

Parenting and Family Support Centre

NEWSLETTER • SEPTEMBER 2024

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

Keynote Address at the 6th Annual QUEX International Symposium

Professor Matt Sanders delivered the keynote address at the 6th Annual QUEX International Symposium held in Brisbane. The event served as a platform for deepening and expanding the partnership between UQ and the University of Exeter. Professor Sanders focused on sharing a seven phased iterative model of research and development that had informed the global dissemination of the Triple P System. These phases were: 1) Theory building, content development, empirical validation and program evolution; 2) Development of a professional training system;

3) Development of outcome measures; 4) Development of a dissemination and scaling strategy; 5) Development of an implementation framework; 6) Development of a quality improvement framework; and 7) Development of a knowledge transfer strategy. The presentation was very well received as it highlighted how innovation derived from the social and behavioural sciences could achieve social and policy impact at scale.



Professor Matt Sanders delivering the keynote address at the QUEX Symposium



Participants at the Triple P seminar delivery in North Sumatra province, Indonesia, holding their Triple P tip sheets

Project spotlight

To thrive, children not only need good physical health but also mental strengths like resilience, confidence, and optimism. Self-regulation—the ability to manage thoughts, feelings and actions to achieve goals—is crucial for positive outcomes and preventing negative ones.

Endeavours to cultivate this skill have often relied on the education system and overlooked the family's role. While parents are pivotal in fostering their children's self-regulation, there is no school for being a parent.

This leaves many parents unprepared, frustrated, and burdened, particularly under societal stigma. Thus, supporting parents with evidence-based parenting knowledge, building their confidence, and ultimately helping them improve their self-regulation is strategic for advancing human capital development through the early years.

Olifa Jelita Asmara's PhD project investigates the relationship between parental self-regulation, child self-regulation, and parenting practices,

as well as the potential impact of an evidence-based parenting program to support parent and child self-regulation in Indonesia. Findings so far indicate that positive parenting plays a partial mediating role in the link between parent and child self-regulation.

Additionally, feedback from seminar delivery was that participants were happy with evidence-based parenting knowledge that counters misinformation spreading through social media.

Young Minds: Our Future

Associate Professor Divna Haslam a PFSC alumnus and affiliate, along with a team led by David Lawrence at Curtin (including James Scott a fellow PAFRA member) have been awarded over \$8 million to conduct the Third Australian Child and Adolescent Survey of Mental Health and Wellbeing.

The study, known as “Young Minds: Our Future”, will provide information on the current prevalence of mental health disorders among 4-17-year-old Australian children using a random household survey methodology. The study will also examine predictors of poor mental health, associated outcomes and service use.

The last survey Young Minds Matter was more than 10 years ago so new data is sorely needed.

Divna will now be based at the Queensland Centre for Mental Health Research, and The University of Queensland.



Dr Divna Haslam

Channel 7 Brisbane

Dr Karyn Healy, PFSC alumnus and honorary research fellow, was interviewed for Channel 7 News where Karyn explained the risks that free access to the internet can have on children, not the least cyberbullying and scams. Karyn commented that “Cyberbullying causes really serious mental health problems for kids and it’s very distressing. Allowing kids to have free access to whatever they want could put them in real danger.”



Dr Karyn Healy



Professor Matthew Sanders presenting at TEDxUQ

TEDx UQ event

As the founder of the world-renowned Triple P – Positive Parenting Program and a strategic advisor at The University of Queensland, Professor Sanders has dedicated his career to improving the lives of families worldwide. At the August TEDx UQ, Professor Sanders discussed how preparing for parenthood should be embraced and destigmatized, and why it’s crucial for society to support evidence-based parenting practices.

Life Course Centre (LCC) research retreat

The PFSC was represented by eight researchers attending the August Life Course Centre research retreat along with over 100 LCC members from across Australia. Workshops were varied, covering topics from First Nations data governance to enhancing early career researcher skills for advancement.



PFSC team with LCC Director Professor Janeen Baxter (centre)

Rugby parenting intervention

Play Well Triple P co-developer, PFSC alumnus and honorary research fellow Dr Cassy Dittman (CQ University Psychology Head of Course) has published findings on the program’s impacts which show clear shifts in increased positive behaviours. The NRL partnered with the PFSC to develop this new Triple P program and Dr Dittman is now extending this work into other junior sports. The principles of parents being positive supporters is relevant to all parents on the sporting sidelines.

Read more here: Rugby parenting intervention boosts sidelines behaviour, family connection.



Dr Cassy Dittman

New Zealand Triple P Masterclass

Professor Matt Sanders was in Auckland, New Zealand to deliver a Triple P Masterclass for practitioners. Many of the practitioners in attendance offer Triple P to a range of refugee populations. Following the masterclass, which focused on promoting parental self-regulation through parenting programs, there was an excellent panel discussion that focused on creative cultural adaptations of

Triple P for Maori and Pacific Islander whānau. The masterclass was organised jointly by Whāraurau at the University of Auckland which provides NZ Government funded training and support to the infant, child, adolescent and youth mental health and alcohol and other addictions sector, and by Triple P New Zealand which disseminates Triple P across NZ.



Professor Matt Sanders with practitioners running Triple P programs with a range of refugee populations

International Congress on Evidence-based Parenting Support (Online: June 4-7, 2025)

New to I-CEPS in 2025 is a Parent Day which is co-designed with parent organisations to facilitate meaningful dialogue and collaboration between parents and professionals. Planned activities include topic-specific parent seminars, skill-building workshops, Q&A sessions with program leaders, and inspirational guest speakers. Further detail on I-CEPS and the Parent Day can be found [here](#).



International Congress on Evidence-based Parenting Support
ONLINE, 4-7 JUNE 2025

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Alumni updates

Dr Raziye Salari graduated from the PFSC in 2009 as an International PhD student from Iran. In her doctoral research, she conducted an evaluation of Standard Teen Triple P. After many years working as an associate professor at Uppsala University in Sweden, Raziye recently moved to Germany with her family and took up a position as a research fellow at the Friedrich-Alexander-Universität (FAU) Erlangen-Nürnberg. She is currently writing a manual for a new intervention: Affect Regulation Training (ART) for children.



Dr Raziye Salari (centre) and family

Dr Sabine Baker has returned to work on the new Family Life Skills Triple P project after three years at QUT working as a research fellow at the Woolworths Centre for Childhood Nutrition Research. Sabine is now the Service Evaluation and Research Coordinator at Jacaranda Place Adolescent Unit and Day Programs, Children's Health Queensland.



Dr Sabine Baker

We always take a keen interest in our alumni and would love to share your news in the newsletter. Let us know by emailing pfsc@psy.uq.edu.au and we will post the news.

Conference presentations

Dr Stevie-Jae Hepburn presented a paper entitled, "A comparative study exploring the application of self-evaluation in online clinical skill development" at the Australian and New Zealand Association for Health Professional Educators (ANZAHPE) 2024 conference held in Adelaide, South Australia in July.

Associate Professor Alina Morawska, delivered an invited presentation titled, "Young children's screen use: Current issues and the role of parents" for the Institut Pertanian Bogor IPB University 8th International Summer Course, Indonesia. The online summer course was held on the 28 August, 2024.

Associate Professor Alina Morawska, was an invited speaker at the workshop: Healthy Dads, Healthy Kids at the Maternal, Child & Family Health Nurses Australia Conference, Brisbane, Australia from 29-31 August, 2024

Award news



Congratulations to PFSC Director, Associate Professor Alina Morawska on the paper, "Development and validation of the parenting and child tooth brushing assessment questionnaire" being one of the top 10 most-cited papers published in *Community Dentistry and Oral Epidemiology*.



Congratulations to Tianyi Ma who has received an EMCR grant from the Growing Minds Network with the project, "Multi-informant assessment protocol". The investigators include Trisha Nowland, Tianyi Ma, Jaimie Northam, Alex O'Donnell, Catherine McHugh, Sylvia Wong, Fran Doyle, and Talia Carl.

PFSC seminar series



The PFSC hosted three well supported seminars in June, July and August. PFSC PhD student, Tianyi Ma presented, "Evaluating the effectiveness of a Triple P seminar series in Australian primary schools: Findings from a cluster randomised trial."



Shafaq Zehra, visiting from the University of Lancaster in the UK, presented the July seminar titled, "Data storytelling: Connecting data with human lives."



Kathryn Esparza, Lecturer in Psychology (UniSC) and PhD Candidate (UQ), was the August presenter with a talk titled, "Can an evidence-based parenting intervention support positive family adjustment following resettlement? Possibilities and lessons learned."

Recent publications

Gelmini, A., Tellegen, C., & Morawska, A. (2024). A randomized controlled trial to test the efficacy of a brief Triple P Discussion Group to increase healthy feeding practices and reduce risk factors for infant obesity. *Journal of Pediatric Psychology* (Accepted 16/7/24).

Hoang, N. P. T., Ma, T., Silverwood, A. J., & Sanders, M. R. (in press). Place-based approach to support children's development towards Sustainable Development Goals: A scoping review of current effort and future agenda. *Children and Youth Services Review*, 164, 107873. <https://doi.org/10.1016/j.childyouth.2024.107873>

Ma, T., Sanders, M. R., Hodges, J., Boyle, C., Healy, K. L., & Morawska, A. (2024). Extended Child Adjustment and Parent Efficacy Scale (CAPES): Inclusion of the Peer Relationship Problems Subscale and updated psychometric properties. *Australian Psychologist* (Accepted 25/9/24).

Ma, T., Tellegen, C. L., & Sanders, M. R. (2024). Facilitators, barriers, and enablers of social workers' utilization of an evidence-based parenting program: An exploratory mixed-method study. *Children and Youth Services Review*, 166, 107922. <https://doi.org/10.1016/j.childyouth.2024.107922>

Ma, T., Tellegen, C. L., Hodges, J., & Sanders, M. R. (2024). The associations between parenting self-efficacy and parents' contributions to the home-school partnership factors among parents of primary school students: A multilevel meta-analysis. *Educational Psychology Review*, 36, 93. <https://doi.org/10.1007/s10648-024-09937-3>

Mitchell, A., Morawska, A., Etel, E., Adina, J., Atthow, C., Smith, S., Spicer, J., Bursle, C., Elliott, A., O'Neill, S., & Inwood, A. (2024). Effects of commencing sapropterin therapy on quality of life for children with phenylketonuria and their families: a qualitative interview study. *Australian Journal of Advanced Nursing* (Accepted 12/7/24).

Morawska, A., Armstrong, R., McBryde, C., Mitchell, A. E., Etel, E., McAuliffe, T., & Johnston, L. (2024). Parent needs and preferences for support during their very prematurely born child's transition to school. *International Journal of Early Years Education* (Accepted 9/6/24).