

Improving parental competencies through web-based programs

Results & Design characteristics ~ Christa Nieuwboer

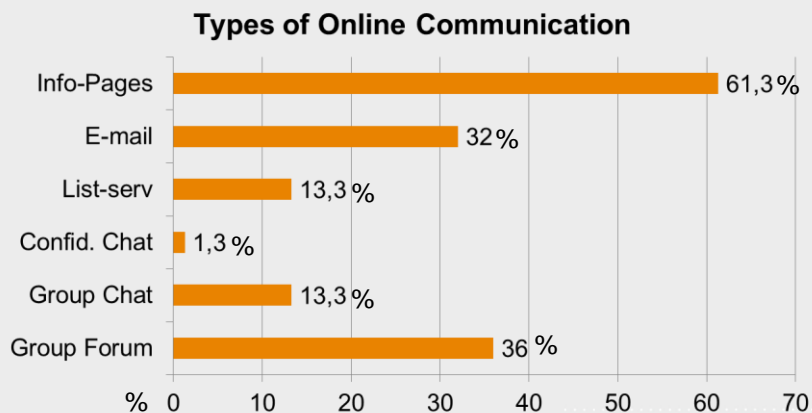
**Review 75 studies
+
Meta-analysis 12 studies**

Review 75 studies

Characteristics of:

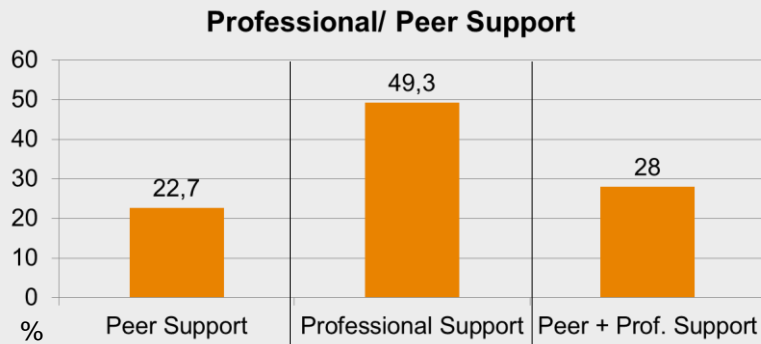
- Types of online communication
- Professional involvement
- Target groups and topics
- Implications

Types of Online Communication Review 75 studies



Professional Involvement

Review 75 studies



Parenting Support Online, PhD research

Target groups and topics

Review 75 studies

■ Parents:

- **Gender** All = 58.7%; F = 34.7%; M = 6.7%
- **Topics** First-time/pregnant/single: 41.3%

■ Children:

- **Age** All = 25.3%; <12 Y = 49.3; Oth = 25.4%
- **Topics** Health or mental health: 55.6%

Parenting Support Online, PhD research

Implications Review:

- Amount of studies compared to the WWW
- Internet as a tool to improve parental competencies?

Review, in press: Cyberpsychology, Behavior and Social Networking





Meta-analysis 12 studies

Outcomes:

- Parental competencies
- Child behavior/attitude

Adaptations

Innovations

Implications

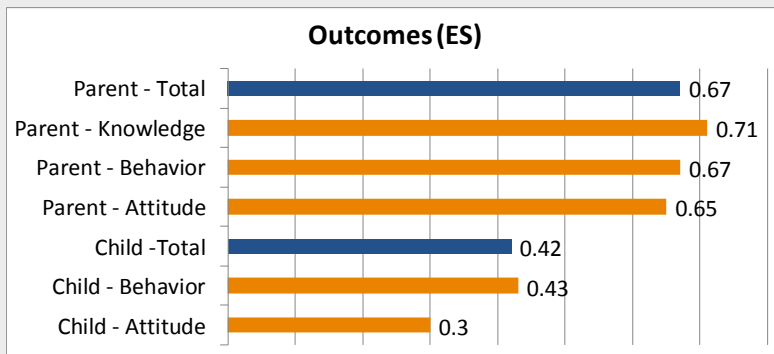


Evaluation Outcomes

On the basis of 12 studies

Parents $N = 1,615$

Children $N = 740$





Adaptations:

- **Adventures in Parenting:** information on parenting principles
- **Incredible Years:** a behavioral intervention
- **PALS:** Play and Learning Strategies Program
- **ParentLink:** Missouri network of parenting resources
- **PSST:** Problem Solving Skills Training
- **SPIES:** Strategies for Intervention in Everyday Settings
- **Triple P:** Positive Parenting Programme



Innovations:

- logging/recording home experiences
- instruction by animated characters
- multi-layered interactions
- remote coaching
- progress monitoring
- video vignettes

Implications Meta-analysis:

- Internet as a tool
- Technological innovation
- Effectiveness
- Adaptation of EB Programs
- Guidelines / training
- Impact of peer+professional support





Dilemma's

**Self-help & Interventions
Public health & Target groups
Opportunities & Implementation**

Tools & Skills
(see poster presentation)



Ph.D-study

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