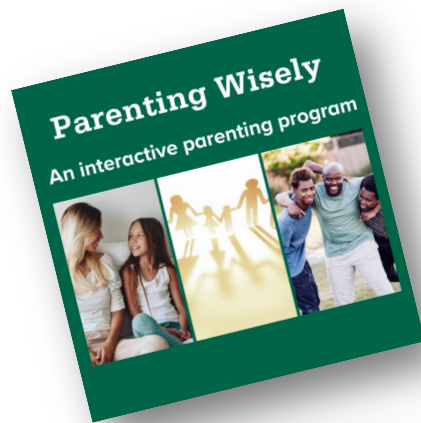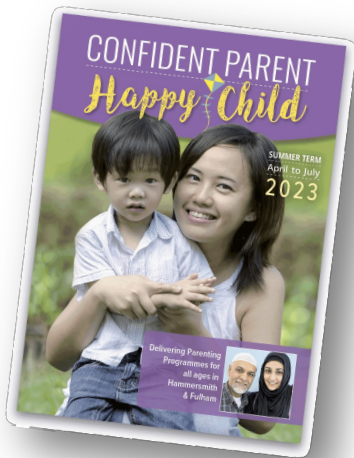# Group-based versus individual parenting programs

How to best optimize parental mental health and behaviors?
A meta-analysis

Louise Mathijs- Université Libre de Bruxelles, Belgium

Mathijs, L., Backhaus, S., Van Petegem, S., Mendelez-Torres, G.J., Gardner, F., Leijten, P.

ULB fnrs

CONFIDENT PARENT
Happy Child

SUMMER TERM
April to July
2023

Delivering Parenting
Programmes for
all ages in
Hammersmith
& Fulham

YOUNG PARENTS PROGRAM
parenting at your best

Parenting Wisely
An interactive parenting program

New Forest
Parenting
Program

PMTO
MICHIGAN
CAREGIVERS
CHILDREN
FAMILIES
OREGON
We're Doing It!

SPARK
ONLINE PARENTING PROGRAM

Free
Parenting
Classes
Pulling Curls

Triple P
Positive Parenting Program
for every parent
®

act
raising safe kids

The Incredible Years®

PARENTING
FOR LIFELONG
HEALTH

FREE PARENTING PROGRAM

The Meeting Place
Community Building Community · Est 2004

Cranford & Coopers
Community Youth Centre · Est 2004

3 session program

Communities
for Children
an UnitingCare

1-2-3 Magic & Emotion Coaching
Wednesdays, 26 July & 9 August 2023
9:30 am -11.30 pm

Book online - www.youthcentre.org.au/bookings

PCIT
INTERNATIONAL

Theoretical Background

Parenting programs

Child behavior management

Effective in improving parenting skills; (e.g.,Barlow & Coren, 2018)

Parenting stress

Decrease in parenting stress (e.g., Belge & Dumas, 2011; Kendall et al., 2013)
Inconsistent! (Portwood et al., 2011)

Parental depressive symptoms

Reduce depressive symptoms (e.g., Sanders et al., 2007)
Inconsistent! (Leijten et al., 2018)

Theoretical Background

Delivery formats

Group-based

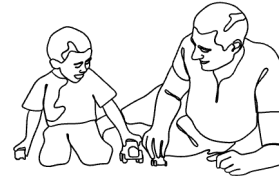Individual

Group-based vs. Individual
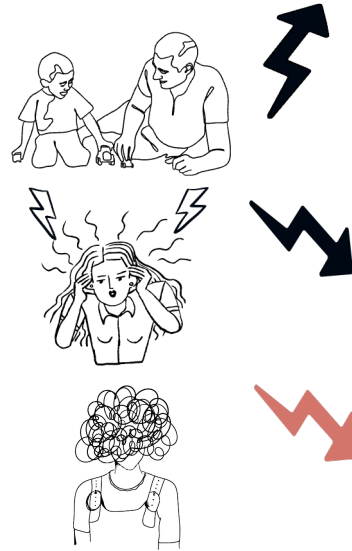
Social support

Social learning

Tailored support

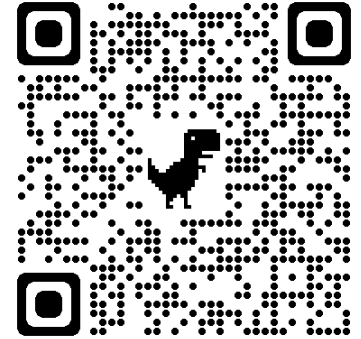**???**

Present study

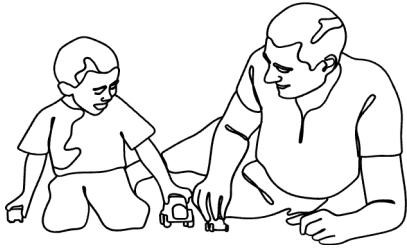# Present study

Method

Backhaus et al. (2023)

Eligibility criteria

- Inclusion
    - RCT's with group or individual programs
    - Social learning theory
    - Parents of children 2-10 y/o
    - Directed at parents
- Exclusion
    - Self-directed

Child Behavioral Management
Non-violent discipline and positive reinforcement; Barnett et al., 1996)

Parenting Stress
Negative psychological response to the obligations of being a parent (Bornstein, 2002)

Parental Depressive Symptoms
Persistent feeling of sadness and loss of interest in activities (WHO, 2023)

Effect size

- Cohen's d
    - Mean of treatment group − Mean of control group/ SD

- 1 study : several ES

Index	Description[b]	Effect Size
Between groups		
Cohen's d[a]	$d = M_1 - M_2 / s$ $M_1 - M_2$ is the difference between the group means (M); s is the standard deviation of either group	Small 0.2 Medium 0.5 Large 0.8 Very large 1.3

(Sullivan & Fein, 2012)

Our sample

Sample characteristics	(*n* = 118)	(*n* = 43)
Mean child age, *M (SD)*	5.55 (1.88)	5.28 (2.06)
Mean parent age *M (SD)*	35.90 (4.94)	34.10 (5.01)
Intervention characteristics		
Number of sessions, *M* (*SD*)	11.10 (6.83)	10.20 (5.59)
Number of weeks, *M* (*SD*)	11.60 (6.56)	13 (9.37)
Level of prevention or treatment of child conduct problems, n (%)		
Universal	26 (22.0)	6 (14.0)
Selective	41 (34.7)	10 (23.3)
Indicated	26 (22.0)	11 (25.6)
Treatment	25 (21.2)	16 (37.2)

Analyses

- Robust Variance Estimation
1) Test overall program effects on 3 outcomes
2) Test whether group-based or individual programs yield stronger effects

Results

Overall effects

_p_ <.001, _d_ =0.44;
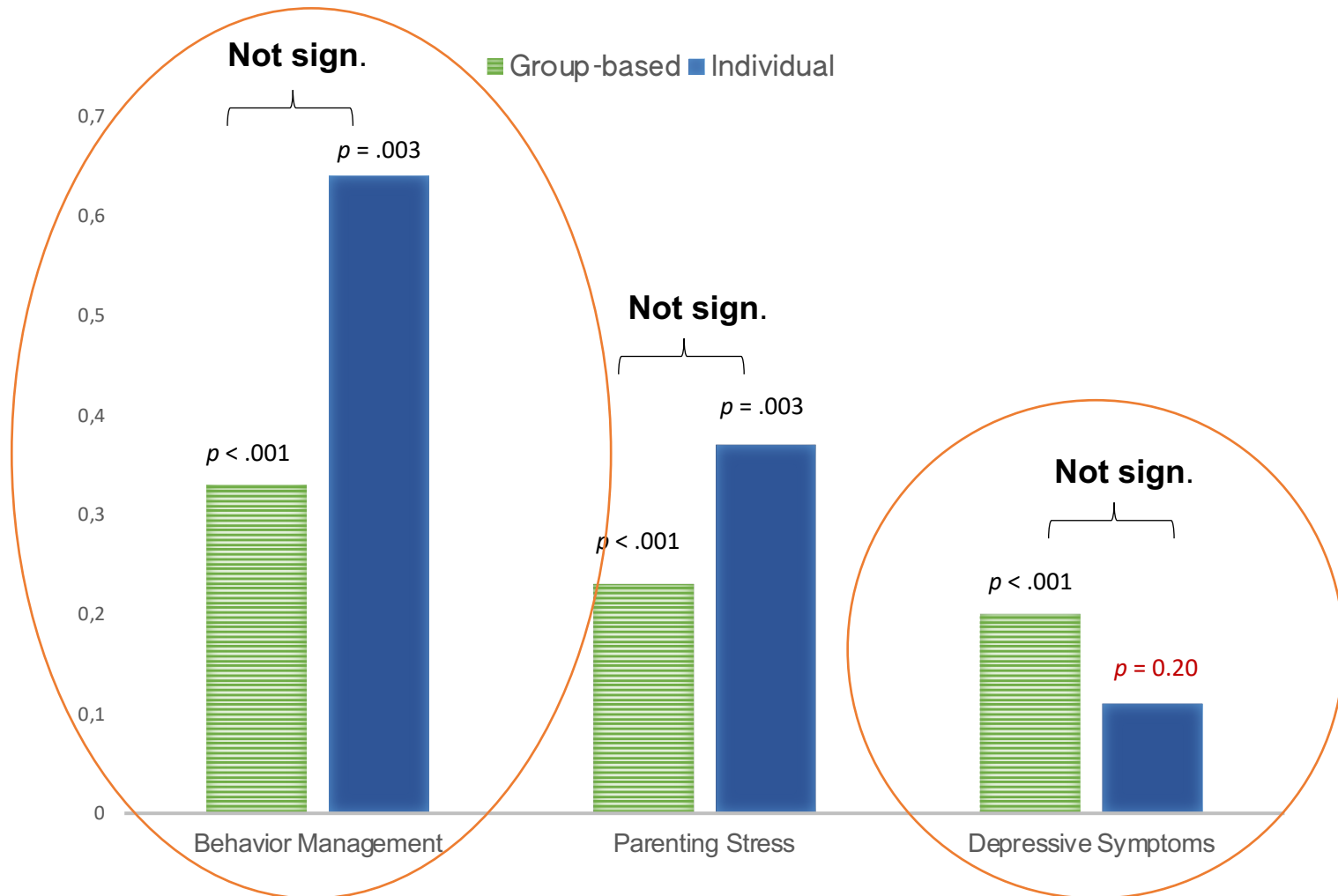95% CI [0.27, 0.60];
n = 71, k = 190

_p_ <.001, _d_ =−0.26;
95% CI [−0.36, −0.16];
n = 83, k = 281

_p_ <.001, _d_ =−0.18;
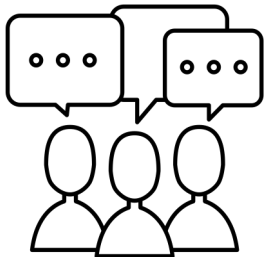95% CI [−0.28, −0.09]
n = 58, k = 106

Results

GROUP-BASED VS INDIVIDUAL

Discussion

- Overall small ES
  - Except for child behavior management in individual format → Direct coaching? (Hershell et al., 2008)
- Difference for parental depressive symptoms outcome!
  - Only effect in group-based format
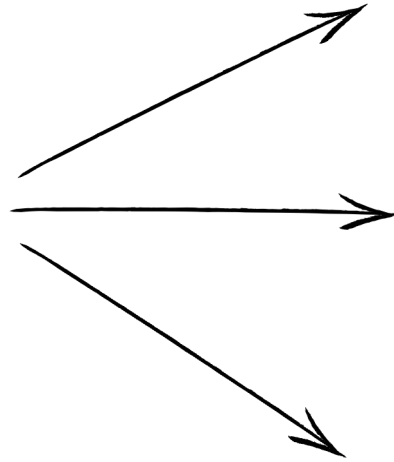 - Social support?
- Choice of parents and clinician

Thank you for your attention!

Louise.mathijs@ulb.be

Results

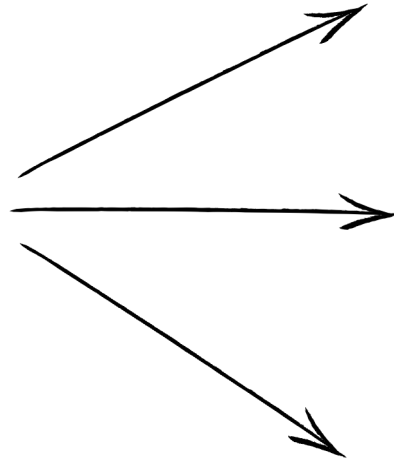## Group-based vs individual

$d = 0.33$;
95% CI [0.19, 0.46]

$d = -0.23$;
95% CI [−0.34, −0.12]

$d = -0.20$;
95% CI [−0.31, −0.09]

Results

Group-based vs **individual**

$d = 0.64$;
95% CI [0.24, 1.05]

$d = -0.37$;
95% CI [−0.60, −0.14]

$d = -0.11$;
95% CI [−0.30, 0.07]