Here is a selection of some of the key findings:

- **Triple P reduces problem behavior in children and improves parents’ wellbeing and parenting skills.**

- **All Triple P programs, regardless of delivery mode, produce significant positive effects for children and their families.**

- **In communities where Triple P is widely available, children have fewer behavioral and emotional problems.**

- **Parents using Triple P say they are less stressed, less depressed and don’t use harsh discipline.**

- **When the U.K. government used Triple P within its national Parenting Early Intervention Programme (PEIP), parents using Triple P reported improvements in mental well-being, consistency, parent efficacy and parent satisfaction. Triple P also reduced child behavior problems.**

- **Triple P has been shown to cut rates of child abuse, reduce foster care placements and decrease hospitalizations from child abuse injuries.**

- **Parents of children with Autism Spectrum Disorders using Stepping Stones Triple P report they are more satisfied as parents, their children’s behavior has improved and their relationship with their partner is better.**

- **Parents with an intellectual disability using a modified version of Group Triple P report an improvement in their parenting practices and their child’s behavior, and less distress. Parents also report high satisfaction with the information and support they received.**
• U.K. parents who watched a reality television series (Driving Mum and Dad Mad) which showed other parents using Triple P, feel more confident in their parenting, less angry and less depressed than before watching the series. They also say their children’s behavior improved as a result.


• Triple P reduces disruptive child behavior problems in Chinese families living in Hong Kong.


• The cost of offering Triple P throughout a community would be recovered in a single year if it brought about a (modest) 10 percent reduction in cases of child abuse and neglect.


Additionally, Triple P has been tested and shown to be effective in many culturally and ethnically diverse populations around the world, including:

• Iran


• Indonesia


• Hong Kong


• Japan


• Switzerland


• Indigenous Australians


More research findings, publications and journal articles can be viewed at http://www.pfsc.uq.edu.au/evidence