

Triple P Positive Parenting Program: Level 4, Individual

Program description:

Triple P – Positive Parenting Program (Level 4, individual) is an intensive individual-based parenting program for families of children with challenging behavior problems. In this self-directed modality, parents receive a full Level 4 curriculum with a workbook and exercises to complete at their own pace. They are also offered support from a therapist by telephone on a regular basis.

Typical age of primary program participant: 5

Typical age of secondary program participant: N/A

Meta-Analysis of Program Effects

| Outcomes Measured | Primary or Secondary Participant | No. of Effect Sizes | Unadjusted Effect Sizes (Random Effects Model) | | | Adjusted Effect Sizes and Standard Errors Used in the Benefit-Cost Analysis | | | | | |
|---------------------------------------|----------------------------------|---------------------|--|------|---------|---|------|-----|-----------------------------|------|-----|
| | | | ES | SE | p-value | First time ES is estimated | | | Second time ES is estimated | | |
| | | | | | | ES | SE | Age | ES | SE | Age |
| Disruptive behavior disorder symptoms | P | 5 | -0.85 | 0.21 | 0.00 | -0.39 | 0.21 | 5 | -0.17 | 0.09 | 10 |

Benefit-Cost Summary

| The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2011). The economic discount rates and other relevant parameters are described in Technical Appendix 2. | Program Benefits | | | | | Costs | Summary Statistics | | | |
|--|------------------|------------|---------|----------------|----------------|----------|-----------------------|----------------------|----------------------|---|
| | Partici-pants | Tax-payers | Other | Other Indirect | Total Benefits | | Benefit to Cost Ratio | Return on Investment | Benefits Minus Costs | Probability of a positive net present value |
| | | | | | | | | | | |
| | \$720 | \$1,195 | \$1,103 | \$603 | \$3,621 | -\$1,833 | \$1.98 | 5% | \$1,788 | 92% |

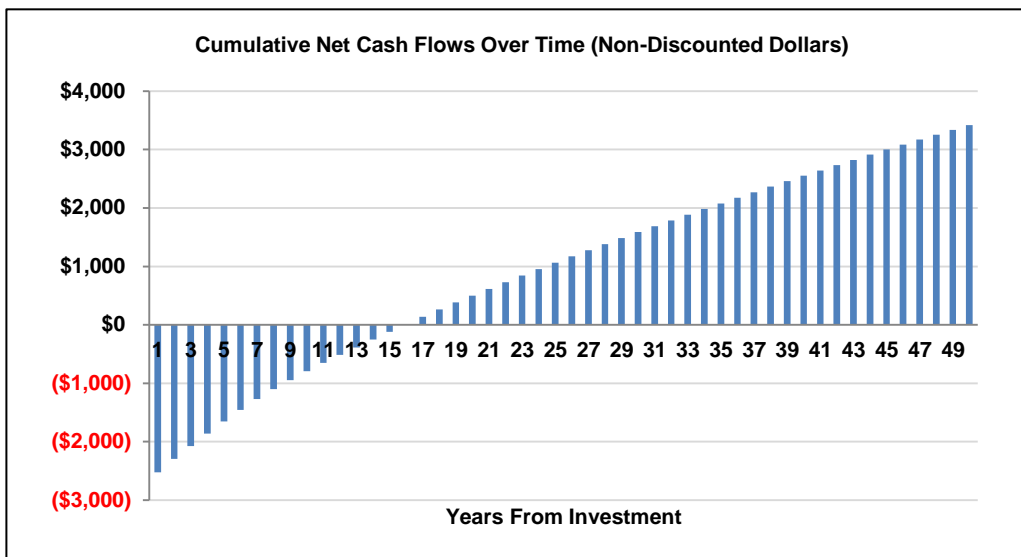
Detailed Monetary Benefit Estimates

| Source of Benefits | Benefits to: | | | | | Total Benefits |
|--|---------------|------------|---------|-----------------|--|----------------|
| | Partici-pants | Tax-payers | Other | Other In-direct | | |
| Crime | \$0 | \$36 | \$102 | \$18 | | \$157 |
| Earnings via high school graduation | \$384 | \$141 | \$0 | \$70 | | \$594 |
| Health care costs for disruptive behavior symptoms | \$337 | \$1,017 | \$1,001 | \$515 | | \$2,870 |

Detailed Cost Estimates

| The figures shown are estimates of the costs to implement programs in Washington. The comparison group costs reflect either no treatment or treatment as usual, depending on how effect sizes were calculated in the meta-analysis. The uncertainty range is used in Monte Carlo risk analysis, described in Technical Appendix 2. | Program Costs | | | Comparison Costs | | | Summary Statistics | |
|--|---------------|------------------|--------------|------------------|------------------|--------------|--|------------------------|
| | Annual Cost | Program Duration | Year Dollars | Annual Cost | Program Duration | Year Dollars | Present Value of Net Program Costs (in 2011 dollars) | Uncertainty (+ or - %) |
| | | | | | | | | |
| | \$1,792 | 1 | 2010 | \$0 | 1 | 2010 | \$1,832 | 10% |

Source: Expenditures per family provided by Washington State DSHS Children's Administration, June 2011; based on 10-16 sessions of individual family behavioral training.



Multiplicative Adjustments Applied to the Meta-Analysis

| Type of Adjustment | Multiplier |
|---|------------|
| 1- Less well-implemented comparison group or observational study, with some covariates. | 1.00 |
| 2- Well-implemented comparison group design, often with many statistical controls. | 1.00 |
| 3- Well-done observational study with many statistical controls (e.g., IV, regression discontinuity). | 1.00 |
| 4- Random assignment, with some RA implementation issues. | 1.00 |
| 5- Well-done random assignment study. | 1.00 |
| Program developer = researcher | 0.64 |
| Unusual (not "real world") setting | 1.00 |
| Weak measurement used | 0.5 |

Adjustment factors were generated by examining studies for the treatment of children or adolescents with disruptive behavior problems. Meta-regressions were conducted to test for the impact of different methodological factors on unadjusted effect size. Because research design rating and unusual setting were not significant predictors of effect size, multipliers of 1.0 were assigned. The involvement of a program developer in the research study was a statistically significant predictor of effect size, indicating that such studies had larger effects than studies in which the developer was not involved. This coefficient was used to determine the 0.64 multiplier. Finally, we coded as weak measures outcomes that were based solely on the report of individuals who were involved in the intervention (such as parents in a parenting program). Due to concern that such measures might be biased in favor of the programs reviewed, we used the standard Institute multiplier (0.5).

Studies Used in the Meta-Analysis

Connell, S., Sanders, M. R., Markie-Dadds, C. (1997). Self-directed behavioral family intervention for parents of oppositional children in rural and remote areas. *Behavior Modification*, 21(4), 379-408.

Markie-Dadds, C., & Sanders, M. R. (2006a). A controlled evaluation of an enhanced self-directed behavioural family intervention for parents of children with conduct problems in rural and remote areas. *Behaviour Change*, 23(1), 55-72.

Markie-Dadds, C., & Sanders, M. R. (2006b). Self-directed Triple P (Positive Parenting Program) for mothers with children at-risk of developing conduct problems. *Behavioural and Cognitive Psychotherapy*, 34(3), 259-276.

Nicholson, J. M., & Sanders, M. R. (1999). Randomized controlled trial of behavioral family intervention for the treatment of child behavior problems in stepfamilies. *Journal of Divorce and Remarriage*, 30(3/4), 1-23.

Sanders, M. R., Markie-Dadds, C., Tully, L. A., & Bor, W. (2000). The Triple P-Positive Parenting Program: A comparison of enhanced, standard, and self-directed behavioral family intervention for parents of children with early onset conduct problems. *Journal of Consulting and Clinical Psychology*, 68(4), 624-640.