

▶ Efficacy of Parent Management Training for Asian Youth

Los Angeles County Psychological Association Convention

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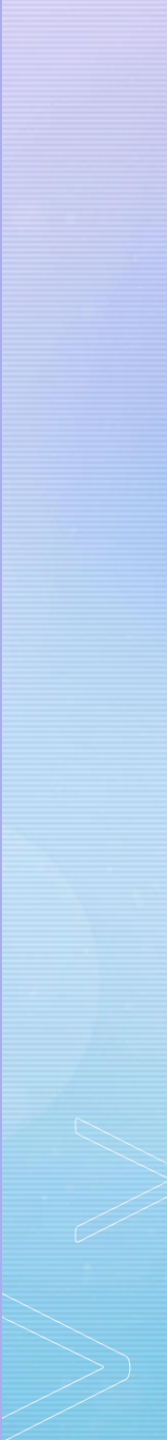
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Abstract

Externalizing behavior problems (EBP) in youth can lead to deleterious outcomes across multiple life domains if not properly addressed. While the extant literature is robust regarding the efficacy of Parent Management Trainings for non-Hispanic Youth, much less is known about how these Westernized interventions work for Asian youth and their caregivers. We examine existing studies that apply conventional parent management training protocols and discuss the efficacy of different approaches for this population, delineate recommended practices based on the current knowledge base, and offer ideas for future research to meet the needs of Asian youth with externalizing issues.



Externalizing Behavior Problems

- Behaviors that are expressed outwardly onto the environment
 - Aggression
 - Hyperactivity
 - Defiance/Non-compliance
- Disorders
 - Disruptive disorders (e.g., oppositional defiant disorder (ODD))
 - Impulse-control disorders (e.g., attention-deficit/hyperactivity disorder (ADHD))
 - Conduct disorder



Parent Management Trainings



- Parent Management Training (PMTs) have emerged as the empirically supported interventions to treat these EBPs in youth (Leijten et al., 2019; Maughan, Christiansen, Jenson, Olympia, & Clark, 2001)
- Protocols utilize didactic instruction, role-playing, homework, and modeling to help parents learn strategies to increase desirable behaviors and reduce undesirable behaviors
- Examples: Behavioral Parent Training (BPT), Defiant Children, Helping the Non-Compliant Child (HNC), The Incredible Years (IY), New Forest Parenting Programme (NFPP), Parent-Child Interaction Therapy (PCIT), Parent Management Training – Oregon Model (PMTO), and Positive Parenting Program (Triple P)

PMTS and the Asian Population

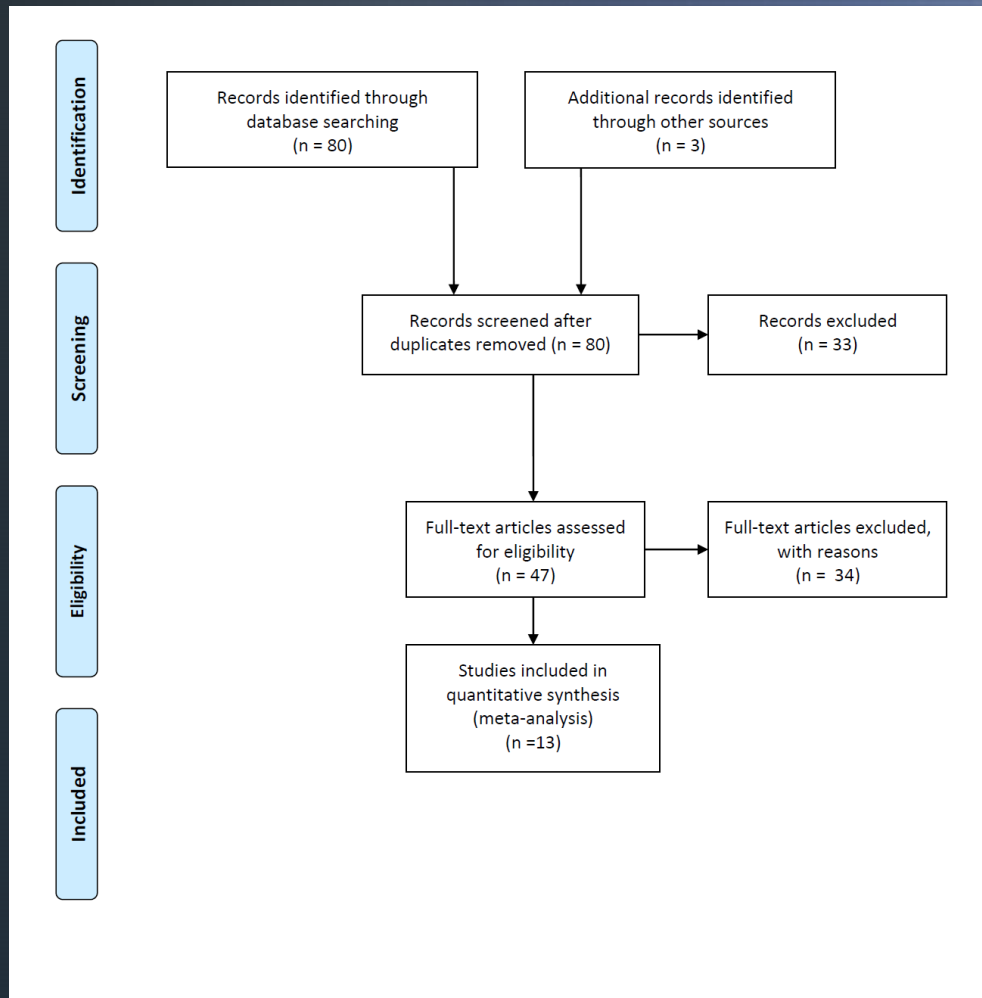
- The effectiveness of evidence-based treatments for externalizing behaviors has not been appraised for the Asian population (Braje, Murakami-Brundage, Hall, Wang & Ge, 2012)
- Asian youth EBPS have been correlated with adult substance use, antisocial behavior, and affective disorders (Sakai, Risk, Tanaka & Price, 2008)
- Data is limited due to the nature of the small sample sizes in individual studies
- Some literature to indicate that Asian Immigrants may seek mental health services when there is a presence of dangerous or disruptive behaviors in the living environment (Leong & Lau, 2001), therefore it is imperative to examine the effectiveness of these interventions for the population

Criteria

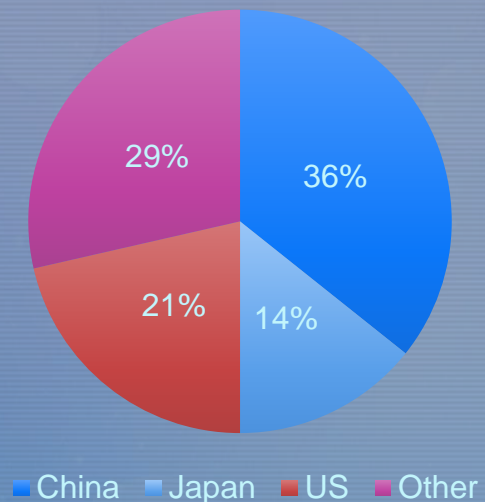
- Inclusionary Criteria:
 - Randomized Controlled Trials
 - East or Southeast Asian Population
 - PMTs developed in Western culture
 - Outcomes pertaining to externalizing behavior problems and parenting behavior
- Exclusionary Criteria:
 - South Asian populations
 - Developmental disabilities like Autism Spectrum
 - Other psychotherapeutic interventions for treatment of behavior problems (CBT)



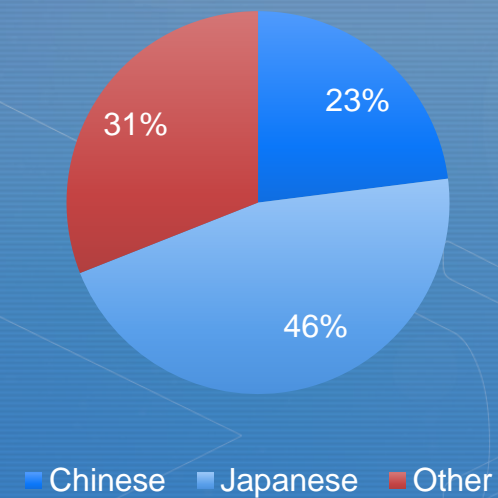
Results



Country of Origin

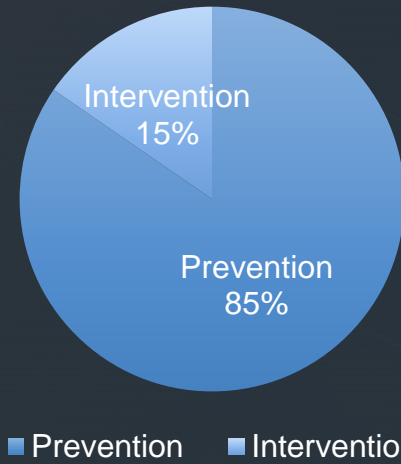


Ethnic Origin

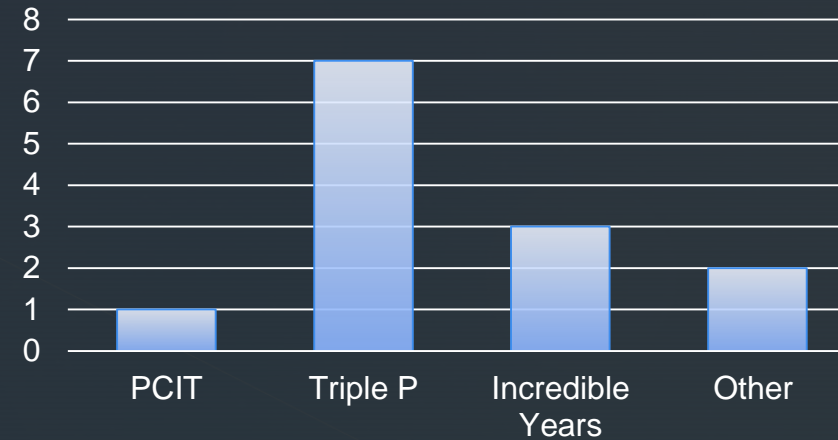


Results (Continued)

Type of Study



Treatment



	Mean Age	Sample Size	Age Range
Child	7.95	1,170	2-12
Parent	40.69	558*	n/a

*Missing mean age for 4 studies, N=646

Results (Continued)

Adaptation Key
1 = Minimal/Language Only
2 = Surface Level
3 = Deep Level

Authors (First Three)	Year	Adapt.	Parent Stress	Pos Parent Behavior	Child EBP
Shimabukuro, Daley, Thompson	2020	3	↓	↑	↓
Lau, Fung, Ho	2011	1	n/a	↑	↓
Guo, Morawska, Sanders	2016	1	↓	↑	↓
Matsumoto, Sofronoff, Sanders	2010	1	n/a	↑	↓
Au, Lau, Wong	2014	1	↓	↑	↓
Leung, Tsang, Ng	2017	1	↓	↑	↓
Leung, Sanders, Fung	2014	1	↓	↑	↓
Matsumoto, Sofronoff, Sanders	2007	1	↓	↑	↓
Sumargi, Sofronoff, Morawska	2015	2	↓	↑	↓
Javier, Coffey, Schranger	2016	2	↓	↑	↓
Annan, Sim, Puffer	2017	3	n/a	n/a	↓
Kim, Cain, Webster-Stratton	2008	1	n/a	↑	n/a
Leung, Sanders, Leung	2003	1	n/a	↑	↓

Conclusion

- Generally, findings provide support for the effectiveness of Westernized PMTs on parenting stress, parenting behavior, and child EBPs in comparison to control groups.
- Studies that engaged deeper-level adaptations (e.g., choosing culturally appropriate images, adding additional sessions to facilitate understanding of teachings), suggests that adaptations improved caregiver responsiveness to intervention and helped the intervention to be more culturally relevant (e.g., tailoring goals to improve homework behavior instead of just improving problem behaviors).
- Notably, all studies included some form of cultural adaptation when implementing the PMT protocols. Most studies examined only adapted language content, suggesting that, at minimal, a language adaptation is necessary.

Limitations

- This is data from a preliminary search through the literature.
- Relies heavily on parent-report measures.
- While this study focused on the effectiveness of PMTs for East and Southeast Asians, it is just as important to consider the effects of PMTS on South Asians.
- This study is only accounting for language published in English.
- Very few studies regarding Southeast Asian populations included.
- Most of the studies are prevention studies, rather than intervention studies.
- Follow-up research will run meta-analyses to determine the overall effects of PMT for Asian youth, and assess for potential moderators.

References

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*Please email for other references