



# EPEC Research Evidence

Empowering Parents, Empowering Communities: A randomised controlled trial of a peer-led parenting programme

## Background

Efficacious parenting interventions are ***under-utilised in mainstream services***. Empowering Parents, Empowering Communities (EPEC) aims to increase community access to effective parenting support through a peer-led group intervention.

## Method

116 parents participated in a randomised controlled trial to evaluate the clinical effectiveness and acceptability of EPEC parenting groups. Several measures were used to evaluate child behaviour (Concerns About My Child; CAMC, Strengths and Difficulties Questionnaire; SDQ and Eyberg Child Behaviour Inventory; ECBI), parenting style (the Arnold O'Leary Parenting Scale), parenting stress (Parenting Stress Inventory; PSI) and satisfaction (Training Acceptability Scale; TARs).

## Results

Participants were predominantly female (96%) with a mean age of 35.2 years ( $SD=7.3$ , range: 22-66). Index children were primarily male (63%) and had a mean age of 4.8 years ( $SD=2.5$ ). Significant improvements ( $p < .05$ ) were observed within the intervention group on all measures. Analysis of Covariance (ANCOVA) analyses showed that the intervention had a significant advantage over waitlist control condition on CAMC ( $p < .001$ ), ECBI ( $p = .004$ ) and Arnold O'Leary Parenting Scale ( $p < .001$ ). Effect sizes were large for CAMC (number one problem,  $d = 0.80$ ) and Arnold O'Leary Parenting Scale ( $d = 0.80$ ), and moderate for ECBI ( $d = 0.34$ ). A relatively low level of drop out (15%) was observed and parents reported a high level of satisfaction with EPEC.

## Conclusion

The EPEC parenting intervention appears to be effective in reducing problem child behaviour, increasing positive parenting and engaging parents.