

The development of parents' capacity to self-regulate while participating in Group Teen Triple P.

Frances Sutherland,
Neville Blampied, & Karyn France
University of Canterbury,
Christchurch,
New Zealand

Frances Sutherland (fsuth@xtra.co.nz)

Neville Blampied (neville.blampied@canterbury.ac.nz)

Karyn France (karyn.france@canterbury.ac.nz)

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Abstract

Previous research has found that the capacity to self-regulate is associated with a number of positive life outcomes and deficits in self-regulation have been linked with poorer life outcomes. Therefore, parent and child self-regulation is an important focus of the Positive Parenting Program for Teenagers (Teen Triple P). The aim of this study was to investigate if Group Teen Triple P was effective in promoting parental self-regulation and adolescent behaviour change in families affected by the earthquakes in Canterbury NZ between 2010 and 2012. **METHOD:** Five families with teenagers aged 12 – 16 years were recruited from among families participating in a Group Teen Triple P program specifically implemented by the education authorities for parents self-reporting long-term negative effects of the earthquakes on their family. A single-case multiple-baseline across participants design was used to examine change in target teenager behaviour. Measures of self-regulation skill acquisition were taken using a coding scheme devised for the study from transcripts of three telephone consultations and from three family discussions at pre-intervention, mid-intervention, and post-intervention. Parents and their child also completed questionnaires addressing adolescent functioning, the parent-adolescent relationship and parenting at pre- and post-intervention. **RESULTS:** The multiple-baseline data showed that parents were successful at changing targeted behaviour for their child. Analysis of the telephone consultations and family discussions showed that parents increased their self-regulation skills over the therapy period and there was positive change in adolescent behavior reported on the Strengths and Difficulties Questionnaire. Additionally, the results suggested that higher rates and levels of self-regulation in the parents were associated with greater improvements in adolescent behaviour. **CONCLUSION:** This study demonstrated that the Group Teen Triple P –Program was effective in promoting self-regulation in parents and behaviour change in adolescents, specifically in a post-disaster context.

Christchurch – February 22nd 2011 12:51 pm



- 185 people died, 6659 injured, 30,000 homes destroyed, cost to NZ: Billions of dollars



Long-term consequences for families & children

- Residential dislocation [46% surveyed teenagers had moved house]
- Disruption of social, friendship & support networks
- Disruption to schooling [29% had moved school]
- Chronic stress for parents & children
 - 17% reported family anger/upset over insurance
 - 13% worried about aftershocks
 - 11% reported family relationship problems

From CERA survey of 3000+ 12-24 year-old Christchurch residents in 2012

The Reality of the Red Zone

Land is uninhabitable & cleared of houses

https://www.google.co.nz/search?q=christchurch+red+zone&biw=1344&bih=764&tbm=isch&imgil=PxTp6YoKYBw96M%253A%253BfJUB-w6B1oJQbM%253Bhttp%25253A%25252F%25252Fwww.lincolneology.org.nz%25252F%25253Fp%2525253D39&source=iu&pf=m&fir=PxTp6YoKYBw96M%253A%252CfJUB-w6B1oJQbM%252C_&usg=__QtETunRv0tVdpdCOaz_2c7rzgQ0%3D&ved=0ahUKewi49bG5qYjNAhXCHJQKHcuvAbwQyjcIJQ&ei=pJ1PV7iTE8K50ATL34bgCw#imgsrc=-tueQ9pKtsjxGM%3A

https://www.google.co.nz/search?q=christchurch+red+zone&biw=1344&bih=764&tbm=isch&imgil=PxTp6YoKYBw96M%253A%253BfJUB-w6B1oJQbM%253Bhttp%25253A%25252F%25252Fwww.lincolneology.org.nz%25252F%25253Fp%2525253D39&source=iu&pf=m&fir=PxTp6YoKYBw96M%253A%252CfJUB-w6B1oJQbM%252C_&usg=__QtETunRv0tVdpdCOaz_2c7rzgQ0%3D&ved=0ahUKewi49bG5qYjNAhXCHJQKHcuvAbwQyjcIJQ&ei=pJ1PV7iTE8K50ATL34bgCw#imgsrc=C_00s_vNU5AWHM%3A



Quake stress hurting our young

One in five kids shows signs of stress disorder

JOHN MCCRONE



Supplied

Research is showing that the Canterbury earthquake caused more trauma in young children than expected. How bad is it and what can be done? JOHN McCRONE

It could be serious. Researchers say they do not want a generation of children may be carrying around the trauma of the Canterbury earthquakes.

Canterbury University school of health sciences assistant professor Dr Kathleen Liberty says a study of 5-year-olds at a primary school in east and south Christchurch is finding as many as one in five now exhibit the classic symptoms of traumatic stress disorder (PTSD).

Consequences – lots of focus on young children

• <http://www.stuff.co.nz/the-press/news/christchurch-earthquake-2011/9674021/Quake-stress-hurting-our-young>

Adolescents? Perhaps not so much attention or concern

Heetkamp (2013)

This study investigated the psychological response of adolescents to several significant earthquakes in Canterbury, New Zealand. The most destructive of these earthquakes resulted in 185 casualties. A survey was conducted with 570 adolescents at secondary schools in

Christchurch **6 months** after the most destructive earthquake. A quantitative methodology was utilized where questionnaires were completed online and in paper format. Participants were surveyed in relation to the constructs of posttraumatic stress disorder (PTSD), psychological resilience, trauma exposure, the level of fear experienced, and the psychosocial support accessed. The age of the participants ranged from 13 to 20 years ($M = 15.2$ years; $SD = 1.48$). Statistical analyses were completed to establish the base rates of PTSD, the relationship between psychological resilience and PTSD, the relationship between trauma exposure and PTSD, and the relationship between fear and PTSD. Additionally, the moderating effect of psychological resilience was analysed. Results established statistical significant relationships between psychological resilience and PTSD, trauma exposure and PTSD, and fear and PTSD. Furthermore,

a base rate of 24% for PTSD was established within this sample.

Psychological resilience was found to moderate the relationship between fear and PTSD, but did not moderate the relationship between trauma exposure and PTSD. These results are discussed in relation to earthquake-related traumatic exposure. This research project has important clinical and theoretical implications for people working with adolescents who have been exposed to the trauma of an earthquake - See more at:

<http://mro.massey.ac.nz/handle/10179/4767#sthash.OXETp8fJ.dpuf> [Masters thesis]

Fleming, T, Clark, T.C., Denny, S., Robinson, E., Rossen, F., Bullen, P., Crengle, S., Fortune, S., Peiris-John, R., Teevale, T., Utter, J. & The Adolescent Health Research Group (2013). *The health and wellbeing of secondary school students in Christchurch: Findings from the Youth'12 national youth health and wellbeing survey*. Auckland, New Zealand: The University of Auckland.

These findings suggest that Christchurch students suffer from elevated rates of post-earthquake stress and face increased challenges across a broad range of areas, compared to other New Zealand students from similar backgrounds. However, it is reassuring that despite significant and distressing effects of the earthquakes, the majority of Christchurch youth remain resilient.

Key points

- Christchurch students suffer from elevated rates of post-earthquake stress.
- Christchurch students report higher rates of some health and emotional health difficulties, less positive experiences in some aspects of schooling and less involvement in some positive daily activities, compared to other New Zealand students from similar backgrounds.
- Like New Zealand secondary school students overall, the majority of Christchurch students report generally positive family relationships, positive school and community experiences, good health and limited risk taking. There are also many negative issues or health problems. For example over 50% of students in Christchurch and elsewhere report that they do not get enough time with their mother or father; around 7% report that they do not have at least one parent who cares about them a lot; many are exposed to dangerous driving or to violence and more than 15% have seriously thought of suicide in the last year.
- There is both cause for optimism and a need for action to support the wellbeing of young people in Christchurch.

Ministry of Education response

- In 2013 MoE decided to offer Group Teen Triple P to Christchurch high schools via school counselling services
- Uptake by schools was voluntary
- Uptake by parents was voluntary
- Requested UC to undertake an evaluation (conducted in 2014-15)
 - Three projects
 - Tabitha Norton: Overall evaluation
 - Frances Sutherland: Role of parent self-regulation
 - Joanna Burley: A qualitative analysis of parent experience of the programme
- Implementation difficulties meant that the first 2 became pre- post-effectiveness studies
- All reported data from groups run at the UC Child & Family Psychology clinic

Norton (2106) summary

N = 14

Measure	sign	dav	CI low	CI hi	Comment
Parenting Scale					
Laxness	neg	0.87	-1.53	-0.19	ES not zero in large range by Cohen's criteria
Overreact	neg	1.64	-2.46	-0.79	ES not zero very large
Total	neg	1.48	-2.24	-0.65	ES not zero very large
DASS					
Dep	neg	0.81	-1.55	-0.04	ES not zero large
Anx	neg	0.51	-1.08	0.08	ES may be zero medium
Stress	neg	0.7	-1.28	-0.11	ES not zero medium
Total	neg	1.02	-1.85	-0.16	ES not zero large
SDQ					
Emot	neg	0.68	-1.27	-0.06	ES not zero medium
Conduct	neg	0.58	-1.05	-0.09	ES not zero medium
Hyper	pos	0.34	-0.16	0.81	ES may be zero small, and in wrong direction
Peer Prob	neg	0.56	-1.26	0.16	ES may be zero medium
Total Dif	neg	0.01			treat as zero
Total Imp		0			treat as zero
ProSoc	pos	0.72	-0.23	1.64	ES may be zero medium