

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

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&  
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## **Abstract**

### **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 included 69 parents of children aged three to seven, attending Maternal and Child Health Centers and Child Assessment Centers for service. 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 obtain 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 two groups in most post-intervention measures. The intervention group members reported fewer child behaviour problems and dysfunctional parenting styles, higher parent 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 programme techniques, 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 and dysfunctional parenting styles, as well as improving sense of parenting competence and marital relationship. The overall findings confirmed the efficacy of Triple P in reducing conduct problems in children and promoting more harmonious family relationships in Chinese parents living in Hong Kong.