

Research Protocol

Tackling translational research challenges: evaluation of the sustained use of an evidence-based parenting program in real-world settings

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BACKGROUND

The World Health Organization refers that one of the seven strategies to end any form of violence against children is supporting parents through Evidence-Based Parenting Programs (EBPP)¹. The most successful EBPP targeted at parents of children with or at risk of developing behavioral problems are intended to improve parenting practices and parent-child relationships, consequently having positive effects on child's behavior². One of the most widely disseminated EBPP is the Triple P³, with proven effectiveness to prevent child maltreatment and children's behavioral problems⁴. Despite the large number of programs that have been developed, there is much to learn about how to effectively implement and sustain these programs in real-world settings⁵.

While the concept of program sustainability is still maturing⁶, research in this area has recognized that it refers to the lasting benefits (i.e., the extent to which EBPP can deliver its intended benefits over time) and the sustained use (i.e., the practitioners continued use of an EBPP, after initial implementation)⁷. Nowadays, sustainability is recognized as one of the most significant translational research challenges, given that researchers have recognized that implementation of EBPP is meaningless without successful long-term use⁸. However, this is an understudied area⁹, and researchers suggest that most of the studies do not detail which programs' components are continued or discontinued over time, why and what adaptations were made, or what is the impact of sustained programs¹⁰. Providing interventions is inevitably related with costs¹. Therefore, failure to sustain EBPP means that the intended benefits are short-lived, and that real losses are incurred on research investment, time, and resources⁸. More research is needed to identify and evaluate the barriers and facilitators to the sustained use of EBPP in real-world settings⁹.

OBJECTIVE

To identify the factors that facilitate success and/or create barriers to Standard Triple P (STP) sustained use in real-world settings.

Research Question 1

After the end of the STP effectiveness trial do practitioners deliver the STP in their daily practice, how and to what extent?

Research Question 2

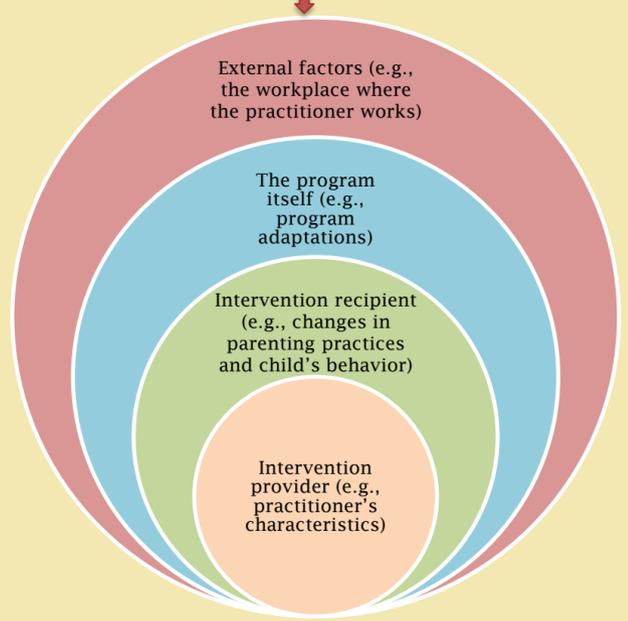
How did the previous implementation experience contribute to this?

METHOD

- ❖ Two semi-structured interviews, with each practitioner



- ❖ Qualitative content analysis will be used, identifying and analyzing emerging themes, considering different categories of factors.



PARTICIPANTS

16 practitioners
Currently implementing the STP in the scope of a wider research project¹¹

Age

$M = 37.5$
 $SD = 6.27$

Education and Profession

High education degrees (100%)
Social Educators/Workers (n=10)
Psychologists (n=6)

Professional experience

$M = 7.5$ years
 $SD = 5.63$

Workplace

- Center for Family Support and Parental Counselling (n=6)
- Local Commissions for the Protection of Children and Young People (n=3)
- Local authority (n=2)
- Protocols of Social Integration Income (n=2)
- Non-profit Private Social Solidarity Institution (n=2)
- School (n=1)

EXPECTED RESULTS

- An understanding of what are the facilitators and barriers to the sustained use of STP in real-world setting.
- To maximize the impact of EBPP, an investment in sustainability research, such as the one presented, is required. Such investment will allow for a better understanding of what factors influence the sustained use of EBPP and contribute to the proactive planning of a cost-effectiveness balance.

IMPLICATIONS

- The outcomes will contribute to inform issues related to program sustainability, which will ultimately serve to strengthen evidence-based practice in Child Protection Services, and best assist the families and children who need effective services the most.
- The potential for a sustained use of EBPP will enable not only to achieve positive outcomes, but also cost savings.

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Funding

The research is funded by the Foundation for Science and Technology (FCT), with a PhD Research Scholarship (2020.04778.BD) attributed to the first author, and a research project grant (PTDC/SOC-ASO/31727/2017) attributed to the second and third authors.