

# Efficacy of ACT Raising Safe Kids program on parenting practices and child behaviors in the cultural context of Belgium

## Introduction

### Violent parenting

- Exposure to abuse and neglect in early childhood → long-term consequences (Arata et al., 2005)
- Insufficient parenting skills as potential cause of child maltreatment (Van Petegem et al., 2015; Portwood et al., 2011)
- Parenting training = helpful prevention tool (Sanders et al., 2014)

### ACT-Parents Raising Safe Kids

- Developed by American Psychological Association
- Recommended by the World Health Organization
- Active in several countries (e.g., USA, Greece, Colombia, Japan)
- 2 main goals
  - Prevention of violent parenting
  - Protect children from violence and abuse

### Previous literature (Knox et al., 2010; Magalhães & Knox, 2021)

- Reduction in harsh and hostile parenting behaviors
- Less physical violence towards child
- Better way of monitoring children's media use
- Positive discipline
- Improvement of parents' and children's emotion regulation

## Intervention Description

- 8 sessions of 2-hours each
  - 1 additional pre-meeting: motivational interview
- Parents and caregivers of children aged 0-10 years old
- **Originality of the program**
  - Cultural Sensitivity: considers social and cultural context
  - Accessibility: accessible for diverse socio-economic (SES) backgrounds

## Sessions

### Pre-meeting: Motivational Interview

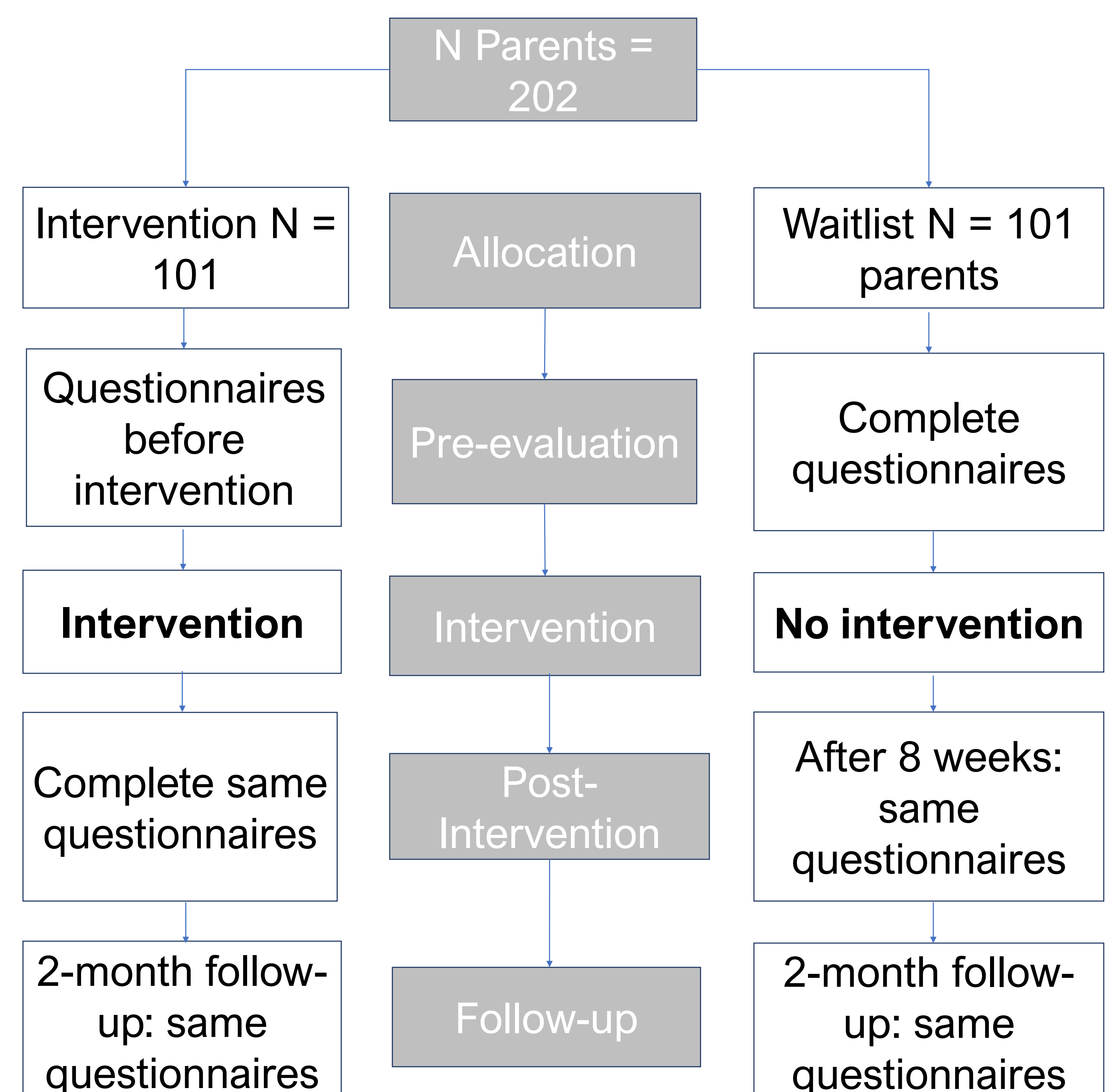
1. Learning child development and understanding children's behavior
2. Young children's exposure to violence in the media
3. Understanding and controlling parents'/caregiver's anger
4. Understanding and helping angry children
5. Children and electronic media
6. Discipline and parenting style
7. Discipline for positive behaviors
8. Take the ACT-Program with you: Review

## Research Objectives

1. Cultural adaptation of the program to the Belgian cultural context
2. Test efficacy of the ACT-PRSK program
  - For both parents and children
  - Moderating effect of SES

## Method

- Objective 1
  - Translations and adaptations of the program with team of experts
  - Qualitative pilot study to test efficacy of adaptations (N=30)
- Objective 2
  - Randomized Controlled Trial



## Potential Outcomes

- **Successful cultural adaptations?**
- **Parenting behaviors: mechanisms?**
  - Improved positive discipline skills
  - Better understanding of child development
  - Improved anger management skills
- **Children: outcomes?**
  - Reduced behavioral problems (less internalizing and externalizing problems)
- **Role of SES?**