



## **Reducing risk factors for adolescent behavioural and emotional problems: A pilot randomised controlled trial of a self-administered parenting intervention**

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### **Abstract**

Parenting practices and parent-child relationships affect adolescent adjustment. This study examined the efficacy of a self-directed parenting intervention for 51 parents of early adolescents (aged 12-14 years), who reported experiencing difficulties with their adolescent's behaviour. Two levels of intensity of a self-directed intervention (self-directed alone and self-directed plus brief therapist telephone consultations) were compared with a waitlist control group. At post-intervention, parents in the enhanced condition reported significantly fewer adolescent behavioural problems and less use of over-reactive parenting strategies than parents in either the standard or waitlist conditions. Improvements were maintained at 3-month follow-up. This research suggests that a self-directed behavioural family intervention with minimal therapist contact may be an effective early intervention for adolescent problems. It has implications for providing minimally sufficient interventions for parents using a multilevel approach to intervention as well as for making interventions more accessible for families.

### **Keywords**

*parent training, parenting, adolescents, behavioural problems, emotional problems, self-help, behavioural family intervention, telephone consultation*

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**Citation:** Stallman, H.M. & Ralph, A. (2007). Reducing risk factors for adolescent behavioural and emotional problems: A pilot randomised controlled trial of a self-administered parenting intervention. *Australian e-Journal for the Advancement of Mental Health*, 6(2), [www.auseinet.com/journal/vol6iss2/stallman.pdf](http://www.auseinet.com/journal/vol6iss2/stallman.pdf)

**Published by:** *Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet)* – [www.auseinet.com/journal](http://www.auseinet.com/journal)  
Received 5 December 2006; Revised 13 June 2007; Accepted 13 June 2007