



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Parenting and Family Support Centre

REPORT 2020 – 2025

Supporting families around the world

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 respectfully acknowledge Elders, past and present, who continue to guide us with their wisdom on our journey to support and build strong, healthy families.



Parenting and Family Support Centre

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.

Good parenting is the clean water of a child's mental health, wellbeing and resilience. Our aim is to promote the development of thriving, flexible, confident children who grow into adults capable of adapting to and changing their environment to create a healthy, diverse, creative and sustainable society.

Parenting and the family environment affect every aspect of a child's development. Parents contribute to shaping children's relationships, experiences and achievements. Strong bonds, responsive parenting, consistent and predictable expectations and boundaries, and positive family interactions are all crucial to children's development and wellbeing. Parents play a vital role in helping children understand and manage their emotions, get on with others in their world, feel good about themselves, and develop healthy behaviours. It doesn't matter what obstacle a child is experiencing; effective parenting is part of the solution.

Our leadership team



Centre Director

Professor Alina Morawska

Alina is an expert in behavioural family intervention, with a strong focus on promoting positive family relationships and supporting families of young children at risk of behavioural, emotional, and health-related difficulties. Her work emphasises prevention and early intervention to improve the health and wellbeing of children and families. She has published extensively in the field and is recognised as Australia's top scholar in family studies.



Deputy Director

Professor Karen Turner

Karen is a co-author of the Triple P – Positive Parenting Program and brings clinical and research experience in prevention and intervention for childhood behavioural, emotional and developmental concerns. Her work focuses on the delivery of parenting support in primary care and early childhood education settings, the development of interactive online programs, cultural adaptation, and training support for First Nations professionals.



Strategic Advisor and Founder of Triple P

Professor Matthew Sanders

Matthew is internationally recognised for his leadership in evidence-based parenting and family interventions. As the founder of Triple P, he has significantly influenced global research, policy, and practice in child and family wellbeing. His research spans parenting, family psychology, and the prevention of social, emotional, and behavioural problems in children. He is also a prominent public advocate for positive parenting.



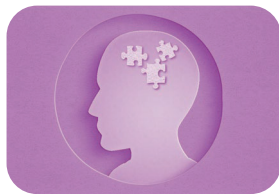
Curriculum Development Leader

Dr Cassie Tellegen

Cassie is a clinical psychologist and board-approved supervisor responsible for developing and updating Triple P training materials. Her research focuses on developmental disabilities, with a particular interest in Autism Spectrum Disorder. Her work in clinical psychology and behavioural family intervention includes internationally recognised meta-analyses and has been widely cited for its contribution to the field.

Our students

The PFSC is an active training centre for undergraduate and postgraduate students, and we routinely host international research students and visitors. Our staff members coordinate and teach into the undergraduate and postgraduate curriculum within the School of Psychology. We provide supervision to undergraduate research project students, summer and winter scholars, Honours students, professional Masters and Doctor of Psychology students and PhD scholars. The PFSC has an exceptional track record of completions:



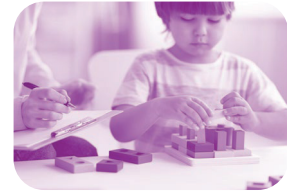
58 PhD



13 DPpsych



8 MPpsych



105 Honours

Our research

Our research explores the complex and interconnected dimensions of parenting and child development across diverse cultural, socioeconomic, and health contexts. We investigate children's social, emotional, behavioural, and developmental challenges, and how early environments and experiences shape lifelong outcomes.

Our flagship program, the Triple P – Positive Parenting Program, is a system that includes many tailored parenting support programs delivered in person, in groups, in seminars, and online for parents of children of different ages (from babies to teens) and unique needs. These programs address diverse issues, including challenging behaviour, anxiety, school bullying and childhood obesity, and family issues such as parents' coping skills and relationships. This unique evidence-based support system has become the world's most extensively studied and widely disseminated parenting program.

Parenting is examined across the lifespan and within varied cultural frameworks, highlighting how beliefs, practices, and family structures influence children's identity, wellbeing, and socialisation. We emphasise the importance of culturally responsive, community-led approaches to parenting support that reflect best practice and local realities, and promote holistic wellbeing.

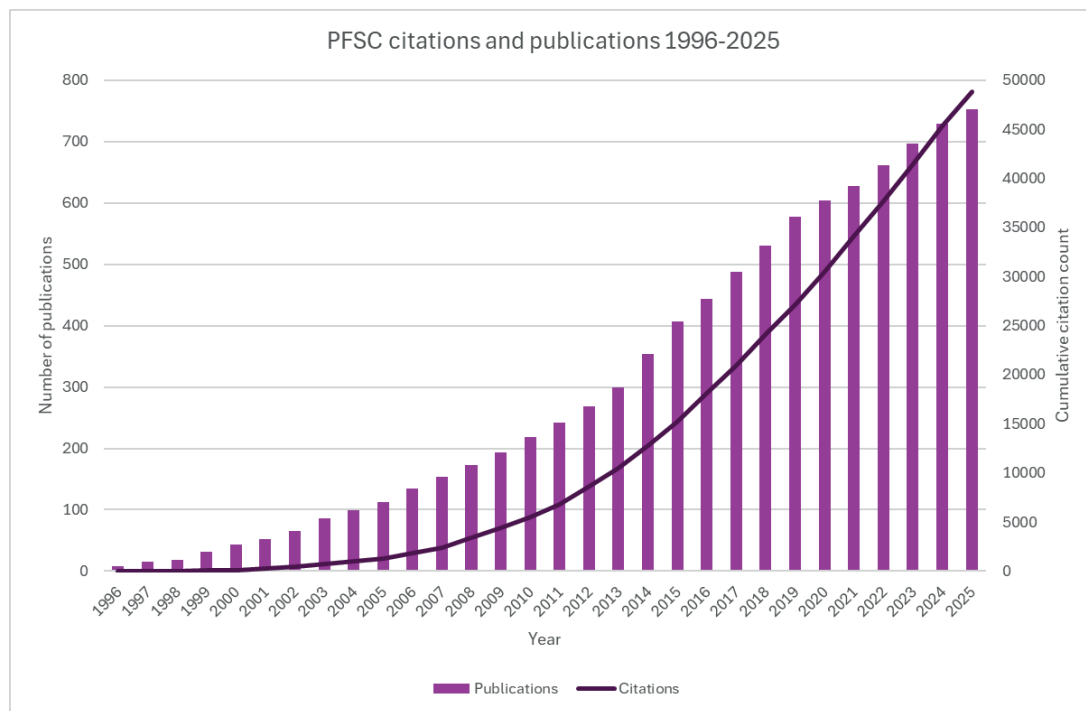
In low-resource settings, our work evaluates the effectiveness of parenting programs in addressing challenges such as perinatal mental health, developmental risk, and environmental adversity. We also explore how families adapt to raising children with complex needs and the impact on parental confidence, wellbeing, and access to support.

A broader systems perspective informs our research on population-level parenting support and the role of early, effective engagement, particularly for families experiencing vulnerability or disadvantage. We examine how parenting interacts with education, community development, and broader social systems to influence outcomes for children and families.

Technology plays a growing role in our work, with digital tools increasingly used to support parenting practices, improve child health, and enhance program accessibility. Our focus on implementation science and community engagement ensures that evidence-based approaches are scalable, sustainable, and grounded in the realities of the communities they serve.

Our work demonstrates that effective parenting support can be both scalable and enduring when anchored in strong community and institutional partnerships.

Publication metrics



752

publications with DOIs authored by PFSC researchers for the years 1996-2025

48,811

total citation count

18%

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

51.7

average citations per paper

1.59

field weighted citation impact

233

PFSC publications (53.2%) have been cited in policy documents

697

policy documents citing PFSC research across 31 countries

508

different news outlets have mentioned PFSC publications across 24 countries



Highlighted PFSC projects



Every Family Population Trial

Every Family was a large scale quasi-experimental population trial of the Triple P system, led by Professor Matt Sanders and Associate Professor Kylie Burke. It compared the effects of the Triple P system and care as usual on rates of child maltreatment in 64 socially disadvantaged communities. After 2 years of intervention, Triple P communities experienced a 25% reduction in substantiated maltreatment cases and a ~10% reduction in notifications, while comparison communities showed increases over time. The findings demonstrated that a coordinated, population-based parenting support strategy can reduce maltreatment and improve child and family outcomes even in contexts of socioeconomic disadvantage.



Cherbourg Positive Parenting Collaboration

The Dar'in Djanum (Strong Together in Wakka Wakka language) Project, led by Professor Karen Turner and Arvind Ponnappalli in collaboration with the Cherbourg Community and QLD Health aimed to explore determinants of parent and family wellbeing, better understand parents' service preferences, increase community controlled agencies' capacity, and develop sustainable resources to support parents and caregivers through evidence-based programs. One of the project outcomes is a series of public service radio announcements about parent wellbeing airing on Cherbourg UsMob radio, which won a First Nations Media award.



Screen use in childhood and adolescence

Professor Alina Morawska leads a research stream focussing on parenting practices related to children's screen use, a growing public health concern. We have explored barriers parents face, factors influencing screen time, and the role of parenting programs in promoting healthier digital habits. A conceptual framework and multiple interventions have been developed to support parents in managing screen use across childhood and adolescence.

Women's entrepreneurial development in Papua New Guinea

Dr Nicole Penman's research focused on women's entrepreneurial development in Papua New Guinea, evaluating training programs that supported women in generating income through solar product sales and sanitary pack production. Her work highlighted the importance of community consultation, family involvement, and participatory approaches to strengthen women's empowerment and business capacity. Findings informed the design and refinement of more holistic training programs aimed at improving individual skills and family support systems.



Parenting interventions to support wellbeing and prevent perinatal depression

Dr Jeff Adina's research focused on parenting interventions to support maternal wellbeing and prevent perinatal depression in Kenya. His findings showed that these interventions not only enhance parenting skills but also reduce depressive symptoms and improve confidence among women at risk, contributing to more positive postnatal experiences. Importantly, his work demonstrated that a program such as Triple P for Baby, though developed in Western contexts, can be successfully adapted and accepted in low- and middle-income countries.



The "Our Place, Our Future" framework for achieving sustainable development goals

The 2030 Sustainable Development Goals (SDGs) aim to eradicate poverty, ensure quality education and healthcare, promote gender equality, and foster decent employment. To address these goals, Dr April Hoang led the development of the "Our Place, Our Future" framework, which outlines how various aspects of a child's life can collaboratively enhance outcomes. Key features of the framework include: 1) a system approach to change; 2) a child-centred focus; 3) continuous evaluation and enhancement, and 4) embracing technological innovation.





Supporting parent and child self-regulation in Indonesia

Self-regulation, the ability to manage thoughts, feelings and actions to achieve goals, is crucial for child development and thriving. Dr Olifa Jelita Asmara's research investigated the relationships 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.



The Thriving Kids and Parents Schools Project

A cluster randomised trial of the Thriving Kids and Parents Seminar Series (including the topics: *The Power of Positive Parenting*; *Helping Children Learn to Manage Anxiety*; and *Helping Children Deal with Bullying*) involved 380 schools across Victoria, Queensland and South Australia. Child social, emotional and behavioural outcomes and parenting outcomes improved as a result of participation.

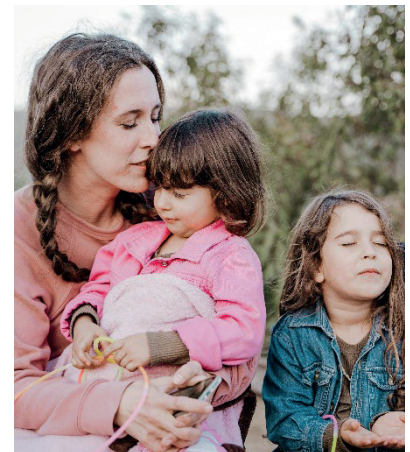


Father involvement in Asian families

Dr Ari Pratiwi's study explored the perspectives of Asian fathers on their involvement with their children, and the factors that facilitate or impede their engagement. Ari's work found that there was significant variability across Asian countries in the amount and type of father involvement and that multiple determinants influence father involvement in Asian families.

Supporting parents in the face of adversity

This project led by Dr Carys Chainey explored parents' confidence in managing their children's behaviour when experiencing multiple forms of adversity. One key finding was the central role of parental mental health, both as a common form of adversity and as a mechanism influencing parents' confidence. Mental health challenges were shown to compound the effects of other adversities such as separation, substance use, incarceration, and domestic violence.



Green parenting

Dr Carolina Gonzalez is leading research aiming to understand parents' pro-environmental attitudes and behaviours when raising their children in an environmentally friendly way. A scoping review identified an inconsistency of terms and definitions used in the literature when exploring how parents promote their children's pro-environmental behaviours. Parents have shared their insights about parenting, climate change, pro-environmental attitudes and behaviours and their hopes for the future.



Tackling gender stereotypes in parenting

Gender role stereotypes play an important role in many areas of human development. Our research is exploring ways to support the development of interventions that empower parents to raise their children by focusing on individual strengths rather than gender. Studies are examining the nature of the problem and its determinants, appropriate measurement tools to assess intervention outcomes, and a consumer perspective on what parents want and need to support their parenting.



Triple P – Positive Parenting Program research and development

Our unique evidence-based parent and family support system has become the world's most extensively studied and widely disseminated parenting program.

PFSC program development outputs include **191 Triple P professional resources** and **117 translated resources** (into 25 languages).

Over **112,000 practitioners** from 84 countries across all inhabited continents have received training in the Triple P System, spanning health, education, social services, disability, child protection, and community sectors.





Harnessing the reach of the Internet

Triple P Online was the world's first interactive online parenting program, with its first RCT published in 2012. Multiple studies have demonstrated that Triple P Online delivers outcomes equivalent to face-to-face programs in improving child behaviour and parenting, with significant cost savings driven mainly by reduced personnel time and family travel. Triple P Online is now available to all parents of children under 12, supported by the Australian Government, offering accessible parenting support to all parents and carers. Nationally, Triple P online programs have reached over 1 million families across Australia, making it the largest evidence-based parenting support initiative in the country.



Policy and advocacy

Our core mission is to engage, innovate, and deliver research with global impact. We achieve this by building the capacity of researchers, staff, and students to drive meaningful change, embedding policy-level engagement in research, community outreach, media, stakeholder engagement, and professional presentations.

The PFSC led the establishment of the Parenting and Family Research Alliance (PAFRA), uniting leading Australian researchers in evidence-based parenting support. PAFRA is a national, multidisciplinary alliance of university and research centre members, aiming to inform social policy and research priorities and expand access to quality parenting support in Australia and beyond.

PFSC seminar series

The PFSC runs a regular monthly seminar program, which is open to all School of Psychology staff and affiliates, national and international collaborators, and PAFRA and other networks.

Science communication

The influence of our research continues to grow nationally and internationally. Our work has appeared across all major Australian media, including national newspapers, TV news, and radio, as well as international outlets. Some 2020–2025 indicators are included below:



427
media mentions



607.2
million people
estimated reach



\$5,546,000
advertising equivalent
value (in USD)

A hand holding a globe of the Americas against a sunset background. The globe is positioned in the lower-left quadrant, showing the continents of North and South America. The hand is light-skinned and is holding the globe from the bottom. The background is a soft, out-of-focus sunset with warm orange and yellow tones. The I-CEPS logo is in the top right, and the title text is below it.

I-CEPS

International Congress on Evidence-based Parenting Support

I-CEPS is a groundbreaking global initiative to advance research, policy, and practice in the field of parenting and family intervention, led by the PFSC for the Parenting and Family Research Alliance. The online Congresses in 2023 and 2025 hosted a broad range of stimulating activities that promoted collective action and international collaboration, with representation from over 50 countries and over 100 individual evidence-based parenting programs. A video library has been established to continue to draw on I-CEPS assets to inform research, policy and practice. The congress will continue to be hosted biennially.

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