



Department of Psychology
The University of Hong Kong

香港大學心理學系

Departmental Seminar

The Effectiveness and Mechanisms of Parent Management Training and Mindful Parenting Program

4:00 p.m. – 5:00 p.m. | May 15, 2025 (Thursday)

Room 814, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



Mr. Denis Kwan

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The Child and School Psychology Lab

The University of Hong Kong

Abstract

Parent Management Training (PMT) is a traditional parenting intervention that aims to equip parents with effective parenting strategies. In recent decades, Mindful Parenting (MP) programs were developed as a new approach to support parents. A randomized controlled trial was conducted 1) to examine the effectiveness of PMT and MP as preventive intervention, and 2) to investigate the mechanisms of change in PMT and MP programs. Findings indicated that both PMT and MP programs yielded positive parent and child outcomes. The results also highlighted the unique strengths of each intervention. Similarities and differences were found in the mechanisms of change in PMT and MP programs. These results advanced our understanding of the effectiveness and mechanisms of change in parenting interventions, and shed light on the future directions of parent support services.

About the Speaker

Denis Kwan is a part-time PhD student at the Child and School Psychology Lab of The University of Hong Kong. He also works as an educational psychologist at the Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative at HKU. Prior to joining the University, he provided school-based educational psychology services for local primary and secondary schools. His research interests lie in parenting and mindfulness interventions.

Zoom Meeting (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/6985555998?pwd=V05yTGJWNTlzazd2OFZ0Q3FRcHVkdz09>

Meeting ID: 698 555 5998 | Password: Psyc

~All are Welcome~

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