

# Bridging Research and Clinic: A Pragmatic Case Study of a Father Following a Parenting Program



Louise Mathijs

Univesité Libre de Bruxelles

Cindy Eira Nunes, Catia Magalhaes, Stijn Van Petegem

# Context



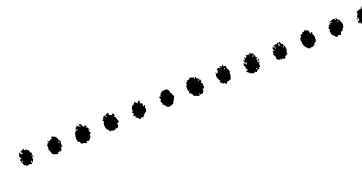
Aart-Jan Venema



Luci Gutiérrez

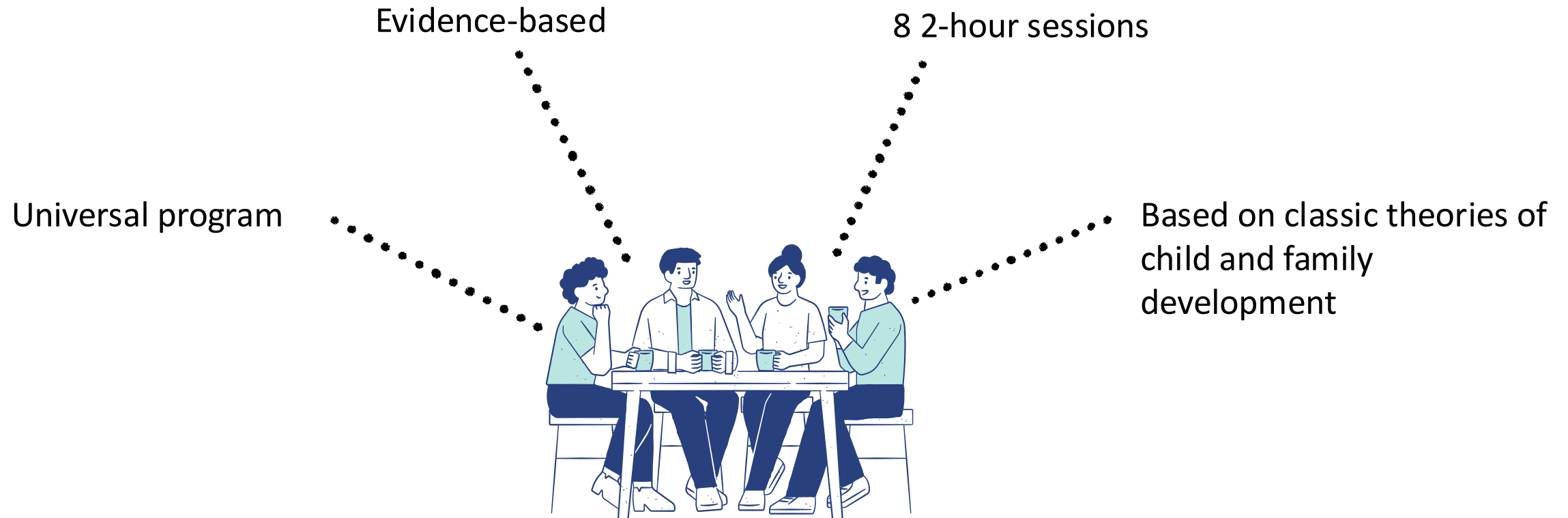
(Milgrom et al., 2019; Nelson et al., 2014 ; Plantin & Daneback, 2009)

# Parenting programs

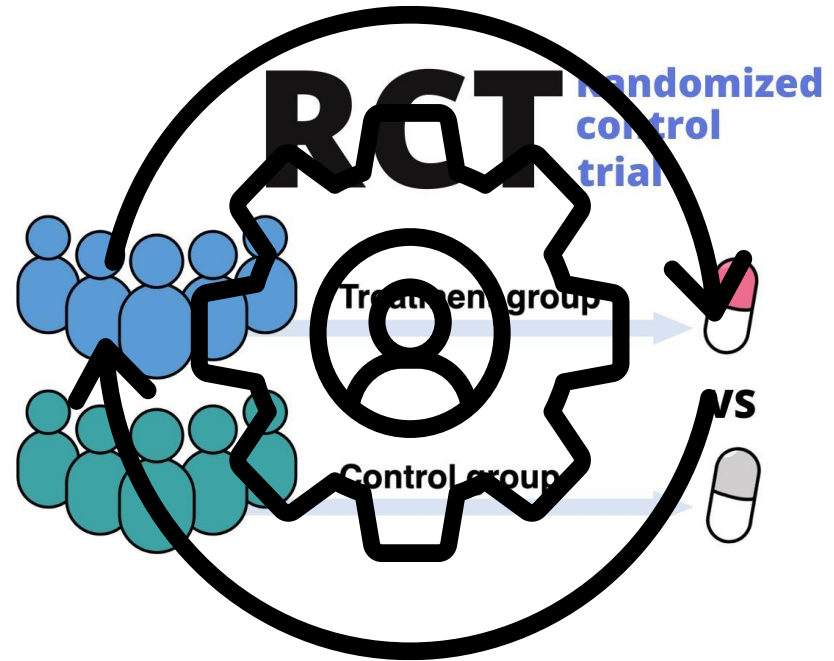


(Mathijs et al., 2024)

# ACT-Parents Raising Safe Kids



# Present Study



# Method

## Pragmatic Case Study

Combination of clinical analysis with independent measures of the process and outcome

Research that is practitioner-friendly, rigorous, and systematic (Fishman, 2013)



# Philippe

Belgian

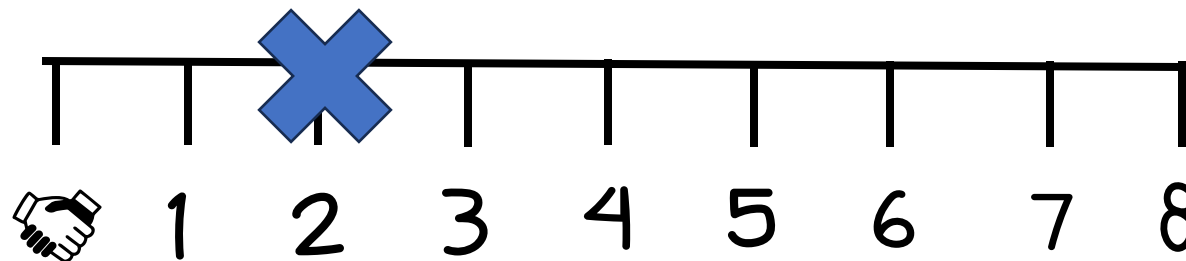
Master

42 years old

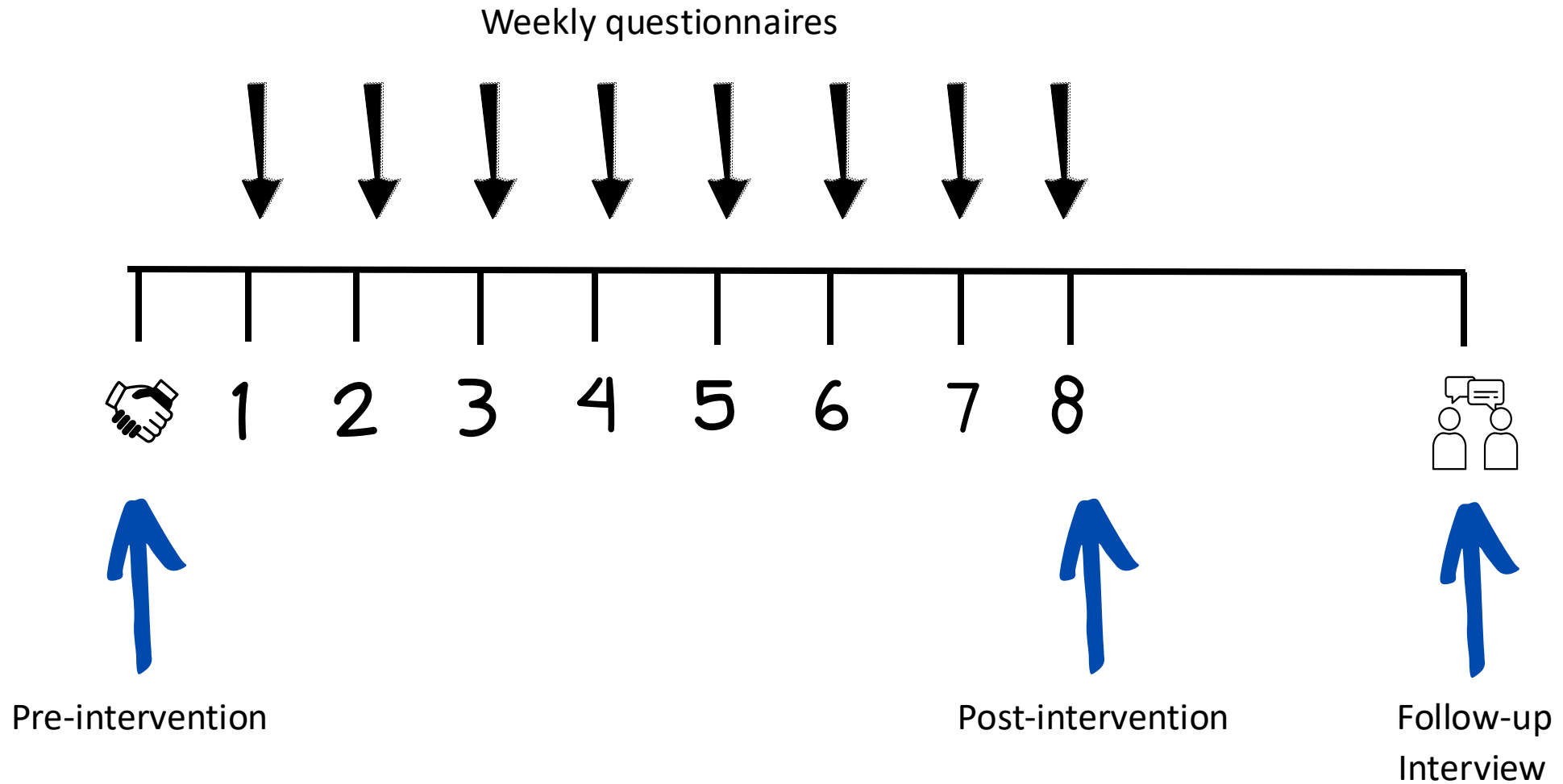
>4000 euros

Son of 3 years old

Not professionally active  
→ Parental burnout



# Procedure





# Measures

## Pre-, Post Intervention & Follow-up

### *Parenting Stress*

Parenting Stress Index-SF-15  
(Abidin, 1983; Luo et al., 2021)

### *Depressive Symptoms*

Patient Health Questionnaire-9  
(Kroenke et al., 1999)

### *Parental Self-Efficacy*

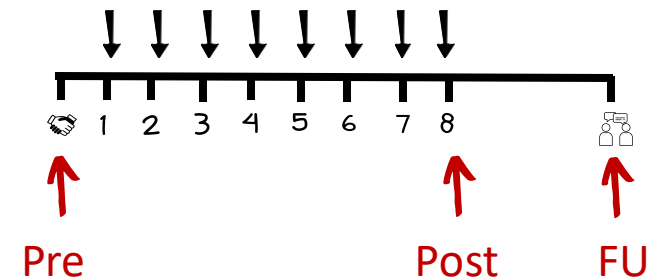
Me As A Parent  
(Hamilton et al., 2015)

### *Emotion Regulation*

Emotion Regulation Inventory  
(Roth et al., 2009)

### *Loneliness*

UCLA- 3  
(Hughes et al., 2003)



# Measures

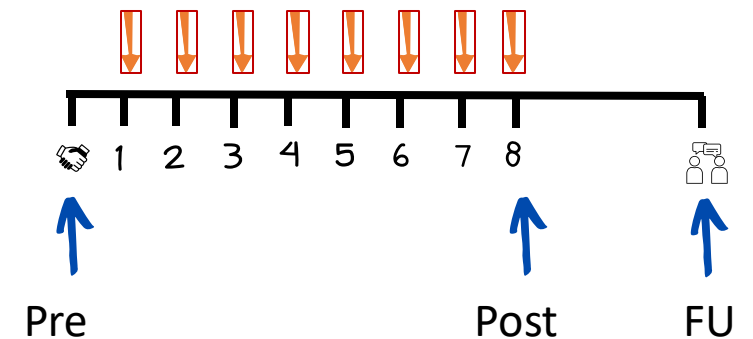
## Weekly measures

*Parenting strategies*

8 self-developed questions

e.g., In the past week...

- I tried to adapt my behavior so that I can be a good example for my child
- I tried to focus on my child's good behaviors



# Data Analysis



## Analyses of quantitative data

- Clinical cut-offs
- Reliable Change Index (RCI; Jacobsen & Truax, 1991)
- Non-Overlapping of All Pairs (NAP; Parker & Vannest, 2009)



## Clinical analysis

- Notes
- Semi-structured interview

# Clinical Analysis

Introduction

*A distressed father looking for parenting tools*

1. Child Development

*Reframing his child's behavior*

2. Violence Prevention

X

3. Emotion Regulation of the Parent

*Putting his own behaviors in perspective*

4. Emotion Regulation of the Child

*Embracing unpleasant feelings*

# Sessions

5. Screen-time

*Finding a social network*

6. Parenting Styles

*Learning to be gentle with himself*

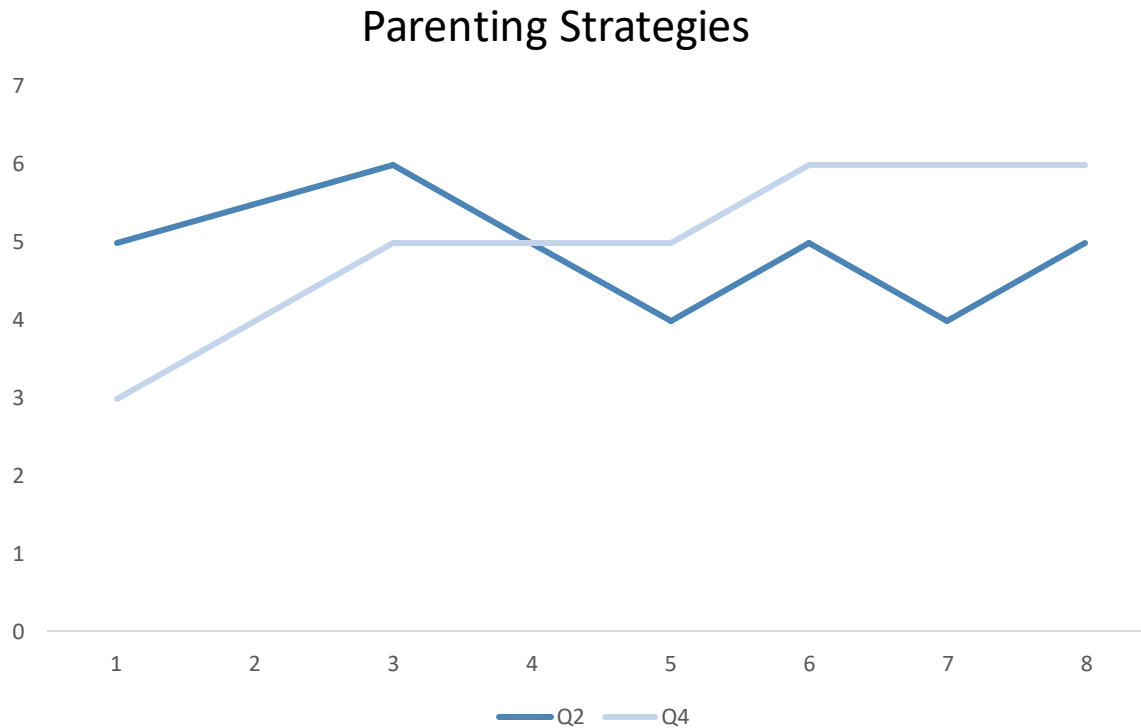
7. Positive Discipline

*Finding energy in parenting again*

8. Closure

*Feeling more comfortable in his role as a parent*

# Parenting Strategies: Change Processes



Q2: I adapted my behavior to my child's age

- NAP = 0.42
- Weak change

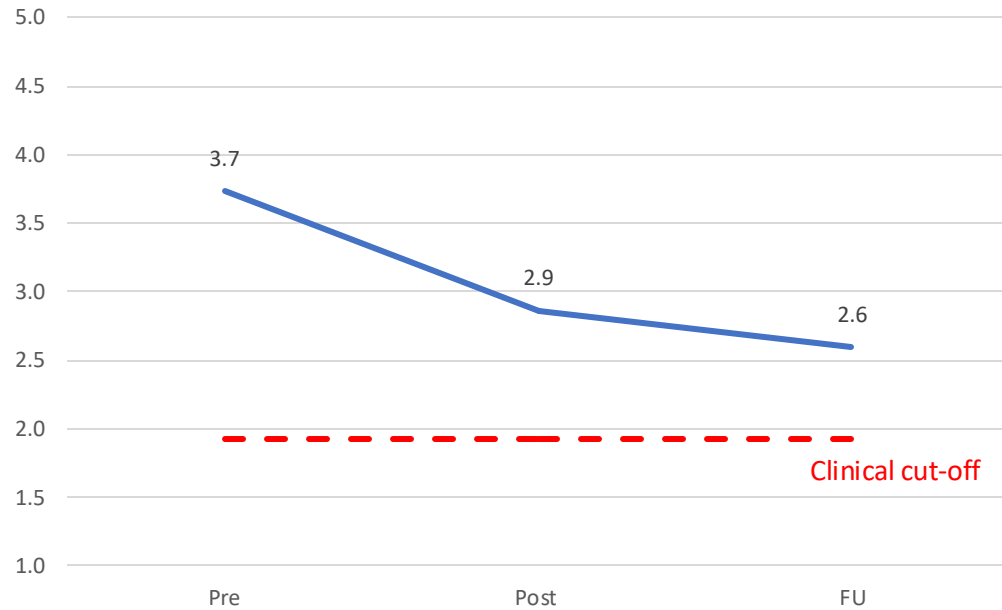
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Q4: I focused on good behaviors of my child

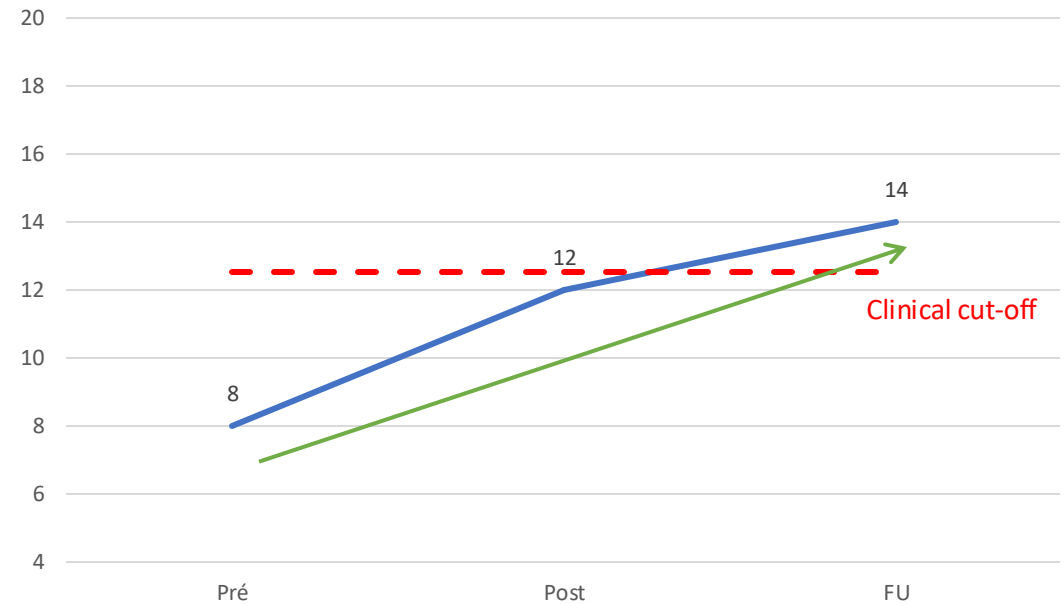
- NAP = 1
- Large change

# Quantitative Analysis: Outcomes (1)

## Parenting Stress

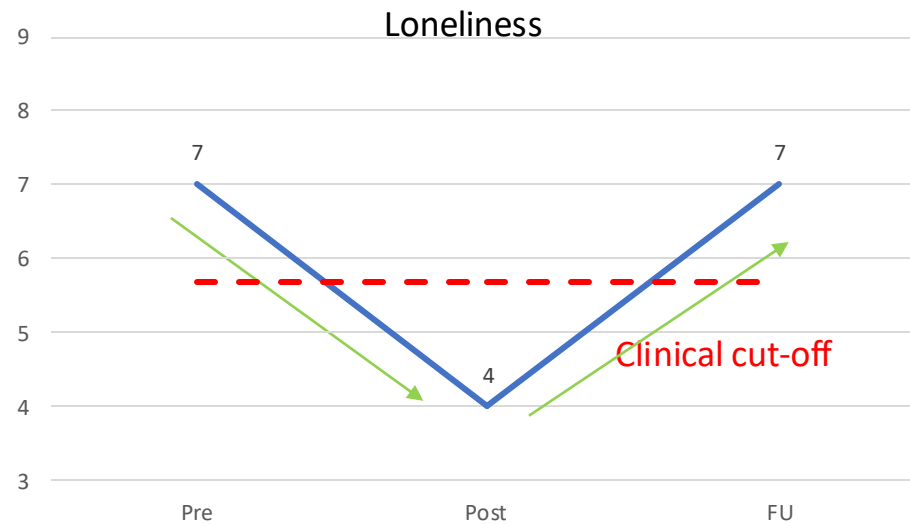
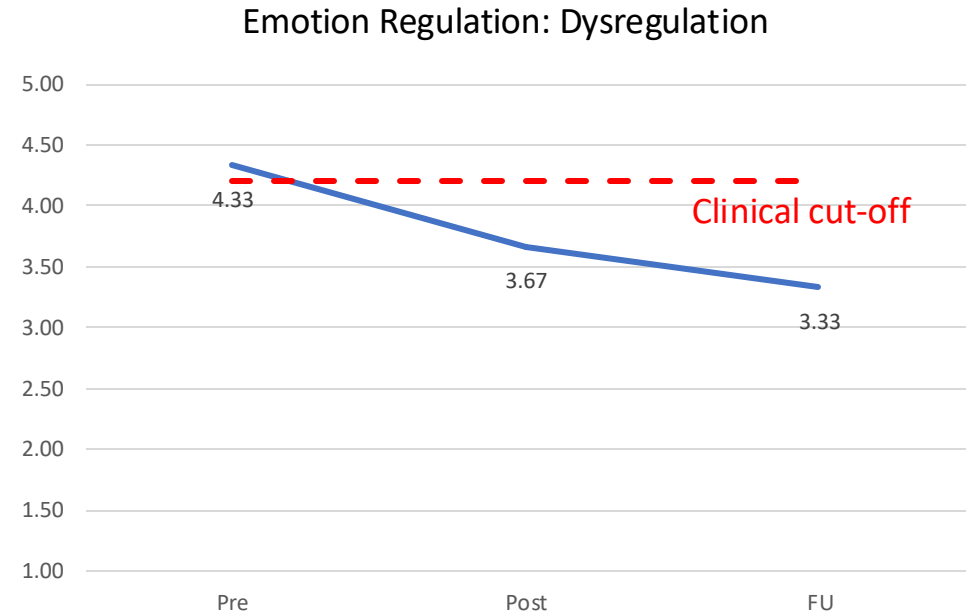
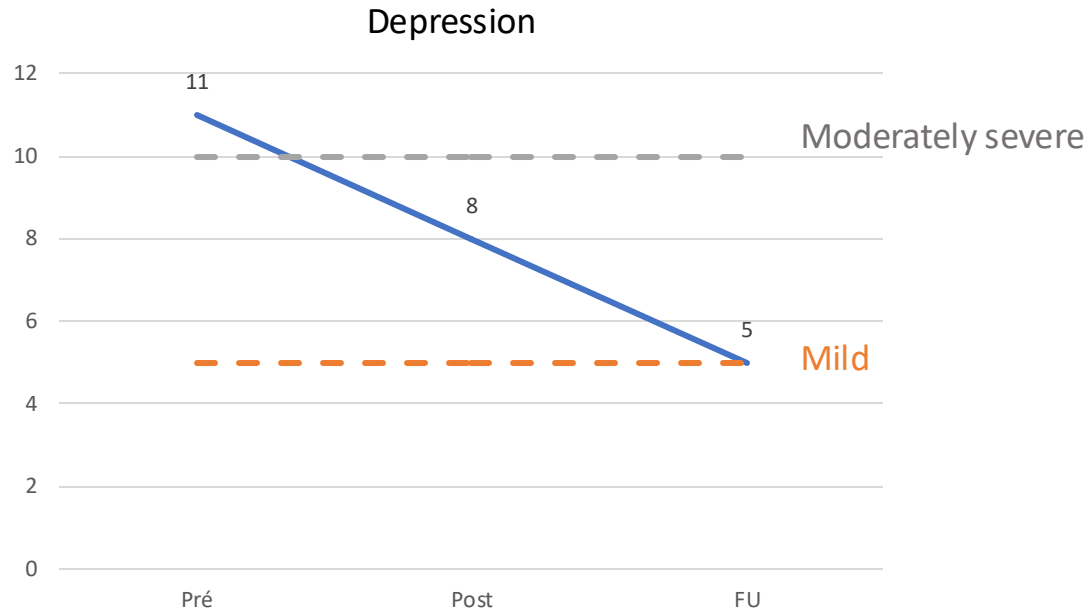


## Parental Self-Efficacy



\*  = clinically significant based on RCI

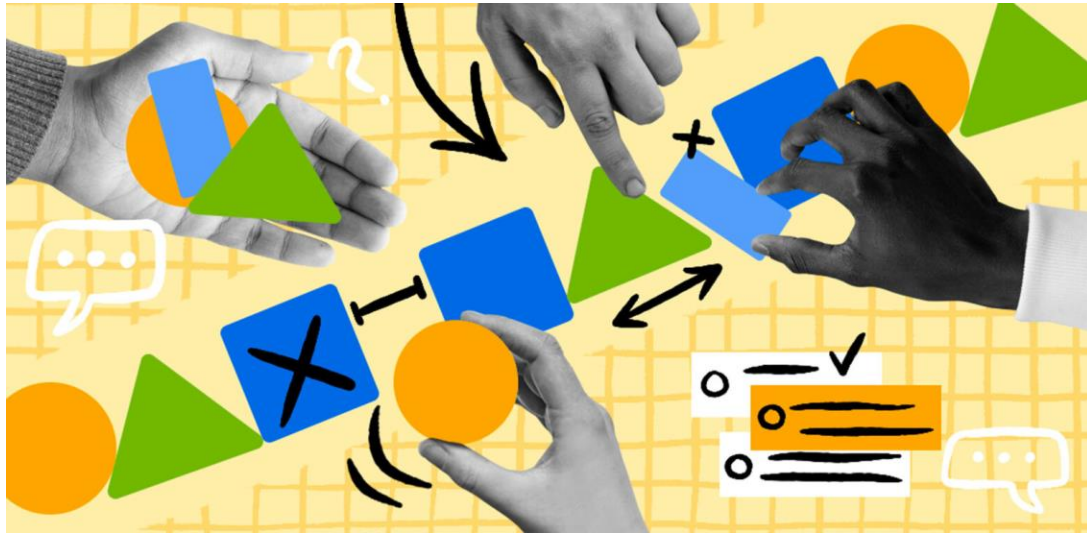
# Quantitative Analysis: Outcomes (2)



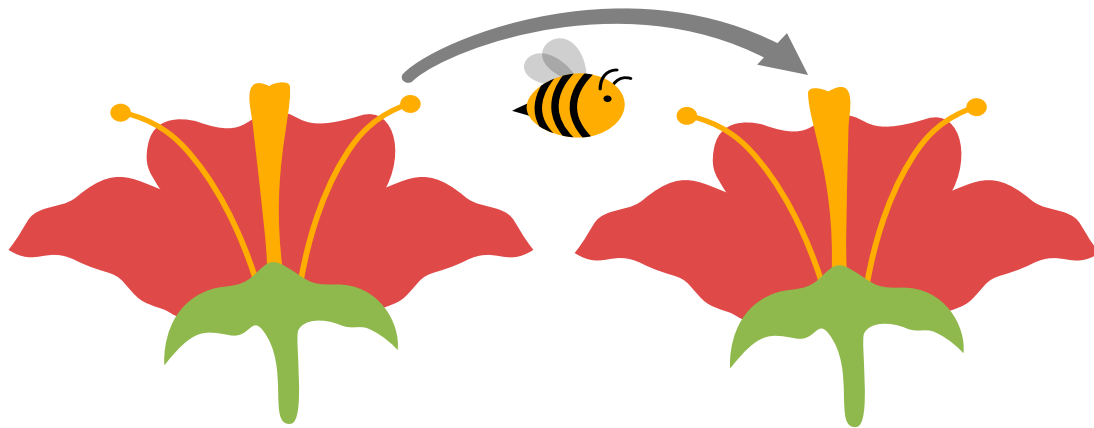
\* → = clinically significant based on RCI



# Discussion



..... Co-construction of complete, coherent story



..... Practical insights for clinical field

Thank you for your  
attention!

[Louise.mathijs@ulb.be](mailto:Louise.mathijs@ulb.be)

# Sessions

## 1. Child Development

Stages of child development

Behavior of children according to the developmental level

## 2. Violence Prevention

Risk factors of violence

Consequences

Resilience

## 3. Emotion Regulation of the Parent

Emotion recognition

Anger management

## 4. Emotion Regulation of the Child

Help children regulate emotions

# Sessions

5. Screen-time

Parenting in a digital world  
Screen-time monitoring

6. Parenting Styles

Different parenting styles

7. Positive Discipline

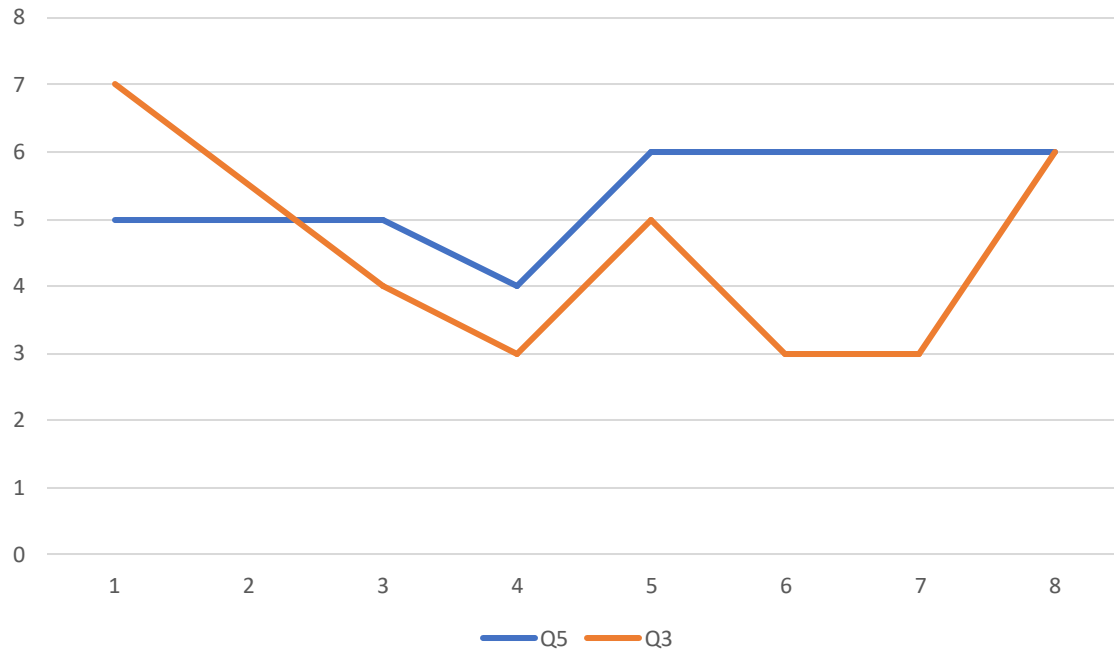
Positive discipline techniques

8. Overview

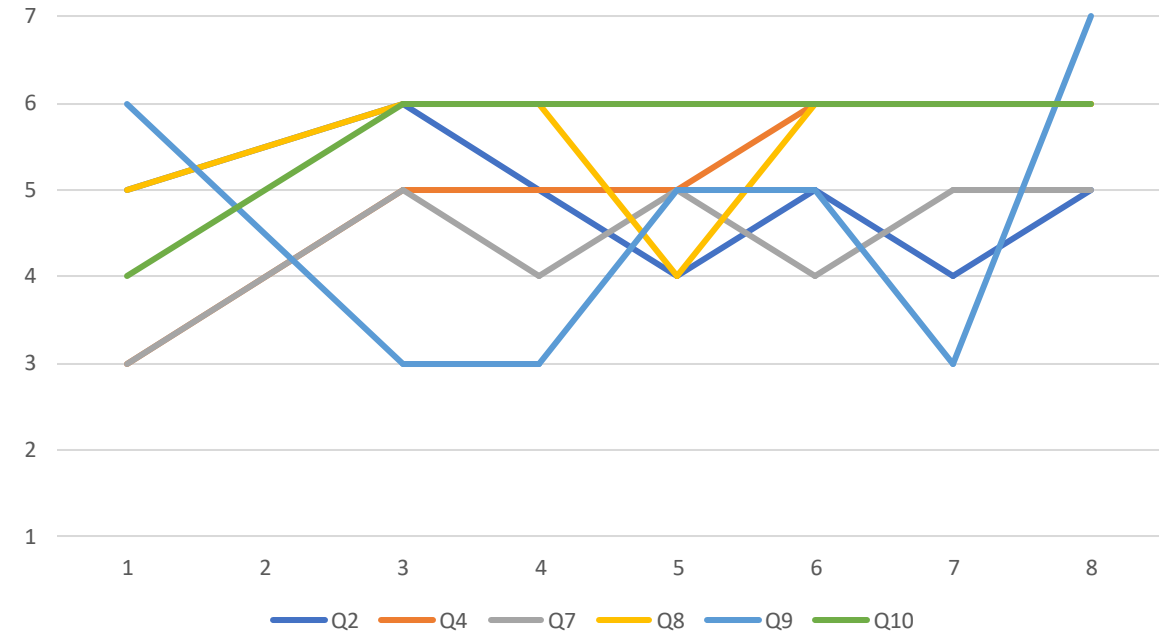
Closure

# EXTRA Quantitative Analysis: Processes

Emotion Regulation



Parenting Strategies



Items	NAP	Change
Q5: reappraisal	0,58	Weak
Q3: dysregulation	1	Large