

A Pilot Study on the Effectiveness of Positive Parenting Program Conducted by Caritas-Hong Kong

During the period from June 2011 to May 2011, Caritas-Hong Kong conducted 14 Triple P® Positive Parenting Program groups for local Hong Kong parents with children ranging from two to 11 years of age. 41 parents of children with minor behavioral difficulties participated in a pilot study of the effectiveness of the Program. Comparison of their pre-training and post-training scores in the Parenting Scale (PS) and the Depression Anxiety Stress Scale (DASS) showed significantly lower parental laxness, over-reactivity, verbosity, depression, anxiety and stress. Current results suggested that the Triple P® Positive Parenting Program is a promising developmental program to help parents tackle daily parenting difficulties. A larger systematic program evaluation research is recommended to comprehensively evaluate the Programs' effectiveness in more outcome domains and across different socioeconomic groups.

由 2010 年 6 月至 2011 年 5 月期間，香港明愛為香港家有 2 至 11 歲兒童的家長舉行了十四個 Triple-P® 正向管教家長訓練小組。參加者當中子女有輕微行為困擾的 41 位家長參與了是次的先導研究。訓練前後的比較顯示，參加者在「管教手法量表」及「情緒自評量表」的得分明顯下降，當中包括縱容度、過敏度及囉唆度明顯降低，而家長自己的抑鬱、焦慮及壓力感亦明顯減輕。總體而言，是次的先導研究顯示 Triple-P® 正向管教家長訓練小組是一個很有潛質的發展性家長管教技巧訓練。因此，研究小組的組員建議由香港明愛牽頭進行一個更大型及有系統的研究，分析 Triple-P® 正向管教家長訓練在本港施行時，在不同的範疇及社經背景家庭中的成效。