

TRIPLE P – POSITIVE PARENTING PROGRAM

PARTNERSHIP IMPROVES LIVES AROUND THE WORLD

The Triple P – Positive Parenting Program is changing the lives of millions of families around the world, thanks to The University of Queensland’s (UQ) researchers, the acumen of licensee Triple P International Pty Ltd and the foresight of Australia’s leading university commercialisation entity, UniQuest.

Triple P is a system of parenting programs offering increasing levels of support to meet parents’ different needs. Programs are available for parents of children from birth to age 16.

Beginning as Professor Matt Sanders’ PhD thesis at UQ in 1979, the evolution of the program into a multi-level system of parenting support allows Triple P to take a population-health approach to improve outcomes for children and parents.

A wide range of programs, from light-touch seminars to more intensive group-based and one-on-one programs, are available, with the system supported by a communications campaign which introduces parents to the concepts of positive parenting.

Program founder Professor Matt Sanders says giving families access to the right amount of help suitable for their specific needs allows the impacts of the program to be felt at a community level. Demonstrated community outcomes include reduced numbers of children with clinically elevated behavioural, social and emotional problems and reductions in the rate of parental stress.

The program has also been shown to help parents provide an environment where children can learn.

Community-wide reductions in child maltreatment indicators have been demonstrated in communities where Triple P has been made widely available.

“ **The latest international research shows learning and practising positive parenting not only increases the wellbeing of children and parents, it also improves the health of communities.** ”

A large number of research collaborators and students in Australia and overseas have contributed to Triple P’s development and evaluation; but the heart of Triple P’s development remains at UQ’s Parenting and Family Support Centre, where Professor Sanders, a Professor of Clinical Psychology, is the director.

With the support of UniQuest, Triple P has progressed from academic endeavour to community practice as a scalable, sustainable, global program with more than 62,000 practitioners trained to deliver the program worldwide. Families can now also access the program directly online and a parallel system, Stepping Stones Triple P, has been developed for parents of children with disabilities.

As part of Triple P’s development, UniQuest played a major role in negotiating the commercial agreement for the delivery of the program, establishing a licence in 2001 for commercial partner, Triple P International Pty Ltd, to disseminate the program worldwide.

The perpetual licence to distribute Triple P has endured through the substantial growth of the program into a multilevel population-health system regarded as one of the most extensively evaluated evidence-based parenting programs in the world.

UniQuest continues to work with our licensee to ensure Triple P can continue to help families around the world provide an environment where children can flourish.

THE EVIDENCE SAYS IT WORKS

The latest international research shows learning and practising positive parenting not only increases the wellbeing of children and parents, it also improves the health of communities.

An independent evaluation of Triple P’s population approach in the Irish Midlands, for example, found across the population, parents and children experienced a range of health improvements after Triple P was made freely available to parents of children aged up to eight. Typically, research shows parents become more confident in their role, use more appropriate discipline, are less stressed and have less parental distress, and couple relationships improve. Children become happier, less anxious, have better peer relationships, and children with conduct problems significantly improve.



TRIPLE P – POSITIVE PARENTING PROGRAM

TRIPLE P – A SUCCESS STORY

Through Triple P, parents learn a range of strategies to suit their specific family situation. They develop skills and routines to help raise happy and confident children, manage misbehaviour, set rules and encourage the behaviour they want to see. They also learn to hold realistic expectations about themselves and their children.

The program has caught the attention of experts across the globe:

- The American Academy of Pediatrics has recommended evidence-based parenting programs, including Triple P, be integrated into services provided by US medical practices to reduce the toxic effects of poverty on children's health.

- Triple P was also showcased at the White House as part of an initiative to improve outcomes for boys and young men of colour – and all youth - showing quality research can inform programs to improve the lives of individuals and families while providing community-wide benefits.
- No other parenting program in the world has an evidence base as extensive as that of Triple P. It is number one on the United Nations' ranking of parenting programs.
- More than 288 papers evaluating Triple P have been published around the world. Almost half of these are independent evaluations.

TRIPLE P – REACHING ALL CORNERS OF THE GLOBE



In Brighton and Hove, south-east England, a group of Arabic-speaking women are discussing their families' lives. In particular, they talk about the problems they are having with some of their children.

The women share experiences, role-play strategies to overcome issues, and assign themselves homework in a workbook in Arabic. It sounds simple enough, but these Group Triple P sessions are changing lives.

Triple P Provider Kafa Atar, who works for Brighton and Hove's Ethnic Minority Achievement Service and runs the Group Triple P sessions, says that by helping parents encourage their children to be happy, make friends and do well at school, Triple P is helping to bridge a gap between two cultures. "Our parenting style is very different," Kafa, originally from Iraq, says.

"We are scared of English culture . . . One of the (Triple P) strategies is about praising children. This is very powerful. In our culture, we don't praise children."

This scene, that has been played out in 25 countries around the world in 19 languages, including Farsi, Japanese and Mandarin.

UniQuest, the main commercialisation company of The University of Queensland, has been involved since the early days of Triple P's commercialisation, providing a mechanism for this important research to be made available to families across the globe.

UQ Research Strength:
Psychology and Cognitive Science

UQ Innovators:
Professor Matt Sanders

UQ Faculty Or Institute:
Faculty of Health and Behavioural Sciences

UQ Research Outcome:
Program to help parents confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships

UniQuest IP Position:
Trademark and copyright

UniQuest Partnering:
Packaged IP ready for licencing

UniQuest Commercialisation:
Licence IP to Triple P International



PROFESSOR MATT SANDERS
UQ School of Psychology and
Creator of Triple P

PARTNER WITH UNIQUEST

UniQuest is Australia's leading university commercialising entity, specialising in commercialising the intellectual property of The University of Queensland.

- We have created more than 80 companies from our intellectual property portfolio.
- Together with our start-ups, we have raised more than A\$600 million to take university technology to market.
- UQ technologies licensed by us – including UQ's cervical cancer vaccine technology and image technology in magnetic resonance imaging equipment – have resulted in more than \$US15.5 billion in gross product sales.
- We have returned more than A\$435 million in revenue to UQ since 2002.
- We have 87 granted US patents and more than 200 active license agreements.

If you want to know more about this commercialisation story or other offerings from UniQuest, contact:

E: enquiries@uniquest.com.au

W: uniquest.com.au