



# EVALUATION STUDY ON TRIPLE P PILOT



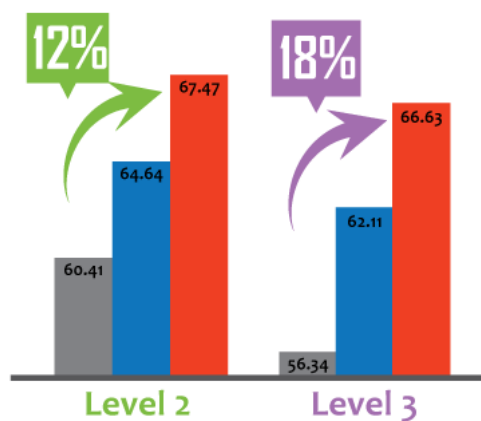
Developed in Australia and supported by more than 30 years of evaluation research, Triple P was piloted in 20 primary and secondary schools in 2014 and extended to 30 more schools in 2015. Parents are recommended a suitable Triple P programme based on their level of needs. The evaluation study on Triple P shows that the programmes bring about better parenting and child outcomes:

- Greater parenting competence
- Lower parenting stress
- Improved emotional states
- Reduced behavioural problems in children

## KEY FINDINGS

### GREATER PARENTING COMPETENCE

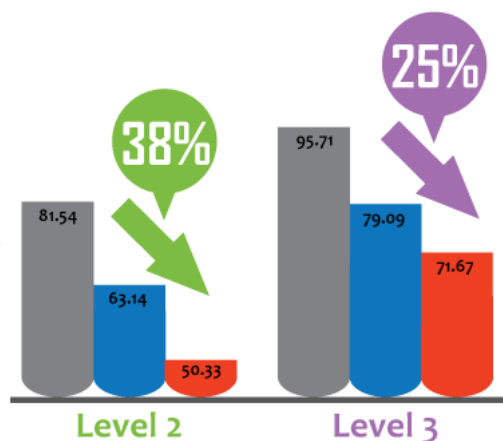
For both levels, parents reported improvement of 12% and 18% respectively in their competency after attending the programme.



Figures in the columns refer to average score

### LOWER PARENTING STRESS

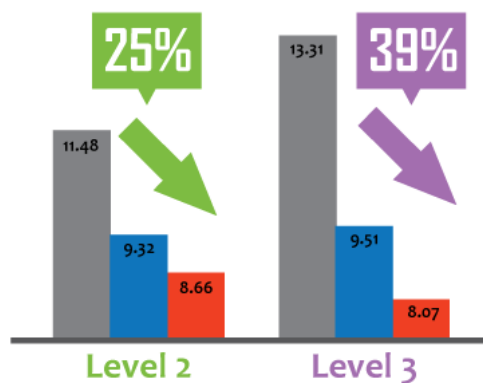
For both levels, parents who completed the programme reported lower levels of parenting stress, a decrease of 38% and 25% respectively.



Figures in the columns refer to average score

## IMPROVED EMOTIONAL STATES

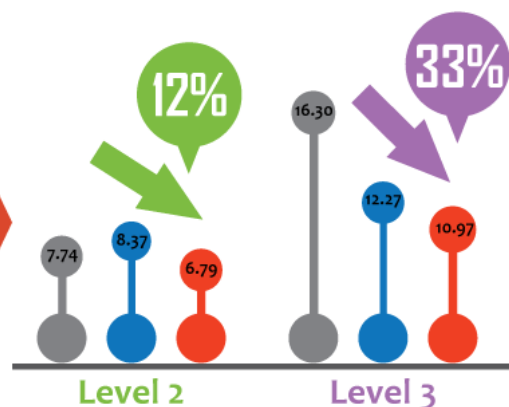
Parents showed a reduction in negative emotional states, a decrease of 25% and 39% respectively.



Figures in the columns refer to average score

## REDUCED BEHAVIOURAL PROBLEMS

Children's level of difficult behaviour declined by 12% and 33% respectively after programme completion.



Figures in the columns refer to average score

■ Pre-Test ■ Post-Test ■ Follow-Up Test