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Helping Families Change

The adoption of the Triple P – Positive Parenting Program in the Netherlands

In this thesis the implementation of the evidence-based Triple P – Positive Parenting Program in the Netherlands was examined. Because parenting is associated with the wellbeing of children, parenting programs are developed to address the child problems. Among all developed parenting programs, the Behavioral Family Interventions (BFI) have the strongest empirical evidence. The aim of Triple P is to prevent and offer treatment for mild and severe behavioral, emotional and developmental problems in children from birth to the age of 16 years, by means of enhancing the knowledge, skills and confidence of their parents. In 2006 and 2007 an implementation trial on the Triple P – Positive Parenting Program was conducted in the Netherlands. In a one-year period interventions of different levels of the Triple P program were implemented in two regions in the Netherlands. In the first part of the thesis two meta-analyses on the effects on parenting and behavior problems in children are reported. In the second part the results of Primary Care Triple P and Standard/ Group Triple P in Dutch practice are monitored. In the last part the implementation process of the multilevel Triple P Program is described using the effective ‘Replicating Effective Programs’ (REP) framework. The results are presented and are followed by a general discussion which contains a summary of the main findings, followed by discussion and directions for the future.

