

# Comparison of Online vs. Face-to Face Delivery of a Parent Education Program

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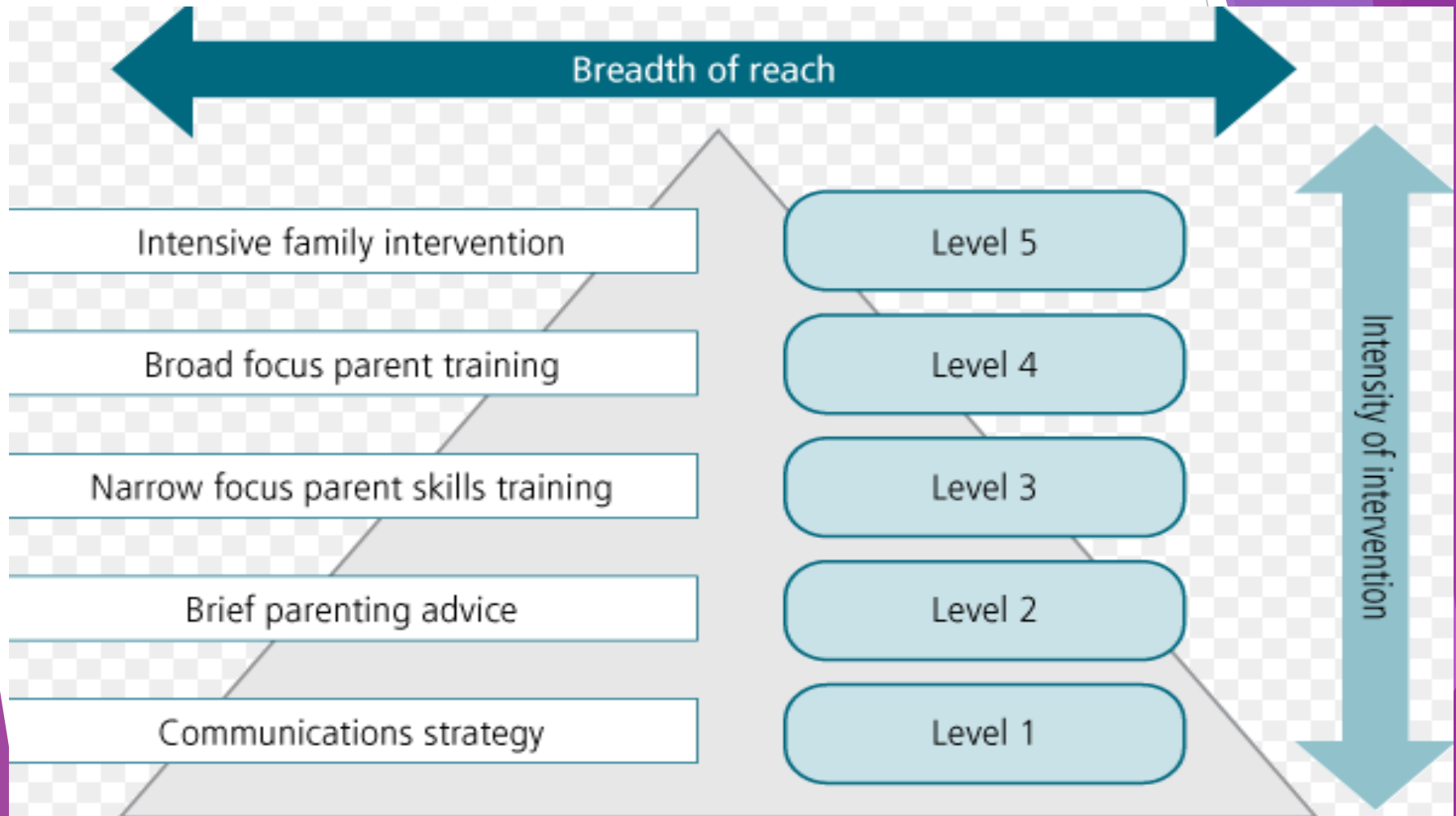
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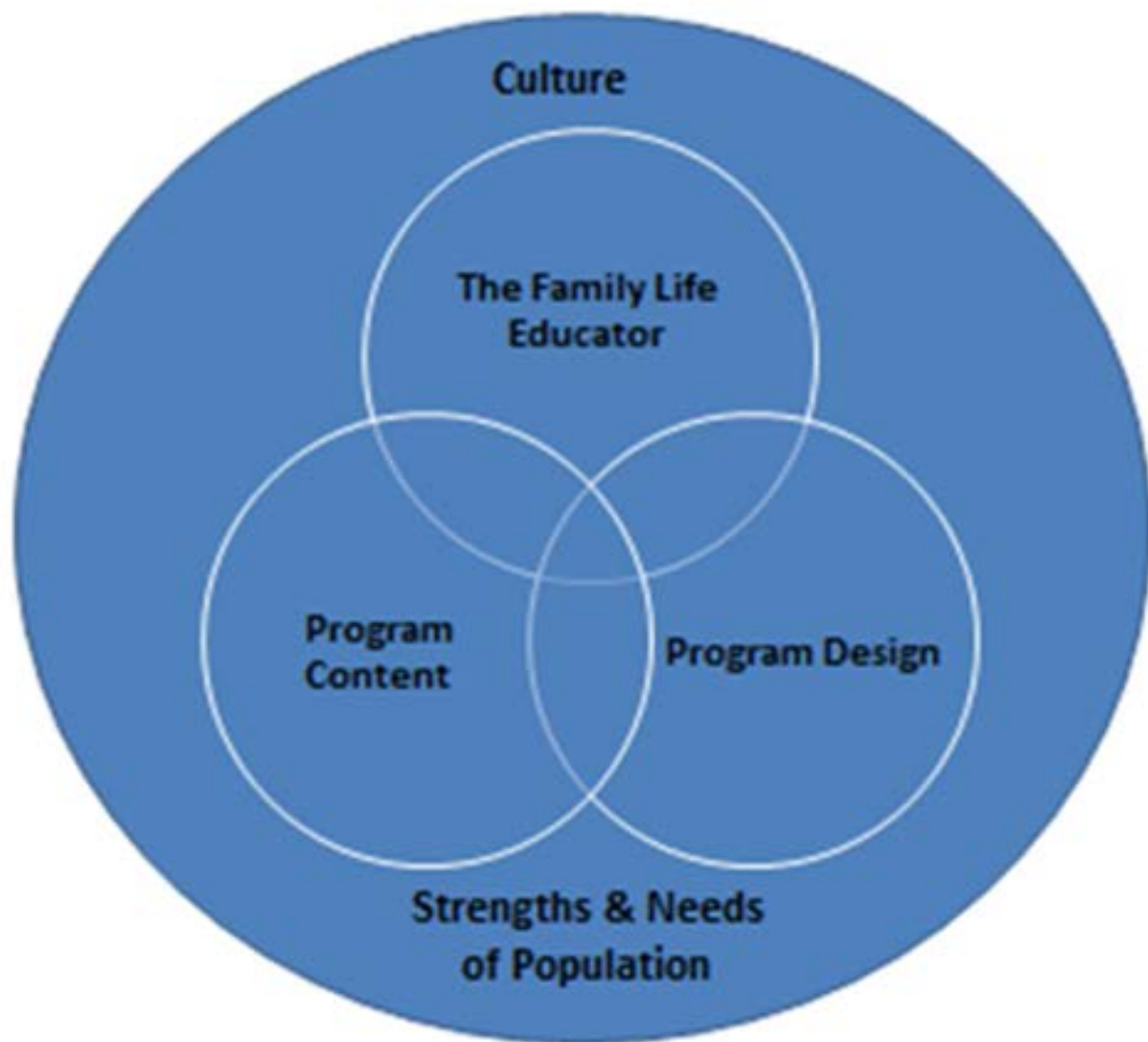


# Overview of Triple P-Positive Parenting Program



Source: Sanders, M. R., & Kirby, J. N. (2014). A public-health approach to improving parenting and promoting children's well-being. *Child Development Perspectives*, 8(4), 250-257.

# Framework for Best Practices in Family Life Education



# Comparing Modes of Delivery

## ▶ Face-to-Face:

- ▶ Based on Level 3
- ▶ 4 Sessions
- ▶ One hour/week
- ▶ Self Regulatory Model
- ▶ Principles of Positive Parenting
- ▶ Skills training to target behaviors

## ▶ Online:

- ▶ Based on Level 4
- ▶ 8 Modules
- ▶ Self-paced
- ▶ Self Regulatory Model
- ▶ Principles of Positive Parenting
- ▶ Skills training to target behaviors

# TPOL vs. Face to Face Delivery

## ▶ Research Questions:

- ▶ What are the strengths and weaknesses to both formats?
- ▶ With regard to delivery format, what level of support did parents experience?

## ▶ Methods:

- ▶ Recruitment through a university listserv
- ▶ Participants chose a delivery format
- ▶ TPOL participants were asked to complete the program in 8 weeks

## ▶ Sample:

- ▶ 9 parents total
- ▶ (5 face-to-face, 4 online)
- ▶ Age 30-58 ( $M = 39$ ,  $SD = 10.47$ )
- ▶ 7 mothers and 2 fathers

# Results

- ▶ Face-to-face participants
  - ▶ Participants valued the supportive environment and increased involvement from their co-parents.
- ▶ Online participants
  - ▶ Reported difficulty with:
    - ▶ Getting started
    - ▶ Having less direction
    - ▶ Persisting through the program
    - ▶ Involvement of co-parents
- ▶ All participants reported that they would recommend the program to other parents.

# Conclusion & Implications

- ▶ Delivery format may not directly impact outcomes, but it does have an influence on program experience.
- ▶ Online participant experiences suggest that the practitioner is a key ingredient to successful program delivery.

# Questions for Discussion

- ▶ Given the challenges with online delivery, in what ways do you engage participants (e.g., offer additional guidance and support) in online FLE programs?
- ▶ What are the gains and losses associated with offering FLE programs online? Do the gains outweigh the losses?



# References

- ▶ Ballard, S. M. & Taylor, A. C. (2012). Best Practices in Family Life Education. In S. M. Ballard & A. C. Taylor (Eds.). *Family Life Education with Diverse Populations*. Thousand Oaks, CA: Sage Publications.
- ▶ Sanders, M. R., Baker, S. & Turner, K.M.T. (2012). A randomized controlled trial evaluating the efficacy of Triple P Online with parents of children with early-onset conduct problems. *Behaviour Research and Therapy*, 50, 675-684.
- ▶ Sanders, M. R., & Kirby, J. N. (2014). A public-health approach to improving parenting and promoting children's well-being. *Child Development Perspectives*, 8(4), 250-257.