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Can Parent Training for Children's Challenging Behaviour Be Delivered via an App Without Clinical Support?

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Abstract:
Parent training can add great value for families whose children have behavioural problems – it can strengthen parenting, positively change parent's attributions about their children's behaviour and reduce their oppositionality and disruptive behaviours. However, it can be relatively costly and complicated to organise. This reduces the scope of its application and creates barriers to its implementation. Rapid technological innovation over recent years coupled with the, now, almost universal access to digital devices, such as smart-phones, has created the potential to revolutionise the way that parent training is delivered – through its instantiation in specially designed applications (apps). In this talk we will review the strengths and weaknesses of such parent training apps and the opportunities they create. We will also describe some of the design and implementation challenges. We will introduce two recently developed parent training apps, delivered with little or no clinical support, to illustrate these points. The first is Structured E-Parenting Support (STEPS) which was designed to support parents referred, but still waiting, for clinical assessment and treatment. It is being evaluated in the OPTMA trial. The second, is Parent Positive. It was designed as a universal public health intervention to be distributed to support parents in the general community. It was evaluated in the SPARKLE trial. Lessons learnt from the implementation of these apps in these trials will be described and future directions discussed.

November 8, 2024 (Friday)
6:00 p.m. – 7:00 p.m.

CPD - LG.08 | The Jockey Club Tower
Centennial Campus | HKU

Zoom Meeting
(For participants who couldn't attend the seminar in person)
Meeting ID: 698 555 5998
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