

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

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# Efficacy / Effectiveness

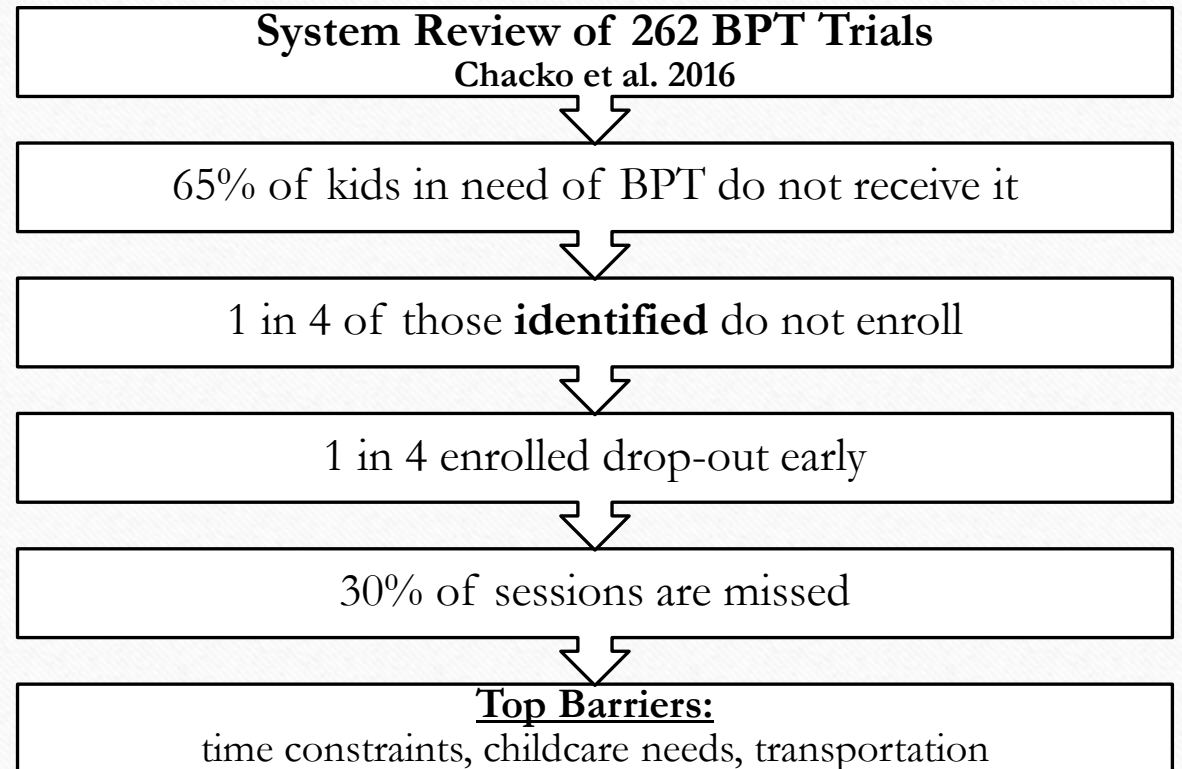
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- BPT supports caregivers with using more positive parenting and effective discipline practices
- Over 40 years of evidence showing that BPT is effective at improving:
  - Child externalizing concerns
  - Parenting stress
  - Parenting efficacy
  - Harsh, reactive parenting practices (e.g., yelling, threatening)
- First-line treatment for early childhood mental health concerns
- Kaminski & Claussen (2017), Weber et al., (2019), Mingebach et al., (2018)



# Reach & Issues

- Target population: Parents of 2- to 12-year-olds with or at risk for externalizing mental health concerns
  - Acting out
  - Yelling, screaming, tantrums
  - Caregiver-child relational concerns



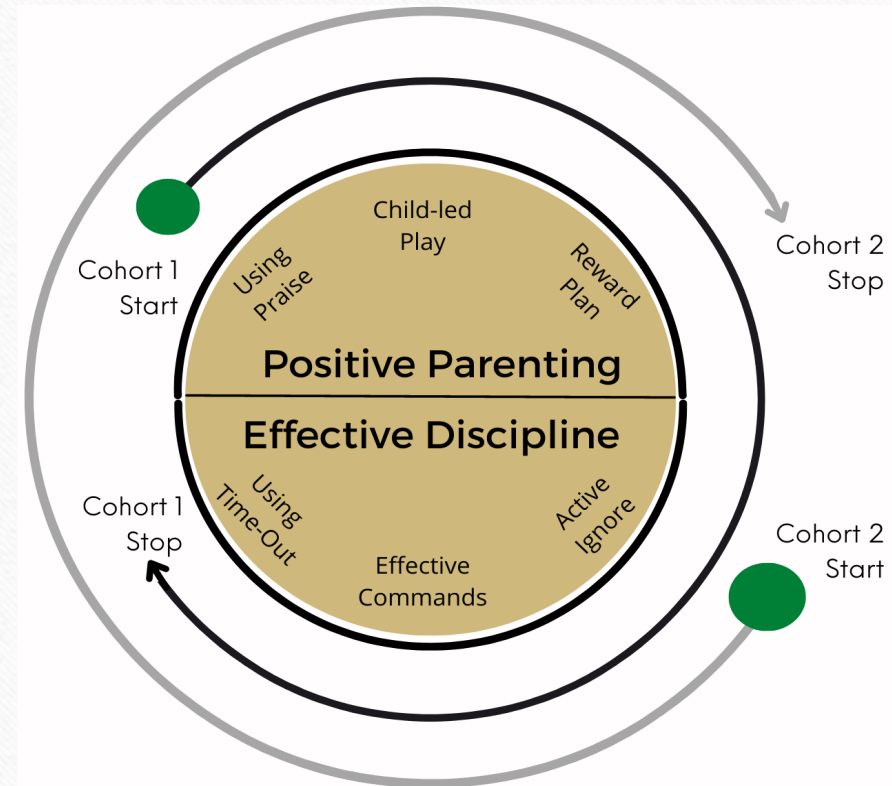
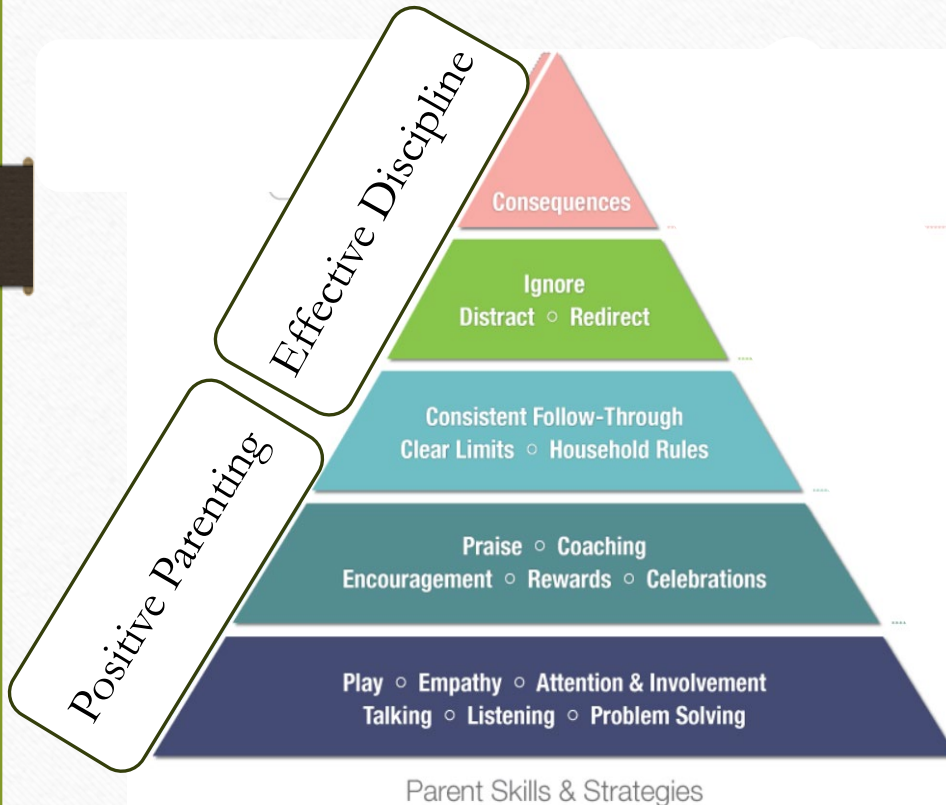
# BPT Sequencing

1<sup>st</sup> Phase  
Positive Parenting



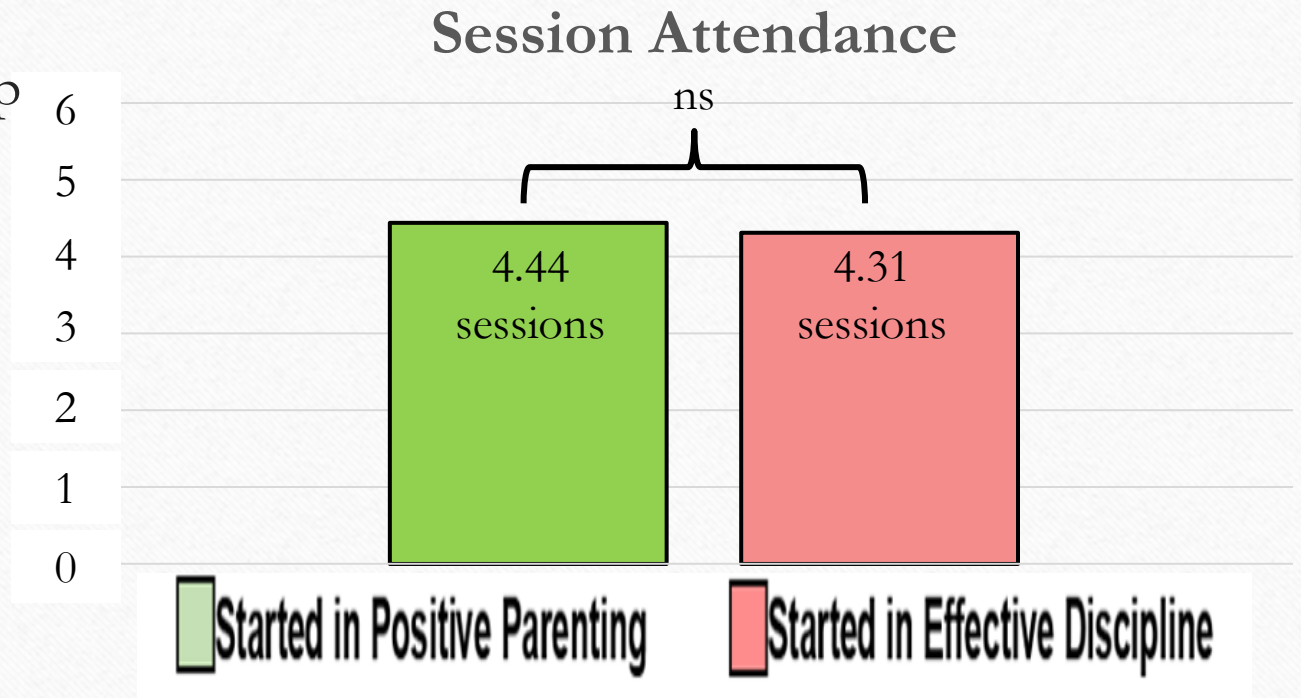
2<sup>nd</sup> Phase  
Effective Discipline

Is this rigid sequencing necessary?



# 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





## Child Behavioral Concerns

Frequency and Impact (n's = 69)

## Parenting Stress

n = 30

## Positive Parenting

n = 62

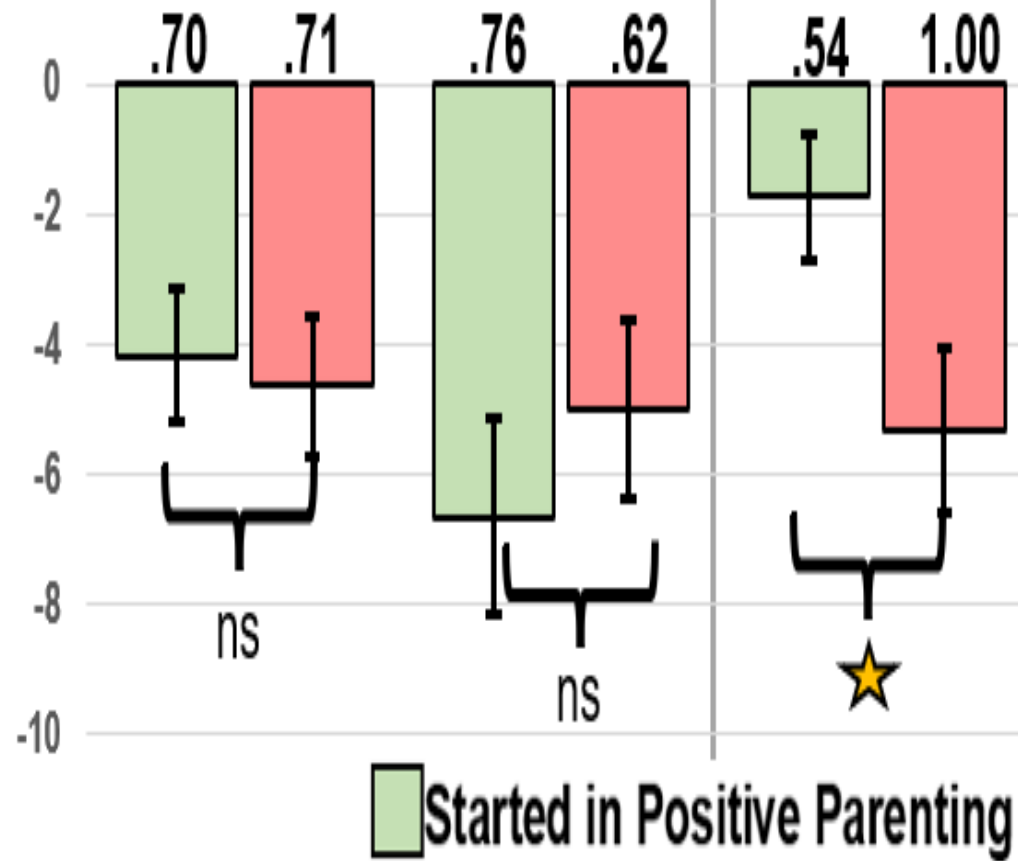
## Harsh Parenting

n = 29

## Lax Parenting

n = 29

Change in T-Scores

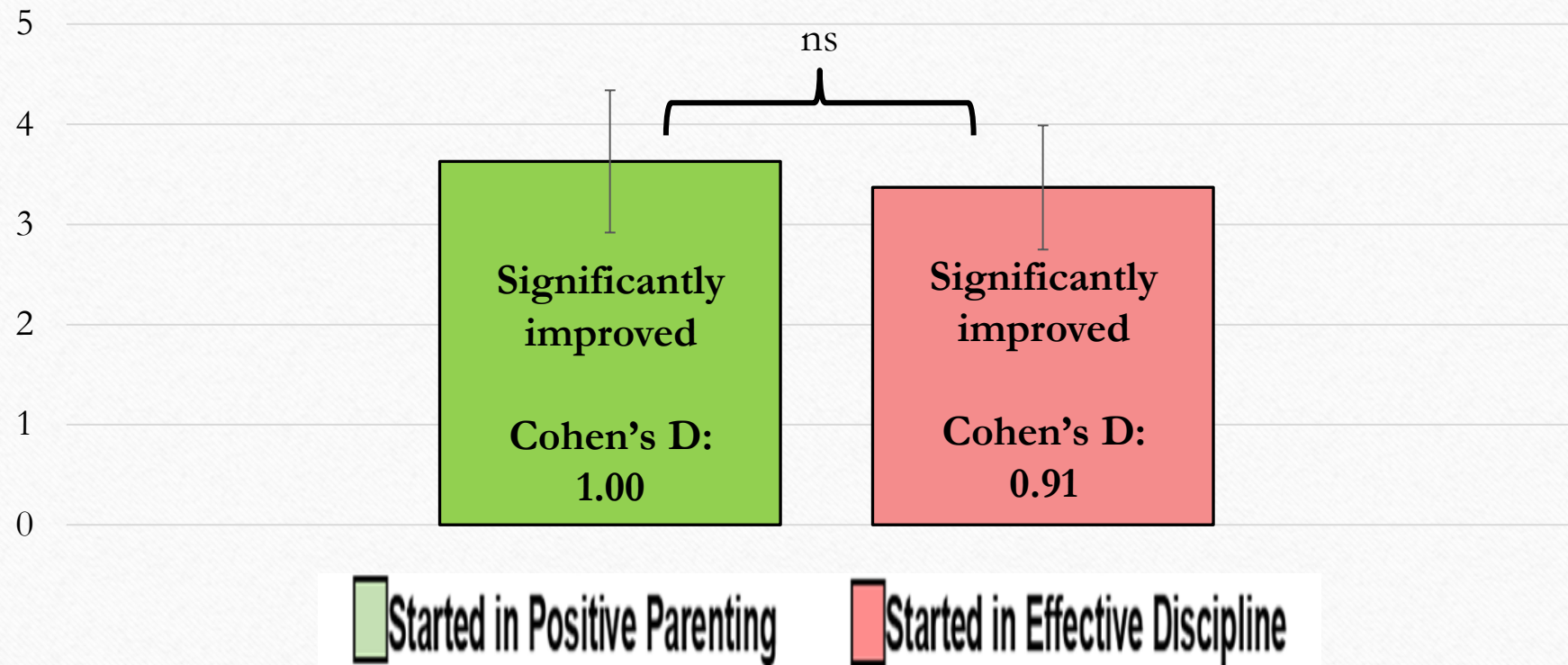


Change in Raw Scores



## Parenting Efficacy

n = 62



# Summary

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- 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.