

The 1-2-3 Magic parenting program and its effect on child problem behaviors and dysfunctional parenting: A randomized controlled trial.

Renata Porzig-Drummond, Richard Stevenson, Caroline Stevenson

Behaviour research and therapy 05/2014; 58C:52-64. DOI: 10.1016/j.brat.

2014.05.004

Source: PubMed

ABSTRACT This study investigated the effectiveness of the 1-2-3 Magic parenting program, a brief cognitive-behavioral program, when delivered to large groups of caregivers. The effectiveness of two versions of the programs in reducing child problem behaviors and dysfunctional parenting, and the effect on emotion-related parenting style, were examined. Ninety-two participants with 2-12-year-old children were randomly assigned to one of three groups: DVD (n = 31); Emotion-coaching (EC) (n = 31); or Waitlist-control (n = 30). Both intervention groups reported significantly decreased child problem behaviors, dysfunctional parenting, parental depression and parental stress at post-intervention as compared to the control group. Additionally, the DVD group reported decreased parental anxiety, and the EC group reported a decrease in emotion-dismissing parenting style. Emotion-coaching parenting style remained unchanged for all groups at post-intervention. The results were maintained after three months. After two years, all intervention effects were maintained for the DVD group. For the EC group, effects were maintained on the main outcome variables. The results suggest that both 1-2-3 Magic programs are effective at reducing child problem behavior and dysfunctional parenting when delivered to large groups of caregivers, and that both programs are suitable for a broad delivery approach. Copyright © 2014 Elsevier Ltd. All rights reserved.