

STUDY METHODOLOGY

Parents were invited to fill up the Strengths and Difficulties questionnaire (SDQ). They were recommended a suitable Triple P programme based on the SDQ score. Parents who were committed to complete the programme were invited to participate in the study.

2 The following 4 psychometric assessments were completed by study participants at three different time-points: Pre-Test (Before attending programme), Post-Test (After attending programme) and Follow-Up (3 months after programme completion).

- *Strengths and Difficulties Questionnaire (SDQ)* is a 25-item measure for parents to describe their children's behaviour (Goodman, 1997; Goodman, Meltzer & Baily, 1998). It comprises 5 scales (Emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, pro-social behavior) and is assessed on a 3-point scale (Not True, Somewhat True or Certainly True). A high SDQ Total Score would suggest a high level of child behavioural issues.
- *Depression, Anxiety, Stress Scale (DASS-21)* is a self-report questionnaire of 21-items rated on a 4-point scale of severity/frequency depending on the extent to which study participants have experienced each state over the past week. Each of the 3 scales consists of statements that describe patterns of behaviours descriptive of the 3 negative emotional states of Depression, Anxiety and Stress. A high score would suggest a high level of negative emotional states.
- *Parenting Sense of Competence (PSOC)* questionnaire (Johnston & Mash, 1989) is a 16-item scale that measures parental satisfaction (the extent to which parents are satisfied with their role as a parent) and parental self-evaluation (the extent to which parents perceive they are able to manage the role of being a parent). A high score would suggest a high sense of parenting competence.
- *Parenting Stress Index (PSI-SF)* assesses parenting stress that stems from 3 main sources (Abidin, 1995). They include parent characteristics (Competence, Health, Depression, and Spouse/Parenting Partner Relationship), child characteristics (Distractibility/Hyperactivity, Adaptability, and Demandingness) and maladaptive parent-child interaction. The index assesses the overall level of parenting stress that an individual is experiencing. A high score would suggest a high level of parenting stress.