



<p>Brown et al. (2014). Improving child and parenting outcomes following paediatric acquired brain injury: A randomised controlled trial of Stepping Stones Triple P plus Acceptance and Commitment Therapy. <i>J Child Psychol Psychiatry</i>, 55(10): 1172-1183.</p>	<p><b>PEDro score</b> - 6/10</p>
<p>Method / Results</p>	<p>Rehabilitation Program</p>
<p><b>Design</b></p> <ul style="list-style-type: none"> <li>• <b>Study Type:</b> RCT.</li> <li>• <b>Population:</b> 59 parents of children (mean age 7 years old, 59% male) with ABI (58% TBI) who were experiencing at least mild behaviour problems.</li> <li>• <b>Groups:</b> <ol style="list-style-type: none"> <li>1. Intervention: Acceptance and Commitment Therapy (ACT), with Stepping Stones Triple P parenting program (SSTP).</li> <li>2. Waitlist (care-as-usual).</li> </ol> </li> <li>• <b>Setting:</b> Five sites (hospital, university or community venues).</li> </ul> <p><b>Primary outcome measure/s:</b></p> <ul style="list-style-type: none"> <li>• The Stepping Stones Triple P Family Background Questionnaire</li> <li>• The Eyberg Child Behaviour Inventory (ECBI)</li> <li>• The Strengths and Difficulties Questionnaire (SDQ)</li> <li>• The Parenting Scale</li> <li>• A Measure of Hostility (calculated but not used due to poor internal consistency in this sample).</li> </ul> <p><b>Secondary outcome measure/s:</b></p> <ul style="list-style-type: none"> <li>• No other standardised measure.</li> </ul> <p><b>Results:</b> Significant time-by-condition interactions were identified on number and intensity of child behaviour problems, child emotional symptoms and parenting laxness and overreactivity, indicating significant improvements in the treatment condition, with medium-to-large effects. Most improvements were maintained at 6 months.</p>	<p><b>Aim:</b> To reduce parent-reported child behaviour and emotional problems, and reduce dysfunctional parenting styles.</p> <p><b>Materials:</b> Practitioners completed SSTP session checklists.</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>• <b>Duration:</b> 10 weeks.</li> <li>• <b>Procedure:</b> 2-session ACT program and 9-session SSTP program. A total of 8 group sessions (16 hours; 2 ACT sessions, 6 SSTP sessions) and three individual SSTP telephone sessions (1.5 hours). Breaks were scheduled around school holidays, and group sizes ranged from 3 to 6 families.</li> <li>• <b>Content:</b></li> <li>• <u>The Triple P Positive Parenting Program (Triple P)</u> is a behavioural family intervention that aims to treat and prevent child behavioural and emotional difficulties through enhancement of parenting skills, knowledge and confidence. SSTP is a version of Triple P adapted for parents of children aged 2 to 12 years with disabilities.</li> <li>• <u>Acceptance and Commitment Therapy (ACT)</u> is a “third-wave” cognitive-behavioural therapy that incorporates mindfulness and aims to increase psychological flexibility and decrease experimental avoidance.</li> </ul>