

Parenting and Family Support Centre

NEWSLETTER • MARCH 2025

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

Father involvement in Asian families: A systematic literature review

Father involvement is crucial for child development and family well-being. It is linked to fewer behavioural problems and improved social skills and educational outcomes in children. However, research on this topic in Asia remains limited.

As a part of her PhD project, Ari Pratiwi's study aims to explore the perspectives of Asian fathers on their involvement with their children, and to identify the factors that facilitate or impede their engagement and parenting support.

A systematic review of seven databases identified 39 relevant papers. The results indicate that father involvement was portrayed by level, time, and activity. There was significant variability across Asian countries in terms of father involvement.

Playing with children was the most frequently reported activity in which fathers were involved, followed by direct care activities, teaching and discipline, academic or education support, emotional support, and instrumental provision.

Furthermore, results highlighted that multiple determinants influence father involvement in Asian families. Individual factors such as age, education, belief, self-efficacy, fathers' ideology about gender, and belief in fathering role were the most assessed determinants.

However, comprehensive studies incorporating the effect of multiple determinants including familial, extra familial and cultural on father involvement are needed.



Ari Pratiwi

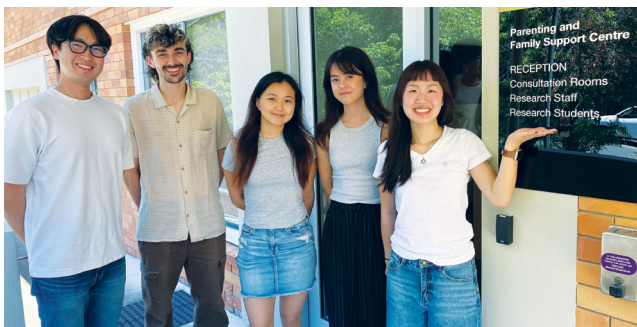
Independent Schools Queensland masterclass

Emeritus Professor Matthew Sanders gave a presentation at the Independent Schools Queensland (ISQ) masterclass on parental engagement. The presentation *Reciprocity, empathy and respect: Evidence based parenting support through schools to enhance learning outcomes* was organised by the PARENTING Network for ISQ.



2025 Summer Scholars

The PFSC welcomed six Summer Scholars who worked on projects from December 2024 till the end of February 2025. Yohan Joo, Joshua Burt, Luna Ng, Lillian Baillie, Yina Choi and Rosie Bao Yen Huynh were supervised by Alex Johnstone, Carys Chainey and April Hoang.



Yohan Joo, Joshua Burt, Luna Ng, Lillian Baillie and Yina Cho

Sanders Family Foundation HDR Top-up Scholarships

Through the Sanders Family Foundation HDR Top-up Scholarships, the Sanders family hopes to create opportunities for passionate PhD candidates to continue innovative and cutting-edge research in family and parenting psychology and grow the legacy Emeritus Professor Sanders initiated at the Parenting and Family Support Centre. To discuss possible research projects, please contact Associate Professor Karen Turner at ktturner@psy.uq.edu.au.



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 DETAILS](#)

Alumni updates

Kathryn Esparza received her PhD at the end of 2024 for her thesis *The Settlement Success Project: Examining the Efficacy of a Parenting Intervention Aimed at Promoting Family Adjustment following Settlement in Australia*.



Kathryn Esparza

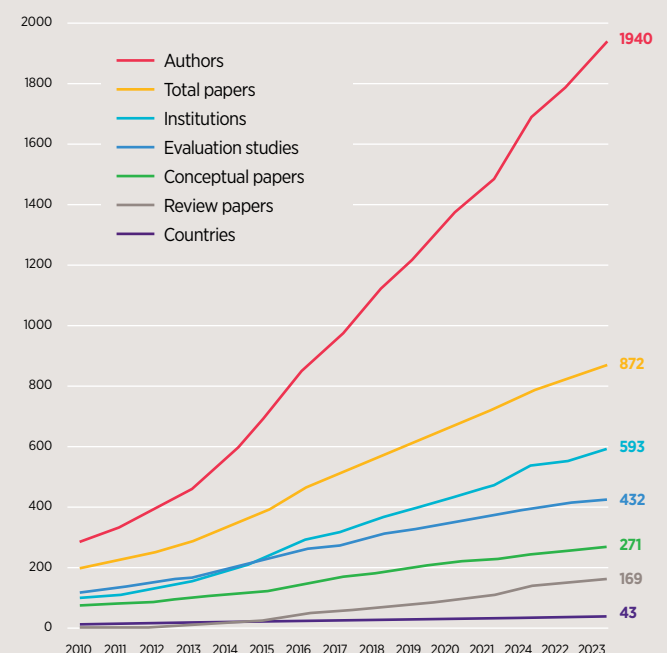
Kathryn is now a Lecturer in Clinical Psychology and External Placement Coordinator for Postgraduate Psychology Programs at University of the Sunshine Coast. She is also a Clinical Psychologist and board approved supervisor of provisional and clinical registrar psychologists.

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.

Update on Triple P research outputs

To date, research outputs include 872 published papers relating to Triple P. This includes 432 evaluation trials and 271 conceptual papers. Globally, Triple P research has been published by 1,940 authors from 593 institutions in 43 countries.

Growth over time is depicted in the following graph.



Giving the gift of presence over presents

In a story in the *Bellarine Times*, Emeritus Professor Matt Sanders said many families felt pressured to buy things or deliver expensive experiences, but the real impact on a child's wellbeing came from spending quality time together and expressing gratitude.

“Spending even the smallest moments of time together along with encouraging gratitude in our children can have a positive impact on their overall wellbeing and strengthen relationships.”

[READ MORE](#)



Professor Matt Sanders

PAFRA Director's meeting

The PFSC proudly hosted the Parenting and Family Research Alliance Director's Meeting in February 2025.



Recent publications

Asmara, O., Morawska, A., Hoang, A., & Riany, Y. E. (2025). How far does the apple fall from the tree? A cross-sectional study of the relationship between child and parent self-regulation in Indonesia mediated by parenting practices. *International Journal of Behavioral Development* (Accepted 27/1/25)

Hoang, A., Hepburn, S. J., Tomizawa, S., Carroll, A., Edwards, E., & Sanders, M. (2024). Using a stakeholder engagement approach to inform professional development programs to promote education for sustainability in schools. *Environmental Education Research*, 1-19. doi.org/10.1080/13504622.2024.2419903

Khalid, A., Morawska, A., & Turner, K. M. T. (2025). Effectiveness of the Triple P - Positive Parenting Program in an Orphanage Context in Lahore, Pakistan. *International Journal of Child, Youth and Family Studies* (Accepted 14/12/24).

Lee, J.Y.S., Whittingham, K. & Mitchell, A.E. Parental Acceptance and Understanding of Autistic Children (PAUACS) - an instrument development study. *Journal of Autism and Developmental Disorders* (2024). doi.org/10.1007/s10803-024-06630-w

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*, 59(6), 533-540. doi.org/10.1080/00050067.2024.2411354

Sanders, M.R., Clague, D., Zajac, T., Baxter, J., Western M., Chainey, C., Morawska, A., Tomaszewski, W., Prinz, R.J., & Burke, K. (2025). Parenting, child maltreatment, and social disadvantage: A population-based implementation and evaluation of the Triple P system of evidence-based parenting support. *Child Maltreatment*, 30(1), 177-191. doi.org/10.1177/107755952412599

Award news

Associate Professor Karen Turner was awarded a Life Course Centre First Nations Research Enabling Grant (\$10,000) to consult on design and employ an Indigenous graphic artist to lay out the First Nations Parent Wellbeing Scale which is undergoing a national validation as part of the doctoral research of Arvind Ponnappalli.



Associate Professor
Karen Turner



Dr April Hoang



Dr Carys Chainey

PFSC Postdoctoral Fellows Dr April Hoang and Dr Carys Chainey have been promoted to Lecturer level appointments in the School of Psychology. April's research focuses on family, school and community systems and sustainable futures for children. Carys' research investigates the links between adverse childhood experiences, parenting, and intergenerational wellbeing.



Dr Kathryn Esparza



Dr Nicole Penman

Dr Kathryn Esparza and Dr Nicole Penman have been awarded PhDs. Kathryn was supervised by Associate Professor Divna Haslam (UQ School of Public Health) and Professor Alina Morawska (UQ PFSC). Nicole was supervised by Associate Professor Karen Turner (UQ PFSC), Associate Professor Vigya Sharma (UQ Sustainable Minerals Institute) and Professor Paul Lant (UQ School of Chemical Engineering).

International visitors

Verena Fuss is a visiting Masters student from Germany (Jan-Sep 2025). Verena's research project focuses on young Australians' perspectives on screen time and explores how young people aged 10 to 13, experience screen time, as well as which regulations and support they desire.



Verena Fuss

Professor Ali A. Arjmandnia is visiting from the University of Tehran, Psychology and Education of Exceptional Children Department (Dec 2024 - Jul 2025). He received his MA in Psychology and Education of Exceptional Children from the University of Tehran in 2000 and his PhD in Psychology from Allameh Tabatabaiee University in 2007.



Professor Ali A. Arjmandnia

Research interests include parenting methods, working memory in children, motor and cognitive treatments and rehabilitation.

PFSC seminar series

The March seminar, *Triple P and its neurocognitive effects: The interaction of parent and child working memory*, was presented by Professor Ali A. Arjmandnia.

Life Course Centre seminar series

Professor Alina Morawska presented *Parenting and Gender Stereotypes* for the Life Course Centre. The presentation provided an overview of research to support the development of interventions that empower parents to raise their children by focusing on individual strengths rather than gender.



Professor Alina Morawska