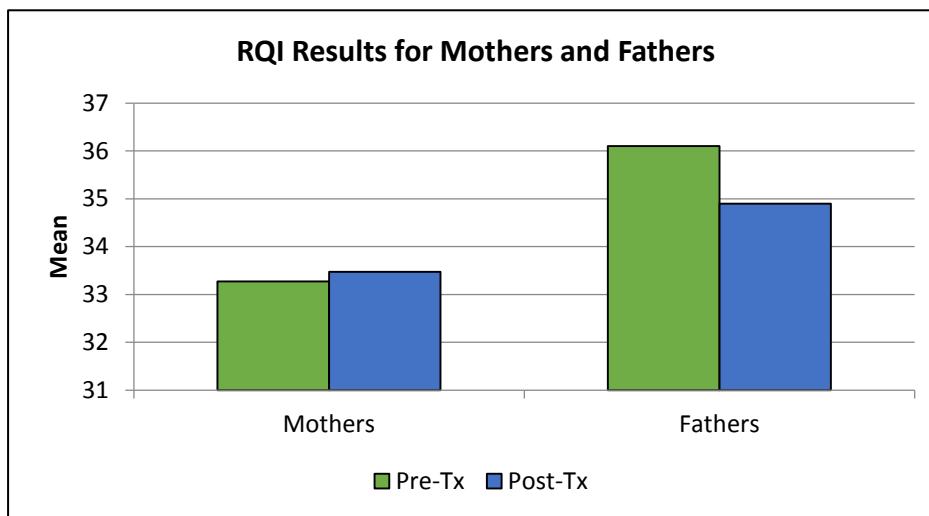
- A total score is calculated by summing all of the items.
  - Very strongly disagree.
  - Strongly disagree.
  - Disagree.
  - Neither agree nor disagree.
  - Agree.
  - Strongly agree.
  - Very strongly agree.

**Scoring Interpretation**

- Total scores range from 7 to 42.
- Scores less than or equal to 29 represent distress in one's relationship.
- Higher scores indicate a more positive relationship.

## Overall RQI Results

A total of 41 adults completed the pre-treatment survey. Due to incomplete or missing surveys 25 adults (15 mothers, 10 fathers) had complete data and were included in the analyses.



Gender	Pre-treatment Mean (SD)	Post-treatment Mean (SD)	Effect Size	Percent Improved	Reliable Change (%)
Mothers	33.27 (9.52)	33.47 (8.66)	.02	46.7	40.0
Fathers	36.10 (7.53)	34.90 (8.05)	-.15	20.0	10.0

The table and figures above display the results for mothers and fathers at pre- and post-treatment for the RQI scale. Mothers displayed no change from pre- to post-treatment. Marital or couple relationship decreased for fathers after the completion of Standard Triple P.

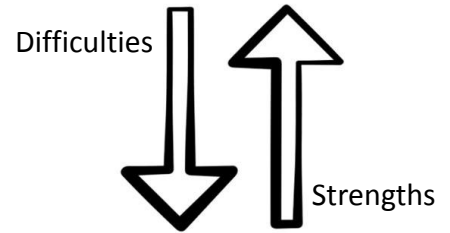
# Strengths and Difficulties Questionnaire (SDQ)

## Description

- Measures a parent's perception of their child's problem and prosocial behaviour.

## Subscales

- Emotional Symptoms
- Conduct Problems
- Attention/Hyperactivity
- Peer Problems
- Prosocial Behaviour
- Level of Impact of Distress (or social impairment)



## Scoring

- Each item is rated as a 0, 1, or 2 using the following labels:
  - Not True
  - Somewhat True
  - Certainly True
- Subscales are calculated by summing the items on each scale.
- A total score is calculated by summing all subscales, excluding the prosocial scale.

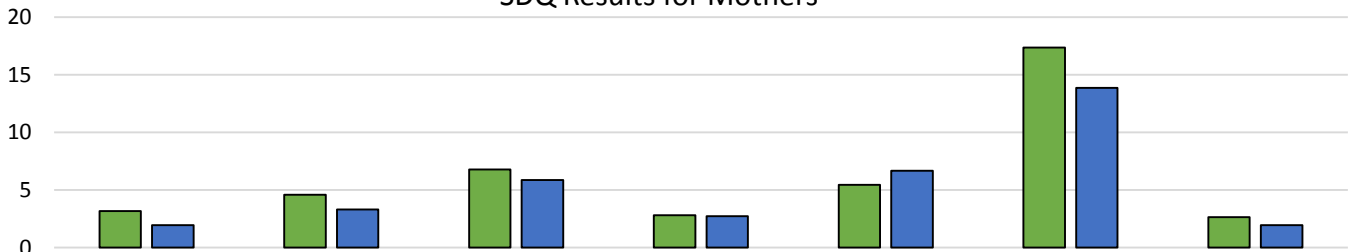
## Scoring Interpretation

- Total difficulties scores range from 0 to 40.
- Subscale scores range from 0 to 10.
- Higher scores indicate greater difficulties, excluding prosocial.

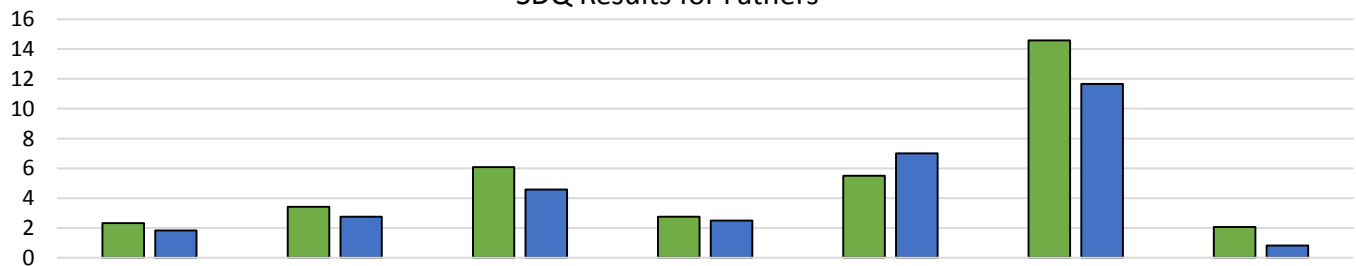
## Overall SDQ Results

A total of 52 adults completed the pre-treatment survey. Due to incomplete or missing surveys 34 adults (22 mothers, 12 fathers) had complete data and were included in the analyses

SDQ Results for Mothers

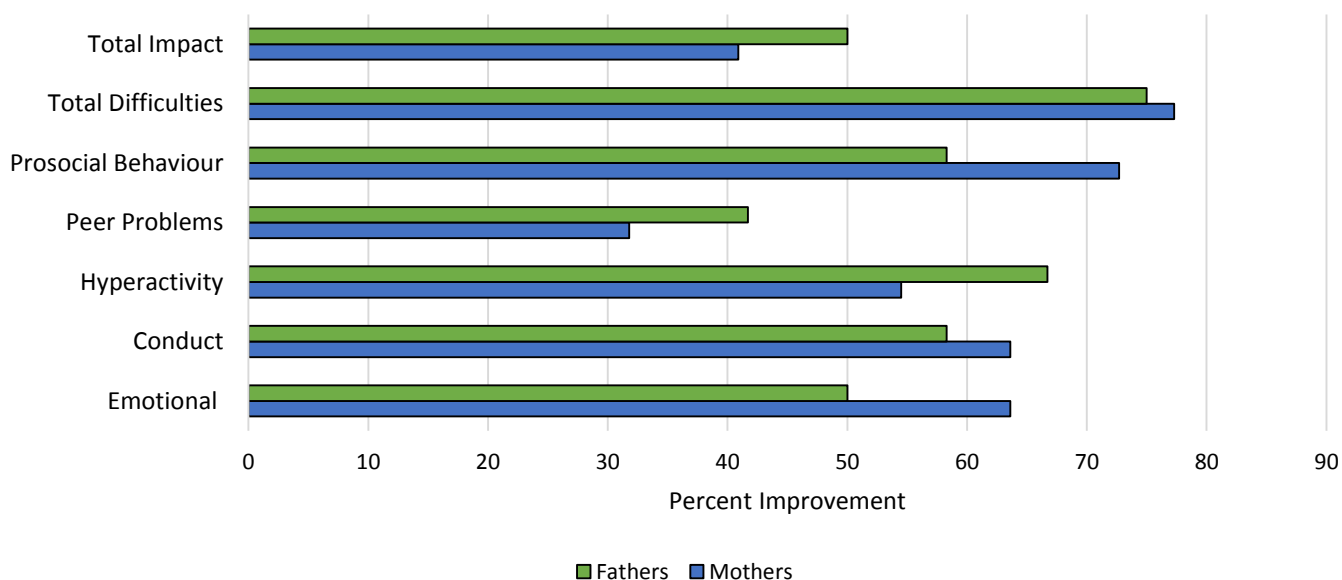


SDQ Results for Fathers



■ Pre-Tx ■ Post-Tx

Percent Improvement on the SDQ for Mothers and Fathers



Subscales	Pre-treatment Mean (SD)	Post-treatment Mean (SD)	Effect Size	Percent Improved	Reliable Change (%)
<b>Mothers</b>					
Emotional	3.18 (2.44)	1.95 (2.01)	.55	63.6	50.0
Conduct	4.59 (2.61)	3.32 (1.94)	.55	63.6	40.9
Hyperactivity	6.77 (2.45)	5.86 (2.25)	.38	54.5	18.2
Peer Problems	2.82 (2.13)	2.73 (1.98)	.04	31.8	9.1
Prosocial	5.45 (1.82)	6.68 (2.08)	.63	72.7	31.8
Total Difficulties	17.36 (6.91)	13.86 (5.88)	.55	77.3	31.8
Total Impact	2.64 (2.15)	1.95 (1.79)	.35	40.9	31.8
<b>Fathers</b>					
Emotional	2.33 (1.50)	1.83 (1.47)	.34	50	33.3
Conduct	3.42 (2.19)	2.75 (1.49)	.36	58.3	16.7
Hyperactivity	6.08 (2.84)	4.58 (2.64)	.55	66.7	50.0
Peer Problems	2.75 (2.53)	2.50 (2.47)	.10	41.7	41.7
Prosocial	5.50 (2.07)	7.00 (2.56)	.64	58.3	41.7
Total Difficulties	14.58 (6.63)	11.67 (6.85)	.43	75.0	50.0
Total Impact	2.08 (2.11)	0.83 (1.19)	.73	50.0	25.0

Subscales	Before Treatment (%)			After Treatment (%)		
	Normal	Borderline	Clinical	Normal	Borderline	Clinical
<b>Mothers</b>						
Emotional	54.5	13.6	31.8	81.8	4.5	13.6
Conduct	27.3	18.2	54.5	40.9	18.2	40.9
Hyperactivity	40.9	9.1	50.0	54.5	4.5	40.9
Peer Problems	59.1	0	40.9	54.5	18.2	27.3
Prosocial	36.4	40.9	22.7	72.7	4.5	22.7
<b>Total Difficulties</b>	27.3	27.3	45.5	54.5	27.3	18.2
<b>Total Impact</b>	22.7	13.6	63.6	22.7	27.3	50.0
<b>Fathers</b>						
Emotional	83.3	8.3	8.3	83.3	8.3	8.3
Conduct	33.3	25.0	41.7	50.0	25.0	25.0
Hyperactivity	41.7	8.3	50.0	75.0	8.3	16.7
Peer Problems	50.0	25.0	25.0	50.0	25.0	25.0
Prosocial	58.3	16.7	25.0	83.3	8.3	8.3
<b>Total Difficulties</b>	50.0	25.0	25.0	75.0	0.0	25.0
<b>Total Impact</b>	33.3	8.3	58.3	58.3	16.7	25.0

The table on page 15 displays the pre- and post-treatment scores for mothers and fathers for the SDQ subscales. Mothers and fathers displayed improvement on all subscales. Fathers displayed the greatest improvement overall on the Total Impact subscale. Fathers (16.7%-50%) and mothers (9.1%-50%) displayed significant change from pre- to post-treatment.

The table above displays the number of children who fell within the normal, borderline, and clinical range, based on SDQ severity ratings for mothers and fathers. Children either stayed in clinical or improved into borderline or normal at post-treatment for mothers and fathers.



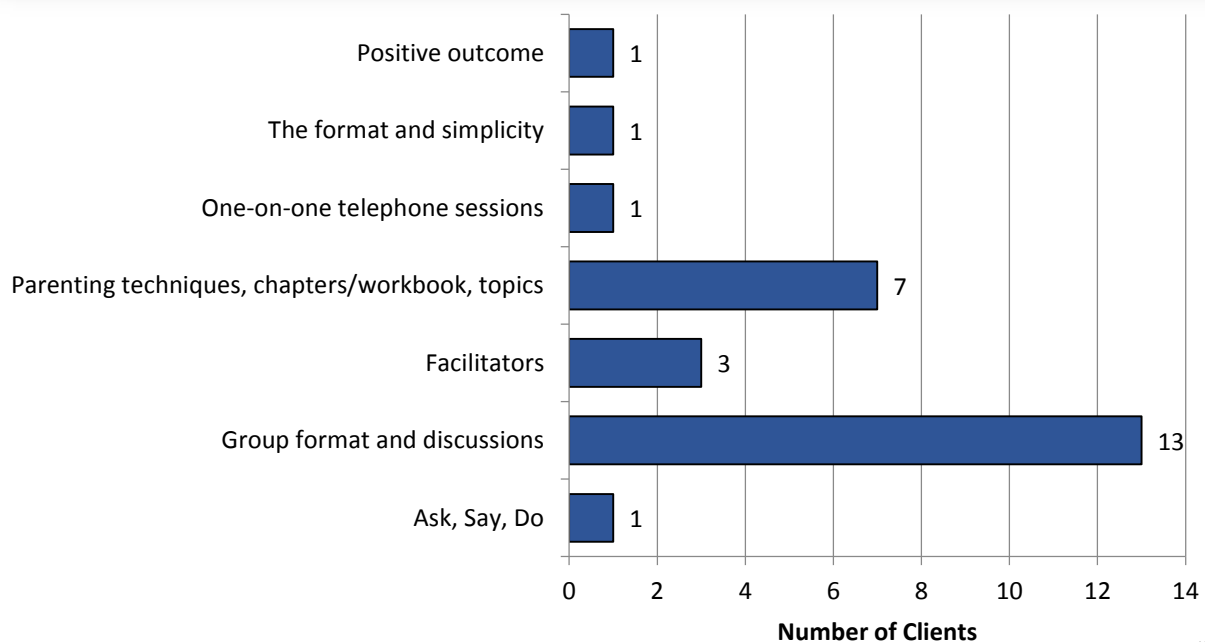
# Standard Triple P Client Experience Questionnaire

- Clients were asked to complete a series of open-ended questions after the completion of Standard Triple P.

## Is there anything you would like to see changed about this program?

- “6 or 12 month follow up to see the changes.”
- “Maybe extend it one more week.”
- “More focus on identifying emotions, emotional regulation, mindfulness, emotional intelligence in children.”
- “More group discussion on strategies.”
- “Need updated audio/visual material.”
- “Something addressing parenting through high stress or really difficult situations. Single parent perspective completely missing. Supports for the parents in other areas that were addressed in class, for example how to work effectively with an oppositional co-parent or while being undermined by the family courts and CAS.”
- “The location - I doubt you can keep everyone happy though.”
- “Try different days for the same course – shift workers - I had a hard time making it to weekly classes with my schedule.”
- “Updated content - this is the second time through this course and it is all the same material/content. Still useful though.”

## What did you like best about this program?



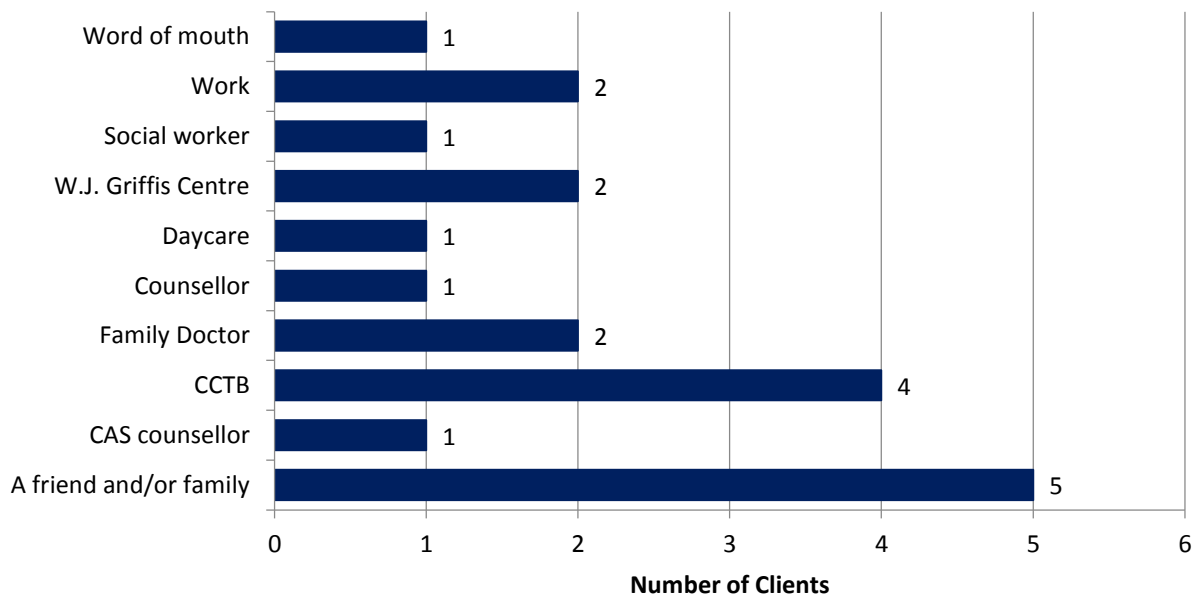
## Is there anything else you would like to tell us?

- “Enjoy and appreciate all the parenting programs.”
- “Facilitators were really friendly, helpful and understanding.”
- “If there were anyway all adults in the household could be MADE to go, it would help more.”
- “Keep up the good work! Thank you!”
- “Lots of good ideas and practical help. Easy to apply immediately!”
- “Thank you!”
- “Well-presented material.”

## Are there any other parenting services you would like to see offered through Children's Centre?

- “I've heard of another group, I think called Full Circle, and would like to sign up for those classes with my husband.”
- “Material by Gordon Neufeld "Hold on to your kids“.”
- “Quicker wait time for all programs.”
- “Support for single parents, especially working single parents. Courses, support groups and resources are always during the hours I have to work! Support for parents with an oppositional/abusive ex-partner with whom they must co-parent. Help navigating family court system.”

## How did you learn about the services offered by the Children's Centre?



# Standard Triple P Client Experience

On the Client Experience Questionnaire parents were also asked to rate their level of agreement with the following statements:

