



## **Report on a program evaluation of a telephone assisted parenting support service for families living in isolated rural areas**

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### **Abstract**

This is a brief report of an evaluation of a pilot project to deliver a telephone supported, self-directed parenting program to isolated families living in north eastern Victoria: The Family Intervention Service (Isolated Rural Project). The aim of the project was to promote the competence and confidence of parents experiencing early difficulties in their relationship with their children to acquire skills known to promote the development, health, safety and emotional wellbeing of children. The service delivered a self-directed version of the Triple P (Positive Parenting Program). Parents were provided with a package of written resources supplemented by weekly brief telephone consultations with a practitioner over a period of ten weeks. Results of analyses of pre and post program data are presented for 73 families who completed the intervention. Significant improvements were noted in child behaviour, parenting style, parental depression, anxiety, and stress, inter-parent conflict, and parent satisfaction and efficacy.

### **Keywords**

*parent training, isolated families, program evaluation, Triple P, telephone support, self-directed program*

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