



<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>PEDro score - 6/10</p>
<p>Method / Results</p>	<p>Rehabilitation Program</p>
<p>Design</p> <ul style="list-style-type: none"> • Study Type: RCT. • Population: 59 parents of children (mean age 7 years old, 59% male) with ABI (58% TBI) who were experiencing at least mild behaviour problems. • Groups: <ol style="list-style-type: none"> 1. Intervention: Acceptance and Commitment Therapy (ACT), with Stepping Stones Triple P parenting program (SSTP). 2. Waitlist (care-as-usual). • Setting: Five sites (hospital, university or community venues). <p>Primary outcome measure/s:</p> <ul style="list-style-type: none"> • The Stepping Stones Triple P Family Background Questionnaire • The Eyberg Child Behaviour Inventory (ECBI) • The Strengths and Difficulties Questionnaire (SDQ) • The Parenting Scale • A Measure of Hostility (calculated but not used due to poor internal consistency in this sample). <p>Secondary outcome measure/s:</p> <ul style="list-style-type: none"> • No other standardised measure. <p>Results: 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>Aim: To reduce parent-reported child behaviour and emotional problems, and reduce dysfunctional parenting styles.</p> <p>Materials: Practitioners completed SSTP session checklists.</p> <p>Treatment Plan:</p> <ul style="list-style-type: none"> • Duration: 10 weeks. • Procedure: 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. • Content: • <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. • <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.