Does sequencing in behavioral parent training (BPT) affect engagement or outcomes?

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Efficacy / Effectiveness

• BPT supports caregivers with using more positive parenting and effective discipline practices

• Over 40 years of evidence showing that BPT is effective at improving:
  • Child externalizing concerns
  • Parenting stress
  • Parenting efficacy
  • Harsh, reactive parenting practices (e.g., yelling, threatening)

• First-line treatment for early childhood mental health concerns

Reach & Issues

<table>
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<tr>
<th>Reach</th>
<th>Issues</th>
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| Target population: Parents of 2- to 12-year-olds with or at risk for externalizing mental health concerns | System Review of 262 BPT Trials
Chacko et al. 2016                                                   |
| • Acting out                                                         | 65% of kids in need of BPT do not receive it                           |
| • Yelling, screaming, tantrums                                       | 1 in 4 of those identified do not enroll                               |
| • Caregiver-child relational concerns                                | 1 in 4 enrolled drop-out early                                         |
|                                                                     | 30% of sessions are missed                                             |

Top Barriers:
time constraints, childcare needs, transportation
BPT Sequencing

1st Phase
Positive Parenting

2nd Phase
Effective Discipline

Is this rigid sequencing necessary?

Positive Parenting

Effective Discipline

Parent Skills & Strategies
Testing Sequencing via a Retrospective Chart Review

- 138 caregivers participated in the semi-rolling BPT parenting group between May 2020 and March 2022 at Children’s Hospital Colorado outpatient clinic.
- 75 families began in Positive Parenting;
- 63 families began in Effective Discipline

### Session Attendance

<table>
<thead>
<tr>
<th>Session Count</th>
<th>Positive Parenting</th>
<th>Effective Discipline</th>
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<tbody>
<tr>
<td>0</td>
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Session Attendance ns

4.44 sessions

4.31 sessions
Positive Parenting: n = 62
Harsh Parenting: n = 29
Lax Parenting: n = 29

Child Behavioral Concerns
Frequency and Impact (n’s = 69)

Parenting Stress
n = 30

Positive Parenting
Factors

Harsh Parenting
Factors

Lax Parenting
Factors

Change in T-Scores

Change in Raw Scores

Started in Positive Parenting

Started in Effective Discipline
Parenting Efficacy
n = 62

Significantly improved
Cohen’s D: 1.00

Significantly improved
Cohen’s D: 0.91

Started in Positive Parenting  Started in Effective Discipline
Summary

• BPT sequencing did not appear to affect engagement or effectiveness based on preliminary findings.

• Future experimental trial is needed to determine if BPT sequencing affects engagement or outcomes.

• Adapting BPT programs to be flexible may be a key strategy to overcoming engagement issues and the treatment gap.