



DATA, DATA, DATA — IS IT WORTH THE EFFORT?

For each level of Triple P, there are certain questionnaires and worksheets to give each family to fill out. These assessment measures have been extensively used and tested, and play a key role in delivering an evidence-based programme.

COLLECTING THIS INFORMATION HELPS FAMILIES TO:

- Carefully observe and reflect on their own parenting experiences.
- Create a shared understanding of the type and severity of the issues.
- Understand how a Triple P programme might be helpful.
- See if the programme has been effective/ what's improved (using 'before' and 'after' measures).
- Review other areas where they may need more support.

For all of this to work, it's important to give parents results and feedback as soon as possible. This includes the results from the 'after' (post-intervention) measures.

COLLECTING THIS INFORMATION HELPS YOU:

- Quickly get an overall picture of the risk and protective factors within the family.
- Compare with information from other sources (e.g. interview, monitoring, observation).
- Get information that a parent may not want or be able to say face-to-face.
- Tailor a Triple P intervention to suit the family's needs.
- Identify who might need extra support.
- Objectively measure whether the intervention is effective (for each family, and within communities).
- Provide accurate facts and figures when communicating with managers, other professionals, funding bodies etc.

GETTING PARENTS ON BOARD:

- Explain to parents what's involved and how long it will take.
- Explain why the information is important, how it's used, and who has access.
- Offer support in completing questionnaires (if needed).
- Put questionnaires in a well-presented booklet or use the email function in ASRA* (if available).
- Keep the number of questionnaires to the necessary minimum.
- Ask parents to come early to the first session, or host a coffee morning for a group, to complete questionnaires.
- To make sure post-assessment questionnaires are done, allow extra time in the final session.
- Always thank parents for their time and effort – and demonstrate this by dedicating time to talk about results.

TAKE RESULTS SERIOUSLY

- Be responsible for collecting, scoring and safely storing the data for all families you work with.
- Always do a quick visual scan of each questionnaire for extreme scores and respond accordingly.
- If necessary, use the results to make an informed decision about referring a family for more support, including a higher intensity level programme (such as Enhanced or Pathways Triple P).

* ASRA – the Automatic Scoring and Reporting Application (asra.triplep.net). Triple P has created this secure website to help you to automatically score questionnaire data, and quickly compare results against clinical cut-offs (where available). On the Provider Site, look for Scoring Application. There's a video and a quick 10-step guide to get you started.