



# Parenting & Family Support Centre

NEWSLETTER • DECEMBER 2023

Our work focuses on the development and evaluation of evidence-based parenting and family interventions.

## Parenting interventions to support wellbeing and prevent perinatal depression

Jeff Adina, PhD candidate

Maternal perinatal depression is linked with adverse health outcomes and negative parenting practices, and as a result, may put infants on a negative health trajectory. Supporting mothers to engage with evidence-based early parenting interventions can help to reduce the risk of perinatal depression and contribute to a positive postnatal experience.

Exploring the evidence in support of parenting interventions for perinatal depression was the primary objective of my PhD research. These interventions

are essentially designed to enhance parenting skills, however, my research showed that these interventions can also improve symptoms from a prevention perspective for women at risk of perinatal depression.

I found that parenting interventions can help women with subsyndromal depression feel more confident and responsive as parents while also easing their symptoms. This serves as a mechanism for fostering a positive postpartum experience for mothers and infants.



Jeff Adina

Importantly, my research shows that despite the sociocultural differences, parenting interventions from the West can be successfully implemented in low-and-middle-income countries and be well-received by mothers.

Triple P for Baby participants in Kenya



## AACBT Conference Sydney 19-20 October 2023

A number of PFSC staff and students gathered in Sydney to deliver symposia at the 2023 conference of the Australian Association for Cognitive and Behaviour Therapy.

Alina Morawska chaired the session on, 'Young children's screen use: Improving support for parents and families' with speakers **Blake Pyne (Honours student)** and **Amy Mitchell**.

The symposium, 'Enhancing the policy and social impact of evidence-based parenting support' was chaired by **Matthew Sanders** and included a presentation by **Tianyi Ma (PhD candidate)**.

PFSC alumnus **Carolina Gonzalez (USQ)** also chaired a symposium titled, 'Parents' engagement with parenting and family support: Evidence and next steps'.

Finally, **Divna Haslam (QUT)**, an honorary research fellow and alumnus of the PFSC presented as part of a symposium entitled 'Drawing on large-scale epidemiological Australian data to understand the role of early life experiences on attachment and mental health in adulthood'.



L-R Tianyi Ma, Alina Morawska, Carolina Gonzalez, Amy Mitchell, and Blake Pyne

## Life Course Centre's ECR School

Dr Carys Chainey and Tianyi Ma recently attended the Life Course Centre's ECR School that proved to be an excellent experience where they were able to expand their networks and explore potential collaborations.

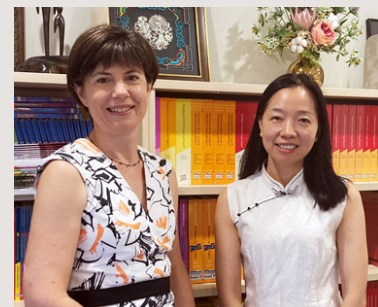


Life Course Centre's ECR School November 2023



## Rising Star Award

Congratulations to PFSC PhD Candidate **Tianyi Ma** (above) on being awarded the Rising Star Award for his presentation at the recent **Life Course Centre Student Symposium**.



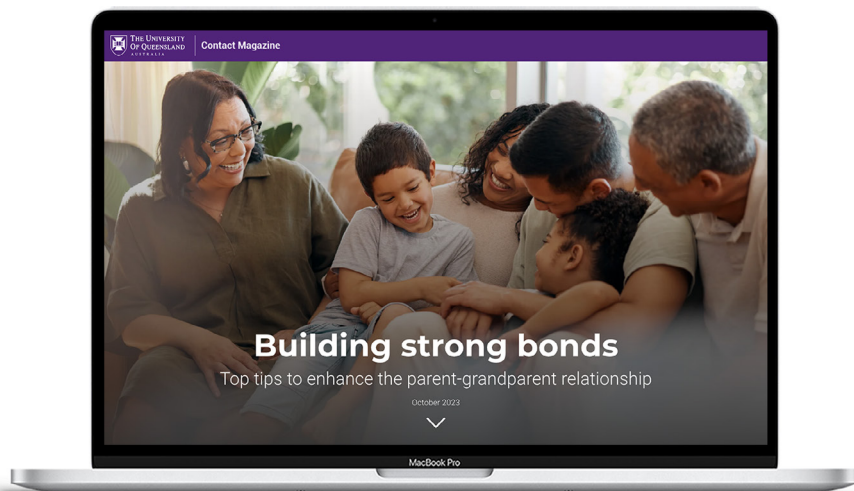
## Dr Yanhui Ma visit

Dr Yanhui Ma, an Associate Professor at Southwest Jiaotong University visited the PFSC in October to share her expertise and knowledge of flow-social identity and discuss applications to parenting.

## 2023 Honours students

Congratulations to our Honours Students for completing their 2023 year at the PFSC. This year's students included **Darrel Yao Jie Chang**, **Anurag Guduri**, **Alicia Johnson**, **Austin Manchadi**, **Blake Pyne**, and **Juan Zhong**.





*Building strong bonds*, Contact Magazine

## Happy Grandparent's Day

The PFSC's **Cassandra Tellegen** and **April Hoang** shared their top tips on balancing the grandparent – parent relationship in The University of Queensland's **Contact Magazine**.

The article titled, 'Building strong bonds', mentioned the top tips of open communication, building a positive parenting team, being supportive, and managing differences.



Alina Morawska and representatives of the Japanese Society of Psychosomatic Obstetrics and Gynecology

## Alina Delivers the Keynote Address in Japan

Alina Morawska was invited to present the Keynote Address at the 51st Annual Meeting of the **Japanese Society of Psychosomatic Obstetrics and Gynecology**, Okayama, Japan.

Alina delivered a presentation titled, '*Triple P for Baby: Current Evidence and Future Directions*' and joined directors of the society for a special banquet.

## Recent Publications

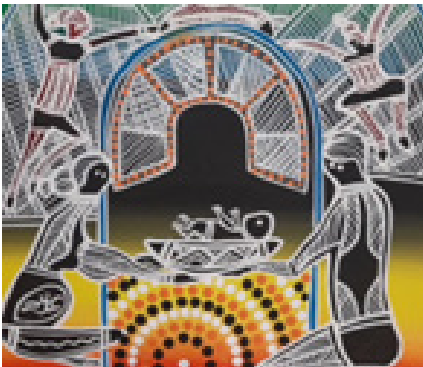
Andersson, E., McIlduff, C., Turner, K. M. T., Carter, E., Hand, M., Thomas, S., Davies, J., Einfeld, S., & Elliott, E. J. (2023). Jandu Yani U (For All Families): Evaluating Indigenous Triple P, a community-tailored parenting support program in remote Aboriginal communities. *Australian Psychologist*. Accepted 27/09/2023.

Bartlett, J.A., Sanders, M.R., Tellegen, C.L., & Leong, G.M. (2023) Randomised controlled trial of a brief, low intensity parenting intervention to promote healthy living: The Lifestyle Triple P Seminar Series. *J Child Fam Stud*, 32, 2347-2359. [doi.org/10.1007/s10826-023-02602-3](https://doi.org/10.1007/s10826-023-02602-3)

Boyle, C., Sanders, M.R., Ma, T., Hodges, J., Allen, K-A., Cobham, V.E., Darmawan, I., Dittman, C.K., Healy, K.L., Hepburn, S-J, MacLeod, L.M., Teng, J., & Trompf, M. (2023). The Thriving Kids and Parents Schools Project: Protocol of an incomplete stepped wedged cluster randomised trial evaluating the effectiveness of a Triple P seminar series. *BMC Public Health*, 23, 2021. [doi.org/10.1186/s12889-023-16962-4](https://doi.org/10.1186/s12889-023-16962-4)

Chainey, C., Burke, K, & Haynes, M. (2023). Relationships between adverse childhood experiences and demographic characteristics in a national Australian sample. *Journal of Child and Family Studies*, online. [doi.org/10.1007/s10826-023-02664-3](https://doi.org/10.1007/s10826-023-02664-3)

Crane, M.E., Kendall, P.C., Chorpita, B.F., Sanders, M.R., Miller, A.R., Webster-Stratton, C., McWilliam, J., Beck, J.S., Ashen, C., Embry, D.D., Pickering, J.A., & Daleiden, E.L. (2023). The role of the implementation organizations in scaling evidence-based psychosocial interventions. *Implementation Science*, 8:24. [doi.org/10.1186/s13012-023-01280-5](https://doi.org/10.1186/s13012-023-01280-5)



Detail from the slide presentation, 'Cultural adaptation and contextual fit of evidence-based parenting programs'



I-CEPS Award recipient, Arvind Ponnappalli

## International Congress of Evidence-based Parenting Support (I-CEPS) Awards

Congratulations to our PFSC staff, students and colleagues who received Best Paper Awards at the first I-CEPS.

### Best Symposium

Amina Khalid (alumnus), Jeff Adina (PhD candidate), Karen Turner, Divna Haslam, Alina Morawska, Amy Mitchell, and international colleagues, Maureen Ouma (CADAMIC Kenya) and Anke Hoefler (University of Konstanz, Germany) received an award for their symposium presentation titled, 'The use of evidence-based parenting support programs in diverse caregiving contexts in low resourced countries'.

### Best Paper

Arvind Ponnappalli (PhD candidate), Lee-Ann Cliff (Cherbourg Regional Aboriginal and Islander Community Controlled Health Service), Michell Forster (Triple P International) and Karen Turner received an award for the paper presentation 'Cultural adaptation and contextual fit of evidence-based programs: A whole of community approach to family and child wellbeing'.

Arvind was also invited to present on this project to the Queensland Health Darling Downs Health Innovation and Research Collaborative Interactive Showcase in November.

## End of year party

Once again, the PFSC staff and students came together to celebrate another successful year of research and creating positive opportunities for parents and families.



PFSC staff and students at the end of the year party

Dean, H.J., Clearly, A., Ma, T., McDaid, L., Pollock, D., & Boyle, F. (2023). Nature-based interventions in perinatal bereavement care – A scoping review. *Social Science & Humanity Open*, 8(1), 100690. doi.org/10.1016/j.ssaho.2023.100690

McIlduff, C.D., Turner, K.M.T., Davies, J., Carter, E., Thomas, S., Andersson, E., Hand, M., Einfeld, S., & Elliott, E. (2023). Embedding the Model of Engaging with Communities Collaboratively (MECC) in the Jandu Yani U (For All Families) Project in Aboriginal communities of the Fitzroy Valley, Western Australia. *International Journal of Critical Indigenous Studies*, 15(2), 101-118. doi.org/10.5204/ijcis.2314

Ponnappalli, A., Fisher, T., & Turner, K.M.T. (2023). Exploring Indigenous community concepts of parent wellbeing: A qualitative analysis. *International Journal of Environmental Research and Public Health*, 20(4), 3585 doi.org/10.3390/ijerph20043585

Sanders, M.R. (2023). The Triple P system of evidence-based parenting support: Past, present, and future directions. *Clinical Child and Family Psychology Review*. doi.org/10.1007/s10567-023-00441-8

Sanders, M.R., Turner, K.M.T., Baker, S., Ma, T., Chainey, C., Horstead, S.K., Wimalaweera, S., Gardner, S., & Eastwood, J. (2023). Supporting families affected by adversity: An open feasibility trial of Family Life Skills Triple P. *Behavior Therapy*. (Accepted 12/09/2023). doi.org/10.1016/j.beth.2023.09.004

Tellegen, C.L., Schoch, M., Hodges, J., Peters, K., Sanders, M.R., Tonge, B., Einfeld, S., Sofronoff, K., Gray, K.M., & The MHPeDD team (2023). The role of social identity and self-efficacy in predicting service providers' use of Stepping Stones Triple P following training. *Children and Youth Services Review*. doi.org/10.1016/j.childyouth.2023.107318