

The Triple P-Positive Parenting Program: Acceptability of Program Materials, Preferences for Delivery Methods, and Barriers to Use for Parents of Culturally Diverse Backgrounds

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Behavioural parenting programs have been shown to be an effective treatment for behavioural and emotional problems in children. However, research has shown low utilisation rates of parenting programs by culturally diverse parents. The purpose of this study was to examine if elements of parenting programs are contributing to the low access of programs by culturally diverse parents. Specifically this study examined the cultural acceptability of program materials, preferences for delivery methods, and barriers to use of the Triple P-Positive Parenting Program. This study also hypothesised that culturally diverse parents would prefer group delivery methods to individual formats, practitioner-led programs to self-directed programs and parents of children with more perceived behaviour problems would prefer a group format to an individual session. Seventy-four parents watched the Triple P video, *Every Parent's Survival Guide* and read through a Triple P tip sheet before completing a series of questionnaires. The results revealed that parents identified location and timing of services, financial cost, and competing work commitments as the most frequently cited barriers. They also rated the program materials as very cultural appropriate and identified group, seminar, television, and individual as the most preferred delivery methods. The findings did not support any of the hypotheses, however parents preferred a self-directed method over a self-directed with telephone delivery method, which was in the opposite of the hypothesised direction. The findings of this study suggest that elements of parenting programs may not be attributing to the low rates of access among culturally diverse parents. These findings highlight the need for more research addressing variables that may contribute to parents' access and more research addressing way of increasing culturally diverse parents' access of behavioural parenting programs. Research addressing these issues has the potential to help a wide range of culturally diverse parents and their children.

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