

# Parenting and Family Support Centre Research Report 1996-2021



## **Acknowledgement of Country**

The Parenting and Family Support Centre (PFSC) at The University of Queensland acknowledges the Traditional Owners and their custodianship of the lands on which the PFSC operates.

We pay our respects to their Ancestors and their Descendants, who continue cultural and spiritual connections to Country.

We recognise their valuable contributions to Australian and global society.

# Contents

<b>25 years in review</b>	<b>1</b>
Director's report	2
Timeline of key events	4
<b>People</b>	<b>5</b>
Our staff	6
Our leadership team	7
Our students	9
PFSC student alumni	10
Awards	14
<b>Research highlights</b>	<b>17</b>
Population trials	18
Reaching diverse cultural contexts	19
Innovation	22
<b>Impact</b>	<b>27</b>
Program development and research outputs	28
Publication metrics	29
Policy and advocacy	30
Collaboration	31
Teaching and professional activities	34
<b>Reach</b>	<b>35</b>
Science communication	36
Events	38
<b>Future directions</b>	<b>39</b>
Ongoing projects	40
Where to next?	42
Strategic objectives	43
<b>Appendix A: Grants</b>	<b>51</b>
<b>Appendix B: Scientific publications</b>	<b>63</b>
<b>Appendix C: Professional publications</b>	<b>89</b>





25 years in review





## Director's report



Figure 1: Professor Matthew Sanders

The establishment of the Parenting and Family Support Centre (PFSC) in June 1996 was a critical milestone that marked the start of a quarter of a century of sustained research innovation and achievement, resulting in the PFSC's flagship program known as the Triple P – Positive Parenting Program (Triple P). This unique multilevel system of evidence-based parenting support has become the most extensively studied and widely disseminated parenting program in the world. It is used in 30 countries in 22 languages, and has reached over 7 million families. Research on Triple P has been conducted in 35 countries, involving over 1300 researchers in 453 research institutions, resulting in 690 studies including 349 clinical trials. The PFSC has attracted over \$18.9 million in grant funding to support its research program (listed in Appendix A).

The PFSC began in 1996 with a 3-year establishment grant from the Queensland Government. A small team of clinical psychologists led by the current director, Professor Matthew Sanders, set about the daunting task of developing and testing a unique,

evidence-based system of parenting support designed for all parents. Although the program started with his PhD work with disruptive preschool-aged children in the early 1980s, the target groups expanded to incorporate parenting advice for all age groups from infancy through to adolescence, including parents of children with developmental disabilities. The core clinical resources were developed to publication standard between 1994 and 1996.

The PFSC has been responsible for many innovations over the years.

- *A multi-level, population-based system* comprising a five-level tiered system of evidence-based parenting support of increasing intensity.
- *Blending both universal and targeted* programs to provide support to all families.
- *Use of flexible delivery modalities* that include in-person individual and group programs, online programs, television programs, podcast series, telephone-

assisted and text based self-directed programs and text messaging.

- *A unique self-regulation framework* to promote personal agency in program delivery, training of practitioners and clinical supervision.
- *A multidisciplinary competency-based training program* and implementation support system.
- *A model for culturally sensitive adaptation* and delivery of programs for Indigenous and culturally diverse families.
- *Programs targeting a diverse range of families.* Expansion of programs to include a diverse range of children and families (parents of children with chronic illness, obesity, anxiety disorders, ADHD, gifted and talented children, parents with mental health problems, parents experiencing separation and divorce, socially disadvantaged parents, parents at risk of child maltreatment).
- *Use of diverse delivery contexts* including primary health care, early childhood education settings, paediatric and mental health services, specialist clinics in hospital settings, family support services, telephone counselling services, early childhood education settings, primary and secondary schools, workplaces, community sporting organisations, and via mass media (television, radio) and online.
- *Development of specific variants for vulnerable families* such as Pathways Triple P for parents at risk of harming their children, Stepping Stones Triple P for parents of children with a disability, Lifestyle Triple P for parents of overweight or obese children, Family Life Skills Triple P for parents with histories of trauma and

childhood adversity, Active Triple P for parents of children involved in team sports, Family Transitions Triple P for separated or divorced parents.

- *Quality training of HDR students.* The PFSC has supervised to completion 58 HDR students who themselves have become leading researchers in parenting and family psychology.
- *Scientific impact.* The PFSC has been a global leader in the development, evaluation, and dissemination of a public health approach to evidence-based parenting support. PFSC researchers conducted the world's first large scale population level implementation and evaluation of a parenting intervention (Every Family) and collaborated with the University of South Carolina and the Centers for Disease Control and Prevention in showing that a population approach to parenting support could reduce the rates of child maltreatment in a place based randomised trial of the Triple P system.
- *Social impact.* The PFSC has created UQ's leading social science innovation resulting in the successful scaling and commercialisation of UQ intellectual property.

This report documents the collective contribution of a passionate and dedicated small group of researchers and students and our industry partners, committed to promoting the well-being of children and families everywhere.



Professor Matthew R. Sanders, AO, PhD

## Timeline of key events

### 1996

Parenting and Family Support Centre is established in the School of Psychology, The University of Queensland, with funding support from Queensland Health.

First Triple P resources are published (Group Triple P, Standard Triple P, Enhanced Triple P).

“Families” TV series featuring a regular Triple P segment aired in New Zealand on TV3.

Triple P establishes a system of training and dissemination to move from clinical research to a small operation to train health professionals. During this time, Triple P starts dissemination on a national and international scale (1996-1999).

### 1999

First internationally hosted Helping Families Change Conference in Auckland, New Zealand.

### 2001

Through UniQuest, the dissemination of Triple P is licensed to Triple P International Pty Ltd to drive its internationalisation.

### 2002

First Teen Triple P resources published.

### 2003

First Stepping Stones Triple P (for families of children with a disability) resources published.

### 2005

Driving Mum and Dad Mad TV series aired in the United Kingdom on ITV 3.

### 2009

Triple P Online (first interactive online parenting program in the world) commenced development.

### 2020

Triple P is available in 30 countries, in 22 languages, with over 98,000 practitioners trained to deliver the intervention to millions of families worldwide.

20th Helping Families Change Conference.

PFSC with funding support from the ARC Centre of Excellence for Children and Families over the Life Course (LCC) establishes a National Parenting and Family Research Alliance (PAFRA).



# People



## Our staff

Leadership team	Position	Appointment
Matthew Sanders	Director	Academic
Karen Turner	Deputy Director (Programs and Innovation)	Research Academic
Alina Morawska	Deputy Director (Research)	Research Academic
Cassandra Tellegen	Head, Curriculum Development	Research Academic
Vanessa Cobham	Head, Research on Families and Anxiety	Affiliate
Yoni Kim	Centre Coordinator	General
Research staff		
Sabine Baker	Research Fellow	Research General
Jeanette Brown	Indigenous Community Research Assistant	Casual Research General
Carys Chainey	Postdoctoral Research Fellow	Research General
Jeffrey Chesters	Indigenous Community Research Assistant	Casual Research General
Denise Clague	Research Fellow	Research General
Elana Forbes	Research Assistant	Research General
April Hoang	Postdoctoral Research Fellow	Research General
Julie Hodges	Research Fellow	Research Academic
Sian Horstead	Research Officer	Research General
James Kirby	Research Fellow	Affiliate
Antonia Kish	Research Officer	Casual Research General
Kate Macklin	Research Assistant	Casual Research General
Amy Mitchell	Research Fellow	Research Academic
Honorary and affiliate research fellows		
Kylie Burke	Honorary Research Fellow	Honorary
Cassandra Dittman	Honorary Research Fellow	Honorary
Divna Haslam	Honorary Research Fellow	Honorary
Karyn Healy	Honorary Research Fellow	Honorary
Trevor Mazzucchelli	Honorary Research Fellow	Honorary
Anilena Mejia	Honorary Research Fellow	Honorary
Jenna McWilliam	Honorary Research Fellow	Honorary
Leanne Payne	Research Fellow	Affiliate
Ron Prinz	Honorary Research Fellow	Honorary
Francesca Puga	Honorary Research Fellow	Honorary
Alan Ralph	Honorary Research Fellow	Honorary
Kate Sofronoff	Honorary Research Fellow	Emeritus
Helen Stallman	Honorary Research Fellow	Honorary
Agnes Sumargi	Honorary Research Fellow	Honorary
Koa Whittingham	Honorary Research Fellow	Affiliate



## Our leadership team



### **Centre Director**

*Professor Matthew Sanders*

Matthew is considered a world leader in the field of evidence-based parenting and family interventions. As the founder of Triple P, his work has had a major international impact on child and parenting research, policy and practice. He has published extensively in the area of parenting, family psychology and the prevention of social, emotional and behavioural problems in children. He actively promotes positive parenting strategies throughout his local community through regular appearances in local, national and international media including radio, television and print media.



### **Deputy Director (Programs and Innovation)**

*Associate Professor Karen Turner*

Karen is a foundational co-author of the Triple P – Positive Parenting Program and has clinical and research experience relating to the prevention and treatment of childhood behavioural and emotional problems. She has also conducted research into: the dissemination of interventions in primary care and early childhood education settings; interactive online parenting programs; the cultural tailoring of programs for Indigenous families; and enhancing training and post-training support for Indigenous professionals.



### **Deputy Director (Research)**

*Associate Professor Alina Morawska*

Alina's research focuses on behavioural family intervention as a means for promoting positive family relationships, and a prevention and early intervention approach for families of young children at risk of developing behavioural and emotional problems, and health issues. In particular, her focus is on improving the health and overall wellbeing of children and families. She has published extensively in the field of parenting and family intervention and has recently been recognised as Australia's top scholar in family studies.



### **Curriculum Development Leader**

*Dr Cassie Tellegen*

Cassie is responsible for updating and creating Triple P training materials. She is a clinical psychologist and board approved clinical supervisor who completed her PhD in Clinical Psychology in 2013 at UQ. Her research and clinical work has focused on developmental disabilities with a special interest in Autism Spectrum Disorder. Her research in clinical psychology and behavioural family intervention has been cited extensively. In particular, her comprehensive meta-analyses have received international recognition.

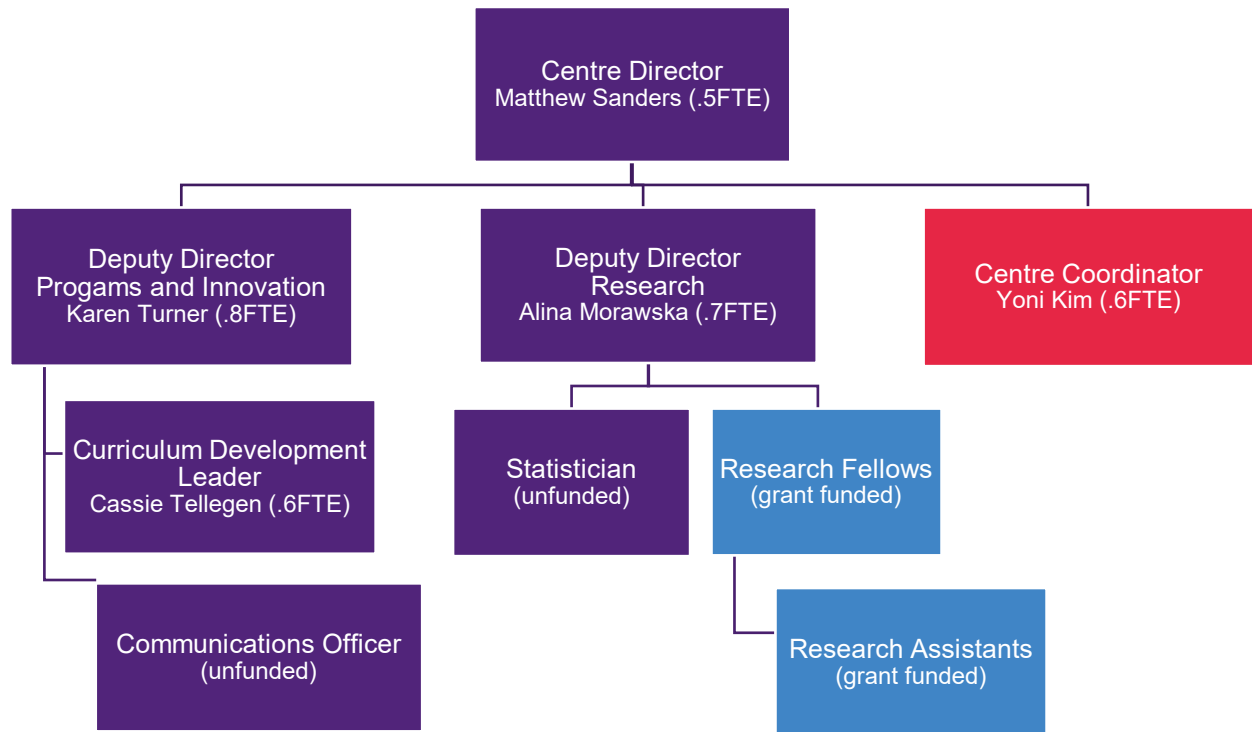


### **Anxiety Research Leader**

*Associate Professor Vanessa Cobham*

Vanessa is an internationally recognised expert in child and adolescent anxiety and posttraumatic mental health (specifically disasters). She has worked as a clinical academic and a practicing clinical psychologist in the UK and Australia, and currently holds appointments with UQ and the Child and Youth Mental Health Service in Children's Health QLD. Vanessa is involved in Australian and international government initiatives to provide psychological care to children and adolescents affected by disaster and terror.

## Organisational structure



## Our students

Student	Advisors	Topic	Degree	Start
Japheth Adina	Alina Morawska Amy Mitchell Divna Haslam	Efficacy and effectiveness of parenting intervention for perinatal depression and infant developmental outcomes in a resource-constrained setting: Baby Triple P	PhD	2020
Carys Chainey	Kylie Burke Michele Haynes	Childhood adversity in Australia: Can parenting buffer against its effects on wellbeing?	PhD	2017
Kathryn Esparza	Divna Haslam Alina Morawska Ania Filus	Parenting after migration: Exploration of the unique parenting needs of migrant parents to Australia	PhD	2014
Carolina Gonzalez Urrutia PhD	Alina Morawska Divna Haslam	Bridging the gap between parents and parenting interventions: A model of initial parental engagement	PhD	2020
Amina Khalid	Alina Morawska Karen Turner	Impact of evidence-based parenting intervention (Triple P – Positive Parenting Program) on healing in children with history of maltreatment	PhD	2018
Hayley Kimball	Vanessa Cobham Matthew Sanders	Teaching parents of children with cystic fibrosis to manage their children's anxiety using the Fear-less Triple P intervention	PhD	2018
Grace Kirby	Matthew Sanders Julie Hodges	The Alliance of Parents and Teachers (APT) Project: Development and evaluation of a skills-based teacher program to promote children's educational and wellbeing outcomes through positive home-school relationships	PhD	2015
Yang Liu	Divna Haslam Cassandra Dittman	Developing Triple P – Positive Parenting Program for Chinese Fathers	PhD	2016
Melinda McBryde	Alina Morawska Cassandra Dittman Rebecca Armstrong	Raising voices: Examining the role of parent-directed interventions in supporting children's early language development	PhD	2020
Nicole Penman	Karen Turner Vigya Sharma Paul Lant	Women's energy entrepreneurship: The psychological mechanisms of empowerment in remote Papua New Guinea	PhD	2017
Arvind Ponnappalli	Karen Turner Matthew Sanders	Indigenous parent wellbeing: Implications for early intervention parenting support in Indigenous communities	PhD	2019
Saumya Singh	Karen Turner Peta Ashworth	Raising children in healthy environments in India: Exploring 'familial agency' to mitigate the negative impact of environmental impoverishment	PhD	2017

## PFSC student alumni

Student	Supervisors	Topic	Year
Michelle Adamson PhD	Alina Morawska Matthew Sanders	Childhood feeding difficulties: A randomised controlled trial of a group parenting intervention	2011
Sabine Baker PhD	Matthew Sanders Karen Turner Alina Morawska	Broadening the reach of evidence-based parenting interventions: Evaluation of a brief online version of the Triple P – Positive Parenting Program	2017
Jessica Bartlett PhD	Matthew Sanders Gary Leong	The Lifestyle Triple P multilevel system of parenting and family support for the prevention and treatment of childhood obesity	2017
Mikaela Rae Berzinski MPsych	Alina Morawska	Parenting and child behaviour as predictors of tooth brushing difficulties in young children	2018
Felicity Brown PhD	Kate Sofronoff Koa Whittingham Roslyn Boyd Lynne McKinlay	Supporting parents after paediatric acquired brain injury: Evaluation of Stepping Stones Triple P combined with Acceptance and Commitment Therapy	2013
Samantha Brown DPsych	Alina Morawska Matthew Sanders	Surviving multiples: An evaluation of a group behavioural parenting intervention for parents of twins and triplets	2010
Justine Burns PhD	Matthew Sanders	The role of family factors in postpartum depression	2008
Claire Chandler PhD	Jeanie Sheffield Matthew Sanders	Being a foster carer in Queensland: Using qualitative and quantitative research methods to explore this experience and to tailor a parenting intervention for carers	2013
Jamin Day PhD	Matthew Sanders Alina Morawska	Telephone-supported versus self-directed delivery of an online parenting program: Outcomes, mediators and moderators of change	2016
Tracy Evans PhD	Koa Whittingham Roslyn Boyd Paul Colditz Matthew Sanders	Preventing relationship difficulties between a mother and her very preterm infant: Implementation and evaluation of Baby Triple P for parents of a very preterm infant	2015
Agnes Gelmini PhD	Alina Morawska Matthew Sanders	Promoting responsive feeding practices and parenting skills in infancy to facilitate healthy habits and reduce risk factors associated with infant obesity	2017
Jade Grambower DPsych	Amy Mitchell	Managing type 1 diabetes in children: A parenting perspective	2017
Caroline Gregory DPsych	Alina Morawska	Asthma and parenting: Parents' perspectives on the challenges of paediatric asthma and desired assistance	2010
Mingchun Guo PhD	Alina Morawska Matthew Sanders	An evaluation of the Triple P - Positive Parenting Program with Chinese parents in mainland China with a look into the effects on children's academic outcomes	2015

Student	Supervisors	Topic	Year
Rayshell Harkin-Allen MPsych	Alina Morawska	Unmet needs of new mothers in the postnatal period: A qualitative analysis of consumer-led feedback	2019
Divna Haslam PhD	Matthew Sanders Kate Sofronoff Jeannie Sheffield	Teachers as Parents Project: Examining the work-family interface and the efficacy of a workplace parenting intervention targeting work and family conflict	2009
Karyn Healy PhD	Matthew Sanders Aarti Iyer	Intervening with families of children bullied by peers	2014
Michael Herd PhD	Koa Whittingham Roslyn Boyd Paul Colditz Matthew Sanders	A randomised controlled trial to determine the efficacy of Baby Triple P with parents of very preterm infants on regulatory difficulties, child behaviour and parenting style	2015
Sharon Hinton PhD	Kate Sofronoff Matthew Sanders	Using telehealth technologies to engage and support parents of children with disabilities: An evaluation of a novel telehealth parenting programme	2017
April Hoang PhD	Matthew Sanders Divna Haslam James Kirby	The efficacy of Triple P plus compassion in promoting co-parenting relationship between parents and grandparents in Vietnam	2020
Fiona Hoath PhD	Kate Sofronoff Matthew Sanders	Stepping Stones Triple P: Acceptability and efficacy of a parenting programme for Indigenous families with a child with a disability	2020
Lauren Hodge PhD	Karen Turner Matthew Sanders	Evaluating the implementation and sustainability of an evidence-based intervention: Delivering Triple P within Indigenous child welfare agencies	2016
Julie Hodges PhD	Alan Ralph Jeanie Sheffield	Implementation and Evaluation of connXionz for Boarding School Staff	2013
James Kirby PhD	Matthew Sanders Nancy Pachana	The development and evaluation of a parenting program for grandparents: Grandparent Triple P	2013
Antonia Kish PhD	Peter Newcombe Divna Haslam	The effect of work and family conflict on quality of life of parents and children: An investigation in the context of child chronic illness	2019
Gary Logan MPsychClin	Matthew Sanders	The relationship between child adjustment and parenting and family conflict variables	1996
Aditi Lohan PhD	Alina Morawska Amy Mitchell	Parenting interventions for parents of young children with type 1 diabetes	2017
Clarissa Ya Yi Lui DPsych	Cassandra Dittman Kylie Burke	Protective functions of parent-adolescent relationships and youth mental health outcomes	2019
Yuki Matsumoto PhD	Monica Cuskelly Matthew Sanders Kate Sofronoff	Community-based introduction model Triple P – Positive Parenting Program in Japanese society	2008
Cari McIllduff PhD	Karen Turner Matthew Sanders Christine Brown Wilson	Cultural sensitivity in working with Indigenous Peoples: A model proposed and evaluated towards culturally sympathetic methodology for capacity building and social change	2020

Student	Supervisors	Topic	Year
Philippa McTaggart PhD	Matthew Sanders	The transition to primary school project: Prevention or risk factors in the development of conduct problems	2003
Mandy Mihelic PhD	Alina Morawska Ania Filus	Evaluation of the effectiveness of an antenatal parenting program in high-risk populations: Baby Triple P	2016
Amy Mitchell PhD	Jennifer Fraser Patsy Yates Joanne Ramsbotham Alina Morawska	The relationship between parents' self-efficacy beliefs, outcome expectations, and management of their child with atopic dermatitis	2011
Alina Morawska PhD	Matthew Sanders Virginia Slaughter	Efficacy and effectiveness of self-directed behavioural family intervention	2004
Nicole Moretto MPsych	Alina Morawska	Infant feeding: An observational analysis of the feeding interactions of typically developing infants	2009
Majella Murphy-Brennan DPsych	Matthew Sanders	Factors underlying the effective implementation of evidence-based programs in the field of family intervention	2007
Roslyn Pay DPsych	Alina Morawska	What is it like to parent a child or adolescent with type 1 diabetes: A qualitative study	2015
Vanessa Peachy DPsych	Divna Haslam Alina Morawska	Dealing with disobedience: A randomized-controlled trial investigating changes in parent attitudes to smacking, parent anger and affect following a brief parenting intervention	2014
John Pickering PhD	Matthew Sanders Mark Dodgson	Innovation, engagement, and the evaluation of a parenting intervention for improving sibling relationships	2016
Aileen Pidgeon PhD	Matthew Sanders Ross Young	Attributional style and attributions for child and parenting behaviour: Assessment and intervention with parents at risk of child maltreatment	2006
Karen Plant PhD	Matthew Sanders Kenneth Pakenham	Coping with care-giving: Behaviour problems in preschool children with developmental disabilities	2007
Emina Prguda PhD	Kylie Burke Emma Antrobus Sarah Bennett	Supporting families involved in the QLD Community Corrections System: The role of parenting interventions in improving adolescent and parent outcomes	2020
Gemma Roux PhD	Kate Sofronoff Matthew Sanders Jeannie Sheffield	An evaluation of Group Stepping Stones Triple P for parents of children with developmental disabilities	2009
Raziye Salari PhD	Alan Ralph Matthew Sanders	Parent training programs for parents of teenagers	2009
Mariajose Schulz PhD	Divna Haslam Alina Morawska	Understanding the role of parental attributions in parenting interventions	2020
Cheryl Seah PhD	Alina Morawska Virginia Slaughter	Enhancing sensitive parenting and reducing parenting stress: effects of Baby Triple P as a postnatal parenting intervention	2016



Student	Supervisors	Topic	Year
Erik Simmons PhD	Matthew Sanders John Pickering Kelly Fielding Kerrie Wilson	Psychology as a nexus for global change: the role of behavioural sciences in overcoming anthropogenic marine degradation	2019
Carmen Spry PhD	Matthew Sanders Alina Morawska	The Baby Triple P Project: Effects of a parenting intervention to promote a successful transition to parenthood	2013
Helen Stallman PhD	Alan Ralph Matthew Sanders	The mental health of Australian university students: Issues, correlates, and promotion	2012
Aleksandra Staneva PhD	Fiona Bogossian Alina Morawska Anja Wittkowski	"I am the worst pregnant woman ever": A mixed-method study of the nature of psychological distress during pregnancy	2016
Alya Sultan DPsych	Alina Morawska	Parental help seeking behaviour: Factors influencing parental help seeking behaviour and willingness to participate in their child's treatment intervention in the Sultanate of Oman	2012
Agnes Sumargi PhD	Kate Sofronoff Alina Morawska	Promoting parenting practices and child behaviour with an evidence-based program: A survey and Triple P – Positive Parenting Program trials with Indonesian parents	2014
Cassandra Tellegen PhD	Matthew Sanders Kate Sofronoff	Parenting children with developmental disabilities: Evaluation of the Stepping Stones Triple P – Positive Parenting Program	2013
Sarah Teo DPsych	Alina Morawska	A randomised controlled trial of an intervention to help parents communicate to children about sexuality	2016
Karen Turner PhD	Matthew Sanders	Training primary care practitioners in brief behavioural family intervention strategies	2003
Felicity West PhD	Matthew Sanders Alina Morawska	Lifestyle Triple P Project : exploring the link between parenting and childhood obesity	2008
Koa Whittingham PhD	Kate Sofronoff Jeanie Sheffield Matthew Sanders	Implementation and evaluation of the parenting program Stepping Stones Triple P for children with Autism Spectrum Disorders	2007
Leanne Winter PhD	Alina Morawska Matthew Sanders	Parent knowledge of effective parenting strategies: Its relationship to parenting confidence, competence and problematic child behaviour in a population context	2012

PFSC affiliate research fellows in the School of Psychology have supervised a further 7 RHD students to completion, and are currently supervising as additional 8 students completing doctoral research in the School of Psychology.

## Awards

- 2020 Professor Matthew Sanders awarded Officer of the Order of Australia (Figure 3)
- 2020 Dr Amy Mitchell awarded Early Career Fellowship by the Children's Hospital Foundation
- 2019 Associate Professor Alina Morawska named Research Leader in Family Studies by The Australian (Figure 4)
- 2019 Associate Professor Alina Morawska received the UQ Health and Behavioural Sciences Faculty Award for Higher Degree Research Supervision
- 2018 Dr Amy Mitchell awarded an Early Career Fellowship by the Children's Hospital Foundation
- 2018 Professor Matthew Sanders received a Queensland Greats Award, Department of Premier and Cabinet
- 2017 Professor Matthew Sanders awarded the Australian Association for Cognitive and Behaviour Therapy's Distinguished Career Award
- 2016 Dr James Kirby received an Endeavour Fellowship enabling a residency at Stanford University
- 2015 Dr Felicity Brown awarded the Endeavour Queen Elizabeth II Diamond Jubilee Scholarship to take up a postdoctoral position at the Harvard School of Public Health
- 2013 Professor Matthew Sanders received a UQ Top Innovator Award
- 2013 Associate Professor Karen Turner and Professor Matthew Sanders received Australian Institute for Training and Development 2013 National Learning Innovation Award
- 2013 Associate Professor Karen Turner and Professor Matthew Sanders received the Queensland iAward (Education) (Figure 2)
- 2010 Associate Professor Vanessa Cobham received a UQ 'Promoting Women' Fellowship
- 2009 Associate Professor Vanessa Cobham received the UQ Social and Behavioural Sciences Faculty Award for Innovation Excellence in Research
- 2008 Associate Professor Vanessa Cobham received the UQ Social and Behavioural Sciences Faculty Award for Teaching Excellence
- 2007 Professor Matthew Sanders received the Australian Psychological Society President's Award for Distinguished Contribution to Psychology
- 2007 Professor Matthew Sanders received the Association of Behavioral and Cognitive Therapies Trailblazer Award
- 2007 Professor Matthew Sanders named Queenslander of the Year
- 2005 Associate Professor Karen Turner received the UQ Social and Behavioural Sciences Faculty Award for Excellence in Research and its Dissemination to the Community
- 2004 Professor Matthew Sanders received an International Collaborative Prevention Science award from the US Society for Prevention Research
- 2001 Associate Professor Karen Turner awarded Dr Helen Row Zonta International Memorial Prize
- 1997 Professor Matthew Sanders received the Distinguished Career Award, Australian Association for Cognitive Behaviour Therapy
- 1997 Parenting and Family Support Centre awarded national first prize by the Australian Violence Prevention Award, Australian Heads of Government



### Online program for struggling parents gains award

A University social network program designed to reach out to parents at risk of harming or abusing their children has received national recognition. The Triple P Online Community platform won the educational category of the [Queensland iAwards](#). The social network uses gaming technology, discussion boards and facilitation by certified Triple P providers to deliver the online version of the Triple P – Positive Parenting Program, Triple P Online, developed by Dr Karen Turner and UQ Professor Matt Sanders. Brisbane web developer Liquid Interactive programmed the social platform. The new program, funded by US philanthropic organisation the [Robert Wood Johnson Foundation](#), is now in the running for the national award. [Read more.](#)

Figure 2: Queensland iAwards article preview

## UQ positive parenting expert recognised in Australia Day Awards

University of Queensland researcher, clinician, teacher and advocate for positive parenting, [Professor Matthew Sanders](#) has made a global impact on improving the lives of millions of families.

Director of [UQ's Parenting and Family Support Centre \(PFSC\)](#) at [UQ's School of Psychology](#) and founder of [Triple P Positive Parenting Program](#), Professor Sanders was appointed an Officer of the Order of Australia (AO) in the Australia Day Awards.



[UQ Faculty of Health and Behavioural Sciences](#) Executive Dean [Professor Bruce Abernethy](#) congratulated Professor Sanders on his phenomenal career success.

"From starting his research at UQ more than four decades ago Professor Sanders progressed his academic career to become a world leader in the development, implementation, evaluation and dissemination of population-based approaches to parenting and family interventions," Professor Abernethy said.

"We are extremely proud of Professor Sanders for his dedication, focus and passion for demonstrating how evidence-based positive parenting can transform whole communities. "His work has been widely recognised by his peers as reflected by a number of prestigious awards."

Triple P's population-health approach has been developed over nearly four decades and draws on the pioneering work of Professor Sanders which started from his PhD thesis in 1981.

UQ's main commercialisation company, UniQuest, and [Triple P International](#) enabled Triple P to be delivered in more than 25 countries around the world, in 22 languages, including Farsi, Japanese and Mandarin.

Professor Sanders and his team extended Triple P into a parallel system, Stepping Stones Triple P, developed for parents of children with disabilities.

More than 88,000 practitioners worldwide are trained to deliver Triple P programs that address a broad range of issues, including conduct problems, school bullying and childhood obesity and are available for families of children from birth to 16.

Professor Sanders said he felt very honoured, surprised and humbled when he was told he would receive an AO for 'distinguished service of a high degree to Australia or to humanity at large'.

*Figure 3: Professor Matthew Sanders Australian of the Year article*

## Alina Morawska Psychologist, University of Queensland Research leader in family studies



Alina Morawska's most cited paper is about what influences binge drinking, written as part of her honours degree, but these days she writes other highly referenced papers about helping parents cope with the complex challenges of raising well-rounded human beings.

However, the deputy director of the Parenting and Family Support Centre at the University of Queensland, home of the highly regarded Triple P – Positive Parenting program, sees a clear link between that early work with setting an early course to good physical and mental health.

"Preschoolers can tell you what alcohol does to people and why people drink," Dr Morawska says.

"Where do they get that? From their parents, from their closest family.

"Prevention is really my passion, and ensuring that we can prevent some of society's major problems in terms of health and mental health."

This drew her away from her first career plan, medicine. "I felt that that was very much about 'treating' and I was much more interested in how we can reduce some of the problems of society," Morawska says.

"That is why I went into

psychology. If you're going to prevent things, you have to start with children."

That is why another paper she wrote, in 2015, about parenting children with chronic illness, is particularly important to her.

"It frames the conversation around the importance of parenting Alina Morawska Psychologist, University of Queensland Research leader in family studies Social Sciences Australia's research field leaders in a health context. It is something that's increasingly being recognised, I think, partially as a response to that paper," she says.

Research prowess runs in the family: Morawska's mother, Lidia, is recognised as a Lifetime Achiever this year.

Morawska's keen interests now are the importance of tooth brushing, nutrition, physical activity habits and screen time. "The behaviours associated with good health outcomes are often established very, very early in childhood and have consequences throughout the lifespan," she says.

The challenge for parents is how to balance those things in their children's lives and what that means for their own behaviour, the examples they are setting. "Sometimes parents can be quite

ambivalent about whether change is even necessary or how to go about change. Lots of parents are concerned about children having excessive screen time, but they themselves have an awful lot of screen time and they also see the value and the benefit it can have for children.

"The bigger issue is what that displaces, what children aren't doing when they're spending much of their time in front of some screen."

Morawska also studies the efficacy of parenting programs. "I've increasingly focused on very brief interventions — a two-hour session, a group session, or listening to a series of recorded podcasts for an hour or two can deliver very similar outcomes to a much longer, more intensive intervention," she says.

"Sometimes a bite-sized chunk of intervention can nudge parents in the right direction, give them confidence to make further steps."

Now she has embarked on another line of inquiry that also promises to keep her busy: "I am particularly interested in the development of gender stereotypes in children and the extent to which they can be altered by differences in parenting."

Jill Rowbotham

Figure 4: Associate Professor Alina Morawska in The Australian



# Research highlights





# Population trials

## Community-level outcomes

The Every Family Australian Triple P System Population Trial is a flagship PFSC project in collaboration with the ARC Centre of Excellence for Children and Families over the Life Course (LCC). This project is the largest ever Australian population-based trial of the Triple P system, targeting 33 highly disadvantaged communities in Ipswich, Moreton Bay and Toowoomba compared to matched communities where Triple P is not being systematically implemented. Outcomes from the project will provide critical information on the effects of a fully integrated social intervention on factors associated with intergenerational transmission of disadvantage at the community level. For example, if there is a certain level of community “saturation” of the program, do benefits spill-over to families who don’t directly receive the program, and can we see these benefits reflected in better outcomes at the community level? The current Queensland state roll out of the Triple P System and the LCC Population Trial of the System offer a never-before-seen opportunity to produce an in-depth understanding of the role of social interventions such as Triple P in combatting factors associated with inter-generational transmission of disadvantage at the whole-of-community level. In this sense, it is similar to a major public health intervention, like vaccinations, which focus on directly addressing the causes of an adverse outcome through prevention.

## Child maltreatment outcomes

The prevention of child maltreatment necessitates a public health approach. In the 2009 U.S. Triple P System Population Trial, 18 counties were randomly assigned to either dissemination of the Triple P system or to the services-as-usual control condition. Dissemination involved Triple P professional training for the existing workforce (over 600 service providers), as well as universal media and communication strategies. Large effect sizes were found for three independently derived population indicators: substantiated child maltreatment, child out-of-home placements, and child maltreatment injuries. This study was the first to randomise geographical areas and show preventive impact on child maltreatment at a population level using evidence-based parenting interventions.

The population-health approach also received widespread publicity in the County of Santa Cruz in California when a 5-year report was recently launched which showed Triple P was one of a number of programs used to buck the state trend and reduce child maltreatment indicators across the county. Evaluators of a rollout of the Triple P system said Triple P had helped “turn the curve” on children’s health and wellbeing in the county. Additionally, in San Diego, Jewish Family Services’ delivery of Triple P’s suite of programs (including free workshops in 130 schools and community sites each year) won the STARS award presented by the Child Abuse Prevention Coordinating Council, honouring the program for demonstrated commitment to preventing child abuse in the San Diego County community.

## Education outcomes

A large amount of publicity linking parenting intervention to education outcomes was generated in Ireland when a long-term evaluation of the Irish Preparing For Life home visiting program was released. All practitioners in the home visiting program were trained in the delivery of Triple P and a 7-year RCT showed that children in the high treatment group, in which parents participated in Preparing for Life, had a 10-point IQ gap over children in the low treatment group.

There was also widespread publicity of an evaluation of the effects of delivering a multi-level suite of Triple P programs in Singaporean schools. An evaluation of a Ministry of Social and Family Development pilot of Triple P in schools led to the expansion of the program to 175 schools.

Further evidence for education outcomes linked to Triple P also emerged in 2016 with news of a Western Australian government 15-year follow-up study which also found educational outcomes for Triple P. The study, produced by the Kids Telethon Institute, suggested that Triple P contributed to long-term improvements in literacy and numeracy for primary school children and better attendance for high schoolers.



## Reaching diverse cultural contexts

### Kenya

Funded by the Edmund Rice Foundation, this was the very first trial evaluating Triple P with parents living in extreme poverty in the informal settlements (slums) outside Nairobi. The project was supported by the Brother Beusang Catholic School. The program was well received by local parents with requests for more services to be available. Parents reported being less likely to use traditional methods of violent parenting practices following the program.

This project has led to a larger scale trial now under way in collaboration with Kisumu Child Awareness Development and Management Initiative, Kenya; University of Konstanz, Germany; and Queensland University of Technology.



Dr Divna Haslam and Nicole Penman with Triple P group participants

### India

Delegates from the PFSC travelled to India to visit six academic institutions in Bangalore and New Delhi to develop research collaborations. An Indian National Parenting Survey project was established with partners at Amity University. These relationships have resulted in a recently accepted position paper on the importance of parenting in addressing the UN Sustainable Development Goals.

Professor Matthew Sanders presenting a seminar to faculty and students at Amity University in New Delhi, India



### Indonesia

The My Future, My Ocean Program was conducted in Indonesia in collaboration with Capturing Coral Reef and Related Ecosystem Services (CCRES). This project used proven change mechanisms from



Triple P in a new program addressing the way villagers of Selayar, Indonesia, interact with the reef and their livelihoods. Residents were empowered to build a healthy lifestyle and take care of the environment. The objective was to reduce the risk factors causing individuals to damage the reef, while enhancing the factors that lead to protection of the reef. Local partnerships were established with IPB (Bogor Agricultural University), LIPI (the CSIRO of Indonesia), and other teams within CCRES. The successful program was adopted by the community, supported by the World Bank. There have been several other collaborations in

Indonesia, including policy advice to the Ministry of Education and Culture on the ministry agenda and developing a parenting education centre.

## Indigenous communities

### *Jandu Yani U (For All Families in Bunuba language)*

In collaboration with the University of Sydney and Marninwarntikura Fitzroy Women's Resource Centre, this NHMRC funded project aimed to provide parenting support for local families by engaging with community to provide tailored delivery of Indigenous Triple P by local parent coaches. A participatory action research focused effectiveness study demonstrated that local practitioners can be successfully supported to deliver evidence-based parenting support in remote Aboriginal communities.



Triple P trainer Margaret Weston and Indigenous Implementation Consultant Michell Forster training parent coaches in Fitzroy Crossing

### *Dar'in Djanum (Strong Together in Wakka Wakka language)*

Building on Jandu Yani U, a Queensland Government funded population trial, is under way to explore Indigenous conceptions of parent wellbeing, and to develop a community driven implementation framework to deliver universal and targeted Triple P to enhance family wellbeing in Cherbourg.



### *Te Whanau Pou Toru (Three Pillars of Positive Parenting)*

This project was conducted in collaboration with Ngate Hine Health Trust and University of Auckland, funded by the New Zealand Ministry of Health. A Collaborative Participation Adaptation Model (CPAM) was used, which involved extensive hui/community consultation with whānau/family and practitioners as end users, the project team and



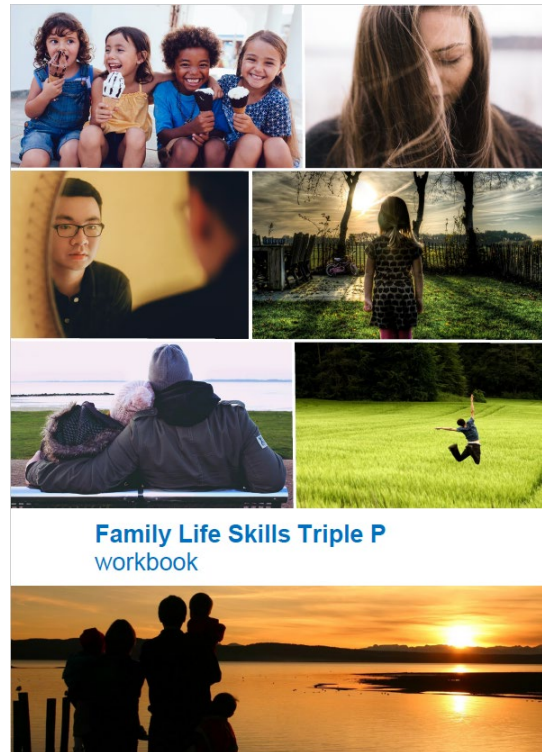
Professor Matthew Sanders with the Te Whanau Pou Toru team



program developers. Program resources were reviewed to identify specific cultural adaptations in delivering Triple P at hui that would enhance the Māori worldview, inclusive of whakapapa, tupuna stories, wairuatanga, and tikanga that reflect Māori traditional ways of doing things together. Cultural acceptability, relevance, and effectiveness of the program with a broad range of Māori whānau as the Taonga or Treasures were explored, as participants came together generously sharing their views.

## Disadvantaged communities

Triple P evaluations have been conducted in diverse community settings including migrant and refugee services (see below), and a current trial (in collaboration with Western Sydney Area Health Service) of a new program, Family Life Skills Triple P for families with current disadvantage and histories of trauma and adverse childhood experiences. This program builds in and is being successfully run as online Zoom groups due to COVID-19 restrictions on in-person delivery.



**Opinion**  
By Kathryn Esparza

*"As a therapist, it is hard to stand by while witnessing the stress families are facing."*

**ABOUT THE AUTHOR**  
Kathryn Esparza is a registered psychologist with a Master of Clinical Psychology. In 2014 she received the Australian Postgraduate Award and is currently completing her PhD at UQ's Parenting and Family Support Centre. Esparza works in private practice in Logan Central and also undertakes sessional academic work where she enjoys lecturing on the topics of cross-cultural psychology. Beyond her current research, she aspires to become an academic in clinical psychology and increase training in the areas of migrant mental health and cross-cultural assessment and intervention for trainee psychologists.

## REFUGEE SUPPORT starts at home

As the global community confronts one of the greatest refugee crises in modern history, many nations – including Australia – are facing the challenge of successfully resettling large numbers of migrant and former refugee families.

Three years ago, I started work as a psychologist in Brisbane's southside working with migrant and former refugee communities. It was through my work with these families that I began to see more help was needed and I was first struck with the idea of the role I could play.

I recognised that parents who undertake the immense challenge of relocating to a new country do so with the hope of providing their children with the opportunity to grow into healthy, happy and successful adults. Unfortunately, I soon realised that many migrant parents struggle with family relationships and changes in their children's behaviour, while also dealing with the stress that comes with settling in a new country.

The problem these families face is support usually doesn't arrive until something goes drastically wrong and family relationships have broken down, or a child has developed significant behaviour problems. Not only is it more difficult to address problems once they have escalated, but this can also increase dependency on public health services in the long term. My work tries to reach these families early in their resettlement to prevent relationship breakdowns and help families adjust to parenting in a new culture and country.

As a therapist, it is hard to stand by while witnessing the stress families are facing. So, when it came to deciding on a PhD topic, I wanted to ensure that my research could produce real, tangible change in the community and foster better settlement outcomes for these families.

My work takes a preventative approach and is offered as an adjunct to existing settlement support services in an attempt to offer a cost-effective and realistic option for parents and the agencies supporting them.

Being given the opportunity to conduct this research at UQ's Parenting and Family Support Centre has opened many doors for me, allowing me to partner with Access Community Services Limited – a leading settlement agency that shares my passion for innovative solutions to settlement issues.

We are investigating whether the well-established Triple P – Positive Parenting Program can bridge the service gap for newly arrived migrant families and provide support early, before problems develop. We're trying to equip parents with the knowledge and tools to parent confidently in a new culture, and raise happy, well-adjusted children.

My ultimate goal is that the program is offered as part of standard service delivery for all migrant parents.

With the arrival of my first child in May, I feel more motivated than ever to help create positive change for the inspiring families I have encountered, whose love for their children has helped them navigate some of life's hardest journeys.

Improving family relationships and promoting the wellbeing of both parents and their children enriches not only the lives of our migrant populations, but also the nations welcoming them.

UQ is helping me share my passion of working with migrant and former refugee families, and is also allowing me to leave my small mark on the world.

**Q&A** To watch a video about how Kathryn Esparza is creating change for migrant families, view this article online at [contact-negative.asq.edu.au](https://contact-negative.asq.edu.au) or download the Contact app.

UQ CONTACT SUMMER 2016 19

## Chronic illness

Positive Parenting for Healthy Living Triple P is an intervention developed for parents of a child with a chronic health condition. Multiple trials have tested the program's efficacy for parents of children with asthma, eczema, diabetes and phenylketonuria and show positive effects on children's and parent's emotional wellbeing, and parenting and parenting confidence. Importantly, evidence is emerging that the effects can also contribute to improvements in children's health.

# Innovation

## Creating change through reality TV



In 2005, Professor Sanders appeared in a UK reality series, “Driving Mum and Dad Mad” on ITV3 to track the progress of five families whose children were pushing their parents to the limit. Cameras tracked the families over eight weeks as they put Triple P advice into practice to re-build relationships, manage daily parenting challenges and set rules and limits. Tantrums and aggression were among the

behavioural problems captured on film. All five families benefited from Triple P, and thousands of parents watched the series.

With a research grant from the UK Government’s Home Office, in collaboration with the University of Manchester, “The Great Parenting Experiment” assessed over 700 UK parents to see whether watching “Driving Mum and Dad Mad” led to improvements in their children’s behaviour and their own stress levels.



Parents reported significant improvements in their child’s behaviour, dysfunctional parenting, parental anger, depression, and self-efficacy. Few sociodemographic, child or parent variables assessed at pre-intervention predicted program outcomes or program engagement, suggesting that a wide range of parents from diverse socioeconomic economic backgrounds benefited from the program. This demonstrated that media interventions depicting evidence-based parenting programs may be a useful means of reaching hard to engage families in population-level child maltreatment prevention programs.



## Harnessing the reach of the Internet

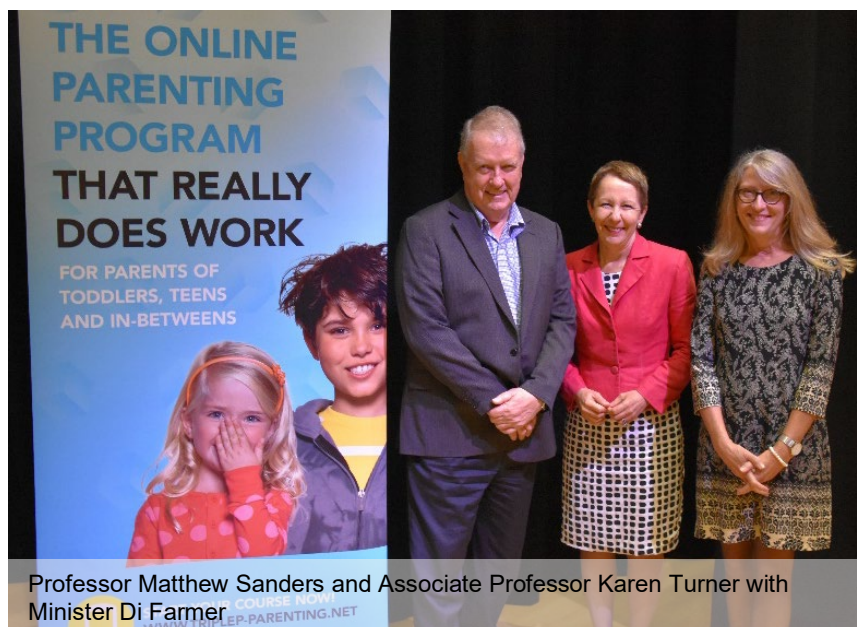
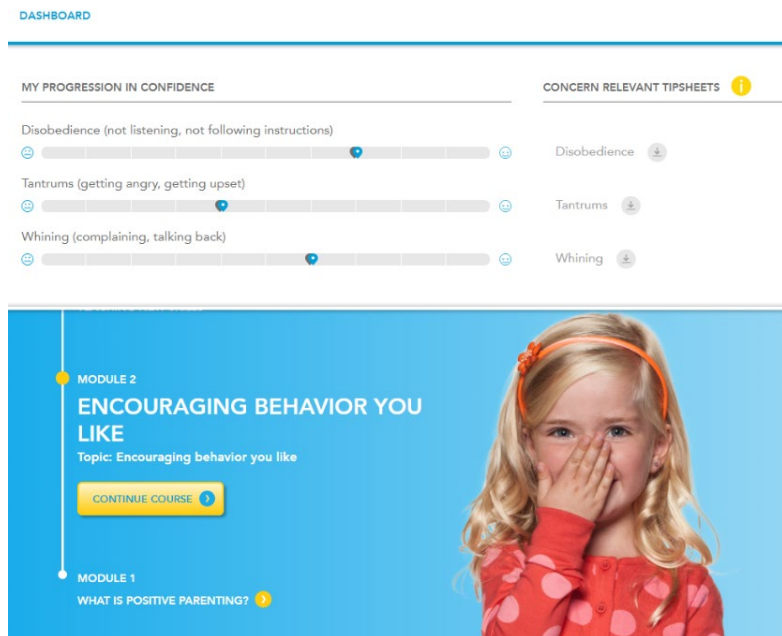
Triple P Online was the first interactive online parenting program in the world. The first RCT was published in 2012 and several large-scale trials have since been conducted with partners including California State University Northridge, trialling the program within a social network for disadvantaged parents in Los Angeles. In collaboration with the Oregon Research Institute and Seattle Children's Hospital, a 3-level Triple P Online system of flexible dosage was compared with community paediatric services in Washington State, USA. In collaboration with the University of South Carolina, a just-published study compared Triple P Online to a staff-delivered Standard Triple P, holding program content constant. This project

aimed to: test the equivalence of the online intervention compared to more established staff-delivered intervention with respect to impact on child behaviour, parenting, and parent/family stress; conduct a value analysis; assess consumer satisfaction and explore how logistical factors, participant characteristics, and personal preference are related to degree of consumer satisfaction; and document participant adherence to the interventions.

Results from these projects have helped the mental health field to better understand the advantages and disadvantages of online

interventions, particularly in light of a cost minimisation/effectiveness analysis. Trials show positive parent and child outcomes, equivalence to face-to-face delivery, with significant cost benefits. Cost minimization was driven primarily by personnel time and, to a lesser extent, by facilities cost and family travel time.

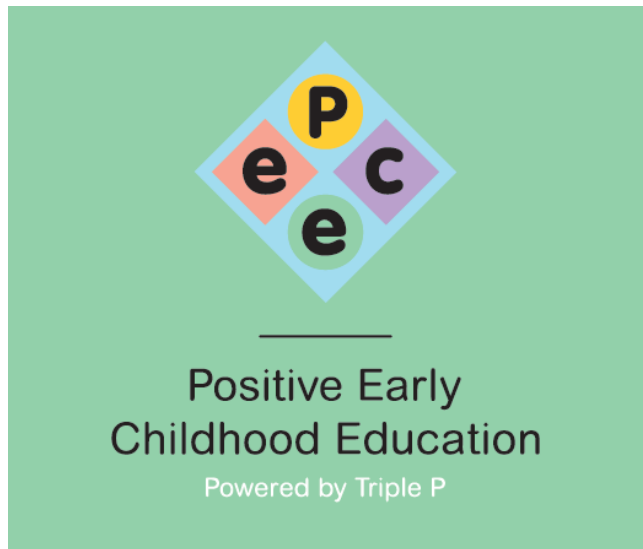
Triple P Online has been incorporated into the Queensland Government's Triple P state-wide roll out, including a version for parents of teenagers, making parenting support available for every Queensland parent and carer.



## Supporting early childhood educators

Building on the success of Triple P Online, a parallel program, the Positive Early Childhood Education (PECE) program, has been developed as an in-service professional learning program for educators in early childhood learning and childcare settings for children up to 12 years of age.

Trials have been conducted in Canada and China, with positive results in terms of acceptability, educator practices and relationships with co-workers, and children showed improved relationships with peers. Centres that had been considering lowering staff-to-child ratios no longer felt the need to do so. Educators also reported a higher sense of job control and satisfaction, and greater self-confidence in being able to support groups of children, which could lead to better retention of staff in early childhood education settings.



## Innovation in the treatment of childhood anxiety

Fear Less Triple P is another major new innovation. It is an intervention targeting parents of primary school-aged children with significant anxiety problems. Two randomised trials led by Associate Professor Vanessa Cobham and Professor Matthew Sanders have shown that this parent-only intervention is as effective as gold standard cognitive behavioural therapy treatment for children with anxiety disorders. The “in person” delivered version of program is in the final stages of being prepared for international dissemination. An online version of the program is planned.





### Supporting parents through children's sport

Play Well Triple P is a new online program in the Triple P system that specifically targets the promotion of positive parenting in children's sport. The overarching goals of Play Well are to increase the number of children participating in organised sport who are thriving physically, socially, and emotionally, and to increase the number of parents who use positive parenting skills to support children's enjoyment and participation in junior sporting activities.

It consists of Play Well Triple P Online, a single online module that is completed by each parent enrolling their child in junior sport at the beginning of the season. The module introduces parents to the important role of parenting in children's sport, parenting traps and hazards that can negatively affect children in a sporting context, ten key positive parenting tips that avoid those traps, and planning ahead to make changes. It uses a series of video vignettes, and testimonials from children and parents describing specific positive strategies parents can use before, during and after games to encourage children's participation and enjoyment of sport.

The second component is Play Well Triple P Text Messaging which involves sending parents text messages prior to and then again on game day that prompts parents to use specific skills introduced in the Play Well online program. The third component is referral to the Triple P Online intervention for parents of children with more serious behaviour problems. An evaluation is currently under way with funding from The National Rugby League.



## Parenting in a Pandemic

Recognising the stress of parents and children as the COVID-19 pandemic began to unfold, the Parenting in a Pandemic team marshalled their expertise and connections to produce a multi-pronged COVID-19 Parenting Support Response. In collaboration with government, industry and community organisations, the UQ team developed and disseminated downloadable parenting resources, a 20-episode podcast series, and 12-episode television series. While pivoting to online teaching, this agile team rapidly produced high quality resources that were timely and relevant. The initiative embodied exemplary leadership, respected the diversity of the Australian population, and protected the mental health of UQ staff and the wider community through the COVID-19 pandemic.



### Guide to Parenting during COVID-19

[PDF 3.1MB]



### 10 Tips for Parents and Carers

[PDF 1MB]



### Parenting Children with a Disability during COVID-19

[PDF 4.1MB]



### Parenting teens during COVID-19

[PDF 1.2MB]



### Supporting healthy relationships and managing disagreements during COVID-19

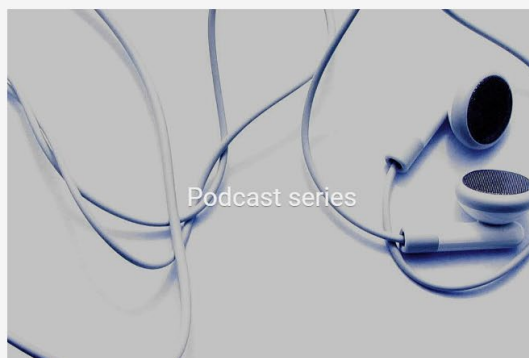
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### Managing anxiety in early childhood education settings during COVID-19

[PDF 568KB]

## Parenting in a Pandemic



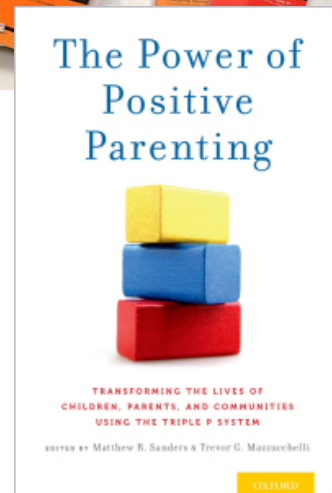


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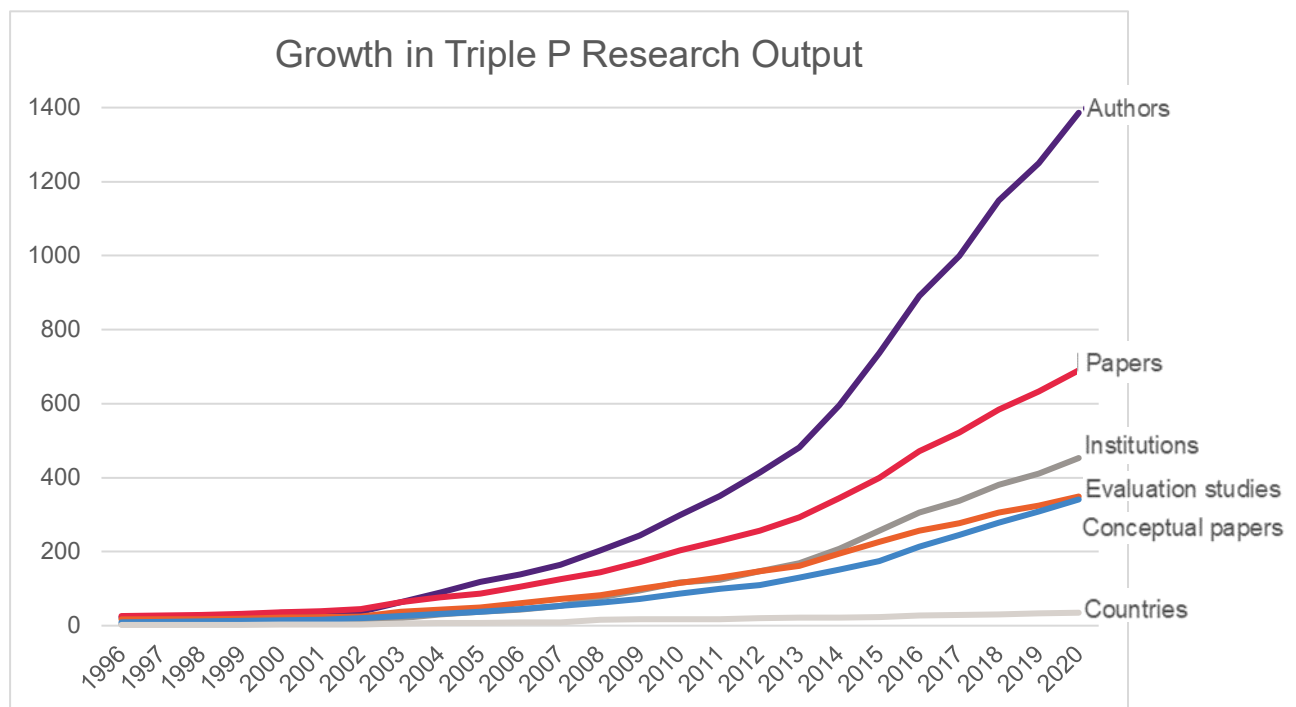


## Program development and research outputs

- PFSC research outputs include **581 peer-reviewed publications** (journal articles, books and book chapters; with a further 9 in press see Appendix B).
- PFSC program development outputs include **165 Triple P professional resources** and 117 translated resources (see Appendix C).
- Globally, Triple P research has been published by **1,454 authors** from **478 institutions** in 37 countries.
- The 707 published papers relating to Triple P include **355 evaluation trials** and **352 conceptual papers**.



Growth over time is depicted below:



Since the formation of the PFSC, this equates to over 6,300% growth in researchers publishing research on Triple P, 2,650% growth in publications about Triple P, 11,300% growth in research institutions and 1,750% growth in countries where Triple P research is conducted.



## Publication metrics

740

publications (575 scientific, 165 professional) authored by PFSC researchers for the years 1996-2020

62%

of PFSC scientific publications published in top quartile ranked journals for their subject category

16,069

total citation count

19%

of PFSC publications in the top 10% most cited publications in the world, field-weighted

32

average citations per paper

1.64

field weighted citation impact  
(higher than UQ, Go8, and Australian benchmarks for psychology; clinical psychology; psychiatry and mental health; paediatrics, perinatology, and child health)

32%

of PFSC publications involve international collaboration  
US, UK, Canada, New Zealand, Netherlands, China, Hong Kong, Indonesia, Switzerland, South Africa, Germany, Italy, Japan, South Korea, India

10

patent documents have cited PFSC publications

95

PFSC publications have been cited in policy documents

268

mentions in policy documents from 7 countries

115

different news outlets have mentioned PFSC publications across 17 countries

## Policy and advocacy

Our core business is to engage, innovate and create research that drives global impact. We ensure this happens by building the capacity of our researchers, staff and students to create change. All staff are encouraged and supported to incorporate policy-level engagement in their research design and implementation, in outreach across the community, in media and stakeholder engagement and in presentations of their work at professional conferences and with potential philanthropic partners.

In February 2020, the PFSC formed an alliance of leading Australian researchers on evidence-based parenting support, at a time when the country is facing one of the most significant health, social and economic challenges of this generation, the COVID-19 pandemic.

The Parenting and Family Research Alliance (PAFRA) is a multidisciplinary group of researchers from universities and centres nationally with the goal of increasing the reach of quality parenting support in Australia and internationally. Membership of PAFRA is held by Australian university and research centres, represented by researchers working in fields pertaining to parenting, family and EBPS. Currently, representatives from 16 leading Australian universities and research centres are involved with PAFRA:

- ARC Centre of Excellence for Children and Families Across the Life Course (*Professor Donna Cross, Professor Matthew Sanders*)
- Australian Catholic University (*Professor Daryl Higgins*)
- Australian National University (*Professor Alison Calear*)
- Curtin University (*Dr Trevor Mazzucchelli*)
- Deakin University (*Professor John Toumbourou*)
- Griffith University (*Professor Sharon Dawe, Professor Melanie Zimmer-Gembeck, Associate Professor Paul Harnett*)
- La Trobe University (*Professor Jan Nicholson*)
- Monash University (*Professor Bruce Tonge, Associate Professor Marie Yap*)
- Parenting Research Centre (*Mr Warren Cann*)
- Queensland University of Technology (*Professor Ben Mathews, Associate Professor Kate Williams, Dr Divna Haslam*)
- Telethon Kids Institute (*Professor Donna Cross*)
- The University of Melbourne (*Associate Professor Sophie Havighurst, Dr Karl Andriessen*)
- The University of Sydney (*Professor Mark Dadds, Professor Adam Guastella, Associate Professor David Hawes, Dr Frances Doyle*)
- The University of Queensland (*Professor Matthew Sanders, Professor Christel Middeldorp, Associate Professor Vanessa Cobham, Associate Professor Alina Morawska, Associate Professor Karen Turner, Dr Kylie Burke, Dr James Kirby, Ms Carys Chainey*)
- The University of Western Australia (*Professor Donna Cross, Associate Professor Jeneva Ohan*)
- University of the Sunshine Coast (*Professor Helen Stallman*)

Prior to the establishment of PAFRA, no advocacy groups or organisations specifically focused on increasing public knowledge, multidisciplinary discourse, policy priority or funding to promote the wellbeing of Australian children, families and communities through evidence-based parenting support. The alliance has already made formal submissions to: Federal Health Minister Greg Hunt and the National Cabinet, advocating for the wider adoption of EBPS as part of the COVID-19 mental health response; the Commonwealth Department of Health, advocating for Medicare policy changes to increase access to EBPS throughout the country; submissions to major news outlets; and two position papers currently under review.



## Collaboration

A substantial amount of national and international collaboration occurs between the PFSC and other research centres around the world. This research network provides diverse perspectives in the research and increases the global impact of the PFSC's work.

One example is a collaboration between researchers from the PFSC and the Harvard Center on the Developing Child which included a scientific think tank in 2018 and a series of scholarly papers on the promotion of self-regulation that was published as a special issue of *Clinical Child and Family Psychology Review* in 2019. This collaboration integrated self-regulation concepts as applied to child development, evidence-based parenting support, training of professional and agency based implementation of evidence-based programs in the community



## Research centres

The following countries have been involved in Triple P research activities, working either independently or collaboratively with the PFSC help evaluating aspects of the Triple P system.

- Australia (Australian Catholic University, Curtin University, Griffith University, Monash University, QIMR Berghofer Medical Research Institute, Queensland University of Technology, The University of Newcastle, The University of Queensland, University of Central Queensland, The University of Sydney, The University of Western Australia, University of Southern Queensland)
- Belgium (University of Antwerp)
- Canada (McGill University, Seneca College, University of Western Ontario, University of Manitoba, Alberta Research Center for Children, University of Ottawa, Douglas Hospital Research Center)
- Chile (Pontificia Universidad Católica de Chile, Universidad de los Andes, Universidad Santo Tomás)
- China (Hong Kong Polytechnic University, Chinese University Hong Kong, Fujian Normal University)
- England (University of Manchester, Oxford University, Cambridge University, Imperial College London, University College London, University of Exeter, Lancaster University, University of East Anglia)
- Germany (University of Braunschweig, University of Konstanz, University of Marburg)
- India (Amity University, Jamia Millia Islamia, National Institute of Mental Health and Neuro Sciences, University of Delhi)
- Indonesia (Bangor Agricultural University, PP LIPI, Universitas Indonesia, State Islamic University (UIN) Yogyakarta)
- Iran (Medical University of Tehran)

- Ireland (National University of Ireland, Galway)
- Japan (University of Tokyo, University of Wakayama)
- Mexico (Universidad Autónoma de Nuevo León)
- New Zealand (University of Auckland, University of Victoria, University of Canterbury, University of Otago)
- Panama (Universidad Latina)
- Scotland (Glasgow Caledonian University, University of Glasgow, University of Edinburgh, Social and Public Health Sciences Unit-Medical Research Council)
- South Africa (University of Capetown)
- Sweden (Department of Women's and Children's Health, Uppsala University)
- Switzerland (University of Fribourg)
- The Netherlands (University of Maastricht, NIZW)
- Turkey (Uludağ University)
- USA (University of South Carolina, Oregon Research Institute, California State University, Northridge, Seattle Children's Research Institute Center for Child Health Behavior, Duke University, University of North Carolina, Chapel Hill, Washington University in St Louis, Harvard University, University of California, Davis, University of Georgia, University of Washington, University of Southern California)



## Community organisations

A number of government departments and community organisations have partnered with PFSC research activities including:

- Access Community Services (Brisbane)
- Alberta Government (Canada)
- Bargumar Aboriginal & Torres Strait Islander Corporation (Caboolture)
- California Health and Human Services (USA)
- Cape York Partnership (QLD)
- Central QLD Indigenous Development Family Support Services (Rockhampton, Woorabinda)
- Centers for Disease Control and Prevention (USA)

- Center for Disease Control and Prevention (China)
- Cherbourg Community Health (South Burnett)
- Cherbourg Regional Aboriginal and Torres Strait Islander Community Controlled Health Service (South Burnett)
- Child and Youth Mental Health Service (Brisbane)
- Department of Corrections (Brisbane)
- Department of Women's Health (Sweden)
- Douglas Hospital Research Center (Canada)
- Goolburri Aboriginal Health Advancement (Toowoomba)
- El Nido Foundation (Philippines)
- Families Foundation (Netherlands)
- Fundación Cuida Futuro (Chile)
- True (Brisbane)
- First Five California (USA)
- Fundación Dehvi Wythenshawe Hospital (Costa Rica)
- Ireland Health Service Executive
- Kalwun Development Corporation (Gold Coast and Brisbane)
- Kambu Medical Centre (Ipswich)
- Queensland Children's Hospital (Brisbane)
- Lifeline / Childline (Namibia)
- Logan Together (Brisbane)
- Marninwarntikura Women's Resource Centre (Fitzroy Crossing, WA)
- Mater Hospital and Health Services (Brisbane)
- Mayor's Office of Peñalolén (Chile)
- Ministry of Education and Culture (Indonesia)
- Ministry of Health and Welfare (Taiwan)
- Ministry of Social Development (Panama)
- Murdoch Children's Research Institute (Melbourne)
- National Centre for Women's and Children's Health (Japan)
- National Centre for Women's and Children's Health (China)
- National Institute of Public Health (Japan)
- National Graduate Training Review (Canberra)
- National Research Institute for Child Health and Development, Tokyo (Japan)
- Ngati Hine Health Trust (New Zealand)
- Netherlands Institute for Care and Welfare (The Netherlands)
- Parenting in Africa Network (Kenya)
- Police-Citizens Youth Clubs (Brisbane)
- Public Health Services (The Netherlands)
- Queensland Adolescent and Children's Endocrinology (Brisbane)
- Queensland Aboriginal and Torres Strait Islander Child Protection Peak (QATSCIPP)
- Refocus (Maroochydore)
- Remote Area Aboriginal and Torres Strait Islander Child Care (Lockhart River, Cairns)
- Royal Brisbane and Women's Hospital (Brisbane)
- Royal Children's Hospital (Brisbane)
- Royal Children's Hospital, Melbourne (Melbourne)
- Seattle Children's Hospital (USA)
- Secretariat of Childhood, Adolescence and Family (Panama)
- Semarang Department of Religious Affairs (Indonesia)
- Settlement Services International (Sydney)
- Shanghai Children's Hospital (China)
- The Conversation (Brisbane)
- Townsville Aboriginal and Islanders Health Services (Townsville and Mackay)
- Triple P Initiative, Midland Area Partnership (Ireland)
- Uniting Care (Australia)
- Western Australia Disability Services Commission (Perth)
- World Health Organisation (USA)
- Wythenshawe Hospital (England)



## Teaching and professional activities

PFSC staff members have offered clinical supervision to Clinical Psychology students since the centre began. They supervise Summer and Winter Scholars, student placements, and Honours students in both the Research Stream and Work Integrated Stream. They also coordinate the following courses:

- PSYC7053 *Evidence-based Parenting and Family Intervention*: Professor Matthew Sanders
- PSYC3312 *Parenting and Family Psychology*: Associate Professor Alina Morawska
- PSYC2311 *Developmental Disorders of Childhood*: Associate Professor Karen Turner

PFSC staff and students are active in a number of professional organisations including:

- Association for Contextual Behavioural Science
- Association for Cognitive Behavior Therapy
- Australasian Society for Autism Research
- Australian Association for Cognitive Behaviour Therapy
- Australian College of Child, Youth and Paediatric Nurses
- Australian Psychological Society (APS)
- APS Clinical College
- APS Interest Group for Acceptance and Commitment Therapy and Psychology
- APS Interest Group for Child, Adolescent and Family Psychology
- APS Interest Group for Supervision
- Charter for Compassion
- Compassionate Mind Foundation
- APS Education and Developmental College
- Golden Key International Honour Society
- International Society for Autism Research
- Queensland Autism Association
- Royal College of Nursing, Australia
- Society for Prevention Research
- The Australian Psychological Society

PFSC staff members serve in an editorial capacity on a number of journals including:

- Behavioral Interventions
- Behaviour Research and Therapy
- Clinical Child and Family Psychology Review
- Journal of Child Health Care
- Journal of Family Studies
- Journal of Children's Services
- Journal of Child and Family Studies

PFSC staff members have also provided service to the discipline of psychology including:

- Members, Parenting and Family Research Alliance (PAFRA) interviews concerning child and family psychology issues)
- Members, Triple P International Scientific and Professional Advisory Committees (international coordination of Triple P research and related projects)
- Director, Australian Association of Cognitive and Behaviour Therapies
- Media Spokesperson, Australian Psychological Society on Child and Family issues (provision of radio and television
- STAP Accredited Supervisors with the Psychology Board of Australia
- Grant reviewer, ARC
- Grant reviewer, NHMRC
- Grant reviewer, New Zealand Ministry of Business Innovation and Employment
- Queensland Curriculum and Assessment Authority for the development of syllabus for Psychology as a Senior School Subject



Reach





## Science communication

The influence of UQ's Triple P and PFSC researchers continues to grow with ongoing national and international coverage. Nationally, our work has featured in all major metropolitan and national daily and weekend newspapers, major nightly television news bulletins and morning shows, ABC metropolitan and regional radio, and regional newspaper coverage in every Australian state. International coverage has included: National Public Radio in the US, press releases by the White House Social Innovation Committee, reports of Triple P's outcomes for disadvantaged families and child maltreatment in California, the Irish Times, and Singapore print, broadcast and online media.

In the United States, in particular, the influence of the work of the PFSC to improve the lives of children and families was highlighted by an invitation to present at the White House as part

of a "What Works" symposium. The work of Triple P in removing disadvantage was highlighted in a joint press release produced by the White House Office of Social Innovation and My Brother's Keeper (MBK). The honour of presenting at the White House followed a recommendation by the American Academy of Pediatrics that US pediatricians use an evidence-based program such as Triple P to help families overcome the toxic health effects of poverty on children.

Over 50,000 views of Associate Professor Alina Morawska's piece on talking to children about online pornography ranking her as the **9th most widely read UQ contributor to The Conversation**.

### UQ's Triple P program goes to the White House

17 October 2016

The University of Queensland's [Triple P – Positive Parenting Program](#) will be showcased at the White House today as part of an initiative to improve outcomes for boys and young men of colour, and all youth.

Representatives from [Triple P America](#), the organisation licensed to disseminate Triple P in the United States, will attend the event at the invitation of the [White House Office of Social Innovation](#) and [My Brother's Keeper \(MBK\)](#).

UQ Vice-Chancellor and President Professor Peter Høj said Triple P's invitation to the White House showed a welcome belief that the pursuit of quality research could help overcome persistent global problems, such as a lack of opportunity for young men and boys of colour.

"The continued development and evaluation of Triple P internationally is an outstanding example of how research conducted in direct response to social need can inform the development of programs designed to improve the lives of individuals and families while also providing community-wide benefits," Professor Høj said.

Triple P founder and UQ [Parenting and Family Support Centre](#) director Professor Matt Sanders said the invitation to present at the White House was a strong endorsement for the program.

"The My Brother's Keeper *What Works* presentation at the White House aims to give communities and the philanthropic and corporate sectors guidance on the type of quality, evidence-based programs they can be considering as part of this wonderful initiative," Professor Sanders said.

"Internationally, and particularly in the US, we have seen that Triple P used in partnership with other evidence-based programs means great things can happen to provide opportunities for children and youth."



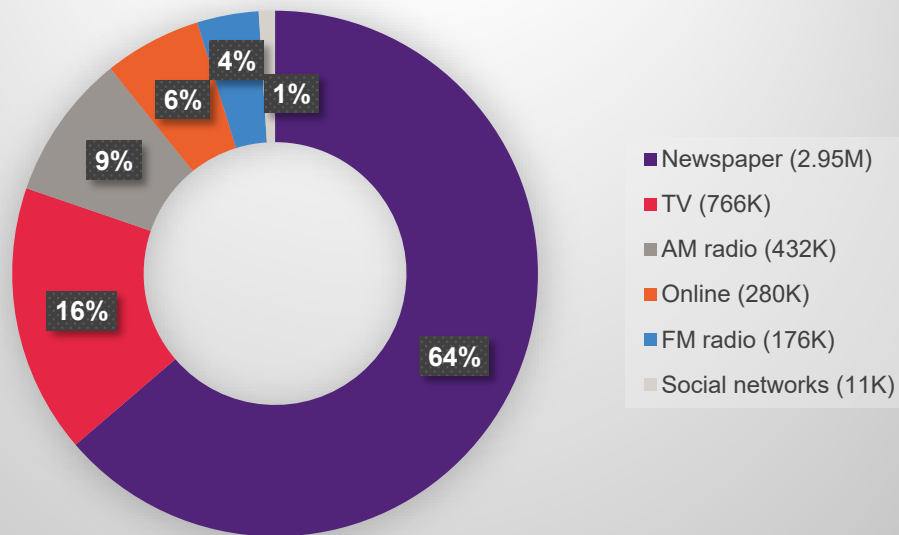
Figure 5: Article referencing Triple P program attended an event at the White House



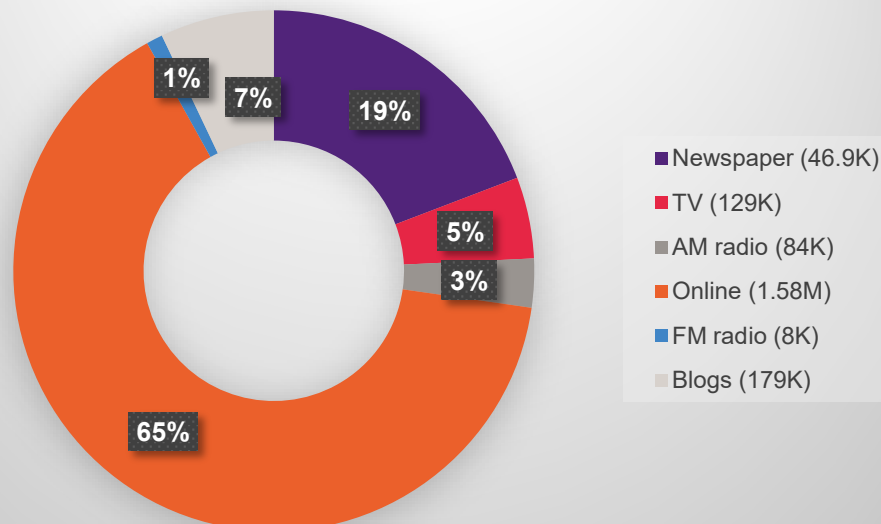
## Media monitoring

Statistics for media monitoring of PFSC activity for a 12-month period (April 2020 to April 2021) found 466 mentions in print, broadcast and online media. Media coverage reached a cumulative potential **audience of 4.61 million with an advertising equivalence value of \$2,452,999** in a single year. These estimates do not include international publications or broadcast items. The breakdown of reach and Advertising Space Rate (calculated by multiplying the space taken by a piece of coverage by the advertising buy rate) appears below.

**Metric: Potential Reach by Media Type (isentia)**



**Metric: Advertising Space Rate (isentia)**



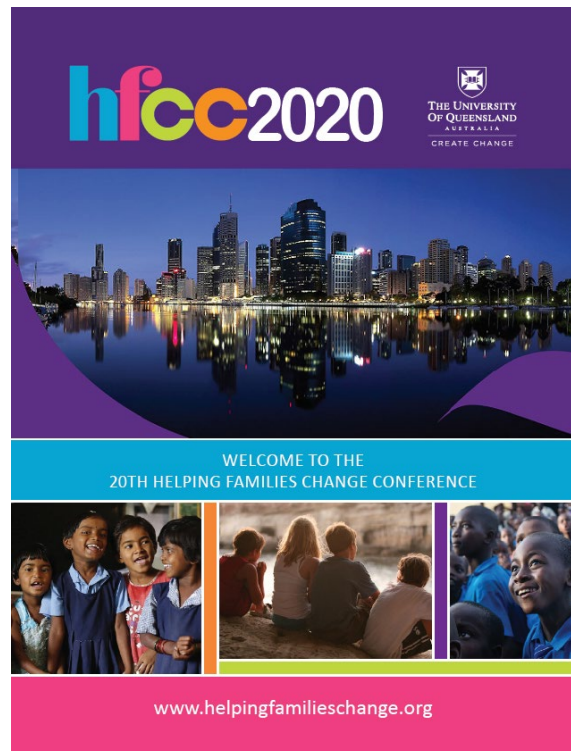
## Events

### Helping Families Change Conference

The Helping Families Change Conference (HFCC) is a biennial international event run by the PFSC showcasing Triple P research to practitioners, researchers and policy makers interested in Triple P as an intervention system. Previous conferences have been held locally and in locations such as: Antwerp, Belgium; Toronto, Canada; South Carolina and Los Angeles, USA; Glasgow, Scotland; Sydney; and Amsterdam. The 20<sup>th</sup> HFCC was held in Brisbane in 2020. Each conference attracts over 300 delegates from 12-15 countries.

### Triple P updates

The PFSC hosts or presents at key Triple P updates and masterclasses both nationally and internationally, particularly where large-scale community roll outs request ongoing scientific and clinical support. For example, as the state-wide rollout of Triple P across Queensland unfolded, the PFSC and Life Course Centre co-hosted an update day for Triple P practitioners in Brisbane. This free event provided a unique opportunity to bring together 142 researchers and practitioners to celebrate the significant impact that Triple P and the PFSC have made to the lives of children, families and communities - not only in Queensland - but also in communities around the world. Recent update events have been held via Zoom for New Zealand, Singapore and the United States.



### PFSC seminar series

The PFSC continues to run a regular monthly seminar program, which is open to all School of Psychology staff and affiliates, national and international collaborators and the networks of the new Parenting and Family Research Alliance. This is a forum for many HDR students to present their research.



# Future directions





## Ongoing projects

### Epidemiology of childhood social, emotional, behavioural and developmental issues

- Physical activity habits with young children in Australia
- The 'Prem-STARS' Program survey: Assessing needs and preferences of parents of very preterm children around the transition to school

### Parenting and families across the lifespan

- Intergenerational co-parenting in Vietnam
- Parent attitudes and practices, gender role stereotypes and child preferences
- Supporting families in the context of adverse childhood experiences

### Parenting across cultures

- Aboriginal and Torres Strait Islander Positive Parenting Collaborative Project: A community-led parenting support initiative
- Efficacy of Triple P in the context of Pakistani orphanages
- Indigenous parent wellbeing: Implications for early intervention parenting programs in Indigenous communities
- Promoting positive parenting and child and family wellbeing through Indigenous community services



### Parenting in low resource environments

- Efficacy of parenting intervention for perinatal depression and infant developmental outcomes in a resource-constrained setting: Baby Triple P
- Family Life Skills Triple P pilot evaluation
- Raising children in healthy environments in India: Exploring 'Familial Agency' to mitigate the negative impact of environmental impoverishment

### Parenting children with complex needs

- Change in quality of life 6 months after the implementation of sapropterin therapy. A mixed methods study
- Just how impactful? Evaluating parenting behaviours and parental self-efficacy as a function of child behavioural and emotional difficulties

## Population-based approaches to parenting support

- Every family: The Australian Triple P system population trial will examine the effects of enhanced parenting support on multiple indicators of community disadvantage
- Bridging the gap between parents and parenting interventions: A model of initial parental engagement
- Mental health of young people with developmental disabilities: The Stepping Stones Triple P project

## Living and learning environments

- The Alliance of Parents and Teachers (APT) Project
- Women's energy entrepreneurship and empowerment in remote Papua New Guinea



## Use of technology to promote change

- Can an online parenting intervention improve outcomes for children with a chronic health condition? A pilot study
- Effectiveness of a low intensity online parent oral health self-efficacy intervention in improving tooth brushing practices of young children
- Engaging parents in online interventions for their child's behaviour problems by using action planning
- Evaluation of the Play Well Triple P online program promoting positive parenting in children's sport

## Community engagement and implementation science

- Predicting the sustained implementation of an evidence-based parenting program with practitioner, organisation and program-related variables
- The impact of evidence-based parenting support in the real world

# Where to next?

## Our vision

Innovation to create a world where children, families and communities thrive.

## Our mission

Our mission is to create a better world where parents, families and communities are empowered to create safe, caring, nurturing environments throughout the lifespan. We do this through creating, using and sharing scientific knowledge gained from research on families and parenting.

## Our goals

- To improve the lives of children and their families
- To create healthy, non-violent, family-friendly communities
- To make high quality, culturally informed, evidence-based parenting supports accessible for all families
- To translate important research findings into policy and practice



## Alignment for impact

### International alignments

The PFSC Strategic Plan is informed by the United Nations Sustainable Development Goals (SDGs). In 2015, more than 190 world leaders committed to these 17 goals for ending extreme poverty, fighting inequality and injustice, and addressing problems of climate change. The health and wellbeing of future generations of children are key to attaining these goals. For each of the plan's strategic objectives, the SDGs of greatest relevance are noted.

### UQ alignments

The PFSC Strategic Plan supports UQ's vision, mission and values. It aligns with the UQ Strategic Plan and Operational Plan, and the UQ Aboriginal and Torres Strait Islander Research and Innovation Strategy 2021-2025. Key areas of alignment are highlighted throughout this report.



# Strategic objectives

The PFSC's leadership team has prepared a strategic plan that will guide the centre's development and innovation over the next five years. To ensure that UQ remains at the cutting edge of innovation and can respond to the contemporary needs of future generations of parents and children, the PFSC needs to embark on a major transformational research and development process. Our 10-point strategic plan summarises major shifts in emphasis that we believe are needed to attain this goal. This ambitious plan will bring together expertise across the school, faculty and wider University to ensure UQ remains a world leader in evidence-based parenting and family intervention research. The plan provides multiple opportunities for interdisciplinary collaboration, partnerships with industry and State and Federal Government, and international collaboration. It will create an enhanced learning environment for HDR students and early career researchers in the vital area for the promotion of the well-being of children and young people over their life course.

## 1 | System re-design

Over the past 40 years, Triple P has evolved from an individually delivered, home visiting approach to a comprehensive multi-level population system of parenting support. However, while the system is theoretically coherent, ongoing intervention design and development have resulted in a multitude of overlapping programs, which can be confusing to parents and practitioners and make dissemination challenging. In addition, the system was developed prior to the advent of modern digital platforms, and thus requires realignment with modern technologies and opportunities for dissemination. A comprehensive review and redesign of the system is needed to streamline program variants and to create a truly integrated system package for governments, organisations, practitioners, and parents.

### Our goal

Redesign the Triple P system to ensure its ongoing relevance and fit for the next 25 years. This will bring together 40 years of research, feedback from consumers including children, parents and practitioners with a strong focus on end-user engagement, to restructure the system. It will focus on a developmental framework to consider what an ideal, supported parenting journey could look like for each phase of development (beginning from birth) focusing on the promotion and growth of child and parent/carer competencies and wellbeing. A series of randomised controlled trials will assess the efficacy of the new system, with a focus on mechanisms of change, implementation science and a framework for testing a range of theoretical questions regarding parenting intervention.

Key outcomes	Time-frame	Valued partners
Redeveloped Triple P system; all Triple P parent and practitioner resources reviewed and redesigned taking an integrated, modular approach	10 years	Triple P International

### Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Research and innovation	Deliver globally significant solutions to challenges by generating new knowledge and partnered innovation	Community engagement and involvement	Goal 3. Ensure healthy lives and promote wellbeing for all at all ages  Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

## 2 | Focus on living in a digital universe

The 21st century is dominated by online systems and interactions. Triple P has developed and tested online interventions for parents, yet these have not been systematically integrated into existing ways that parents access information, thus impeding engagement and reach.

### Our goal

Examine the lived experience of parents and children in a digital world, to design intervention touchpoints that intersect with parents' interests and engagement preferences. Design and develop an integrated platform, together with Triple P International to ensure all aspects of parent support can be delivered to parents in a digital format. We will seek grant funding to conduct a non-inferiority randomised controlled trial to assess the efficacy of the online platform, focusing on theoretically and practically driven assessment of barriers and facilitators to program use and outcome prediction.

Key outcomes	Time-frame	Valued partners
An integrated online parenting platform, including development of a smartphone app	5 years	Triple P International

### Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Research and innovation	Enhancing our high-quality research by improving our capacity to collaborate to achieve greater impact	Community engagement and involvement	Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

## 3 | Digital professional training

The current Triple P face-to-face group practitioner training system is effective and positively evaluated by practitioners. However, it is expensive to deliver, lacks flexibility and is not always accessible to practitioners who need training, particularly those from rural and remote areas. The COVID-19 pandemic has resulted in Zoom-based delivery of the training, yet this has a number of drawbacks and does not use the latest technology to deliver a transformative training experience.

### Our goal

Redevelop and evaluate the effectiveness of an online platform for training Triple P practitioners to ensure equitable access and that the training system is evidence-based. Qualitative and quantitative assessment of online training will be conducted to determine the efficacy, satisfaction, and equity of access to the training platform.

Key outcomes	Time-frame	Valued partners
An integrated online professional training platform	5 years	Triple P International

## Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Research and innovation	Deliver globally significant solutions to challenges by generating new knowledge and partnered innovation	Community engagement and involvement Research commercialisation	Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

## 4 | Enhancing equity of access to evidence-based parenting support

Triple P interventions have been disseminated to millions of families around the world and research has shown that they are effective across cultures, socioeconomic groups and contexts. However, equity of access to Triple P and other evidence-based parenting supports remains an ongoing challenge with many vulnerable families unable to access services.

### Our goal

Promote research that examines the equitable design, testing and dissemination of evidence-based parenting interventions. Ensure that evidence-based parenting interventions are designed in a way that is accessible to parents around the world including those in low resource settings. Qualitative and quantitative studies will be conducted to assess the acceptability, accessibility, and efficacy of interventions in different populations, contexts and settings.

Key outcomes	Time-frame	Valued partners
Increased access by marginalised groups to evidence based parenting support	10 years	ARC Centre of Excellence for Children and Families over the Life Course Triple P International

## Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Global impact	Deliver globally significant solutions to challenges by generating new knowledge and partnered innovation	Community engagement and involvement Research commercialisation	Goal 10. Reduce inequality within and among countries



## 5 | Indigenous research team development

Reach and engagement of research with Indigenous families is a fundamentally important element of equitable access to evidence-based parenting support. Enhanced research scholarship is essential to ensure Indigenous views and perspectives are integrated at all phases of program development and testing.

### Our goal

Have an enhanced focus on ensuring that scholarship, implementation science and dissemination in the PFSC address the needs of Indigenous students, researchers, practitioners, families and communities. Randomised controlled trials will be conducted, focusing on implementation science in First Nations contexts, cultural acceptability and intervention tailoring.

Key outcomes	Time-frame	Valued partners
Attract Indigenous Masters and PhD students	5 years	UQ Poche Centre for Indigenous Health
Engage with diverse communities to co-design culturally and contextually relevant parenting and family support		UQ PVC Indigenous Engagement UQ ATSIU
Increase Indigenous staffing and representation on PFSC committees / groups across all programs and initiatives		
Summer and Winter Indigenous Research Scholarship		
Current researchers undertake UQ Cultural Competency Training; the UQ Training for Researchers of Indigenous HDR students; and the Aboriginal and Torres Strait Islander Research Ethics Training Module (2022)		

### Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Enriching our communities	Enhancing our high quality research by improving our capacity to collaborate to achieve greater impact	Community engagement and involvement Indigenous-led research	Goal 10. Reduce inequality within and among countries
	Building engaged and strategic partnerships with a broad range of local and global networks	Research network/s HDR recruitment	

## 6 | Knowledge sharing and engagement

Increasing the reach and impact of research conducted by the PFSC is essential to the ongoing dissemination and scaling up of evidence-based parenting supports.

### Our goal

Enhance engagement with the community via effective methods of science communication.

Key outcomes	Time-frame	Valued partners
Organise global digital conference on “evidence-based parenting support”	5 years	Parenting and Family Research Alliance (PAFRA)
Host regular events for professionals and community members		ARC Centre of Excellence for Children and Families over the Life Course
Regular news releases of PFSC research		Triple P International
Podcast series on parenting research available via social media; website and email		
Community radio and regional radio interviews		

### Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Enriching our communities	Enhancing our high-quality research by improving our capacity to collaborate to achieve greater impact	Community engagement and involvement	Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
	Building engaged and strategic partnerships with a broad range of local and global networks	Research networks	
		HDR recruitment	

## 7 | Focus on sustainable living

Our planet is at a critical juncture, and while government and international collaboration is required to meet the challenges of climate change, individual family practices can positively contribute to reducing our impact on the environment.

### Our goal

Develop a suite of new place-based parent, school and community interventions linked to the United Nations Sustainable Development Goals, to increase the proportion of households that live sustainability. A randomised controlled trial of the intervention will be conducted to evaluate outcomes on family sustainability indicators.

Key outcomes	Time-frame	Valued partners
Place-based parent, school and community intervention	5 years	Australian Research Alliance for Children and Youth ARC Centre of Excellence for Children and Families over the Life Course Thriving Kids Queensland Partnership Australian Institute for Business and Economics School of IT and Electrical Engineering Triple P International Queensland Government

### Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
A sustainable future	Deliver globally significant solutions to challenges by generating new knowledge and partnered innovation	Community engagement and involvement Research commercialisation	Goal 11. Make cities and human settlements inclusive, safe, resilient and sustainable

## 8 | Exploring the economics of evidence-based parenting support

Evidence-based parenting supports (EBPS) need to be not only effective for individual families, but to serve the needs of the population. To achieve this population impact, EBPS must be cost effective to deliver as a public health strategy.

### Our goal

Evaluate the cost-effectiveness and cost-minimisation of evidence-based parenting interventions. Use economic arguments to complement other evidence to inform policy development and sustained implementation.

Key outcomes	Time-frame	Valued partners
Cost benefit analysis of each program variant and the entire Triple P system	5 years	ARC Centre of Excellence for Children and Families over the Life Course Melbourne Institute of Applied Economic and Social Research Australian Institute for Business and Economics Triple P International



## Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
A sustainable future	Deliver globally significant solutions to challenges by generating new knowledge and partnered innovation	Community engagement and involvement Research networks Research commercialisation	Goal 8. Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

## 9 | Increasing end-user and consumer engagement

Building and testing evidence-based parenting supports in a way that meets the needs of the community requires inclusive consultation, embedding of consumer views and perspectives and ongoing reflection and evaluation.

### Our goal

Embed children's and parents' perspectives in all stages of the research and development cycle at the PFSC.

Key outcomes	Time-frame	Valued partners
Consumer Engagement Mapping Tool to evaluate research projects and Triple P interventions	10 years	ARC Centre of Excellence for Children and Families over the Life Course Triple P International Parents and Citizens Associations UnitingCare Community

## Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Research and innovation	Enhancing our high-quality research by improving our capacity to collaborate to achieve greater impact	Community engagement and involvement	Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

## 10 | Policy advocacy

Evidence-based parenting supports (EBPS) are only as effective as their capacity to be integrated into everyday policy and practice. Ongoing engagement with policy makers and governments is required to ensure EBPS are embedded in health, social and educational services.

### Our goal

Advocate for effective, evidence-based policies to support the wellbeing of children and families.

Key outcomes	Time-frame	Valued partners
Increase research/evaluation funding through competitive grant schemes and from the Commonwealth and State Governments	10 years	Parenting and Family Research Alliance (PAFRA)
Increase government funding for delivery of evidence-based parenting and family interventions		Australian Academy of Social Sciences (ASSA)
Mentions of Triple P or PFSC in government and non-government organisations' policy documents, both nationally and internationally		UQ Library

### Alignment with key initiatives

UQ Operational Plan 2021	UQ Strategic Plan 2018-21	UQ Aboriginal and Torres Strait Islander R&I Strategy 2021-25	United Nations Sustainable Development Goals
Enriching our communities	Enhancing our high-quality research by improving our capacity to collaborate to achieve greater impact  Knowledge leadership for a better world	Community engagement and involvement  Research commercialisation	Goal 16. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

# Appendix A

## Grants

The PFSC has attracted \$14,736,955 in national grant funding from ARC, NHMRC and other funding agencies, and \$4,170,964 in grants from international funders including National Institute of Drug Abuse (NIDA) and Centers for Disease Control in the US. PFSC researchers have also been involved in externally administered projects involving \$128,126,548 funding with research collaborators.

Years	Funding Source	Investigators	Project Title	Amount
<b>PFSC led projects (administered at PFSC)</b>				
2020-2021	Children's Health Queensland Hospital and Health Service	Morawska, A., Inwood, A., Mitchell, A., Coman, D.	Change in quality of life 6 months after the implementation of sapropterin therapy: A mixed methods study	\$11,000
2019-2022	QLD Department of Child Safety, Youth and Women	Turner, K.M.T., Sanders, M.R.	Aboriginal and Torres Strait Islander Positive Parenting Collaborative Project	\$250,000
2019-2020	National Rugby League	Sanders, M.R., Mallett, C., Rynne, S., Kirby, J., Dittmann, C.	Development and pilot testing of the Active Triple P program for parents of Junior Rugby League players	\$90,678
2018-2021	NSW Health	Sanders, M.R., Turner, K.M.T.	Family Life Skills Triple P Feasibility Trial	\$210,186
2018-2021	Children's Hospital Foundation	Mitchell, A., Morawska, A., Casey, E.	Does integrating a parenting support program into paediatric eczema care services improve treatment outcomes? A randomised controlled trial	\$256,012
2018	Children's Health Queensland Centre for Clinical Trials in Rare Neurodevelopmental Disorders	Inwood, A., Mitchell, A., Coman, D., Morawska, A.	Positive Parenting Programs in the PKU Clinic – impacts on metabolic control	\$50,000
2017-2021	Australian Catholic University	Turner, K.M.T., Sanders, M.R., Marsh, H.	A collaborative partnership approach to providing parenting support in Indigenous communities	\$105,800
2017-2018	ARC Life Course Centre	Dittman, C., Turner, K.M.T., Rusby, J.R.	The Positive Early Childhood Education (PECE) program: Trial development and industry engagement	\$31,828
2016	Global Strategy and Partnerships Seed Funding Scheme	Haslam, D., Sanders, M.R., Riany, E.Y.	UQ-Indonesia Collaborative Partnership (UQICP)	\$10,000
2015-2017	The University of Queensland	Sanders, M.R.	Triple P Innovation Precinct	\$2,700,000



Years	Funding Source	Investigators	Project Title	Amount
2015-2016	The Sidney Myer Fund	Haslam, D.M., Morawska, A.	Promoting positive adjustment in migrant and refugee families through delivery of an evidence-based parenting program	\$10,000
2015-2016	Edmund Rice Overseas Aid Fund	Haslam, D.M., Morawska, A., Tellegen, C.L., Sanders, M.R.	A randomized controlled trial of a brief positive parenting program for Kenyan parents living in poverty	\$36,364
2014-2016	ARC Discovery	Morawska, A., Sofronoff, K., Batch, J., Filus, A.	Outcomes and predictors of change resulting from participation in a brief parenting intervention for parents of children with type 1 diabetes	\$530,000
2013	School of Psychology	Dittman, C.K.	Assessing the impact of fly-in/fly-out and drive-in/drive-out work practices on children and families	\$17,600
2012-2016	The University of Queensland	Sanders, M.R.	Triple P International Research Network	\$2,500,000
2012-2016	ARC Discovery	Sanders, M.R., Turner, K.M.T.	Enhancing the public health approach to evidence-based parenting support: Efficacy of a low intensity online intervention	\$250,000
2012-2013	QLD Centre for Social Science Innovation, Department of Premier and Cabinet	Turner, K.M.T.	Exploring optimal training processes for Indigenous child protection sector professionals	\$30,932
2012-2013	QLD Department of the Premier and Cabinet	Cobham, V., Sanders, M.R.	Being prepared for and recovering from disaster: working with parents to build resilience in children and in the family unit	\$38,000
2011-2013	ARC Discovery	Morawska, A., Sanders, M.R., Fraser, J.A., Burgess, S.	Evaluation of a brief parenting intervention for parents of children suffering asthma or eczema	\$256,488
2011-2015	ARC Linkage	Turner, K.M.T., Sanders, M.R., Morawska, A., Hayward, W.	Assessing the effectiveness, acceptability and sustainability of a culturally adapted evidence-based intervention for Indigenous parents	\$363,944
2011-2011	ARC Discovery	Sanders, M.R.	Controlled trial of a family intervention for children bullied by peers	\$130,000
2011	Uniquist	Cobham, V., Sanders, M.R.	Evaluation of a Disaster Recovery Triple P program	\$108,840

Years	Funding Source	Investigators	Project Title	Amount
2010-2011	Queensland Government	Queensland Aboriginal and Torres Strait Islander Child Protection Peak, PFSC and Triple P International	Training Indigenous Family Support Workers in the Triple P – Positive Parenting Program	\$159,162
2010	Family Planning Queensland	Morawska, A.	Survey of parenting and children's sexuality	\$10,000
2009-2012	Go8 Australia - Germany Joint Research Co-operation Scheme	Sanders, M.R., Morawska, A.	Parenting support systems - Considering family needs	\$17,200
2008-2013	Uniquist	Sanders, M.R. Turner, K.M.T.	Effects of a technology enhanced parenting intervention for young children with early onset problems	\$125,250
2008-2010	Brisbane South Division of General Practice	Sanders, M.R., Morawska, A.	Evaluation of the roll-out of the Triple P - Positive Parenting Program	\$285,000
2008-2010	Queensland Department of the Premier and Cabinet	Sanders, M.R., Morawska, A.	The role of cultural factors in enhancing the efficacy of parenting interventions with ethnically diverse populations	\$75,000
2007	ARACY	Turner, K.M.T.	Supporting Indigenous Health Professionals: Identifying key issues and supports for the adoption of evidence-based behavioural family intervention in Indigenous communities	\$10,000
2006-2008	Telstra Foundation	Morawska, A.	Parenting gifted children: Developing an evidence based parent education program for gifted children and their parents	\$107,273
2006-2008	ARC Discovery	Sanders, M.R.	Evaluation of a parenting intervention to prevent adverse developmental outcomes for children following family breakdown	\$263,000
2006-2007	Australian Rotary Health Research Fund	Sanders, M.R.	An evaluation of the Stepping Stones Triple Parenting Program with parents of a child diagnosed with an autism spectrum disorder	\$116,295
2005-2007	Australian Rotary Health Research Fund	Sanders, M.R. Haslam, D.	Teachers as Parents Project. Examining the work-family interface: The impact of a worksite parenting intervention on family and occupational functioning	\$76,559

Years	Funding Source	Investigators	Project Title	Amount
2006	Department of Health and Ageing	Sanders, M.R.	Every Family Initiative	\$110,000
2004-2005	Australian Rotary Health Research Fund	Sanders, M.R.	Every Family Initiative	\$54,545
2003-2006	Beyond Blue	Sanders, M.R.	Healthy children, healthy families, healthy communities	\$455,357
2003-2006	NHMRC Strategic Research	Sanders, M.R., Turner, K.M.T., Hunter, E., Santhanam, R., Silburn, S.	Group Triple P - Positive Parenting Program for Indigenous families in community and health settings in far north Queensland: A pilot	\$90,000
2003	Queensland Crime and Misconduct Commission	Sanders, M.R.	Foster parent support	\$18,214
2003	Queensland Health	Sanders, M.R., Turner, K.M.T.	Positive parenting program for indigenous families	\$76,501
2002-2006	Telstra Foundation	Sanders, M.R.	Lifestyle Triple P	\$100,000
2002-2004	ARC Discovery	Sanders, M.R.	Designing family-friendly work environments: An evaluation of a worksite parenting intervention for working women with young children	\$162,000
2002-2004	Department of Health and Ageing	Sanders, M.R.	Transition to High School Parenting Program	\$200,792
2002-2004	Department of Industrial Relations	Sanders, M.R.	Work and Family Project: Family friendly workplace pilot program	\$60,000
2002-2003	Kids Helpline	Morawska, A., Sanders, M.R.	Toddler Triple P research program	\$50,000
2002-2003	Queensland Health	Sanders, M.R., Turner, K.M.T.	Increasing the family and social functioning of Indigenous parents, families and carers: An evaluation of Indigenous Group Triple P	\$76,500
2002-2003	Department of Health and Ageing	Sanders, M.R.	Evaluation Policy Group - Support Services	\$143,481
2002-2003	Department of Health and Ageing	Sanders, M.R.	Triple P goes bush: Supporting families in rural communities	\$69,995
2002	Queensland Division of General Practice	Sanders, M.R.	Beyond Blue - Research on Healthy Children, Families and Communities	\$20,455
2002	APEX Foundation for Research into Intellectual Disability	Sanders, M.R.	Reducing care-giving stress in families with an intellectually disabled child	\$7,220



Years	Funding Source	Investigators	Project Title	Amount
2000-2002	Queensland Health	Sanders, M.R.	Enhanced behavioural intervention for families notified to authorities for child maltreatment	\$89,582
2000-2002	Queensland Health	Sanders, M.R., Markie-Dadds, C.	Statewide dissemination of Triple P: Continuation	\$551,983
2000	Queensland Health	Sanders, M.R.	Triple P parenting programs in rural areas	\$28,296
2000	Queensland Health	Sanders, M.R., Turner, K.M.T.	Family and social functioning of Indigenous parents, families and carers	\$104,000
2000	Australian Rotary Health Research Fund	Sanders, M.R., Ralph, A.	A family based intervention for the prediction of depression in adolescents and their parents	\$13,636
1999-2000	ARC	Sanders, M.R., Plant, K.	Reducing caregiver burden in parents of children with disabilities	\$70,000
1999-2000	Queensland Health	Sanders, M.R., Markie-Dadds, C.	State-wide dissemination of Triple P	\$1,119,123
1999-2000	Queensland Health	Sanders, M.R., Gravestock, F.	Pathways Project	\$52,500
1999-2000	Criminology Research Council	Ralph, A., Sanders, M.R.	A community-based parenting program for the prevention of adolescent antisocial behaviour	\$5,392
1999-2000	Financial Markets	Sanders, M.R., Burns, J.	Treatment of postnatal depression	\$41,000
1999	Brisbane Southside Central Division of General Practice	Sanders, M.R., Turner, K.M.T., McAuliffe, C.	Primary Care Triple P	\$35,000
1998-2000	Healthway Health Promotion Research Project Grant, Western Australia	Roberts, C., Sanders, M.R., Mazzucchelli, T., Studman, L.	Evaluation of the Stepping Stones Project	\$77,678
1998-1999	National Council for the Prevention of Child Abuse	Sanders, M.R., Gravestock, F.	Enhanced behavioural family intervention for children notified to authorities for child abuse and neglect	\$50,000
1998-1999	UQ External Support Enabling Grant	Sanders, M.R., Burns, J.	Treatment of postnatal depression	\$26,125
1998-1999	Viertel Foundation	Parenting and Family Support Centre	"Families" television series	\$150,000
1998	ANZ Bank	Parenting and Family Support Centre	National coordination of Triple P	\$75,000
1998	The Ian Potter Foundation	Parenting and Family Support Centre	Triple P training video resources for professional training programs	\$50,000

Years	Funding Source	Investigators	Project Title	Amount
1998	John T Reid Charitable Trust	Parenting and Family Support Centre	Triple P research support	\$100,000
1997-1999	NHMRC	Sanders, M.R.	Role of behavioural family intervention in the prevention of disruptive behaviour disorders	\$285,413
1997	Intellectual Disability Commission, Western Australia	Sanders, M.R.	Early intervention for children with autism	\$15,000
1995-1996	Queensland Health	Sanders, M.R., Markie-Dadds, C., & Turner, K.M.T.	Positive parenting strategy	\$421,603
1995-1996	Victorian Department of Human Services	Sanders, M.R., Markie-Dadds, C., Turner, K.M.T.	Primary care positive parenting strategy	\$94,286
1995-1996	Health Department of Western Australia	Sanders, M.R., Markie-Dadds, C., Turner, K.M.T.	Group Positive Parenting Program	\$98,314
1994-1996	NHMRC	Sanders, M.R., Bor, W.	The role of behavioural family intervention in the prevention of children's disruptive behaviour disorders	\$308,000
<b>Projects in collaboration with international partners (administered at PFSC)</b>				
2016	Wellcome Trust	Newton, C., Abubakar, A., Kyobutungi, C., Gona, J., Stein, A., Sharpe, . . . Haslam, D.	Parental interventions to support families of children with neurodisability in low resource settings	\$254,226
2014-2019	National Institutes of Health USA (with Oregon Research Institute)	Metzler, C., Rusby, J., Christakis, D., Rivara, F., Sanders, M.R., Turner, K.M.T.	Evaluating an online parenting support system disseminated by pediatric practices	\$619,367
2013-2019	National Institutes of Health USA (with University of South Carolina)	Prinz, R., Metzler, C., Corso, P., Sanders, M.R., Fairchild, A., Rusby, J.	Online versus staff delivery: Child and family outcomes, cost analysis and satisfaction	\$200,957
2013	Alberta Health, Canada	Cobham, V.E. Sanders, M.R.	Disaster Recovery Triple P Pilot Project	\$55,868
2011-2014	Robert Wood Johnson Foundation (with California State University Northridge)	Love, S., Maurange, M., Sanders, M.R., Turner, K.M.T.	Developing and beta testing the Positive Parenting Program in a social-network community in Los Angeles County	\$524,213

Years	Funding Source	Investigators	Project Title	Amount
2007-2012	Oregon Research Institute	Sanders, M.R.	Evidence based kernels to promote healthy diet, activity and weight in children from birth through to age 12 at a population level: The Lifestyle Triple P Program	\$634,222
2011	University of Manitoba	Sanders, M.R.	Delivery of Triple P-Positive Parenting Program to ORI	\$42,000
2003-2010	University of South Carolina	Sanders, M.R.	Population-based system of parenting interventions	\$1,840,111
<b>Projects in collaboration with partners (administered externally)</b>				
2021-2023	ARC Discovery	Craven, R., Yeung, A., McKinley, E., Wallace, R., Turner, K.M.T.	Deadly Start: Enabling preschoolers' literacy, numeracy and wellbeing	\$1,015,131
2021-2027	ARC Centres of Excellence	Baxter, J., Thorpe, K., Smith, S., Sanders, M.R. et al.	Centre of Excellence for Children and Families over the Life Course	\$41,731,599
2020-2022	Australian Rotary Health	Peach, N., Mills, K., Barrett, E., Teeson, M., Cobham, V.E., ...	Treating traumatic stress and substance use in emerging adults	\$209,289
2020-2021	Australian Rotary Health	Ohan, J., Morawska, A., Sanders, M.R.	Engaging parents in online interventions for their child's behaviour problems by using action planning	\$111,871
2020-2021	Teachers Health Foundation	Gibbs, L., Ulubasoglu, M., Tekin, E., Nursey, J., Cesur, R., Ireton, G., Cowlshaw, S., & Cobham, V.E.	School staff support after major emergencies	\$400,000
2019-2023	MRFF Million Minds Mission, National Health and Medical Research Council	March, S., Donovan, C., Klein, B., Caele, A., Cobham, V.E., Hides, L., Spence, S. Farrell, L., & Kularatna, S.	Translating evidence-based interventions into population-level digital models of care for child and adolescent mental health	\$532,650
2019-2021	University of Newcastle	Kirby, J.	Supporting the wellbeing of workers with injury: Compassion-focused approaches using digital technology	\$30,616



Years	Funding Source	Investigators	Project Title	Amount
2020	Faculty of Health and Behavioural Sciences Research Collaboration Seeding Grant	McAuliffe, T., Amy Mitchell, A., Armstrong, R., Johnston, L., Morawska, A., McBryde, C.	The Prem-STARS Program: Developing an intervention to promote successful transition to and readiness for school for children born very preterm	\$24,986
2019-2020	Griffith University New Researcher Grant	Tadakamadla, S., Johnson, N., Morawska, A.	Effectiveness of an interactive online parenting intervention for preventing dental caries in young children	\$10,000
2019	NIH Grant administered by the University of Utah	Cobham, V.E.	Pediatric injury: Modules to manage medical stress	\$7,841
2018-2020	ARC Life Course Centre	Thorpe, K., Harris, H., Staton, S., Morawska, A., Parsell, C., Gallegos, D.	Mealtimes Matter: Childcare as window into food insecurity and food socialisation in low-income communities	\$84,000
2018	Phoenix Australian Centre for Posttraumatic Mental Health	Cobham, V.E.	Skills for Life Adjustment and Resilience for Children and Adolescents (SOLAR-kids and SOLAR-teens) program	\$76,800
2017-2020	National Health and Medical Research Council	Mills, K., Teeson, M., Back, S., Barrett, E., Cobham, V.E., Bendall, S., Perrin, S., Brady, K., Ross, J.	Randomised controlled trial of an integrated cognitive-behavioural therapy for the treatment of co-occurring post traumatic stress disorder and substance use disorder in adolescents	\$945,647
2017-2020	Children's Health Foundation Translator Grant	Cobham, V.E., Stathis, S., Ehrenreich-May, J.	Embedding and evaluating an evidence-based transdiagnostic intervention for emotional disorders in adolescents within CHQ CYMHS	\$267,832
2017-2018	Australian Rotary Health Mental Health of Young Australians Grant	Ohan, J., Morawska, A., Turner, K.M.T., Sanders, M.R.	Using social norms to engage parents in interventions for the child's behaviour problems	\$137,941
2016	Education Horizon Research Grant Scheme	Willis, L., Povey, H., Hodges, J., Carrol, A.	Principal Leadership for Parent-School-Community Engagement in Disadvantaged Schools Project	\$100,000
2016	Faculty of Health and Behavioural Sciences Research Collaboration Seeding Grant	Kenardy, J., Ziviani, J., Healy, K., McHutcheon, H., Newcombe, P., & Cobham, V.E.	The integration of physical and psychosocial care for hospitalised children: current practices and training needs	\$40,000

Years	Funding Source	Investigators	Project Title	Amount
2015-2016	Department of Education and Communities, Child Safety and Disability Services, Queensland Government	Griffin, M., Passfield, L., Price, M., James, M., Appo, L., Kirby, J.N., Tellegen, C.L., & Blondell, S.	Intensive Early Childhood Development Support Project	\$200,000
2014-2021	ARC Centres of Excellence	Baxter, J., Zubrick, S., Cobb-Clark, D., Western, M., Mazerolle, L., Sanders, M.R., Haynes, M., Lawrence, D.	Centre of Excellence for Children and Families over the Life Course	\$25,000,000
2014-2019	NHMRC (with University of Sydney)	Einfeld, S., Elliott, E., Nelson, J., Sanders, M.R., Sofronoff, K.	Behaviour support training for parents and carers of Aboriginal children with Fetal Alcohol Spectrum Disorders	\$640,419
2013-2021	Cooperative Research Centre	Kate Sofronoff plus 77 others	Living with Autism CRC	\$31,000,000
2013-2016	ARC	Kritikos, A., Sofronoff, K., Slaughter, V., Bayliss, A.	Development of the concept of ownership in typical children and those with an autism spectrum disorder	\$381,039
2013-2014	NSW Health Drug and Alcohol Research Grants Program	Mills, K., Barrett, E., Cobham, V.E., Ross, J., Teesson, M., Back, S., Slade, T.	Treating substance use and traumatic stress among adolescents: A pilot study	\$73,868
2013-2014	Australia and New Zealand Children's Haematology and Oncology Group (ANZCHOG) and Cancer Australia	Williams, L., Maria McCarthy, M., Burke, K., Lowe, C.	Development and validation of the 'Parenting and Child Behaviour Checklist' for use in paediatric psycho-oncology	\$16,897
2013	Golden Casket	Burgess, S.W., Levitt, D., Dakin, C., Morawska, A.	PAATH (preventing asthma admissions to hospital)	\$29,075
2012-2017	NHMRC (with University of Sydney)	Einfeld, S., Sanders, M.R., Tonge, B., Sofronoff, K.	Mental Health of Young People with Developmental Disabilities	\$2,787,748
2012-2016	NHMRC (with Royal Brisbane and Women's Hospital)	Colditz, P., Boyd, R., Sanders, M., Pritchard, M., Gray, P., O'Callaghan, M., Slaughter, V.	A randomised controlled trial of enhanced parenting capacity to improve developmental outcomes in preterm infants	\$996,337

Years	Funding Source	Investigators	Project Title	Amount
2012-2014	Asthma Australia	Burgess, S.W., Morawska, A., Tai, A., Dakin, C., Sly, P.	Reminder asthma management program (RAMP)	\$81,620
2012-2014	NHMRC	Daniels, L., Magaray, A., Nicholson, J., Battistutta, D., et al.	Promoting protective feeding practices to prevent childhood obesity: follow up of a successful obesity prevention program commencing in infancy	\$820,558
2011-2016	Canadian Institutes of Health Research	King, S., Kildea, S., Austin, M-P., Brunet, A., Cobham, V.E. et al.	QF2011: Effects of the Queensland Flood on pregnant women, their pregnancies, and their children's early development	\$18,000,000
2011	The University of Queensland and Queensland Health	Cobham, V.E., Sanders, M.R.,	Evaluation of Disaster Recovery Triple P	\$60,000
2011	Queensland Centre for Social Science Innovation	Cobham, V.E., Sanders, M.R., Ronan, K.	Being prepared for and recovering from disaster: Working with parents to build resilience in children and in the family unit	\$100,000
2009-2011	National Health and Medical Research Council	Kenardy, J., Cobham, V.E., Nixon, R., McDermott, B.	Treating children with PTSD following an accidental injury: A multi-site RCT	\$346,425
2009-2011	National Institute for Health Research, UK	Murray, C., Calam, R., Sanders, M.R., Morawska, A., Cuffwright, M., Callery, P	The effects of parenting intervention on child behaviour, parental confidence and asthma management in young children	\$322,761
2009	Golden Casket Research Fund	Cobham, V.E., McDermott, B., Tilse, A.	A natural outcomes trial of a unique model of care: The Mater CYMHS Day Program	\$63,037
2008-2010	NHMRC	Daniels, L., Magaray, A., Farrell, A., Nicholson, J., Battistutta, D., Cleghorn, G., ...	Positive feeding practices and food preferences in very young children - an innovative approach to obesity prevention	\$815,000
2008	New Staff Research Start-Up Grant, University of Queensland	Cobham, V.E.	Parent-child interactions in the context of an anxiety-provoking task: Comparing parents of anxious, clinical control and non-clinical control children	\$11,995
2006	Early Career Researcher Grant, The University of Queensland	Cobham, V.E.	Indicated intervention: Comparing parent-focused and parent + child-focused programs for young children at risk of developing an anxiety disorder	\$12,000



Years	Funding Source	Investigators	Project Title	Amount
2005-2009	Centre of National Research on Disability and Rehabilitation Medicine	Cobham, V.E., Kenardy, J., Lilley, P.R., Spence, S.H.	An intervention programme for children with traumatic stress reactions following accidents	\$70,035
2003-2004	APEX Foundation for Autism	Sofronoff, K.	Assessment of emotional and social understanding: and a controlled trial of a cognitive behavioural intervention for anger management in children diagnosed with Asperger's syndrome	\$5,060
2003	ARC	Sofronoff, K.	Interventions for anxiety and anger in children with Asperger's syndrome	\$12,000
2001	JP Kelly Mater Foundation	Cobham, V.E.	Empirical evaluation of a family oriented, cognitive-behavioural programme for anxiety-disordered children and adolescents in the Mater Day Program	\$5,500
2000	School of Psychology, The University of Queensland	Sofronoff, K.	Increasing treatment cost-effectiveness and accessibility: A comparison of treatment delivery methods for Asperger's Syndrome.	\$8,825
1998	The University of Queensland New Staff Grant	Cobham, V.E.	Increasing treatment cost-effectiveness and accessibility: Comparison of modalities in the treatment of childhood anxiety	\$16,190
1995-1997	NHMRC (with QUT)	Nicholson, J.M., Sanders, M.R., Halford, W.K.	Prevention of marital and family distress in stepfamilies	\$207,110
1996-1997	NHMRC	Dadds, M.R., Cobham, V.E.	Family based treatment of anxiety disorders	\$67,000
1995-1997	ARC (with Griffith University)	Sanders, M.R., Halford, W.K., Behrens, B.C.	Prevention of marital distress	\$199,846



# Appendix B

## Scientific publications

### In press

Durmush, G., Craven, R. G., Brockman, R., Yeung, A. S., Mooney, J., Turner, K. M. T., & Guenther, J. (in press). Empowering the voices and agency of Indigenous Australian youth and their wellbeing in higher education. *International Journal of Educational Research*.

González, C., Morawska, A., & Haslam, D. (in press). A model of intention to participate in parenting interventions: The role of parent cognitions and behaviours. *Behavior Therapy*. doi:10.1016/j.beth.2020.09.006

Hiller, R., Hitchcock, C., & Cobham, V. E. (in press). Assessing trauma-related symptoms in children and Adolescents. *The Oxford Handbook of Traumatic Stress Disorders* (2<sup>nd</sup> ed.).

Liu, Y., Dittman, C.K., Guo, M., Morawska, A. & Haslam, D. (in press). The influence of father involvement, fathering practices and father-child relationships on children in mainland China. *Journal of Child and Family Studies*.

Morawska, A., Baker, S., & Johnson, S. (in press). "The parent trap": Gender stereotypes and parenting roles in an Australian parenting website. *Australian Journal of Psychology*. doi:10.1080/00049530.2021.1906162

Prinz, R. J., Metzler, C. W., Sanders, M. R., Rusby, J. C. and Cai, C. (in press). Online-delivered parenting intervention for young children with disruptive behaviour problems: A noninferiority trial focused on child and parent outcomes. *The Journal of Child Psychology and Psychiatry*, doi:org/10.1111/jcpp.13426

Sanders, M. R. (in press). Developing the Triple P system as a population approach to parenting support. In M. Feinberg (Ed.), *Designing evidence-based public health and prevention programs: Expert program developers explain the science and art*. New York: Routledge.

Sanders, M. R., Divan, G., Singhal, M., Turner, K. M. T., Velleman, R., Michelson, D., & Patel, V. (in press). Scaling up parenting interventions is critical for attaining the Sustainable Development Goals. *Child Psychiatry & Human Development*. doi:10.1007/s10578-021-01171-0

Shaw, A., Brown, R., Ringle, V., & Cobham, V. E., (in press). Community mental health delivery. *Applications of the unified protocols for transdiagnostic treatment of children and adolescents*. J. Ehrenreich-May & S. Kennedy (Eds.) Oxford University Press.

### 2021

Burke, K., Dittman, C. K., Forbes, E. J., & Eggins, E. (2021). Protocol: A systematic review and meta-analysis of randomised controlled trials evaluating the impact of parenting programmes for parents of adolescents (10–18 years) on adolescent mental health outcomes, positive development and the parent–adolescent relationship. *Campbell Systematic Reviews*, 17(1) e1146 1-19. doi:10.1002/cl2.1146

Day, J. J., Hodges, J., Mazzucchelli, T. G., Sofronoff, K., Sanders, M. R., Einfeld, S., Tonge, B., Gray, K. M., and MHYPeDD Project Team (2021). Coercive parenting: Modifiable and nonmodifiable risk factors in parents of children with developmental disabilities. *Journal of Intellectual Disability Research*, 65(4), 306-319. doi:10.1111/jir.12813

González, C., Castillo, R. D., Franzani, J. P., & Martinich, C. (2021). Screening of developmental difficulties during the transition to primary school. *International Journal of Environmental Research and Public Health*, 18(8), 3958-3970. doi:10.3390/ijerph18083958

Guo, M., Guo, Q., Wang, L., & Morawska, A. (2021). Development and initial validation of the parent-report Academic Behavior Scale in a Chinese context. *International Journal of Behavioral Development* 45(2), 160-169. doi:10.1177/0165025420971039

Halpin, S., Mitchell, A. E., Baker, S., & Morawska, A. (2021). Parenting and child behaviour barriers to managing screen time with young children. *Journal of Child and Family Studies*, 30(3), 824-838. doi:10.1007/s10826-020-01881-4

Kim, J. J., Oldham, M., Fernando, A. T., & Kirby, J. N. (2021). Compassion mediates poor sleep quality and mental health outcomes. *Mindfulness*, 12(5). doi:10.1007/s12671-021-01595-8

Kimball, H., Douglas, T., Sanders, M. R., & Cobham, V. E. (2021). Anxiety in children with cystic fibrosis and their parents: A systematic review. *Clinical Child and Family Psychology Review*. doi:10.1007/s10567-021-00345-5

Kulasinghe, K., Whittingham, K., & Mitchell, A. E. (2021). Mental health, broad autism phenotype and psychological inflexibility in mothers of young children with autism spectrum disorder in Australia: A cross-sectional survey. *Autism*, 1-16. doi:10.1177/1362361320984625

Lennard, G. R., Mitchell, A. E., & Whittingham, K. (2021). Randomized controlled trial of a brief online self-compassion intervention for mothers of infants: Effects on mental health outcomes. *Journal of Clinical Psychology*, 77(3), 473-487. doi:10.1002/jclp.23068

Mitchell, A. E., Morawska, A., Kirby, G., McGill, J., Coman, D., & Inwood, A. (2021). Triple P for parents



of children with phenylketonuria: A nonrandomized trial. *Journal of Pediatric Psychology*, 46(2), 208–218. doi:10.1093/jpepsy/jsaa100

Steindl, S. R., Tellegen, C. L., Filus, A., Seppälä, E., Doty, J. R., & Kirby, J. N. (2021). The Compassion Motivation and Action Scales: A self-report measure of compassionate and self-compassionate behaviours. *Australian Psychologist*, 56(2), 93–110. doi:10.1080/00050067.2021.1893110

Tadakamadla, S. K., Mitchell, A. E., Johnson, N. W., & Morawska, A. (2021). Development and validation of the Parent and Child Tooth Brushing Assessment questionnaire. *Community Dentistry and Oral Epidemiology*. doi:10.1111/cdoe.12649

Teo, S., & Morawska, A. (2021). Communicating with children about sexuality: A randomised controlled trial of a brief parenting discussion group. *Journal of Child and Family Studies*, 30, 1487–1500. doi:10.1007/s10826-021-01948-w

## 2020

Austin, J., Drossaert, C. H. C., Schroevers, M. J., Sanderman, R., Kirby, J. N. & Bohlmeijer, E.T. (2020). Compassion-based interventions for people with long-term physical conditions: a mixed methods systematic review. *Psychology and Health*, 36(1), 1–27. doi:10.1080/08870446.2019.1699090

Baker, S., Morawska, A., & Mitchell, A. (2020). Do Australian children carry out recommended child health behaviours? – Insights from an online parent survey. *Journal of Paediatrics and Child Health*, 56(6), 900–907. doi:10.1111/jpc.14773

Creswell, C., Nauta, M. H., Hudson, J. L., March, S., Reardon, T., Arendt, K., . . . Kendall, P. C. (2020). Research review: Recommendations for reporting on treatment trials for child and adolescent anxiety disorders: An international consensus statement. *Journal of Child Psychology and Psychiatry*. doi.org/10.1111/jcpp.13283

Carter, A., Gilbert, P. & Kirby, J. N. (2020). Compassion focused therapy for body weight shame: a mixed methods pilot trial. *Clinical Psychology and Psychotherapy* 28(1) cpp.2488, 93–108. doi:10.1002/cpp.2488

Cobham, V. E., Hickling, A., Kimball, H., Thomas, H., Scott, J., & Middeldorp, C. (2020). Anxiety in children and adolescents with chronic medical conditions. *Journal of the American Academy of Child and Adolescent Psychiatry*, 59(5), 595–618. doi:10.1016/j.jaac.2019.10.010

Dittman, C., Burke, K., Hodges, J. (2020). Brief report: A randomized controlled trial of a brief parenting intervention to support parents of teenagers dealing with family conflict. *Child Youth Care Forum*. doi:10.1007/s10566-020-09557-2

Franke, N., Keown, L. J. and Sanders, M. R. (2020). An RCT of an online parenting program for parents of preschool-aged children with ADHD symptoms. *Journal of Attention Disorders*, 24(12), 1716–1726. doi:10.1177/1087054716667598

Gonzalez, C., Morawska, A., & Haslam, D. (2021). A model of intention to participate in parenting interventions: The role of parent cognitions and

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Hart, J. E. S., Kirby, J. N., Steindl, S. R., Kane, R. T. & Mazzucchelli, T. G. (2020). Insecure striving, self-criticism, and depression: the prospective moderating role of fear of compassion from others. *Mindfulness*, 11(7), 1699–1709. doi:10.1007/s12671-020-01385-8

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Hoang, N. P. T., Haslam, D., & Sanders, M. R. (2020). Coparenting conflict and cooperation between parents and grandparents in Vietnamese families: The role of grandparent psychological control and parent–grandparent communication. *Family Process*, 59(3), 1161–1174. doi:10.1111/famp.12496

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