

## Background

- Theoretical frameworks for parenting interventions highlight the importance of the sequencing of behavioral parent training (BPT) with caregivers starting in positive parenting before effective discipline.
- However, empirical research to test sequencing effects on treatment engagement and outcomes is needed.
- The present study explored whether the sequencing of a brief, group format BPT program delivered via telehealth had a differential effect on treatment engagement and outcomes.

## Method

**Research Question:** Does the sequencing of a BPT program have a differential effect on treatment engagement and parent and child outcomes?

**Hypothesis:** We expect a non-inferior finding for engagement (group attendance). We expect caregivers who start in positive parenting to report greater parent and child outcomes.

**Sample:** 138 parents with a 3-7 year old child participated in a brief, group-format BPT program delivered via telehealth at a children's hospital outpatient behavioral health clinic.

**Measures:** Group attendance was logged. Parents completed surveys on parenting stress and confidence, and child behaviors.

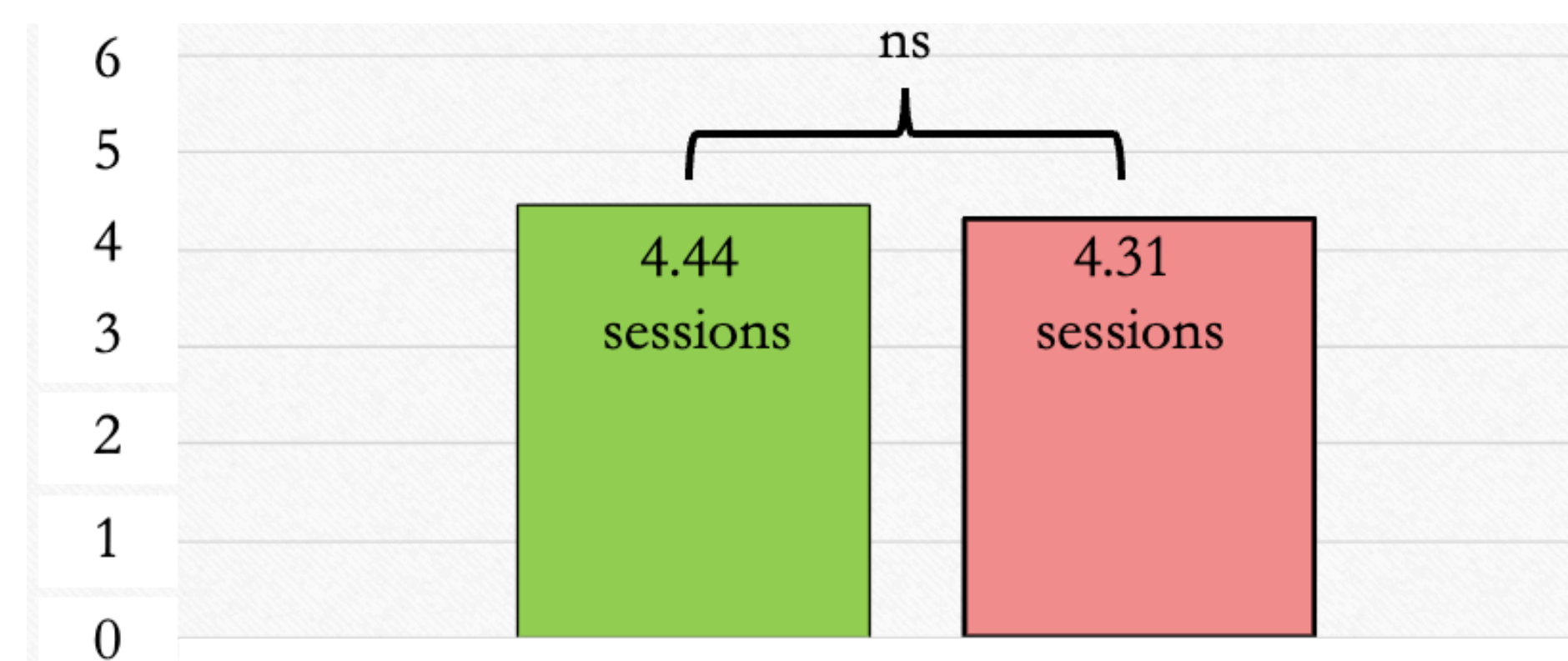
**Analysis:** General linear model

## Results

Sequencing of the BPT program with 138 families enrolled

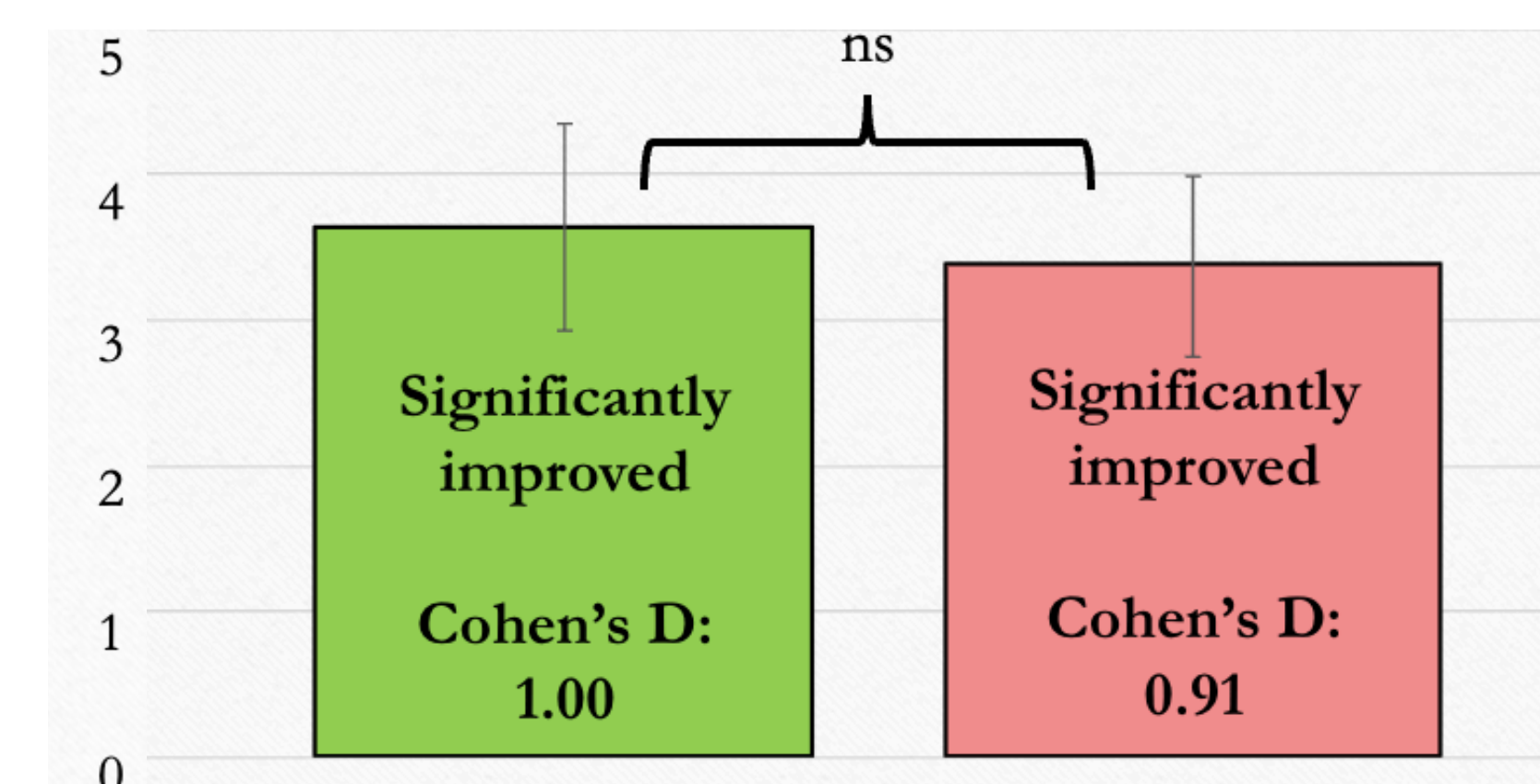
Started in Positive Parenting Started in Effective Discipline

### Group Attendance



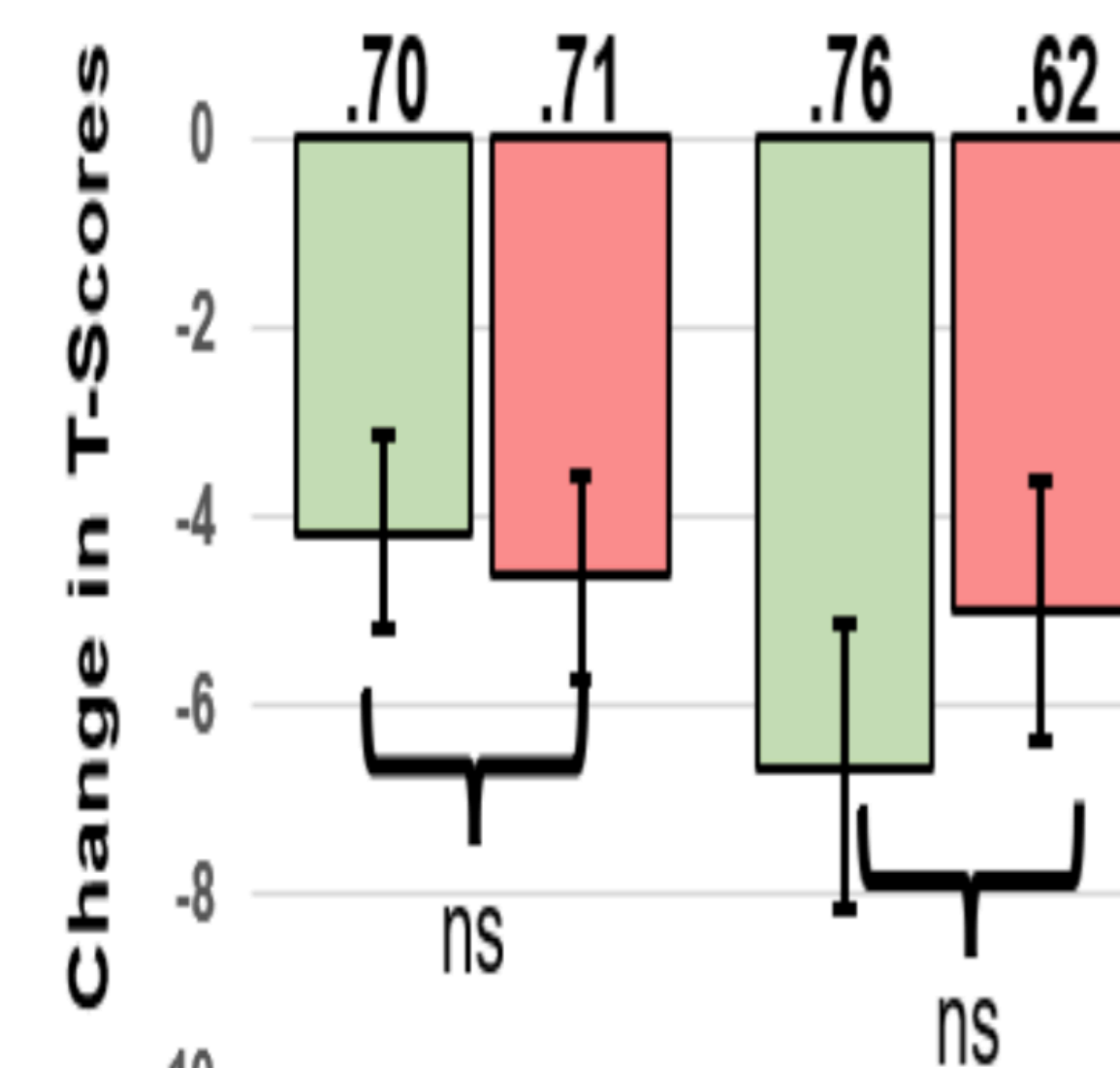
**Treatment engagement did not differ**  
based on the sequencing of the BPT program.

### Parenting Confidence



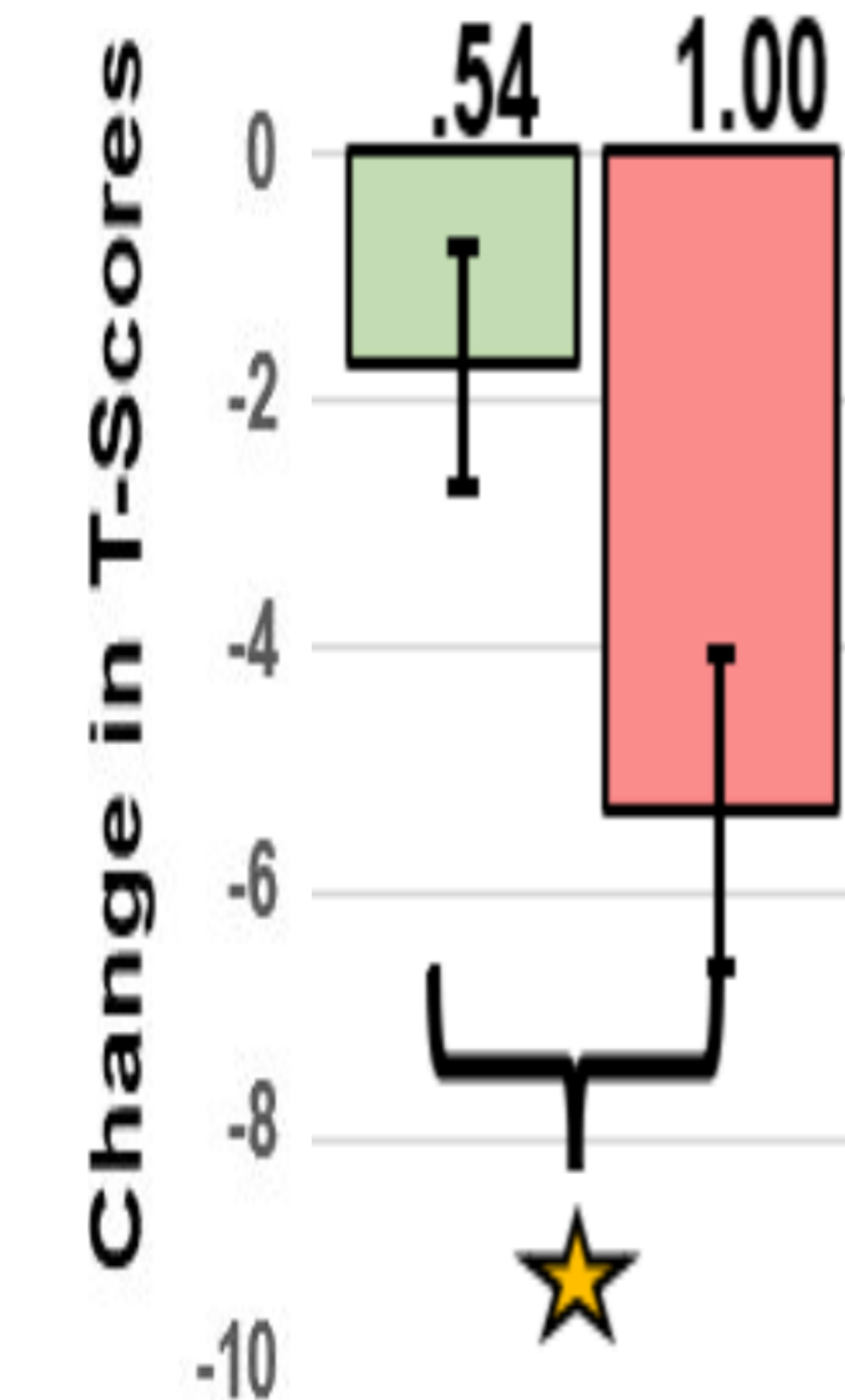
**Change in parenting confidence did not differ**  
based on the sequencing of the BPT program.

### Child Disruptive Behaviors (Frequency & Impact)



**Change in child disruptive behaviors did not differ**  
based on the sequencing of the BPT program.

### Parenting Stress



**Caregivers who started in effective discipline reported greater reduction in parenting stress.**

## Conclusions

- Sequencing did not appear to affect treatment engagement or effectiveness for this brief, group format BPT program delivered via telehealth based on preliminary findings.
- Limitations: Lack of random assignment to sequencing.

## Implications

**Adapting the sequencing of BPT programs to be flexible and responsive** to caregiver interest, motivation, and availability may be a key strategy to overcoming engagement issues and the treatment gap for early childhood mental health concerns.

## Funding, Disclosures, References

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